

KAIROS

VOLUME 1 » ISSUE 8

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

*Our Lady of the
Pillar Cathedral-
Basilica, Spain*

.....

**Our Harvest
and Powerful
Promises**

.....

**Paper from
Paper!**

.....

Healing's
Embrace



Jesus Youth

A Missionary Movement at the Service of the Church

Kairos Buds



Magazine

For Children

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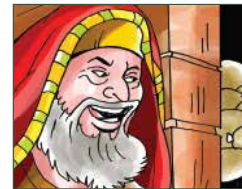
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WITHIN

KAIROS Buds

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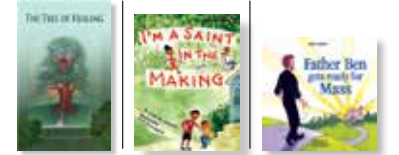
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EDITORIAL

BE A HEALER

Suppose while running around, you suddenly fell down and injured your knee. Nothing serious and there was no need to go to the hospital but the wound was very painful. Your parents would treat and bandage the wound but it would take a few days for it to heal and things return to normal. Till then, you would have to be careful with your movements lest it hurt. Once the wound has healed you continue with your routine and hardly remember the injury at all.

This is true regarding emotional injuries and wounds too. Somebody has cheated you – you are angry, irritated, and impatient and feel scornful. In such a situation one finds it difficult to behave peacefully even with others. Then the person who cheated you approaches and expresses sincere regret, immediately all the ill feeling flies away. As in the case of physical healing you are now emotionally healed and are quite back to the normal.

In our family, school, neighbourhood, church and society, there are many or nearly everybody who are wounded in one way or the other. Many children around us suffer the trauma of tensions and difficulties at home in varied forms. Many are unable to be themselves or suffer the consequence of their several wounds.

A pleasant smile, a kind word, a soft touch, a little help, a word of encouragement, some support, a nod of appreciation, a sincere prayer for them can be the medicine that helps heal many wounds. Are you daring enough to do your bit to heal this world from pain and difficulties? Dear *Kairos Buds* reader, do you dare to be a healer for the people and world around you?



Adv. Johnson Jose
EDITOR-IN-CHIEF

Cathedral-Basilica of Our Lady of the Pillar, Zaragoza, Spain

- TANYA DENSIL » DUBAI, UAE

Our Lady of the Pillar Cathedral-Basilica, in the city of Zaragoza, Spain honours the Blessed Virgin Mary, who is known as Our Lady of the Pillar and was referred to by Pope John Paul II as 'Mother of the Hispanic People'.

It is said to be the world's first church dedicated to Mary and dates back to the year 40 AD, when St. James the Apostle sat praying on the River Ebro's bank, disappointed at the failure of his efforts to introduce Christianity to the region. Our Lady appeared and assured him that his efforts would not be in vain. She gave him a jasper pillar and instructed him to build a church in her honour.

St. James was successful in bringing Christianity to Spain, as Mary foretold, and built a chapel in her honour at the place of the apparition. This place has attracted the devout over the centuries, including periods when Zaragoza was under Muslim authority, when it was plagued and famine-stricken, and through years of civil conflict

and instability. St. John of the Cross, St. Teresa of Avila, and St. Ignatius of Loyola are some of the saints who travelled here to honour Our Lady of the Pillar, the patroness of Spain.

In the seventeenth century, a poor beggar named Miguel Juan Pellicer from the town of Calanda experienced the shrine's most famous miracle. He had a tremendous devotion to Our Lady of the Pillar and frequently prayed there for help because he was unable to work due to an amputated limb. His prayers were rewarded when the Virgin Mary restored his limb, and word of the miracle spread quickly.

SOME FACTS

- ✦ The Basilica de Nuestra Senora del Pilar, as it is officially known, is Spain's second-largest church.
- ✦ The feast of Our Lady of the Pillar is celebrated on October 12.
- ✦ The apparition of Our Lady to St. James is considered the first Marian apparition, and is unique because it happened while Mary was still living on Earth.
- ✦ During the Spanish Civil War of 1936-1939, three bombs were dropped on the church but none of them exploded.
- ✦ St. Josemaria Escriva, the founder of Opus Dei, made frequent pilgrimages to Our Lady of the Pillar as a young seminarian in Zaragoza, praying for direction. Every year, Opus Dei members commemorate her feast day.



Our Harvest and POWERFUL PROMISES



God said, 'Let the earth produce vegetation: seed-bearing plants, and fruit trees on earth, bearing fruit with their seed inside, each corresponding to its own species.'

I am going to tell you about something wonderful that happened to me. When our schools had closed for summer holidays this year, our gang - friends who lived close by, my siblings and I - would meet every day to play together. We decided that we would go for Holy Mass daily in the morning and my father also accompanied us.

One day we decided to do something together. We thought about what to do and finally agreed to do a bit of planting. Since there was space in our backyard, we asked our parents if we could plant some plants and they agreed. My father too joined in to help. And do you know what we decided to plant? Tapioca and corn.

Every evening, the gang would come over and we would work on our vegetable patch. We started with a prayer. We would recite one Our Father and say the Bible verse Genesis 1:11, **God said, 'Let the earth produce vegetation: seed-bearing plants, and fruit trees on earth, bearing fruit with their seed inside, each corresponding to its own species.'** And so it was.

When the lockdown began, we could not go for daily Mass but we continued to pray this Bible verse over our vegetable patch. During our family prayer too every evening, we made sure to recite Genesis 1:11 together as a family.

As the days went by, we began to see our tapioca and corn growing well. This led me to the conviction that reciting Bible verses can help us in all aspects of life. So my family and I decided to pray for one of our neighbours, an elderly aunt who got paralysed and has been hospitalised for the past seven years. Every day, we recite Mark 5:41, **And taking the child by the hand he said to her, 'Talitha kum!' which means, 'Little girl, I tell you to get up.'**

We believe she will walk by the power of this Word of God ◦



- SAVIO JOSE » 8 YRS » KANJIRAPALLY, INDIA

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- DR. SUNNY GEORGE » KANJIRAPALLY, INDIA

Lord Jesus Christ has power over sickness and death.

You must have experienced doctors taking your pulse and listening to your heartbeat at the hospital. These are vital signs of life. Death on the other hand is easy to diagnose. If death is uncertain, lack of pulse, breath or heartbeat will usually suffice – here usually pronounced by a doctor or nurse.

We read in the Bible that many people gathered around Jesus to hear the Word of God. There were old and young, rich and poor; some were sick and others just wanted to be with his company. A man named Jairus was also in the crowd. He was in tears because his twelve-year-old daughter was so sick and was about to die. Jairus came because he knew Jesus could heal his daughter. Jairus was an important synagogue official, respected by all, but when he came to Jesus he knew that Jesus was more important and worthy of his respect. It took great humility for a synagogue official to fall at Jesus' feet and beg for his help.

Jairus pleaded with Jesus to visit his home and place his hands on his daughter so that she could be well again! Moved by compassion, Jesus immediately went with Jairus. When he

saw the girl lying lifeless, he took her by the hand and said, **'Little girl, I say to you, get up'** (Mark 5:41).

Guess what! The little girl immediately got up and began to walk around. The people were astonished. Jesus brought a dead girl to life. Jesus could do anything!

When we come to God in prayer it is important that we acknowledge God's holiness and dominion. One way we can show him honour and respect is to pray on our knees or even flat on our stomachs. Bowing down before God shows him great honour. Being prostrate means, we adore God in all its fullness.

Jairus truly believed that Jesus could heal his dying daughter. When a person believes God can do something, it is faith. Faith pleases God! When we are in a very difficult situation we should always come to Jesus and pray, believing Jesus can help us. Jesus always hears and answers our prayers no matter how big or small we feel our need is ◦



THE PARABLE OF THE RICH FOOL

Someone in the crowd asked Jesus: Teacher, tell my brother to divide the inheritance with me.



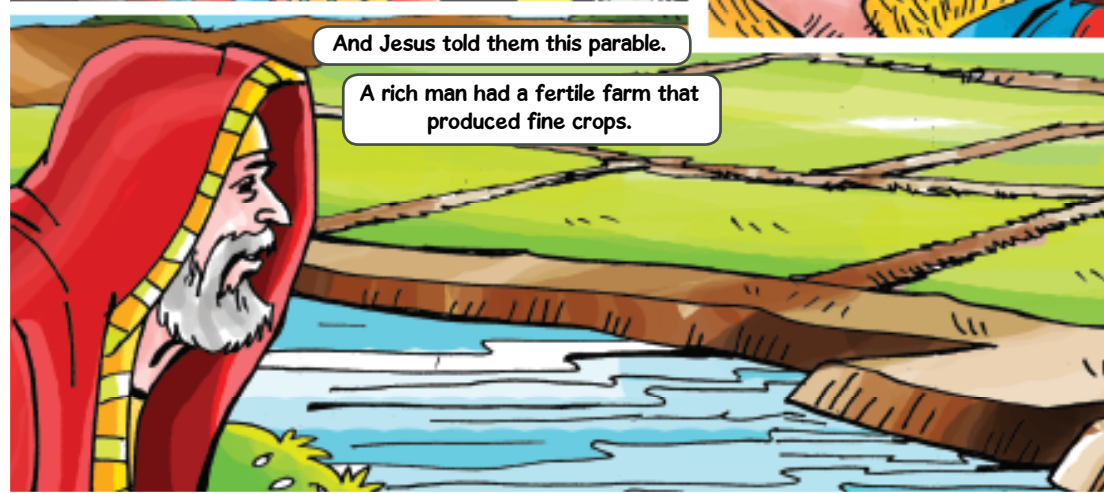
Friend, who made me a judge over you to decide such things?

Watch out! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possession.



And Jesus told them this parable.

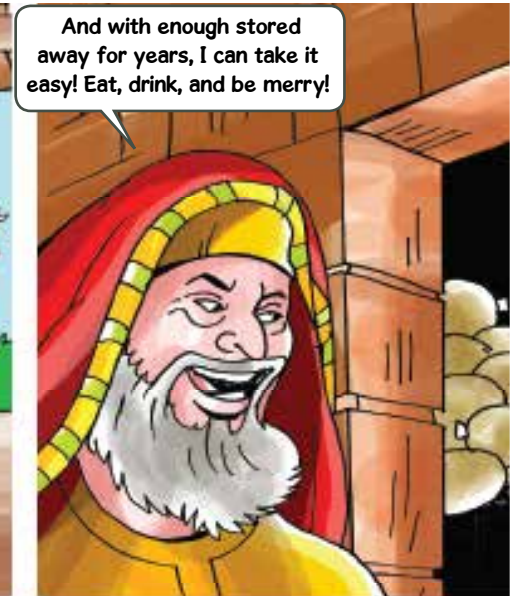
A rich man had a fertile farm that produced fine crops.



In fact, his barns were so full they almost overflowed.



I know! I will tear down my barns and build bigger ones. Then I'll have room to store more.



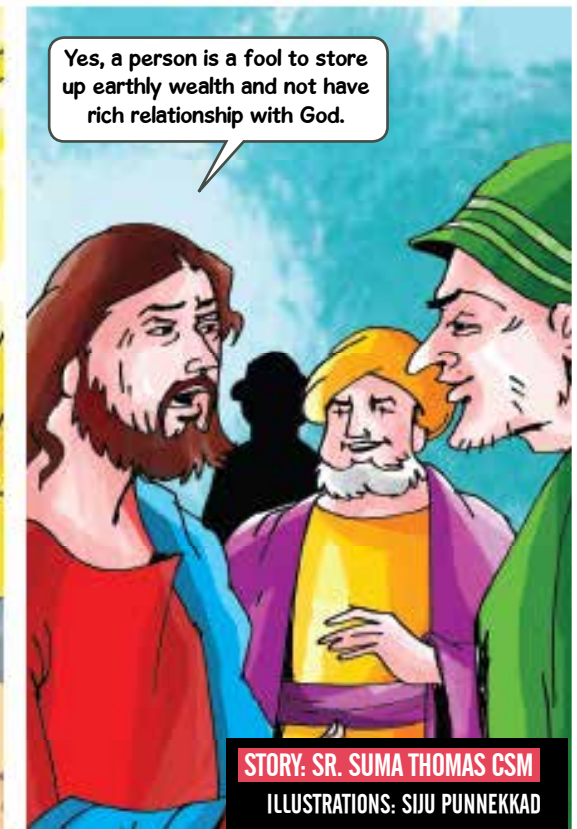
And with enough stored away for years, I can take it easy! Eat, drink, and be merry!

But God said to him.



You fool! You will die this very night. Then who will get it all?

Yes, a person is a fool to store up earthly wealth and not have rich relationship with God.



STORY: SR. SUMA THOMAS CSM
ILLUSTRATIONS: SIJU PUNNEKKAD

FASTING

- DR SANTOSH DSOUZA BENJAMIN » ABU DHABI, UAE

Coming home from primary school, hungry as he was, Jason told his mother he wanted cake. Since Mommies know what's best for their children, she gave him a healthy sandwich instead. As Jason was munching his snack, he noticed that his mother was not eating with him, like other days.

Concerned, he asked, 'Mom, why aren't you having food?' His Mommy replied, 'I'm on a fast, Jason and won't be eating for a little while.' Not understanding how someone could resist food, 'Why do you need to fast, Mom?' enquired the curious Jason, adding 'And you're not even unhappy about it!'

Mother came close, sat next to him and said, 'Fasting disciplines the spirit, Son. St Paul tells us that man is made of spirit, soul and body. Some people fast for their body - to lose weight, become

But as Christians, the Bible teaches that when we fast, we learn to overcome our desires and we get stronger spiritually.

slim and look thin. Even doctors advise a bit of fasting sometimes to overcome certain diseases. It also helps the body function

better and may even boost brain activity. But as Christians, the Bible teaches that when we fast, we learn to overcome our desires and we get stronger spiritually. We learn to say no to things which we want but are not necessary or which may be sinful. We have also read about Jesus fasting. Jesus tells us that when we fast we should not make sad faces and try to gain

people's appreciation, but offer it to our Heavenly Father, who will reward us.'

Jason understood that fasting is rewarding and it means more than just skipping a meal. He exclaimed 'I want to fast too!' Mommy replied, 'Yes Son, you can fast when you are able to.

But since you are a child, you can abstain - stay away from the food that you like the most and offer it as a sacrifice to God.'

Jason said, 'Yes Ma, I will try and abstain from cake and chocolates in the coming days and will try not to eat it regularly.' His mother smiled and happily praised God.

So dear child of God, would you like to make your spirit strong too? Would you like to abstain from something that you crave and offer it as a sacrifice to God?

Our Heavenly Father will reward you for it! ◦



IS WITH ME

God is with me,
Why should I be,
Scared of the evil,
Why should I be? (2)

God is with me,
Why should I be,
Scared of the darkness,
Why should I be? (2)

Samson saw the lion like a lamb
David killed the great giant man (2)

God is with us till the end,
He will always be our friend. (2)

God is with me,
Why should I be,
Scared of disasters,
Why should I be? (2)

Moses led the Israelites,
Through the desert of Sinai
From the land of slavery
To the land of victory ◦



- ALBERT JOSEPH PAUL » 11 YRS » ABU DHABI, UAE

St. Maximilian Kolbe

Feast: 14 August

Raymund had vision of the Virgin Mary, when he was twelve.

What happened to my naughty Raymund?!

Our Lady appeared to me with two crowns. White for purity and red for martyrdom. I said that I would accept them both.



Raymund and his older brother, Francis joined the Franciscans. Raymund chose the name Maximilian Maria.

Maximilian Kolbe organised the Militia Immaculatae to work for conversion of sinners and enemies of the Catholic Church. He also founded a monthly periodical, Knight of the Immaculata.



Fr. Kolbe wanted to spread the Good News to Japan through his publication and asks his superior for permission.

Fr. Kolbe had returned back when World War II broke out and Germany took over Poland. He and the other friars provided shelter at the monastery for refugees including 2000 Jews from German persecution.

You don't know Japanese! How will you publish a periodical in that language?

Mary, the Immaculate will provide the answer.



In February 1941, Fr. Kolbe was arrested and imprisoned. Prayer was forbidden but at night Fr. Kolbe would help the tormented prisoners and hear their confessions.

Fr. Kolbe was later transferred to Auschwitz as prisoner 16670, where he was harassed and tortured. One day, a prisoner escaped camp.



I am a Catholic priest, can I do anything for you?



Ten prisoners will be starved to death in the underground bunker. This is a lesson for those planning escape.

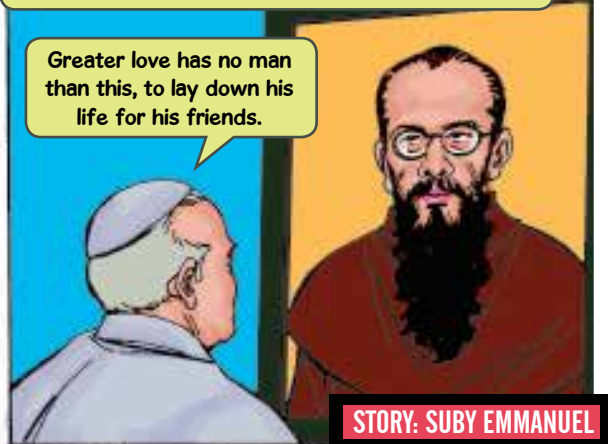
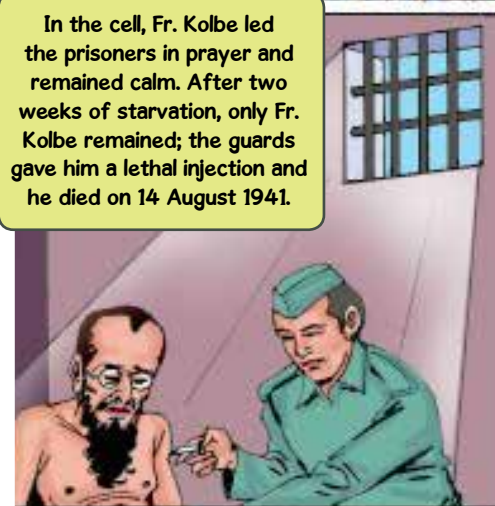


Please! Not me! I have a wife and two children. I will never see them again!

I will take this man's place.

In the cell, Fr. Kolbe led the prisoners in prayer and remained calm. After two weeks of starvation, only Fr. Kolbe remained; the guards gave him a lethal injection and he died on 14 August 1941.

Pope John Paul II canonised Fr. Kolbe on October 10, 1982. The Holy Father quoted from John 15:13.



Greater love has no man than this, to lay down his life for his friends.

STORY: SUBY EMMANUEL

ILLUSTRATIONS: MADHU S

PAPER FROM PAPER

- DIVYA IMMANUEL » MUMBAI, INDIA



MATERIALS REQUIRED:

- Old used paper and scissors
- Tub and water
- Strainer
- Cotton cloth
- Blender

PROCEDURE

- 1 Take some old used paper and cut it into small pieces.
- 2 Soak them in water for 2-3 hours.
- 3 Remove it from the water and put it into a blender to make the paper pulp.
- 4 Now take two spoonful of pulp and mix it with water in a flat tub.



- 5 Gently slide the strainer from one end of the tub to the bottom of the tub. Let the pulp settle onto the strainer.
- 6 Pick up the strainer gently and let the excess water drip.
- 7 Now invert the strainer onto a cotton cloth making sure the pulp is face down onto the cloth and dab the top with another cloth to remove excess water.
- 8 Slowly remove the strainer and let the pulp dry.
- 9 Your handmade recycled paper is ready!

TIPS

1. You may add different colours when you soak the paper.
2. Make sure that the entire soaked paper is ground to a pulp to get a smooth finish.
3. If you feel the thickness of the paper less, add more pulp in the water and allow it to settle on the strainer.
4. Parental guidance may be required to use the blender.



Kairos Buds Craft City

Kairos Buds held its first online workshop for children, Kairos Buds CraftCity on July 17th from 5 to 6pm IST. The programme for seven to twelve-year-olds was enthusiastically attended by around fifty children and their parents.



The programme began with an action song, where Serena Dsouza made the children sing and dance to *The Milk Song*. This was followed by the story telling session by Liza Sunny Philip, who enthralled the kids with the story of *The Good Samaritan*. Finally the craft session was conducted by Divya Immanuel, who engaged the children with *Egg-Mosaic*. The entire programme was coordinated by Shanice Castellino, who was the MC.

The Kairos Buds CraftCity was well-received, with queries from children for the next session! Parents too found the workshop interesting and enjoyable.



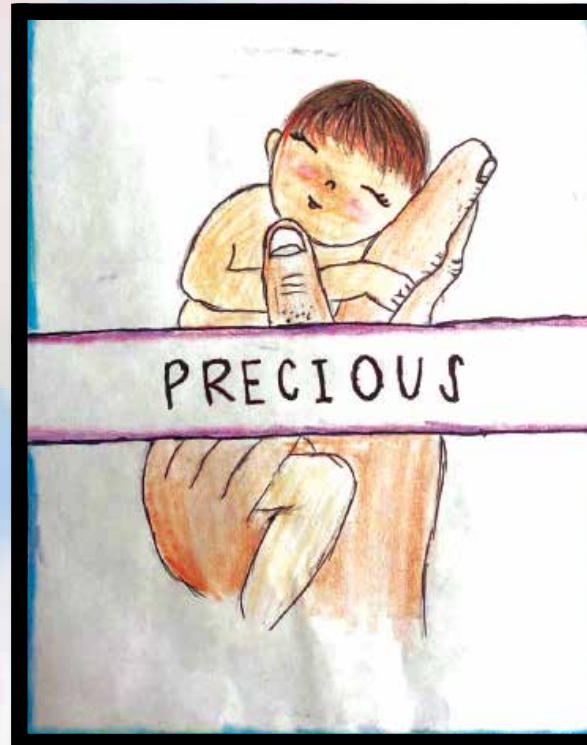
Craft session in progress and some of the finished craft.



MY CANVAS



LIA LALU » 12 YRS
» CALIFORNIA, USA



ADAM TOMS BIJU » 9 YRS
» KANNUR, INDIA



JONATHAN BINU MATHEW » 8 YRS
» THIRUVALLA, INDIA



ANN MATHEW » 10 YRS
» KANJIRAPALLY, INDIA



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Important Feasts of Our Lady through the Year



JANUARY 1

SOLEMNITY OF MARY, MOTHER OF GOD



JANUARY 23

ESPOUSALS OF OUR LADY AND ST. JOSEPH



FEBRUARY 2

PRESENTATION OF THE LORD



FEBRUARY 11

OUR LADY OF LOURDES



MARCH 25

ANNUNCIATION



APRIL 26

OUR LADY OF GOOD COUNSEL



MAY 13

OUR LADY OF FATIMA



MAY 31

VISITATION OF THE BLESSED VIRGIN MARY



JUNE 27

OUR LADY OF PERPETUAL HELP



JULY 16

OUR LADY OF MOUNT CARMEL



AUGUST 15

ASSUMPTION



AUGUST 22

QUEENSHIP OF MARY



SEPTEMBER 8

NATIVITY OF THE BLESSED VIRGIN MARY



SEPTEMBER 12

THE MOST HOLY NAME OF MARY



SEPTEMBER 15

OUR LADY OF SORROWS



OCTOBER 7

OUR LADY OF THE ROSARY



NOVEMBER 21

PRESENTATION OF THE BLESSED VIRGIN MARY



DECEMBER 8

IMMACULATE CONCEPTION



DECEMBER 12

OUR LADY OF GUADALUPE



MAY
is the Month
of Mary

The Feast of the Immaculate Heart is the Saturday following the **SECOND SUNDAY AFTER PENTECOST**

OCTOBER
is the Month
of the Rosary

THE FIRST SATURDAY OF EACH MONTH
is also dedicated to Marian Devotions

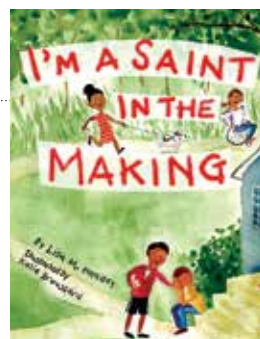


THE TREE OF HEALING

DIANA GONZÁLEZ TABBAA / CREATSPACE
INDEPENDENT PUBLISHING PLATFORM

Tree of Healing tells the story of Rose, a little girl who is lonely and battling troubles. As an infant, her father passes away and his loss affects her mother, who becomes harsh and distant. One summer, Rose discovers a carving made by her father in the great tree of a Rosary Garden. With the help of her grandmother and a friend, she comes to know God's Love and learns to bring everything in her life to him. Beautifully illustrated by the author herself, *Tree of Healing* tells a story of forgiveness, healing and hope.

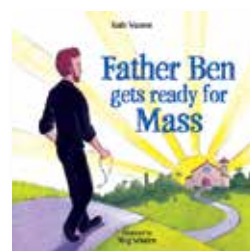
I'M A SAINT IN THE MAKING



LISA M. HENDEY / PARACLETE PRESS;
ILLUSTRATED EDITION

Lisa Hendey's *I'm a Saint in the Making* is a beautiful way for children to understand sanctity, the call to be a saint oneself and to live with mission and love. With highlights from the lives of saints old and new, children learn that the saints were ordinary people themselves but who lived extraordinary lives by being whom God called them to be. *I'm a Saint in the Making* offers simple but effective suggestions on how children can offer acts of prayer, service and love.

FATHER BEN GETS READY FOR MASS



KATIE WARNER / TAN BOOKS

Father Ben Gets Ready for Mass is an interactive and fun book for 5 to 6-year-olds that explains the liturgy and the gift of priesthood. With bright and cheerful illustrations, this book is a visual reference that shows children how people prepare for Mass, through the example of Fr. Ben.

Do you have a Big Heart?



- SIJU THOMAS » KOTTAYAM, INDIA

This month we learn a life skill called Empathy which gives you a big HEART.

Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Empathy is, at its simplest, awareness of the feelings and emotions of other people.

Have you heard about psychopathy? This is a personality disorder characterised by a lack of empathy (e.g. terrorists, criminals).

When you are empathetic to others you enlarge your heart and you can enjoy your interpersonal relationships. These are some of the situations where you need to develop and express your empathy skills:

- ▶ Imagine a friend in your class has just failed a major test or exam
- ▶ A student gets bullied or insulted
- ▶ A person in physical or mental pain
- ▶ Your friends having family /health / financial problems
- ▶ Sick parents /siblings
- ▶ Physically/emotionally struggling parents/ siblings/friends
- ▶ Less privileged people such as sick/ homeless/differently abled and so on.

Blessed are the merciful: for they shall obtain mercy (Matthew 5:7).

Empathy, Mercy, Kindness, Compassion are the same. Do remember that simple acts of kindness make this world more beautiful.



STORY: TANIA ROSE JOSUN
ILLUSTRATIONS: STEFFI ANDRAT FARIA



have questions?

WITH FR. JUSTIN PANACHICKAL MSFS » KOTTAYAM, INDIA

Q. WHAT DOES JESUS MEAN WHEN HE CALLED THE PHARISEES, HYPOCRITES? WAS JESUS BEING NICE?

- ELIZABETH, 8YRS, DALLAS, USA

ANS: Jesus was indicating the type of people the Pharisees were. It is not about being nice, but it was all about confronting. Jesus did not hate the Pharisees, but he didn't approve their attitude, i.e. being hypocritical, talking one thing and acting the opposite. Here Jesus is pointing out their mistakes, a call to correct their lifestyle. We could say Jesus is scolding them in a way, so that they realise their mistakes. It is about being realistic.

Q. HOW CAN WE HELP OTHER PEOPLE TO HAVE GOOD FAITH?

- ANUGRAHA PUTHENPURAYIL, 13 YRS, BLACKPOOL, UK

ANS: There are several ways in which we can help people have good faith. The primary means is by our own faith and way of life (*In the same way your light must shine in people's sight, so that, seeing your good works, they may give praise to your Father in heaven. Matthew 5:16*). We should be ready to answer doubts and explain aspects regarding our faith to those who have doubts and those who are ignorant. For this we need to be spiritual as well as have good knowledge about scriptures, sacraments, prayer and the Church. We should be welcoming at heart like Jesus to all around us, not casting away or being discriminating to those outside our faith.



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

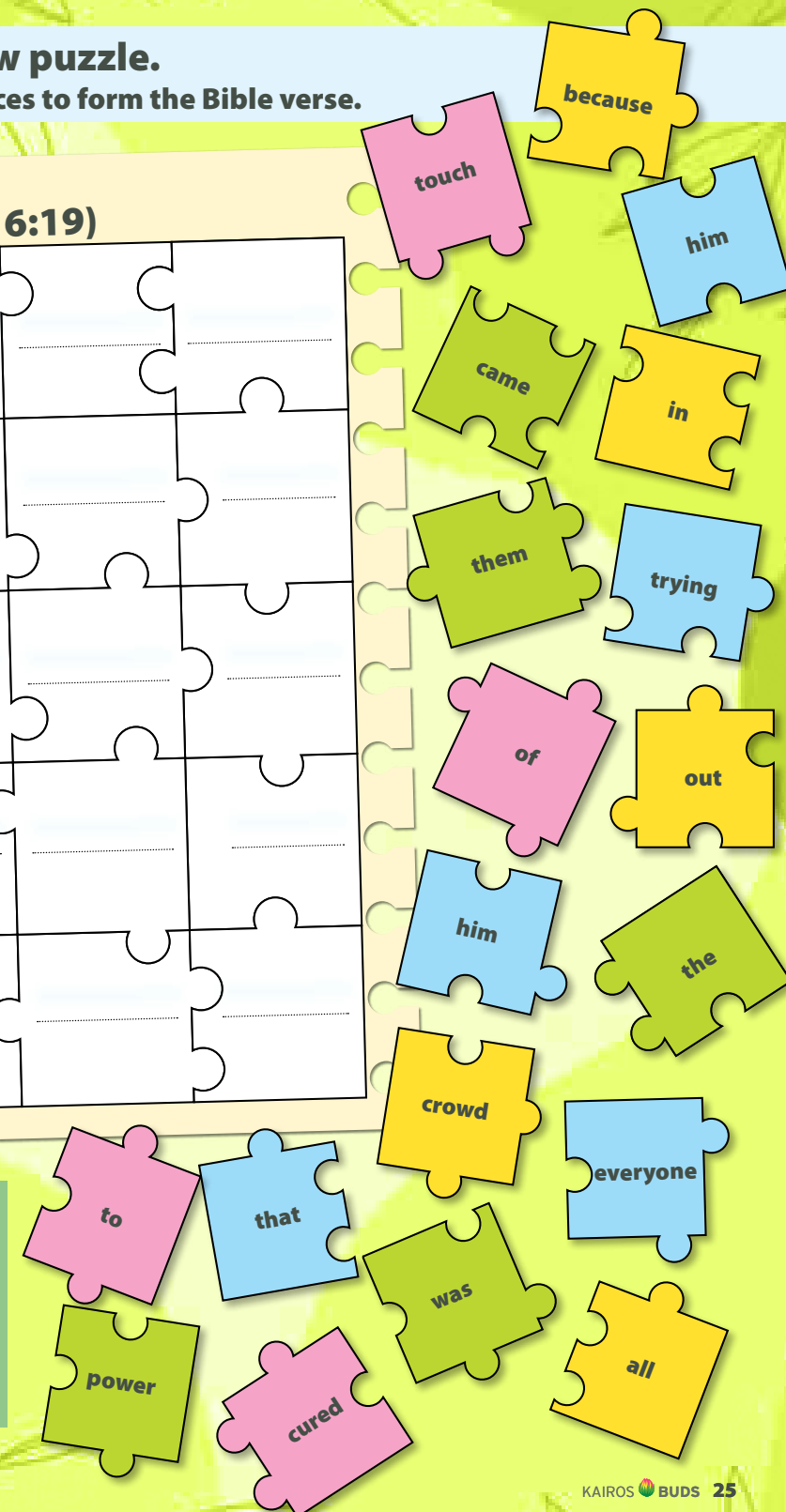
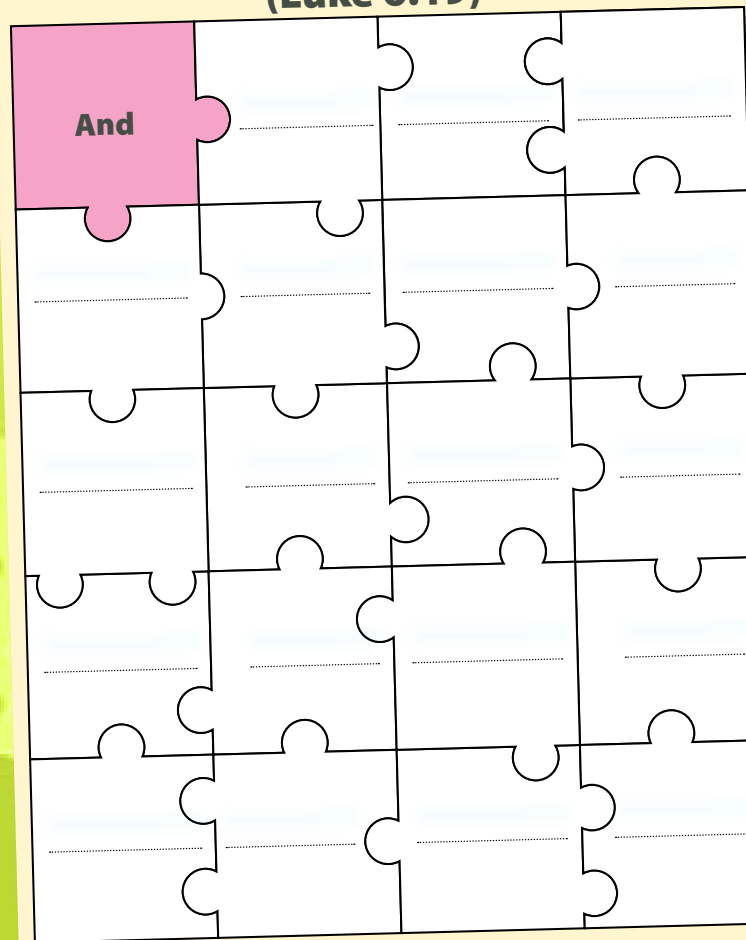


Puzzle

Solve this jigsaw puzzle.

Place the correct pieces to form the Bible verse.

(Luke 6:19)



Please send the solved puzzles to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31st August, 2021. The winners will be featured on our Instagram and Facebook pages.

KEEP YOUR PROMISES

- JOSHY JOSEPH » HOUSTON, USA

As we saw in the previous issues, the foundation of effective discipline is parent-child rapport. And, there are 12 secrets (tools) to build rapport with your child. We already discussed the first five secrets which are 'Say the Love Words', 'Show Them You Love Them', 'Play

Together', 'Work Together' and 'Be There'.

This month, let's learn about the sixth secret which is 'Keep your Promises'.

As parents, you would have

said any or all of these phrases to your children at some point or the other: Just a minute, I'll be right there, Give me five minutes, I'll be there in a sec or Just let me finish this one thing.

What would have happened next? Inevitably, time gets away and you are much later in getting back with them than the minute, five minutes, or one second, you've promised. What does this communicate to your kids? They're not a priority, they're unimportant, you are not a man/woman of integrity, your word is untrustworthy, you care more about tasks than people, you are selfish or you don't care about what they have to say. Too many times parents make promises that they do not expect ever to fulfil, just to get rid of the children's asking. Children soon come to recognise such empty promises, and of course, over time it affects your rapport with them.

It is one thing to say, 'I Love You'. It is another thing to exemplify the motto 'You can count on me.' If you say you are going to be there, be there. If you set a limit, stick to it. If you promise a surprise, deliver it. If you say you will do it, do it. Do not lie to your children; do not make promises to them unless you mean them. When you make a promise, do not forget it, do not break it. If you make promises to them and then are not able to keep them, value your word enough and their respect enough to explain to them the reason. God wants you to 'speak the truth, and lie not.' Your standing, your influence, your usefulness – all depend upon your faithfulness; and if you are faithful, you will be faithful to your promises.

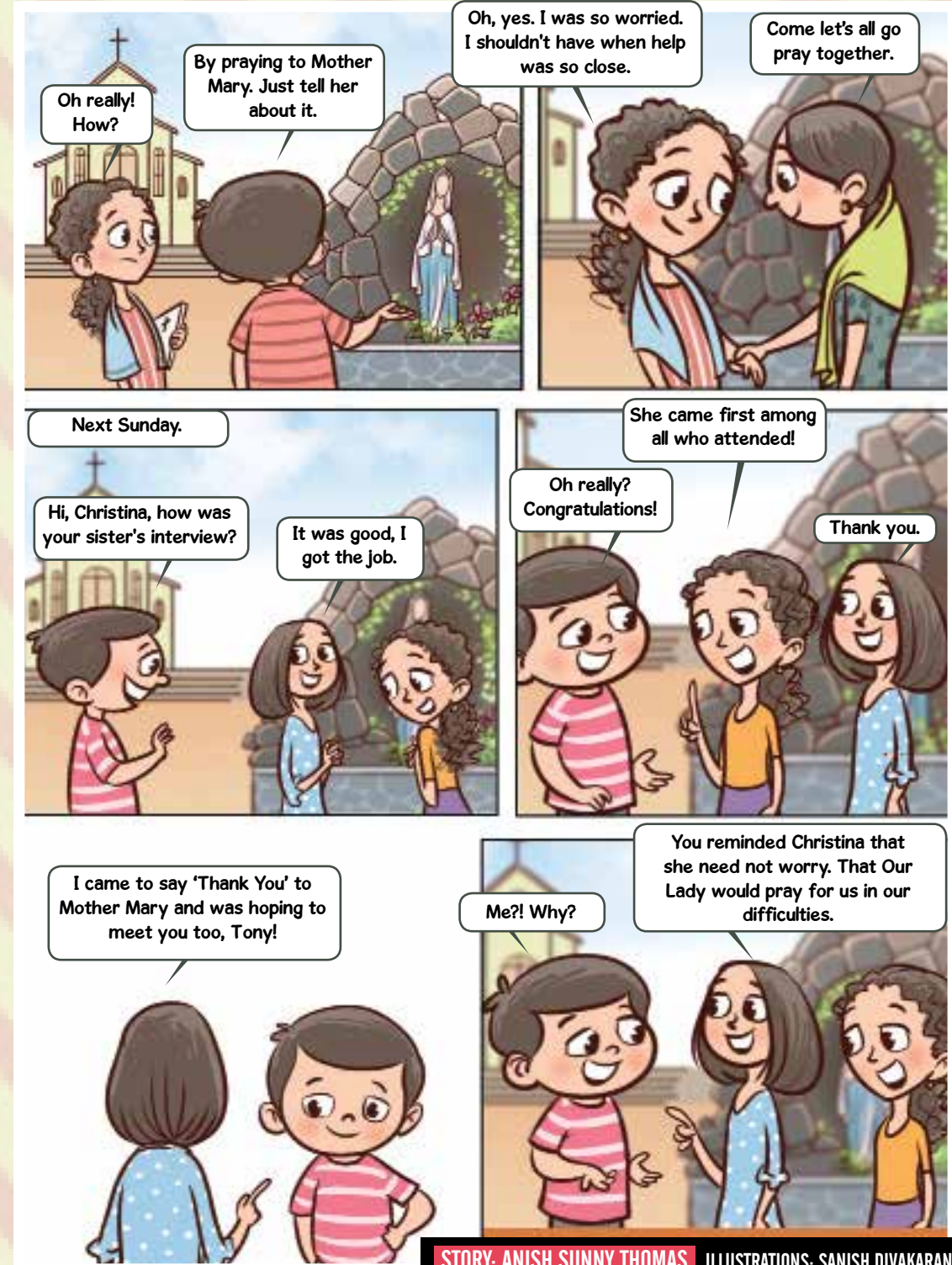
If something prevents you from making good on your promise, make a specific time to make good on that promise and then fulfil your commitment. Let nothing stand between you and this make-up date. As Jesus said, **Let your 'Yes' mean 'Yes', and your 'No' mean 'No'** (Matthew 5:37). Be a person of your word, and your children will respect you for it.

Parents are welcome to share their concerns/queries at joshy.joseph@kairos.global or WhatsApp number +1.832.592.3675



IF YOU SAY YOU WILL DO IT, DO IT. DO NOT LIE TO YOUR CHILDREN; DO NOT MAKE PROMISES TO THEM UNLESS YOU MEAN THEM. WHEN YOU MAKE A PROMISE, DO NOT FORGET IT, DO NOT BREAK IT.

A Friend in Need



STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

TAKE CARE

BEING NEAT AND ORDERLY

Being neat and orderly is a good habit that will reward you all through life. It is good to keep our areas, rooms or spaces as neat and clean as they can be. By doing so, we reflect the nature of God our Father, who created the whole world in beauty, order and grace. *God saw all he had made, and indeed it was very good (Genesis 1:31).*

LET US LOOK AT SOME WAYS WE CAN BE NEAT AND TIDY.

1. Make your bed

When you wake up in the morning, make your bed. Fold the blankets, arrange the pillows, spread the bedsheets and tuck them well.

2. Neat wardrobes

When you open your wardrobe, do all the clothes tumble out? Or are they neatly stacked? A neat wardrobe means you can find what you need easily.

3. Pick up and put up

After you have finished playing with your toys or reading a book or watching something on your tab, put it back in its place. This goes for everything you use so that you won't have to yell out, 'Mom, where's my ...?'

4. Clean your room

If you are old enough, sweep and clean your room. Keeping your room free from dust and garbage will only keep you healthy. So, soiled clothes go for laundry, rubbish is thrown, things are placed back and windows open to let in the light and fresh air.

5. Leave it as you found it - clean!

Whether in your room, at home or anywhere else, the golden rule is do not misplace and do not disorder. Try and leave the place as neat and clean as you found it, if not better.

6. Clear a mess

Accidents happen and sometimes a glass of juice may spill or a bowl of chips may fall and scatter. So what's next? Clear the mess. Take a mop or a brush and clean it up. Don't wait for Dad or Mom to tell you. Get up and clear it right away.

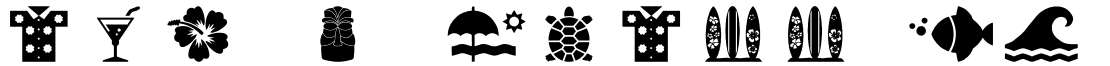
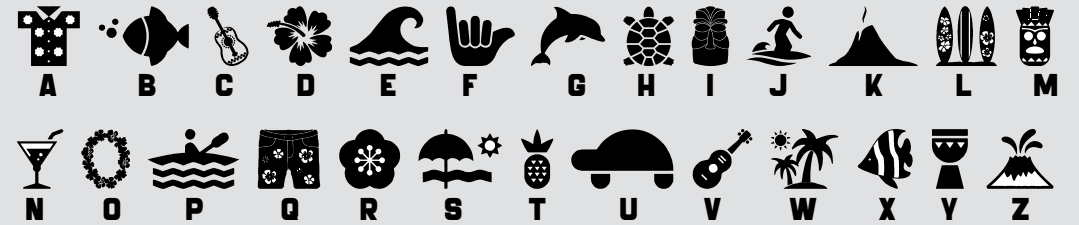
7. Helping Hands

Everybody loves little children who help out - whether it is helping Mom with some dishes, Dad with cleaning the yard or your older brother or sister with some chore. Being helpful is a sign you are a neat and orderly child of God ☺

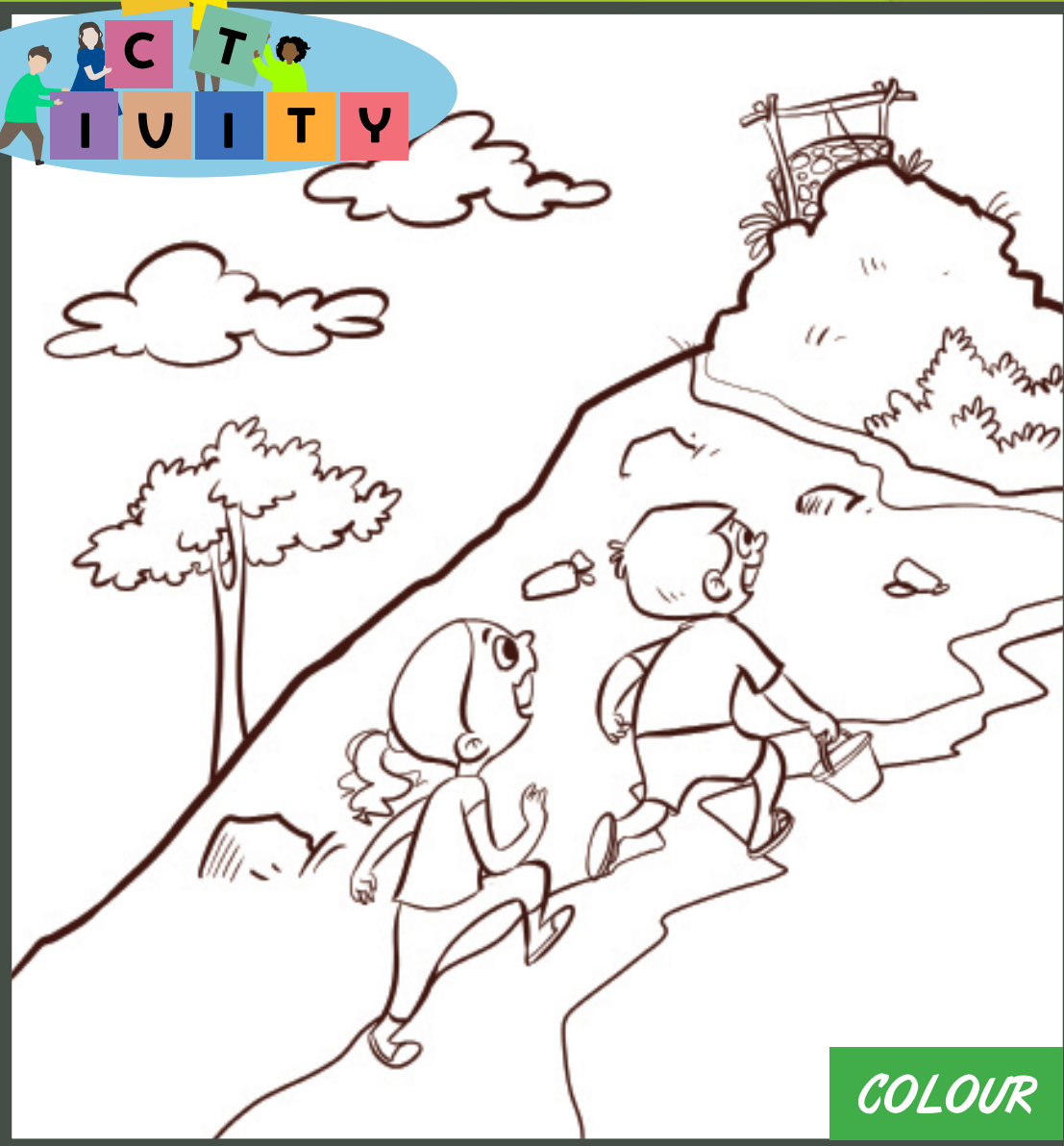


BRAIN GYM

From the clues given, decode this cryptogram. (Jeremiah 17:14)

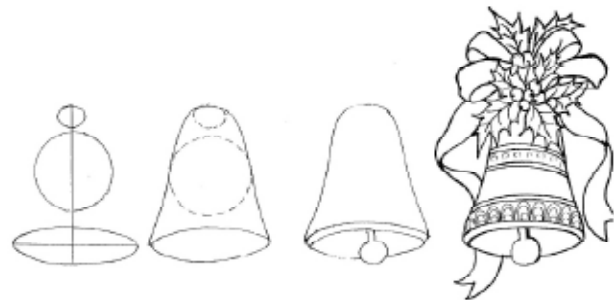


Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31th August, 2021. The winners will be featured on our Instagram and Facebook pages.



COLOUR

LEARN TO DRAW



COLOUR ME



Colour the picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos-global.com. The best ones will be showcased on our Instagram page.

But I will restore you to health and heal your wounds,' declares the Lord."

Jeremiah 30:17



Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@kairos.global before 31st AUGUST 2021. The best ones will be featured on our Instagram page.



Praying up a Storm!

St. Scholastica and St. Benedict

St. Scholastica is the twin sister of St. Benedict. The most commonly told story about her is that Scholastica would, once a year, go and visit her brother at a place near his abbey, and they would spend the day worshiping together and discussing sacred texts and issues.

One day they had supper and continued their conversation. When Benedict indicated it was time for him to leave, Scholastica, perhaps sensing that the time of her death was drawing near, asked him to stay with her for the evening so they could continue their discussions. Not wishing to break his own Rule, Benedict refused, insisting that he needed to return to his cell. At that point, Scholastica closed her hands

in prayer, and after a moment, a wild storm started outside the guest house in which they were staying. Benedict asked, 'What have you done?' To which she replied, 'I asked you and you would not listen; so I asked my God and he did listen. So now go off, if you can; leave me and return to your monastery.' Benedict was unable to return to his monastery, and they spent the night in discussion and prayers.

(Three days later, from his cell, he saw his sister's soul leaving the earth and ascending to heaven in the form of a shining white dove. Benedict had her body brought to his monastery, where he had it laid in the tomb which he had prepared for himself.)

St. Linus was the second Pope.



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You can make your contributions online through www.kairos.global.

For more details contact Rani George on +91 9446563335 | finance@kairos.global.