

KAIROS

VOLUME 1 » ISSUE 3

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

*A First  
Saturday  
Miracle*

WITHIN

SCIENCE:  
MAN-MADE, GOD  
SENT OR BOTH!

St. Joseph's  
Oratory

FINE  
TUNED





# KAIROS

**'For we cannot keep from speaking about what we have seen and heard.'** Acts 4:20

- > 'A special time of grace' from Jesus Youth
- > Publishing Catholic magazines for over two decades
- > Spreading the love and light of Jesus across the world

# BUDS

**'Let the little children come to me.'** Mathew 19:14

- > The new magazine for children between 3 and 12 years
- > Builds and strengthens Faith
- > Shows children how beautiful the Catholic Church is

# MAGAZINE

**'Blessed are those who find wisdom, those who gain understanding.'** Proverbs 3:13

- > For parents to read aloud to kids between 3 and 6 years
- > Also features parenting, health, developing soft skills, Q&A
- > Pull-outs for children's room

# FOR

**'Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.'** Hebrews 13:16

- > Everyone in the family
- > Bringing everyone to Jesus
- > Giving the perfect gift

# CHILDREN

**'I have no greater joy than to hear that my children are walking in the truth.'** 3 John 1:4

- > Will enjoy cartoons of stories from the Bible, saints, families and kids
- > Have fun with faith-based activities - colouring, puzzles, brain games, craft, humour
- > Are encouraged to send their art, stories, poems, articles, testimonies, photography, etc.

## KAIROS BUDS YEARLY SUBSCRIPTION

Within India		Outside India	
One month	30 INR	1 month	4 USD
1 Year	330 INR	1 year	40 USD
2 year	600 INR	2 year	80 USD
3year	900 INR	3 year	120 USD

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**PATRON**  
Bishop Mar Raphael Thattil  
(Ecclesiastical Advisor, Jesus Youth International)

**SPIRITUAL DIRECTOR**  
Fr. Joseph Ezhumayil  
(Jesus Youth International Chaplain)

**PRINTER AND PUBLISHER**  
Dr. Edward Edezhath

**EXECUTIVE DIRECTOR**  
Shoy Thomas  
(Jesus Youth International Coordinator)

**EDITOR-IN-CHIEF**  
Adv. Johnson Jose

**MANAGING EDITOR**  
Joshy Joseph, Houston, USA  
(kairosbuds@kairos.global)

**EDITORIAL COUNCIL**  
Suby Emmanuel, Kottayam, India  
Shiny Jose, Dubai, UAE  
Mathachan Madukkakuzhy, Stoke on Trent, UK  
Sheba Regy, Houston, USA

**ASSOCIATE EDITORS**  
Ann-Christy John, Dallas, USA  
Raifiel Cyril, Canberra, Australia  
Sherin Alexander, Miami, USA  
Steffi Siby, Manchester, UK

**CIRCULATION COORDINATOR**  
Leena Shaju, Cochin, India +91 6238279115

**ASSOCIATE CIRCULATION COORDINATORS**

<b>AUSTRALIA:</b> Mintu Vijoy, [+1] 61452538785	<b>NETHERLANDS:</b> Jojo Varghese, [+1] 31684974552
<b>BAHRAIN:</b> Linto Paulose, [+1] 97333206883	<b>NEW ZEALAND:</b> Derick, [+1] 64 29 127 0650
<b>CANADA:</b> Benson Mendez, [+1] 1 639 999-1375	<b>OMAN:</b> Sanal, [+1] 968 92120376
<b>GERMANY:</b> Anna Paul, [+1] 4917683495451	<b>PAKISTAN:</b> Atif Shari, [+1] 92 300 2068606
<b>IRELAND:</b> Suresh, [+1] 353 87 963 0904	<b>QATAR:</b> Sandeep Joseph, [+1] 97430176260
<b>ISRAEL:</b> Jaison Thattil, [+1] 972 55-997-4339	<b>SINGAPORE:</b> Jilu Nobin, [+1] 65 9329 4529
<b>ITALY:</b> Anoop Varghese, [+1] 393884256258	<b>SRI LANKA:</b> Ann Abilashini, [+1] 94772217116
<b>KSA:</b> Sona Jomon, [+1] 966 57 348 1196	<b>UAE:</b> Dennies Antony, [+1] 971 50 821 3122
<b>KUWAIT:</b> Anish Thomas, [+1] 96590063685	<b>UK:</b> Mathachen Madukkakuzhy, [+1] 44 7969 365686
<b>MALAYSIA:</b> Deepu James, [+1] 60126494628	<b>USA:</b> Denny, [+1] 1 (832) 640-3106

**FINANCE MANAGER**  
Rani George, Cochin, India +91 9446563335  
finance@kairos.global

**DESIGN**  
Manna Media Hub, Delhi, India

**MAILING ADDRESS**

<p>● Kairos International Inc. 3010 Mason Grove Ln Pearlland, TX, USA. 77584 ☎ +1 832 592 3675</p>	<p>● Kairos Media, No 8/174, Navodaya Studio Complex, Thengod PO, Cochin, Kerala, India. Pin: 682030 ☎ +91 9895711718</p>	<p>● Kairos Media, St Charles Street, Sheffield S9 3WU, United Kingdom ☎ +44 7969365686</p>
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## EDITORIAL

### 'THE BEST GIFT WOULD BE KAIROS BUDS'

A family, with their two children – 8th and 6th graders – were discussing about the First Communion gift for their close relative. They considered books, clothes, show-pieces, etc. But when Manu, the 8th grader said, 'I think that the best gift would be *Kairos Buds* magazine,' all discussion ended there. The very next day, Manu's mother did everything needed to gift the subscription.

At Kairos these days, we are bombarded with many such stories and we are also excited and upbeat. We feel happy and proud to be able to do something which is relevant and much needed.

#### A Happy Mom's Response to Kairos Buds

It's perfect. Both my kids, aged 7 and 12 enjoy the magazine. The team has put in everything they can in one magazine – from a page for Mother Mary, Bible verses, activities, messages, Bible comics – the list keeps going. It's truly amazing. The only problem was that my elder daughter finished it in one day. It was too late to stop her! She is now waiting for the next copy. I told her that at least for the next issue, if she reads one section a day, it would last the month!

- Johnsy Fernandez, Chennai, India

Another story we heard was about a boy who said that he was waiting for schools to reopen to share his *Buds* copy with friends.

Finally on behalf of the *Kairos Buds* team, I would like to thank all the readers and all those who are taking various efforts to make sure that the magazine reaches more children.

**Adv. Johnson Jose**  
EDITOR-IN-CHIEF

## FEEDBACK

#### JACKLINE JULIA DSOUZA

*Kairos Buds* magazine is a comprehensive package of faith and related matters for children. It is heart-warming to see the articles written by children which is a reflection of the faith they have. Quiz, puzzles, art, etc., it has everything to keep the children engaged till the last page.

- Kuala Lumpur, Malaysia

#### CHRIS BRISTOW

I was introduced to *Kairos Buds* by my sister who gifted the magazine to my kids. They are 5 and 6 years old. Although they are not old enough to read well, they were very interested in looking at the pictures and doing the crafts in the magazine. The content is very informative and has good articles from kids around the world. It has good pieces for parents too.

*Kairos Buds* is a very good faith magazine for kids and I can see that it will be very helpful in faith formation in children during the times that we live in now.

I appreciate all those involved in and taking an effort to ensure our children are brought up in the Catholic faith.

- Chicago, USA

#### HIS EXCELLENCY, BISHOP THOMAS DABRE

I have always regarded Jesus Youth, as a special gift to the Church. I am deeply impressed by their love of Jesus. They also have an inspiring sense of being on mission. I wish to congratulate them for the good work that they have been doing for the children of 4-12 years age group, called *Kairos Buds*. The foundations for a meaningful life in the future are laid in early childhood. If we want the Church of the future to be fired with zeal, for the mission of Jesus, then we must pay special attention to our children. And that is what the Jesus Youth have been doing.

- Pune Diocese, India

#### REV. SR. RINI CHACKO MSMHC

*Kairos Buds* is a channel of blessing to the family, especially young minds, inculcating love for Jesus and strengthening them in the Catholic faith. It is a wonderful catechetical tool for the children to grow in love of Jesus through prayers, Bible verses, creatively expressing their talents through colourful painting, reading stories, etc.

I found it extremely valuable and I am sure it will be equally valuable for parents and guardians of children in guiding them on the right way.

- Manipur, India



### A YOUNG CHAMPION FOR BUDS!

**JEEVAN JAYESH JOHN**, a twelve-year-old boy from Kochi, India had visited the Kairos office with his father in February 2021, and was gifted a copy of *Kairos Buds* by our office manager. Jeevan went home and read the magazine cover to cover the same day and was very taken up by it. So happy was he that he called up our circulation department enquiring about a subscription. Our subscriptions manager, on coming to know that he

stayed in a gated community, asked Jeevan if he would share his enthusiasm about *Kairos Buds* with the children there, to which he readily agreed.

Our subscriptions manager points out that Jeevan went door-to-door to all the houses in his community, 'canvassing' for the magazine and came back with subscriptions for fifteen *Kairos Buds* and ten *Kairos Buds* Diary. He even collected the money for these and with his mother's help, completed the subscriptions for his friends.

- Kochi, India



**JEEVAN WENT DOOR TO DOOR TO ALL THE HOUSES IN HIS COMMUNITY CANVASSING FOR THE BUDS MAGAZINE**



- SERENA DSOUZA » MUMBAI, INDIA

Located in Canada on Mount Royal, St. Joseph's Oratory is a minor basilica founded by Saint Andre Bessette. It is also the most frequented pilgrimage site dedicated to St. Joseph in the world. St. Andre Bessette is inseparably linked to St. Joseph's Oratory. For 40 years, he was the doorman of the Collège Notre-Dame du Sacré-Cœur. It is here that Brother Andre, started to care for

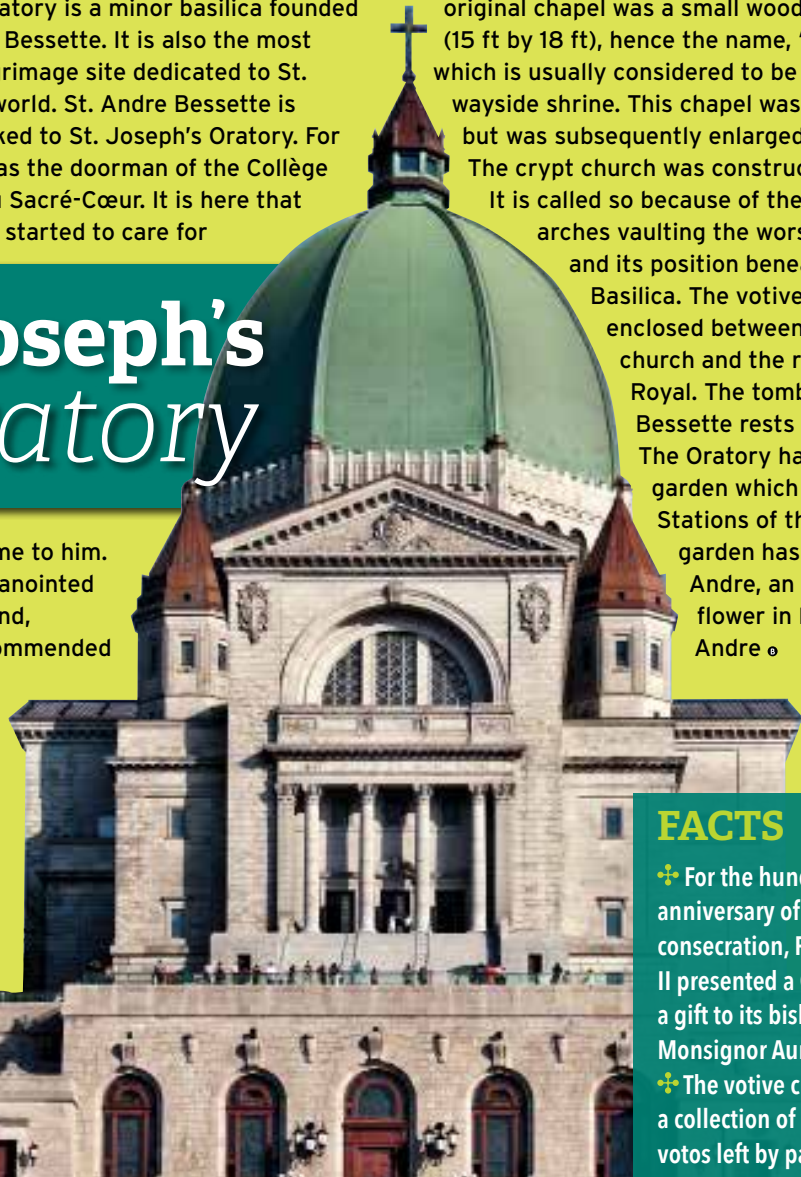
The Oratory consists of the original chapel, a crypt church and the votive chapel as well. The original chapel was a small wooden structure (15 ft by 18 ft), hence the name, 'oratory,' which is usually considered to be a small wayside shrine. This chapel was built in 1904 but was subsequently enlarged four times. The crypt church was constructed in 1916.

It is called so because of the flattened arches vaulting the worship space and its position beneath the Basilica. The votive chapel is enclosed between the crypt church and the rock of Mount Royal. The tomb of St. Andre Bessette rests here.

The Oratory has a beautiful garden which depicts the Stations of the Cross. The garden has an Iris Frere Andre, an exceptional flower in honour of St. Andre.

# St. Joseph's Oratory

people who came to him. He sometimes anointed them with oil and, especially, recommended that they pray and place themselves under the protection of St. Joseph, to whom he ascribed all his healing gifts.



## FACTS

- ✦ For the hundredth anniversary of the Oratory's consecration, Pope John Paul II presented a Golden Rose as a gift to its bishop and rector, Monsignor Aumont.
- ✦ The votive chapel includes a collection of the many ex votos left by patients who thanked Brother André and St. Joseph for curing them.
- ✦ The most precious relic on exhibit is the heart of Brother André.

*'Blessed (Saint) Brother Andre Bessette, porter of the college, and custodian of the Oratory of St. Joseph, give hope to all those who continue to seek your help. Teach them confidence in the virtue of prayer, and with it, the path of conversion and the Sacraments. Through you, and through St. Joseph, may God continue to pour out his blessings. Amen.'*

- Pope St. John Paul II

# A First Saturday Miracle



- JESSMARY JOSEPH » 16 YRS » ERNAKULAM, INDIA

**L**IFE IS BEAUTIFUL! For God is there to help us in all the circumstances of life, good or bad. I'm going to share an experience which is very important to me. It is about a big miracle that happened in my family.

My mother was the one who moulded my sisters and myself in the faith and she was also a cancer patient. Every First Saturday, we had a retreat and adoration in our parish. When I was in first grade, on one First Saturday, we went for the retreat as usual. My mother always used to say that if we pray from the bottom of our heart, God would surely help and that Jesus loves children and listens to their sincere and innocent prayers.

That day I saw her crying in front of God. It touched me and I started

crying as well. I prayed to God very sincerely. My mother called me and made me sit in her lap and we both prayed together. She said that God would hear my prayers and help us in this situation.

After the retreat, my parents went to see the priest who led the adoration. Father said that God had done a miracle. The Lord touched my mother and healed her. We were all very happy and we thanked God for his blessing.

This happened when I was just seven-years-old and I don't remember it very well. But one thing is sure, God will always listen to our sincere prayers, but we must wait very patiently and faithfully for him to act.

**FOR I KNOW THE PLANS I HAVE FOR YOU, DECLARES THE LORD, PLANS TO PROSPER YOU AND NOT TO HARM YOU, PLANS TO GIVE YOU HOPE AND A FUTURE**

(JEREMIAH 29:11).

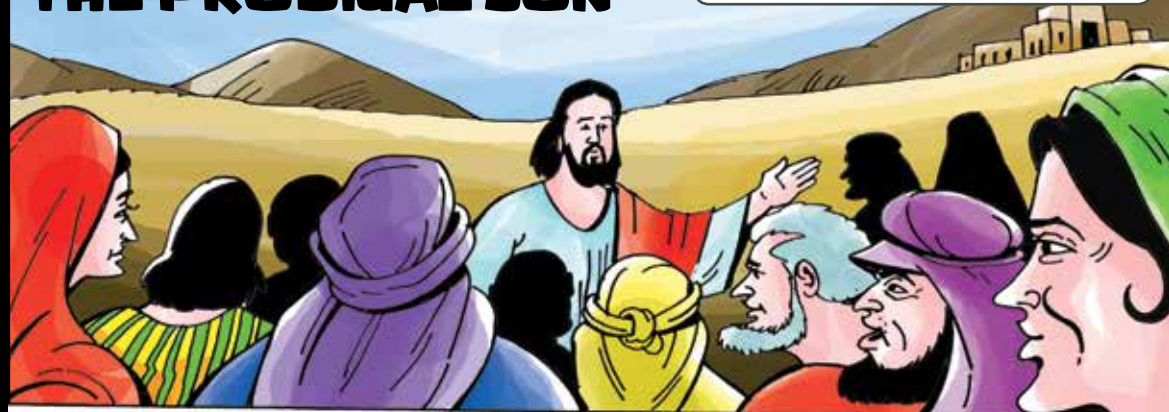
Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global)



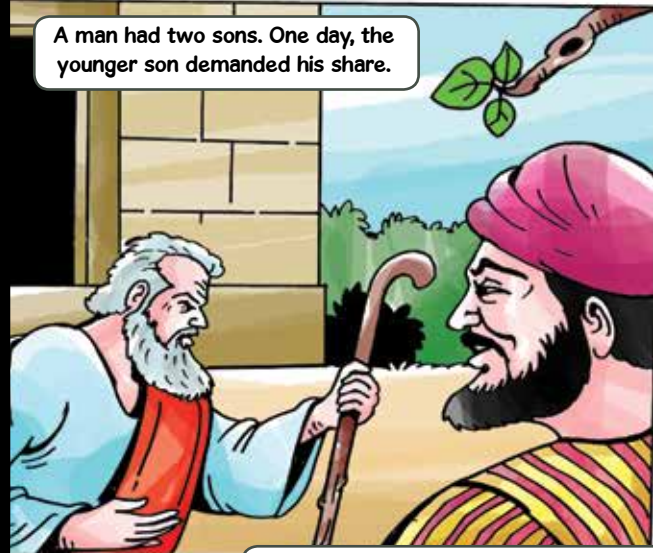


# PARABLE OF THE PRODIGAL SON

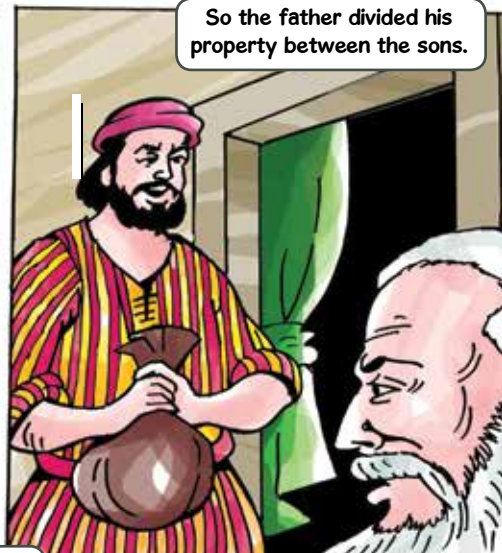
The tax collectors and sinners often crowded around Jesus preaching. This infuriated the Pharisees and Scribes, who hated them. So Jesus told this story.



A man had two sons. One day, the younger son demanded his share.



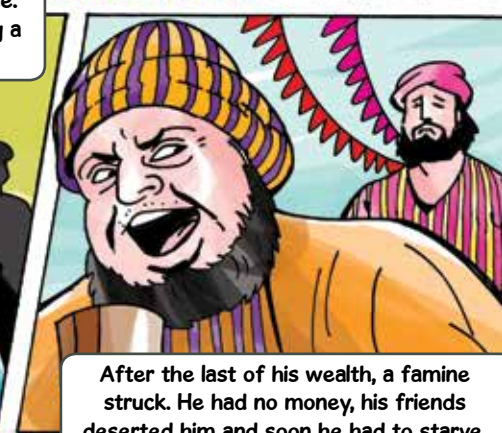
So the father divided his property between the sons.



The younger son went to a faraway place. There, he squandered all his money, living a wild, selfish life with his friends.



After the last of his wealth, a famine struck. He had no money, his friends deserted him and soon he had to starve.



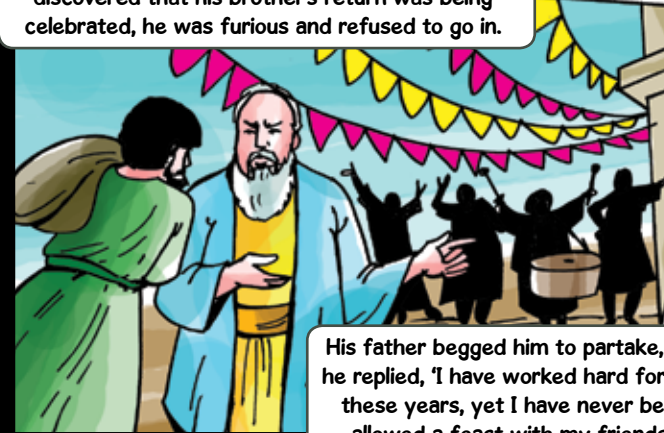
He found work, tending pigs. He was often famished and would have even eaten the pig-feed. But even that was denied to him.



As his father embraced him, he said, 'Father, I have sinned against you and heaven. I no longer am worthy to be called your son.'



When the elder son returned from the fields and discovered that his brother's return was being celebrated, he was furious and refused to go in.



His father begged him to partake, but he replied, 'I have worked hard for you these years, yet I have never been allowed a feast with my friends.'

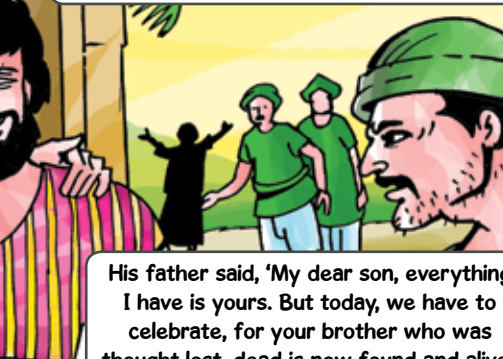
He came to his senses, 'At home even the servants are well-fed, while here I starve! I will return to my father as an unworthy son and beg him to take me as a servant.'



When his father saw him from afar, he ran towards his son, full of compassion.



But his father said to his servants, 'Quick! Attire my son with the finest robe and sandals and ring for his finger. Kill the fattened calf, let us celebrate with a feast!'



His father said, 'My dear son, everything I have is yours. But today, we have to celebrate, for your brother who was thought lost, dead is now found and alive.'

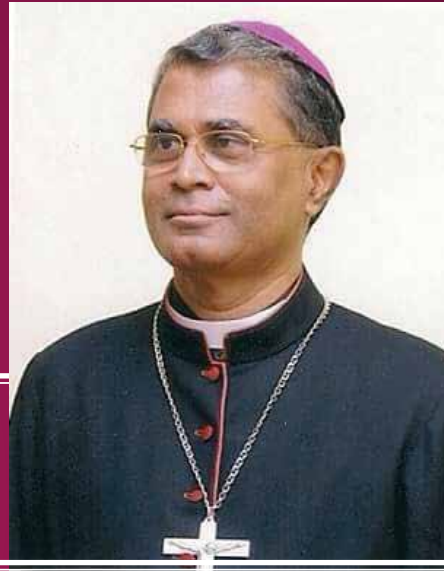


STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKAD



# LAYING FOUNDATIONS FOR THE FUTURE

His Excellency, Thomas Dabre is the bishop of Pune Diocese in India. He has been the bishop for thirty-one years and is presently the Chairman of NBCLC (National Biblical Catechetical and Liturgical Centre), India.



- BISHOP THOMAS DABRE » PUNE, INDIA

I am very glad to know that *Kairos Buds* invites Bishops to share their childhood, faith experiences, which will be inspirational for our growing children.

My parents were deeply devoted to the celebration of the Holy Eucharist. They would take me regularly for Holy Mass, and they had a special devotion to Mother Mary. The daily Rosary was a regular feature of our family life. And this left an indelible mark on me. Therefore, all my life I have had a similar devotion and piety in my Christian life and in my ministry.

Inspired by my father, I joined the Altar Boys Group in our parish. This helped me to be closely involved in the celebration of Mass. As a result, I grew in my love for the Word of God and for Holy Communion. The priests then, were very close to us. We would spend much of our time in



**THE DAILY ROSARY WAS A REGULAR FEATURE OF OUR FAMILY LIFE. AND THIS LEFT AN INDELIBLE MARK ON ME. THEREFORE, ALL MY LIFE I HAVE HAD A SIMILAR DEVOTION AND PIETY IN MY CHRISTIAN LIFE AND IN MY MINISTRY.**

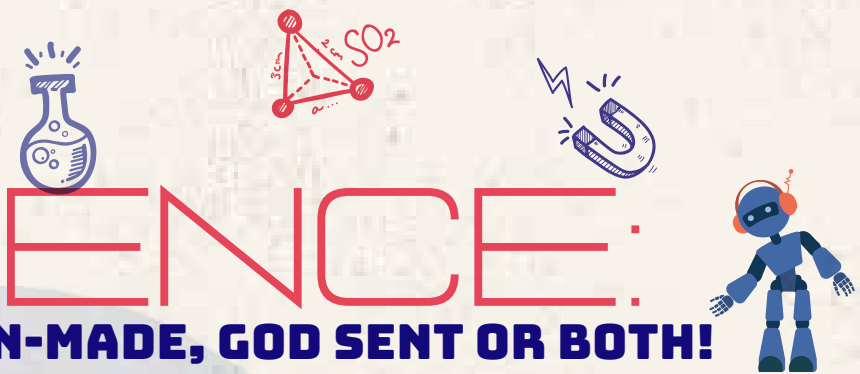
the company of our priests. I remember how earnest they were about their faith and about their preaching.

Those days our churches were also filled to capacity, not only on Sundays, but also on weekdays. Even for devotions like the Rosary, Novenas, Stations of the Cross, pilgrimages, etc., large numbers of the faithful would be present.

In the course of my childhood, my father started the practice of reading the Holy Bible at the family Rosary. I suppose it was all brought about by Divine Providence. So no wonder, that I decided to become a priest. All along I have continued all these acts of faith, prayer and devotions.

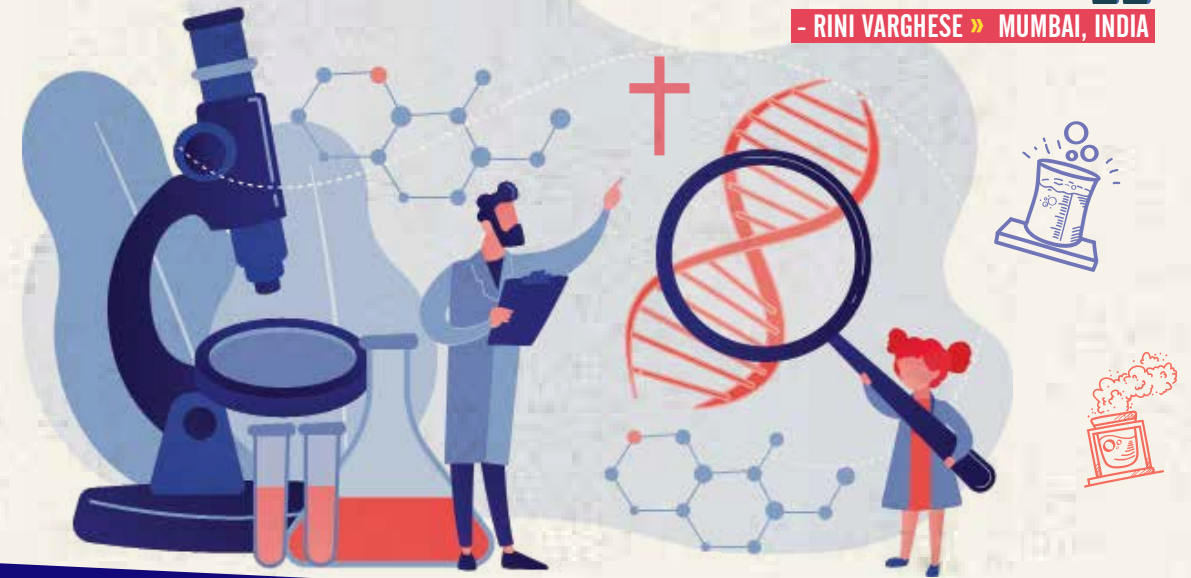
I can say that my spiritual life was shaped by my early years. I am grateful to God, to the fathers, to my parents and others for inspiring me in my childhood.

FAITH & REASON



# SCIENCE: MAN-MADE, GOD SENT OR BOTH!

- RINI VARGHESE » MUMBAI, INDIA



**In a world, where many people consider science as their 'God' or deny the existence of God, the truth is that, science is from God. Science exists because we exist and the very reason behind our existence is God!**

**L**ET'S PLAY A GAME of identifying situations where people of science are involved. Take the simple example of visiting the doctor when we are sick. They examine us and prescribe medicines which we procure from a pharmacy store and following treatment, we become well again! We know that the doctor can diagnose the disease because of his/her sound knowledge and experience in distinguishing

the pharmacist who dispenses it, is again a person of science.

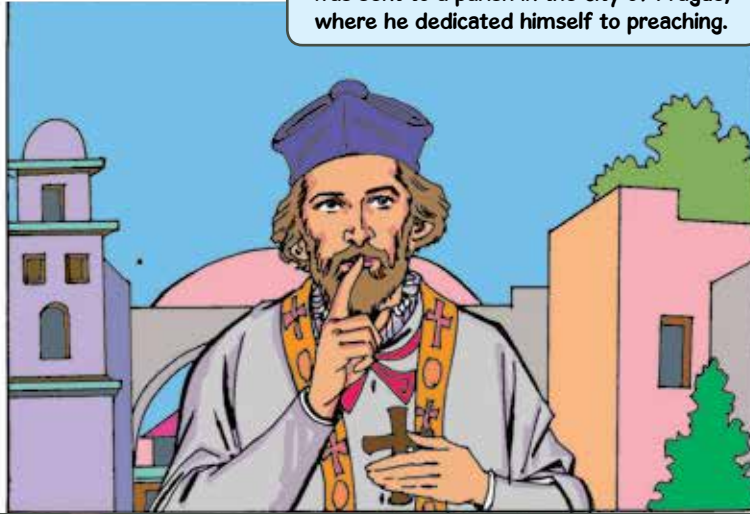
God is the ultimate healer and he works through the individuals involved and through science. The Word of God in the book of Sirach (38:6-8) says, **And he gave skill to human beings that he might be glorified in his marvellous works. By them the physician heals and takes away pain; the pharmacist makes a mixture from them. God's works will never be finished; and from him health spreads over all the earth.** It is God's work that is revealed through science!

As a researcher, I experience God in my daily work. Whether in reading some literature based on my subject or while working in my research laboratory, I experience God as he unfolds new concepts and ideas to me. He is the one who guides my research! Science becomes more interesting when it is learned with God and is oriented towards him, who himself is the 'Author' of science! ◉



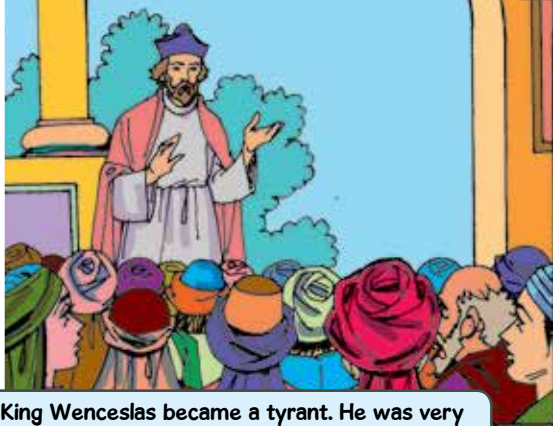
# SAINT JOHN NEPOMUCENE

After he was ordained, John Nepomucene was sent to a parish in the city of Prague, where he dedicated himself to preaching.



The whole city of Prague changed its customs, the people changed their lives because of his sermons, which were listened to by multitudes.

His holy priestly life led to the appointment as chaplain to King Wenceslas IV of Bohemia. The King gave him many honours but John Nepomucene refused them preferring to remain a regular priest.



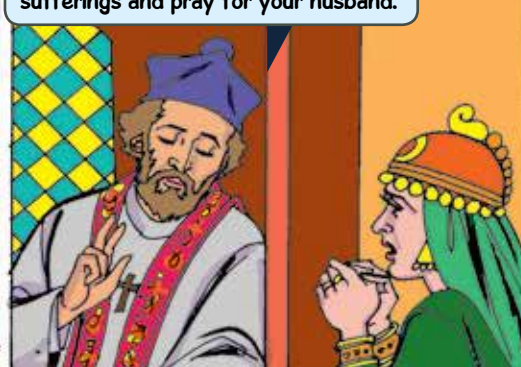
King Wenceslas became a tyrant. He was very jealous and suspicious of the Empress, who spent hours in the church praying for him.

The virtuous queen sought John Nepomucene's advice. He became her confessor and taught her to bear her cross patiently.

I have done no wrong, my lord.

No! I don't believe you!

My lady, take courage. Bear your sufferings and pray for your husband.



Imagining bad things about her, the King ordered John Nepomucene to reveal his wife's confession.

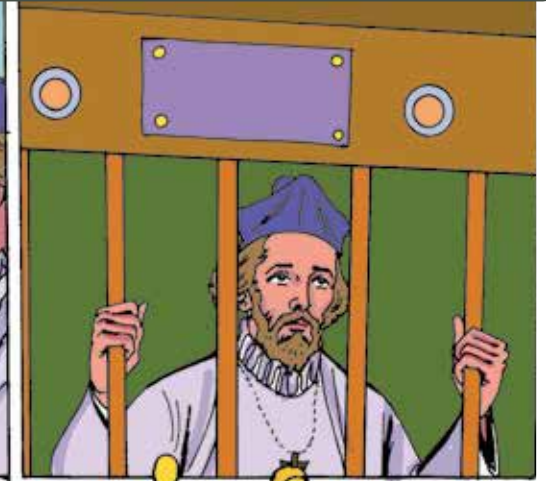
Nothing could make John reveal it. The king had him tortured and imprisoned several times, but eventually had to let him free, fearing public revolt because of the priest's popularity.

I need to know what the queen said in her confession.

No! I cannot reveal it.



John was taken by agents of Wenceslas and again tortured but he refused to break the secrecy of confession.



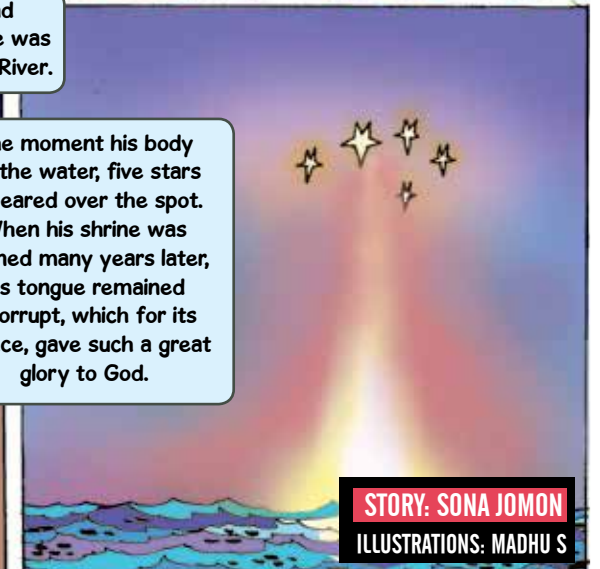
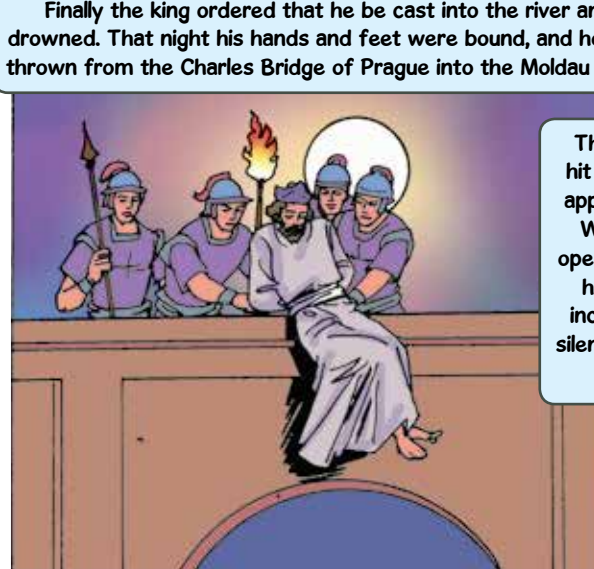
If you do not tell me, you shall die. But if you obey my commands, riches and honour will be yours.

No! I will never break the seal of confession!



Finally the king ordered that he be cast into the river and drowned. That night his hands and feet were bound, and he was thrown from the Charles Bridge of Prague into the Moldau River.

The moment his body hit the water, five stars appeared over the spot. When his shrine was opened many years later, his tongue remained incorrupt, which for its silence, gave such a great glory to God.



STORY: SONA JOMON  
ILLUSTRATIONS: MADHU S





# St. Joseph's Lilies

DIVYA IMMANUEL » MUMBAI, INDIA

## St. Joseph, pray for us!

The month of March is dedicated to St. Joseph. Have you noticed him holding lilies in his hand? Do you wonder why? Find the answer and write to us.



## Materials Required

1. Crepe Paper  
(Colours: Green and White)
2. Scissors
3. Glue
4. Sticks (Thin)

## Procedure

- 1 Trace out the shape of a petal onto the white crepe paper and cut them using a scissors (A basic shape of a leaf can be cut to make the petals).
- 2 Cut long strips from the green crepe paper.
- 3 Cut the sticks to around 5-6 inches.
- 4 Take a small piece of left over paper and roll it into a ball.
- 5 Place this ball onto a stick and cover it with a small piece of white crepe paper (as shown in the picture). Use glue to secure it.
- 6 Take the petal (folded in the centre for shape), put

some glue on one side and stick it onto the covered stick. Do the same with the rest of the petals.

7 After all the petals are stuck, take the green strip and adding some glue, roll it over the stick to secure the petals and cover the stick.

8 Using a pencil, roll the tip of the petals and give it shape.



## Activity

Cut as many petals and strips in the beginning of the month and keep it ready for the daily activity. You may say a small prayer to St. Joseph, seeking his intercession over your family and make one flower after the prayer. When the month ends, you have a bunch ready to sit on the altar. St. Joseph, pray for us!



Send photos of your flowers to the Whatsapp Number +91 6238105775 or email them to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global).

## Tips

1. Parental supervision may be required for younger children.
2. You may use regular paper too instead of the crepe paper.
3. Use very little glue. Too much glue makes the crepe paper difficult to handle.
4. When rolling the green crepe paper, do it gently as more force might tear it.
5. You may add colours to your Lilly.

## ACTIVITY (FEBRUARY ISSUE)



Holy Week will be a time for you to see how well you have done this Lent. Each day of the Holy Week remove the toothpicks that have the stars. You will see holes where the toothpicks were. What can you heal these scars with? Or rather, who can heal these scars? Reflect on the good and the not so good things you might have done. Be thankful for everything. Also let's ponder this: *Your good deeds do not wash away the sins, but our sins are forgiven only by the sacrifice of Christ.*



# The Widow's MONEY



**THERE** lived two children named Michael and Rose, who were very obedient. Every day after playing, an angel came to them and told them about Jesus Christ. The angel also asked them to pray for the conversion of people who did not believe in Christ.

One day, the angel told them about Luke 21:1-4. They listened very attentively to the passage. After that, Rose had a question. She asked, 'Why did Jesus say that the widow put more than the one who gave a lot of money as offering in the temple?' The angel replied, 'Let's take an example from real life. Let's say that you both have a lot of toys and your mom asks you to give some of them to the poor. You both would do so because you still would have a lot of toys left. But, suppose

you had only one toy and your mom asked you to give that to a poor child, it would be very hard for you because you wouldn't have any other toy left. And yet, if you gave the toy, you would be doing a very good deed. In the same way, it was hard for the widow to offer that little money which would have served her needs. Yet, she offered it to God.'

Michael and Rose understood the meaning of the passage. They said to the angel, 'Thank you so much dear angel!' The angel said, 'Welcome children! Be obedient to your parents, listen to the Word of God and pray always' ◦

- TERESA JAMES, » 11 YRS » SHARJAH, UAE



**Luke - 21:1-4**

<sup>1</sup> He looked up and saw rich people putting their gifts into the treasury; <sup>2</sup> he also saw a poor widow put in two small copper coins. <sup>3</sup> He said, 'Truly I tell you, this poor widow has put in more than all of them; <sup>4</sup> for all of them have contributed out of their abundance, but she out of her poverty has put in all she had to live on.'

**MY CANVAS**



- JULIA ROSE MATHEW » 9 YRS » ABU DHABI, UAE



- JONATHAN LINTU » 9 YRS » CALIFORNIA, USA



- AIDAN FELIX JOBY » 7 YRS » KANJIRAPALLY, INDIA



- DIYA THERESA SIJU » 11 YRS » KANNUR, INDIA



Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global)



# Litany of St. Joseph

Lord, have mercy on us  
Christ, have mercy on us.

Lord, have mercy on us.

Christ, hear us,  
God the Father of heaven,  
God the Son, Redeemer of the World,  
God the Holy Spirit,  
Holy Trinity, one God,

Christ graciously hear us  
have mercy on us.  
have mercy on us.  
have mercy on us.  
have mercy on us.

Holy Mary,  
Saint Joseph,  
Noble Offspring of David,  
Light of Patriarchs,  
Spouse of the Mother of God,  
Chaste Guardian of the Virgin,  
Foster-Father of the Son of God,  
Zealous Defender of Christ,  
Head of the Holy Family,  
Joseph Most Just,  
Joseph Most Chaste,  
Joseph Most Prudent,  
Joseph Most Courageous,  
Joseph Most Obedient,  
Joseph Most Faithful,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

Mirror of Patience,  
Lover of Poverty,  
Model of Workmen,  
Glory of Domestic Life  
Guardian of Virgins,  
Pillar of Families,  
Comfort of the Afflicted,  
Hope of the Sick,  
Patron of the Dying,  
Terror of Demons,  
Protector of the Holy Church,

pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.  
pray for us.

Lamb of God, who takes away the sins of the world, Spare us, O Lord.

Lamb of God, who takes away the sins of the world, Graciously hear us, O Lord.

Lamb of God, who takes away the sins of the world, Have mercy on us, O Lord.

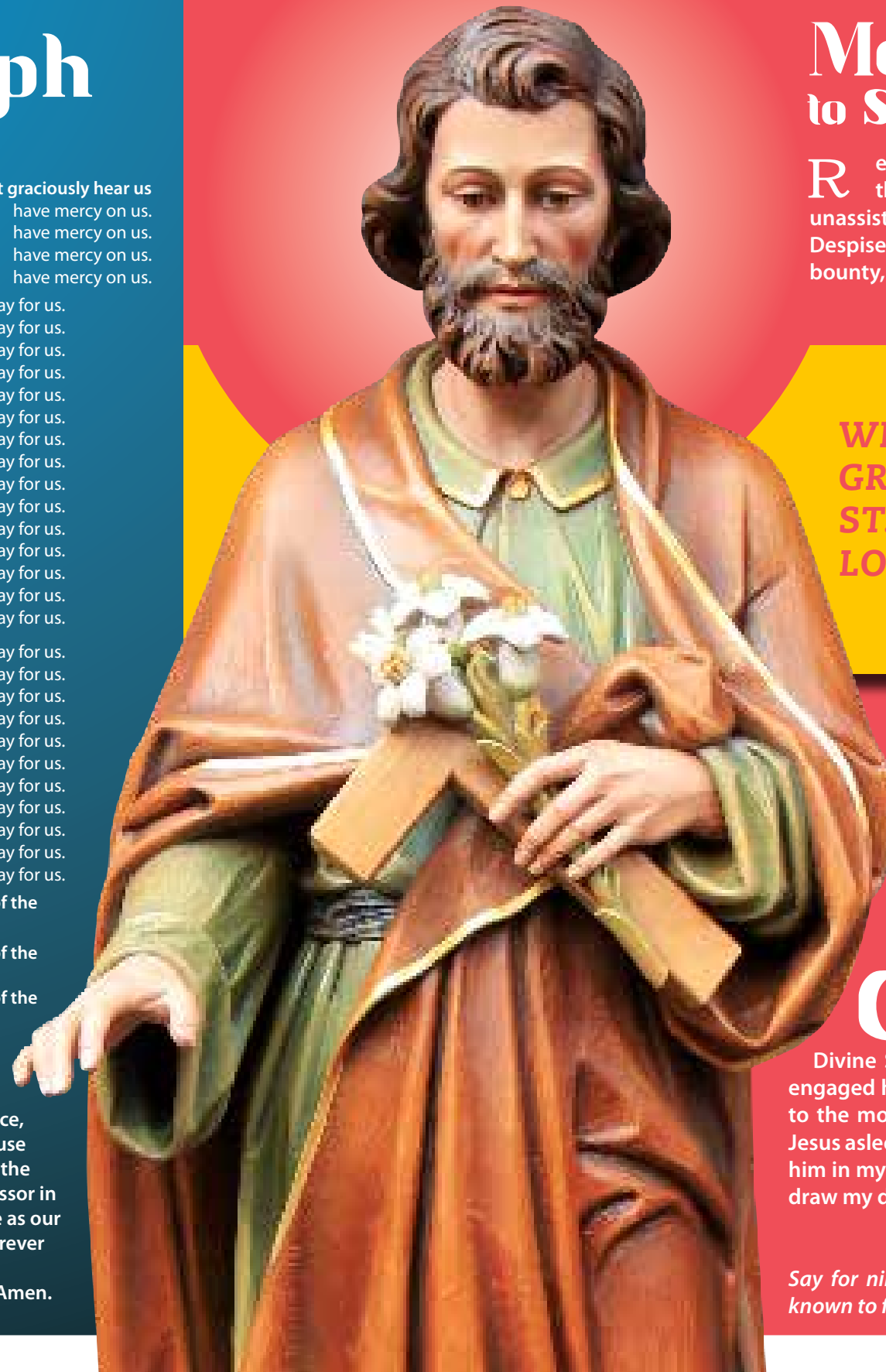
He has made him lord of his household,  
And prince over all his possessions.

## Let us pray

O God, who in your loving providence, chose Blessed Joseph to be the spouse of your most holy Mother; grant, us the favour of having him for our intercessor in heaven whom on earth we venerate as our protector. You who live and reign forever and ever.

Amen.

**Saint Joseph, pray for us.**



## Memorare to St. Joseph

**R**emember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted. Full of confidence in your power I fly unto you and beg your protection. Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me.

Amen.

**WHEN GOD WISHES TO RAISE A SOUL TO GREATER HEIGHTS, HE UNITES IT TO ST. JOSEPH BY GIVING IT A STRONG LOVE FOR THE GOOD SAINT.**

- St. Peter Julian Eymard

## Morning Prayer St. Joseph

(Taken from the Pieta Prayer book)

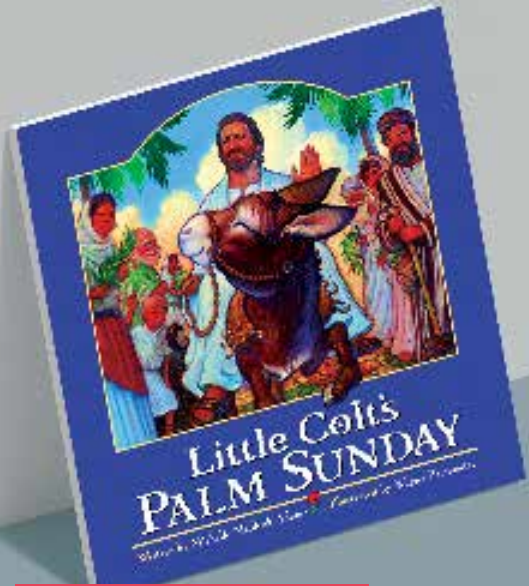
**O** St. Joseph, whose protection is so great, so strong, so prompt before the Throne of God, I place in you all my interests and desires. O St. Joseph, do assist me by your powerful intercession and obtain for me from your

Divine Son all spiritual blessings through Jesus Christ, Our Lord; so that having engaged here below your Heavenly power I may offer my thanksgiving and homage to the most loving of Fathers. O St. Joseph, I never weary contemplating you and Jesus asleep in your arms. I dare not approach while He reposes near your heart. Press him in my name and kiss His fine Head for me, and ask Him to return the Kiss when I draw my dying breath. St. Joseph, Patron of departing souls, pray for us.

Amen.

*Say for nine consecutive mornings for anything you may desire. It has seldom been known to fail.*





- ABIGAIL PINTO » MUMBAI, INDIA

# LITTLE COLT'S PALM SUNDAY

MICHELLE MEDLOCK ADAMS / WORTHYKIDS

This is the story of a special day in the life of a little colt. It is narrated from the perspective of the colt and begins with Mama Colt talking about Jesus. It then moves through the journey of Little Colt and Jesus in Jerusalem amid the cheering throngs of his followers. The illustrations by Wayne Parmenter depicts the inner transformation of the fearful little colt as he rode the King of kings, into a loved colt.

ONLINE APP

## FORMED

AUGUSTINE INSTITUTE

A Catholic evangelisation app designed with useful content to help individuals, parishes and families explore their faith. It contains movies, e-books, audios, children and parish programmes, daily reflections and studies which can be directly accessed on any iOS and Android device as well as with Roku, Apple TV, and Chromecast. Creating your own playlist/ bookmarks is an additional feature and the offline playback option makes content accessible on the go. For more details log on to:

[www.formed.org](http://www.formed.org)



## MIRACLES FROM HEAVEN

DIRECTED BY PATRICIA RIGGEN



**M**iracles from Heaven is a 2016 American Christian drama film directed by Patricia Rigen and written by Randy Brown. It is based on the book *Miracles from Heaven* by Christy Beam which testifies the miraculous healing of her daughter from an

incurable disease after accidentally falling 30 feet from a tree. The movie depicts the struggle and suffering of little Anna and her family through the treatment, the faith crises of her mother and healing of Anna as she encountered God.



## WINGS TO WIN



# DO YOU TALK TO YOURSELF?

- SIJU THOMAS » KOTTAYAM, INDIA

Last month we learnt the importance of positive thinking. Now you are going to talk to yourself. Talking to oneself?

**SELF TALK:** Self talk is a technique used in Psychotherapy to boost confidence and self-esteem. Self-talk is your internal dialogue. It's influenced by your subconscious mind, and reveals your thoughts, beliefs, questions, and ideas. Self-talk can be both negative and positive. Self-talk is something you do naturally throughout your waking hours.

### POSITIVE SELF-TALK

Positive self-talk is a powerful tool for increasing your self-confidence and curbing negative emotions. People who can master positive self-talk are more confident, motivated, and productive.

Some examples of positive self-talk:

- ★ I am a gift of God.
- ★ I am a blessing.
- ★ I'm good enough.
- ★ If I want to, I can.
- ★ It doesn't matter if I make a mistake.

Positive self-talk makes you feel good about yourself and all that is going on in your life. It's like having an optimistic voice in your head that always looks on the bright side. Negative self-talk tends to make you pretty miserable, lowers your self-esteem and thereby shatters your self-confidence.

### AN ACTIVITY

This month you have a small activity to do. The Bible verse given below is an example of positive self-talk from St. Paul.

Learn this verse and remember it whenever you are in doubt or lack confidence.

*I Can Do All Things through Christ Who Strengthens Me*

(Philippians 4:13).

Find out FIVE positive self-talk verses from the Bible and practice them.

May our Lord Jesus, Mother Mary & St. Joseph bless each of you



# SIBLING MUSICALLY



STORY: SUJA SIJU ILLUSTRATIONS: STEFFI ANDRAT FARIA



# Q&A have questions?

WITH JOCHI » KOZHIKODE, INDIA

**Q. WHY CAN'T PARENTS TRUST US MORE? WHY PHONE RESTRICTIONS WHEN ALL OTHER FRIENDS ARE HAVING PHONE AND ACTIVE ON SOCIAL MEDIA?**

- MARIA KURIAN, 13 YRS, MICHIGAN, USA

**ANS:** Hey Maria - h r u! Well why do cars have brakes. It may seem a stupid qn - to stop a car, why else. But imagine a car with no brakes. Will anyone drive it? So brakes is to drive (and drive fast too), because you know you can stop. Restrictions may seem curtailing our freedom - but actually they help us bloom. A lady, Vice-Chairperson of a company, who came from a conservative background - where girls are not even sent to college was asked - how come you have accomplished so much among restrictions. She said, 'I did well and excelled within the boundaries that I had, so much that when I moved out of the boundaries, no one actually realised it.' It was just a natural extension to excel.

**Q. IF WE DON'T SEE OUR FRIENDS FOR A LONG TIME, WILL IT AFFECT OUR EMOTIONAL WELLBEING?**

- LIZBETH DCOUTH0, 11 YRS, ABU DHABI, UAE

**ANS:** Hey Liz, social interaction is important for the holistic development, at all times but more so during childhood and teenage. These times are tough - with social distancing, lockdown, and restrictions. Well what I have seen to work is technology - have group meetings online. Also in general its best to have interactions with more people, better to avoid interaction with ONLY one *always* - as that brings in dependency. Talking is better than chatting. Video calls with friends help too. If in your country restrictions are not there - try to meet with friends in a home environment. Stay safe but connected dear!

Love,  
Jochi ◉

Our young readers can email their questions on faith/ life to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp it to us on +91 6238 105 775.

# Puzzle



## ALL JOSEPHS

There are many saints who honoured St. Joseph by taking his name as their own. Some of these saints are listed here. Can you find their surnames in the grid?

### FIND THE SURNAMES OF THESE SAINTS

- > Joseph Abibos
- > Joseph Allamano
- > Joseph Cafasso
- > Joseph Calasanctius
- > Joseph Canh
- > Joseph Cupertino
- > Joseph Chang Chugi
- > Joseph Cho Yunho
- > Joseph Cottolengo
- > Joseph Freinademetz
- > Joseph Fernandez
- > Joseph Gerard
- > Joseph Hien
- > Joseph Khang
- > Joseph Luu
- > Joseph Marello
- > Joseph Marchand
- > Joseph Maria Gambaro
- > Joseph Mary Tomassi
- > Joseph Moscati
- > Joseph Mukasa
- > Joseph Nien Vien
- > Joseph Oriol
- > Joseph Peter Han Wonso
- > Joseph Peter Uyen
- > Joseph Pignatelli
- > Joseph Thi
- > Joseph Vaz
- > Joseph Yuen
- > Joseph Zhang Dapeng

M	N	B	V	C	Z	X	V	A	S	D	F	G	H	H	J	K	L	P	I	U	Y	T	R	E	E	W	E	Q
A	S	D	M	F	G	H	J	K	L	C	V	B	N	M	G	R	F	G	H	J	D	S	F	H	D	G	A	M
F	H	N	U	G	R	A	A	S	D	F	C	N	I	E	N	V	I	E	N	G	J	C	H	K	O	P	L	B
D	E	D	K	H	A	N	G	X	D	E	R	F	V	B	G	T	Y	U	I	X	D	A	G	B	N	R	L	V
E	D	C	A	D	V	B	N	H	G	D	S	C	A	A	S	D	F	H	T	A	S	F	D	F	H	M	A	C
E	F	V	S	B	G	D	R	T	Y	H	V	S	D	S	D	F	M	C	D	S	A	A	D	E	M	Y	M	X
W	D	F	A	T	Y	M	A	R	I	A	G	A	M	B	A	R	O	S	D	D	F	S	G	H	J	K	A	Z
C	Z	A	S	S	D	G	T	H	M	L	P	Y	I	H	T	B	S	C	V	V	M	S	D	F	T	U	N	Z
A	R	F	G	H	J	C	D	X	A	B	G	T	Y	I	H	U	C	M	K	C	H	O	Y	U	N	H	O	A
L	D	E	E	W	R	T	G	H	R	B	F	S	S	E	G	F	A	R	E	O	F	C	V	B	N	J	F	S
A	X	O	R	I	O	L	G	T	E	E	M	C	A	N	H	T	T	H	N	T	D	S	S	D	F	C	N	H
S	S	E	R	T	F	V	G	H	L	C	D	U	V	G	B	N	I	T	H	T	Y	J	M	H	K	L	I	F
A	A	S	E	R	R	T	J	M	L	R	F	P	A	Z	Z	X	C	V	B	O	A	S	D	G	T	U	O	G
N	S	D	G	F	X	D	C	V	O	B	G	E	H	J	D	E	D	F	G	L	V	S	H	C	X	E	G	H
C	D	F	A	T	Y	X	S	D	F	F	X	R	G	H	R	B	F	Y	F	E	R	N	A	N	D	E	Z	J
T	Z	A	S	S	D	M	F	G	J	H	Z	T	G	T	E	E	M	M	K	N	D	S	B	O	B	G	H	K
I	R	F	G	H	J	A	V	M	P	T	C	I	G	H	L	C	D	A	C	G	J	G	I	E	A	V	A	L
U	D	E	E	W	R	R	S	D	R	H	F	N	J	M	L	R	F	R	D	O	T	D	B	S	V	A	N	K
S	B	T	H	U	I	Y	R	F	G	S	R	O	C	V	O	B	G	C	S	W	R	G	O	B	H	Z	G	J
D	R	T	S	P	E	T	E	R	U	Y	E	N	O	B	G	G	T	H	I	J	Y	P	S	L	K	J	D	H
N	G	D	A	I	T	O	T	G	H	J	I	D	F	A	T	Y	Q	A	A	S	D	F	G	H	V	T	A	G
F	G	C	S	G	G	M	S	S	D	F	N	Z	A	S	S	D	S	N	K	L	C	V	B	N	Y	H	P	F
A	S	E	D	N	V	A	E	R	G	H	A	R	F	G	H	J	X	D	F	V	G	B	G	L	U	U	E	D
X	C	V	B	A	C	S	E	F	G	J	D	D	E	E	W	R	E	W	Y	U	N	G	D	R	E	D	N	S
S	F	G	J	T	S	S	D	H	T	P	E	T	E	R	H	A	N	W	O	N	S	O	T	D	N	N	G	A
E	R	T	Y	E	A	I	T	Y	I	K	M	M	D	D	T	G	N	H	I	H	S	D	F	R	F	F	B	W
D	G	H	M	L	S	E	D	F	G	H	E	I	G	E	R	A	R	D	R	F	G	H	G	H	F	R	P	E
E	D	F	G	L	X	W	A	A	S	F	T	B	N	M	A	S	F	D	W	E	E	R	T	Y	U	O	L	R
U	Y	H	M	I	Y	E	W	A	S	D	Z	X	S	V	C	H	A	N	G	C	H	U	G	I	H	K	M	Y

1 Solved - Brain Gym | Psalm 105:2  
ANSWER: SING TO HIM, MAKE MUSIC FOR HIM. RECOUNT ALL HIS WONDERS



# CRYPTOGRAM

Use the key below to find out which number matches each letter. Then find out what Psalm 105 says in verse 2.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
23	12	6	24	3	14	21	16	13	20	7	18	11	5	25	10	2	9	1	17	22	8	26	4	15	19

1 13 5 21

17 25

16 13 11

11 23 7 3

11 22 1 13 6

14 25 9

16 13 11

9 3 6 25 22 5 17

23 18 18

16 13 1

26 25 5 24 3 9 1



Psalm 105:2 says...

.....

.....

.....

.....

Solved puzzle for Page 25

M	N	B	V	C	Z	X	V	A	S	D	F	G	H	H	J	K	L	P	I	U	Y	T	R	E	E	W	E	Q
A	S	D	M	F	G	H	J	K	L	C	V	B	N	M	G	R	F	G	H	J	D	S	F	H	D	G	A	M
F	H	N	U	G	R	A	A	S	D	F	C	N	I	E	N	V	I	E	N	G	J	C	H	K	O	P	L	B
D	E	D	K	H	A	N	G	X	D	E	R	F	V	B	G	T	Y	U	I	X	D	A	G	B	N	R	L	V
E	D	C	A	D	V	B	N	H	G	D	S	C	A	A	S	D	F	H	T	A	S	F	D	F	H	M	A	C
E	F	V	S	B	G	D	R	T	Y	H	V	S	D	S	D	F	M	C	D	S	A	A	D	E	M	Y	M	X
W	D	F	A	T	Y	M	A	R	I	A	G	A	M	B	A	R	O	S	D	D	F	S	G	H	J	K	A	Z
C	Z	A	S	S	D	G	T	H	M	L	P	Y	I	H	T	B	S	C	V	V	M	S	D	F	T	U	N	Z
A	R	F	G	H	J	C	D	X	A	B	G	T	Y	I	H	U	C	M	K	C	H	O	Y	U	N	H	O	A
L	D	E	E	W	R	T	G	H	R	B	F	S	S	E	G	F	A	R	E	O	F	C	V	B	N	J	F	S
A	X	O	R	I	O	L	G	T	E	E	M	C	A	N	H	T	H	N	T	D	S	S	D	F	C	N	H	
S	S	E	R	T	F	V	G	H	L	C	D	U	V	G	B	N	I	T	H	T	Y	J	M	H	K	L	I	F
A	A	S	E	R	R	T	J	M	L	R	F	P	A	Z	Z	X	C	V	B	O	A	S	D	G	T	U	O	G
N	S	D	G	F	X	D	C	V	O	B	G	E	H	J	D	E	D	F	G	L	V	S	H	C	X	E	G	H
C	D	F	A	T	Y	X	S	D	F	F	X	R	G	H	R	B	F	Y	F	E	R	N	A	N	D	E	Z	J
T	Z	A	S	S	D	M	F	G	J	H	Z	T	G	T	E	E	M	K	N	D	S	B	O	B	G	H	K	
I	R	F	G	H	J	A	V	M	P	T	C	I	G	H	L	C	D	A	C	G	J	G	I	E	A	V	A	L
U	D	E	E	W	R	R	S	D	R	H	F	N	J	M	L	R	F	R	D	O	T	D	B	S	V	A	N	K
S	B	T	H	U	I	Y	R	F	G	S	R	O	C	V	O	B	G	C	S	W	R	G	O	B	H	Z	G	J
D	R	T	S	P	E	T	E	R	U	Y	E	N	O	B	G	G	T	H	I	J	Y	P	S	L	K	J	D	H
N	G	D	A	I	T	O	T	G	H	J	I	D	F	A	T	Y	Q	A	A	S	D	F	G	H	V	T	A	G
F	G	C	S	G	M	S	S	D	F	N	Z	A	S	S	D	S	N	K	L	C	V	B	N	Y	H	P	F	
A	S	E	D	N	V	A	E	R	G	H	A	R	F	G	H	J	X	D	F	V	G	B	G	L	U	U	E	D
X	C	V	B	A	C	S	E	F	G	J	D	D	E	E	W	R	E	W	Y	U	N	G	D	R	E	D	N	S
S	F	G	J	T	S	S	D	H	T	P	E	T	E	R	H	A	N	W	O	N	S	O	T	D	N	N	G	A
E	R	T	Y	E	A	I	T	Y	I	K	M	M	D	D	T	G	N	H	I	H	S	D	F	R	F	F	B	W
D	G	H	M	L	S	E	D	F	G	H	E	I	G	E	R	A	R	D	R	F	G	H	G	H	F	R	P	E
E	D	F	G	L	X	W	A	A	S	F	T	B	N	M	A	S	F	D	W	E	R	T	Y	U	O	L	R	
U	Y	H	M	I	Y	E	W	A	S	D	Z	X	S	V	C	H	A	N	G	C	H	U	G	I	H	K	M	Y

## HAPPENINGS



### KAIROS Buds DIARY

Kairos Buds released a new diary for children, the Kairos Buds Diary. The diary features monthly feast calendar, short biographies of twelve saints, monthly devotions and traditional Catholic prayers in addition to activities, daily Bible verses and quotes from the saints. The Kairos Buds Diary can be purchased from [www.kairos.global](http://www.kairos.global).

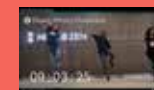
### Inauguration of the JY International Studios

The blessing and inauguration of the Jesus Youth International Studios was conducted by His Beatitude Mar George Cardinal Alencherry on Saturday, 30th January 2021. This was followed by a worship session by the Rex Band. The live streaming of the worship was broadcasted on the official Jesus Youth Facebook page and YouTube channel (Jesus Youth International/Jesus Youth International Studios|Blessing Ceremony).



### CORAL JUBILEE SONG AND DANCE CHALLENGE

This catchy, happy and bubbling-with-joy Jubilee song was by the band, MasterPlan UAE. The song has begun to grow viral, especially the dance challenge based on it. Various dance videos responding to it, from around the world have surfaced with dancers, young and old shaking a leg to its fun tune. Want to give it a try? Go ahead! The Jubilee song can be viewed on the Jesus Youth International YouTube Channel.



#### JUBILEE SONG

Bearers of Good News  
We've come to share the truth  
Lead us O Lord in the light of Your love  
We are the Jesus Youth

Just like the day in the upper room  
Pour out Your Spirit and make us new  
Let our hearts be on fire and our words  
be few

Let your glory fall  
We need your mercy  
We need your love  
The place is here and the time is now  
Come and open the storehouse of  
blessings above  
Let your glory fall

Bearers of Good News  
We've come to share the truth  
Lead us O Lord in the light of Your love  
We are the Jesus Youth

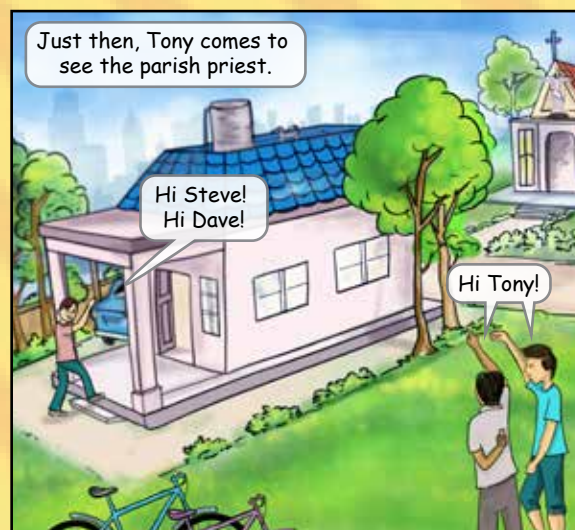
Over the world as one family  
We celebrate our jubilee  
Lord You are good and Your mercy  
endures

Let your glory fall  
We glorify You Lord with one voice  
Recalling your blessings now we rejoice  
To Your call we respond,  
Here we are O Lord,  
Let your glory fall

Bearers of Good News  
We've come to share the truth  
Lead us O Lord in the light of Your love  
We are the Jesus Youth



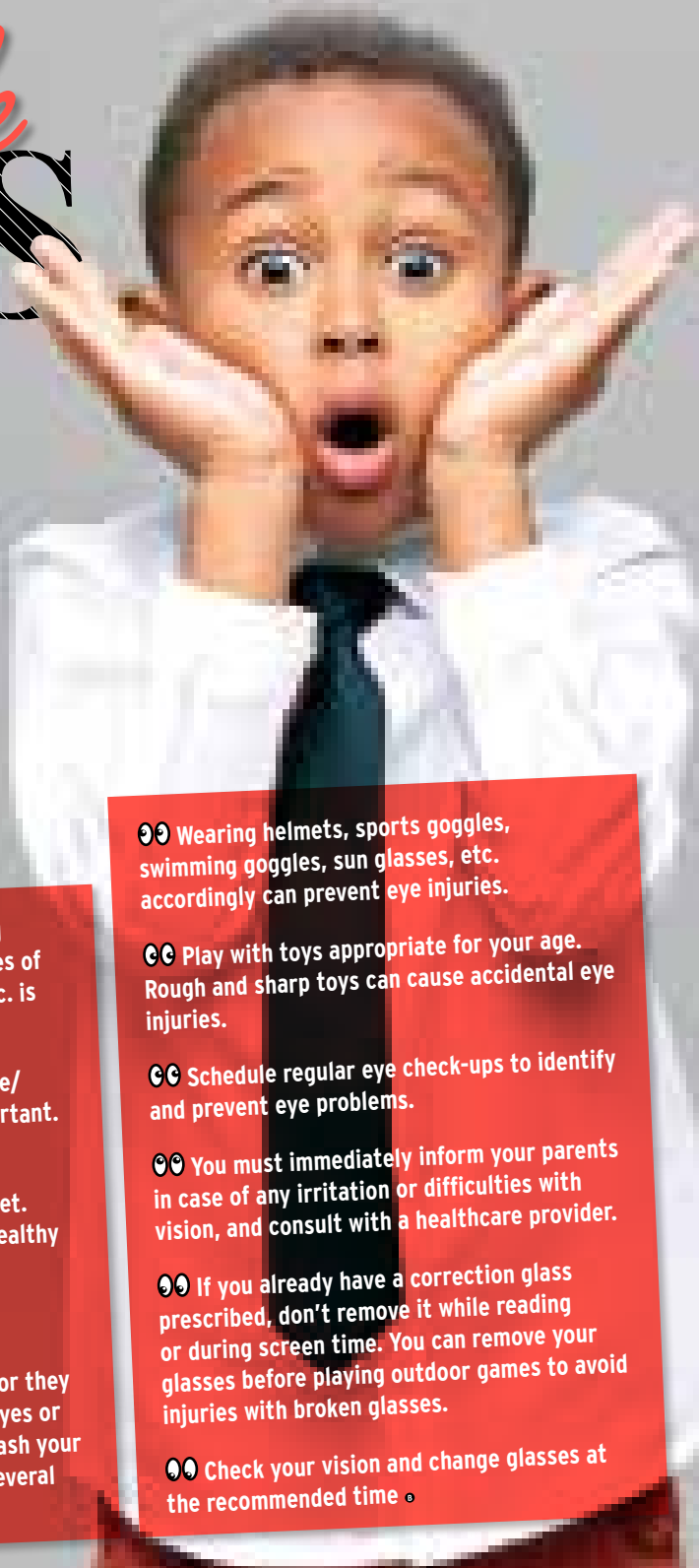






# Two Little EYES

- BESLIN KURIAN » KOZHIKODE, INDIA



We see beauty in everything and enjoy the colourful world around us through our eyes, right? Eyes are the windows through which light passes. It is very important to take good care of our eyes at every stage of life. The physical and psychological pain and fear associated with any injury to eyes or loss of vision cannot be explained. It may be very difficult to accept and adapt to such events in our lives. Some events we cannot change, it just happens, but there are a few things that we can take care of. So 'prevention is better than cure.'

## EYE CARE TIPS

- 👁️ Give proper rest to your eyes. Taking regular breaks after every 30-40 minutes of writing, reading, watching TV/mobile, etc. is important.
- 👁️ Control your screen time with mobile/ computer/ tablet, etc. This is very important.
- 👁️ Include more fruits, green leafy vegetables, egg and fish, etc. in your diet. Vitamin A is an essential nutrient for healthy eyes. Also drink plenty of water.
- 👁️ Get good sleep every day.
- 👁️ Don't rub your eyes if dust enters or they feel irritated. Rubbing can injure the eyes or cause infection/ inflammation. Just wash your eyes with cold water and blink them several times to relieve the irritation.

- 👁️ Wearing helmets, sports goggles, swimming goggles, sun glasses, etc. accordingly can prevent eye injuries.
- 👁️ Play with toys appropriate for your age. Rough and sharp toys can cause accidental eye injuries.
- 👁️ Schedule regular eye check-ups to identify and prevent eye problems.
- 👁️ You must immediately inform your parents in case of any irritation or difficulties with vision, and consult with a healthcare provider.
- 👁️ If you already have a correction glass prescribed, don't remove it while reading or during screen time. You can remove your glasses before playing outdoor games to avoid injuries with broken glasses.
- 👁️ Check your vision and change glasses at the recommended time.

COLOUR ME



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# Saying the **LOVE WORDS**

- JOSHY JOSEPH » HOUSTON, USA

**A**s we saw in the previous issue, the foundation of effective discipline is the parent-child rapport. It also determines parenting success. According to Dr. Gregory Popcak, a Catholic psychologist and family counsellor, there are twelve secrets (tools) to build rapport with your child. We will go through each of these in the upcoming issues. This month, let us look at the first secret. 'Say the Love Words.'

Love is such a powerful force, one that can change lives - because to be loved is to be transformed. Verbally expressing love is an important aspect of any loving relationship. Even in a parent-child relationship, regularly expressing love is absolutely essential in maintaining a sense of stability and safety. And that's why, to the best of my knowledge, I tell my children every single night that I love them. It begins to change who they are, what they know, and who they will become. It tells them they are valuable and precious, it gives them courage, confidence and hope, it provides them correction and motivation to love others.

So don't hesitate to tell your

children that you love them. *have that is more important than you.'* Take your cue from the Heavenly Father, who publicly announced at Christ's baptism, *'This is my beloved Son, with whom I am well pleased'* (Matthew 3:17).

Seek opportunities to affirm your children's strengths. Praise them specifically, for something they did: 'I love the colour of your picture', 'I admire how hard you worked on your project', 'Thank you for being so generous to your sister.' Don't complain about them publicly - ever. Especially not in front of their friends. If you have to criticise your child, do it privately and respectfully. But

**Say 'I love you' and 'I'm proud of you' at least a hundred times a day. Say it until they are sick of hearing you say it, and then say it once more just to be sure. Tell them how proud you are of them.**

children that you love them. Say 'I love you' and 'I'm proud of you' at least a hundred times a day. Say it until they are sick of hearing you say it, and then say it once more just to be sure. Tell them how proud you are of them. Affirm them often by saying, 'You are my greatest treasures', 'There is nothing I

by all means do complement them publicly, as long as you do it to make your kids look good, not yourself (your kids will know the difference) ◦

Parents are welcome to share their concerns/queries with us on our mail id [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) or WhatsApp number +91 6238 105 775.



# 'Learn and Colour'

*I will sing to the Lord as long as I live; I will sing praise to my God while I have being.*  
 Psalm 104:33

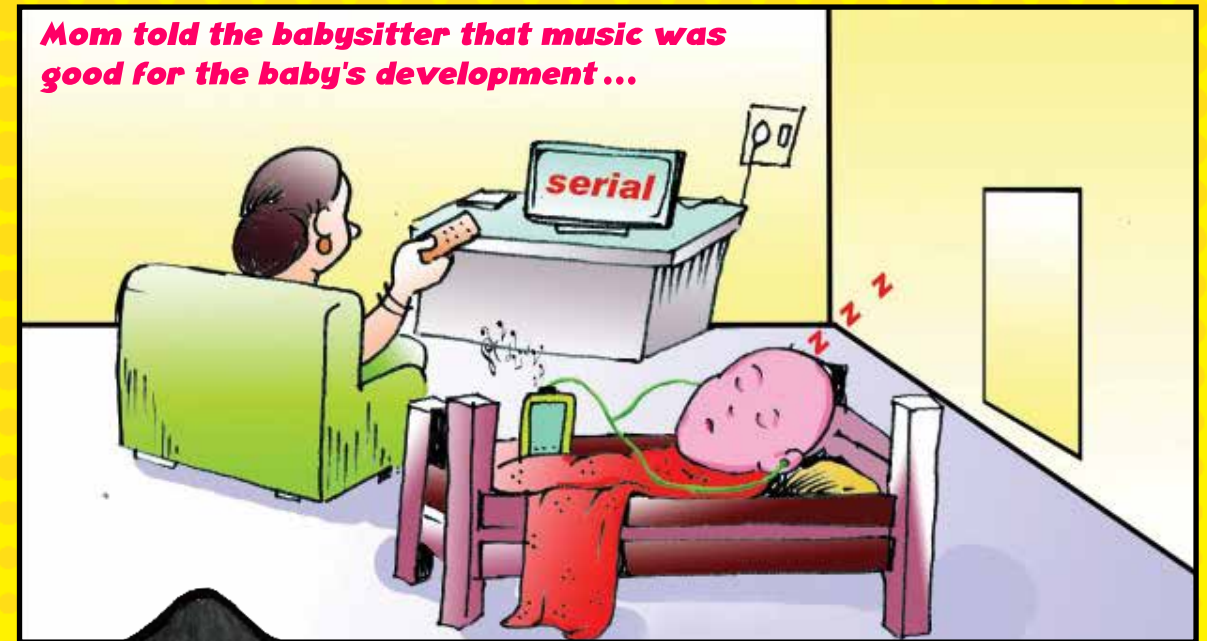


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## LET'S LAUGH

**Mom told the babysitter that music was good for the baby's development ...**



*'A joyful heart is more easily made perfect than a downcast one.'*

– St. Philip Neri, Apostle of Joy

**ST. PHILIP NERI POSSESSED A PLAYFUL SENSE OF HUMOUR COMBINED WITH A SHREWD WIT. HE CONSIDERED A CHEERFUL TEMPERAMENT MORE CHRISTIAN THAN A MELANCHOLY ONE.**

Charles Borromeo, one of the high-ranking Cardinals of the time, often told Neri that he would grant anything he ever requested, but Neri never relied on high offices for special favours. Every time the Cardinal met Philip, he would remind him of his promise, but Philip always refused. One time Neri thought he would have some fun. Strolling up to the Cardinal, he reminded him of his promise. 'I'd like to ask a favour of your Most

Illustrious Lordship,' he said, 'only I know that you will not grant it.' 'Why not?' the Cardinal asked. 'Oh, no, you won't,' Philip insisted. This went on for a few minutes until finally the Cardinal said, 'Tell me what it is, and I will do it for you.' Quick came Philip's reply. 'Well, I really wouldn't mind if your Most Illustrious Lordship would give me the secret of making my beard black!'



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