

KAIROS

VOLUME 1 » ISSUE 7

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

*Santiago de Compostela Cathedral, Spain*  
.....

**History of the GREGORIAN CALENDAR**  
.....

**A Loving Spirit who helps**  
.....

*Prayer*  
**warriors**



# Kairos Buds

> A 'special grace' to spread the love and light of Jesus.

> Bringing children to the Love of Christ and the beauty of His Church.

**'For we cannot keep from speaking about what we have seen and heard.'**

Acts 4:20

**Jesus said, 'Let the little children come to me ... for the kingdom of heaven belongs to such as these.'** Mathew 19:14

# Magazine

> A feast for the eyes, mind and soul.

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

# for Children

> Children and their elders to enjoy and share.

> Cover-to-cover delight for and by children.

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

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

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

**FINANCE COORDINATOR**  
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 Pearland, TX, USA. 77584 ☎ +1 832.592.3675</p>	<p>○ Kairos Media, No 8/174, Navodaya Studio Complex, Thengod P.O., 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

### PRAY FOR OTHERS

What do you think can be done when you come to know about a calamity happening somewhere in the world? Of course many things, but the simplest and powerful thing you can do is to pray for those affected. When you hear about a disaster, like an earthquake, flood, drought, famine or an accident, the easiest thing you can do is to pray for them.

Do you pray for your school, its authorities, teachers and your school mates? I was very inspired when one of my friends said that the first thing she would do on entering a bus was to pray for its driver.

Do you have the habit of praying for your parents, siblings and friends? Remember that prayer is the best gift we can offer to anyone, especially to our loved ones.

From today onwards make it a custom to pray for others.

All of us here at *Kairos Buds*, those who write articles, the designers, the people at the office will be very encouraged and supported by your prayer.

Let's make this world better through our prayers.

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




# Sandiego de Compostela Cathedral, Spain

- TOBY DINOOP » 14 YRS » MELBOURNE, AUSTRALIA

The Sandiego de Compostela Cathedral remains one of the most important cathedrals in the world as it is the burial place of the apostle, St. James the Elder. It is also important in Spain because it marks the end of the 790 kilometres (490 miles) that make up the Camino de Santiago pilgrimage route.

**The Apostle St. James**  
St. James was the brother of John the Evangelist, sons of Zebedee. James was one of the three privileged disciples, together with Peter and John, to be present with Jesus at important moments of his life, like the Transfiguration and his agony in the Garden of Gethsemane. As recorded in Acts 12:2, James was beheaded by Herod Agrippa in the year 43 AD. Tradition narrates that his body was taken by sea from Jerusalem to Galicia, and was buried in a forest, today the site of the Cathedral.

**Camino de Santiago**  
The Camino de Santiago or Way of St. James is a pilgrimage of medieval origin, a series of roads through France and Spain, to the cathedral, with pilgrims walking, cycling or riding on horseback.

**Ano Xacobeo**  
When the feast of St. James - July 25th - falls on a Sunday,

that year is called a Holy Year or Ano Xacobeo. During this year, the Holy Door in the cathedral, Porta Santa is opened for the whole year. Pilgrims who visit the cathedral, pray and attend Mass during the Holy Year, obtain a full plenary indulgence. 2021 is a Compostela Holy Year!



## SOME FACTS

- ✦ The only other churches built atop a tomb of Jesus's apostles are St. Peter's Basilica, Rome and St. Thomas Cathedral Basilica, Chennai, India
- ✦ The Tomb of St. James also contains remains of his disciples, St. Athanasius and St. Theodore.
- ✦ The Holy Door is also known as the Forgiveness Door.
- ✦ The Cathedral is also home to the famous Botafumeiro, which dispenses clouds of incense, dates back to the mid-19th century.
- ✦ A scallop shell is worn on pilgrims to show that they are walking the Camino de Santiago.

# A Scholarship Story

**W**hen I was in sixth grade at school, like everyone else I wanted to win a scholarship. That's when the class teacher said that there was a Catechism examination. Those won at the class level, would get the opportunity to write the examination at the archdiocesan level. So, from that day on, I started studying and preparing for it. My parents also kept praying for me.

I started studies with prayer, by saying this Word of God from the Bible, fifty times before and after lessons, *I can do all things through Jesus Christ who strengthens me* (Philippians 4:13). With this Bible verse, I would keep repeating my prayer request. Then came the day of the school level exam. By God's grace, I succeeded with high marks in my class.

After that I began to prepare for the next level of the exam. When the day came and as I was leaving for it, I was very nervous. My parents prayed and encouraged me and sent me for the exam. I was afraid that I would forget the answers. All through the exam I kept reciting the same bible verse, *I can do all things through Jesus Christ who strengthens me*. I was sure that I would get a good score. It was nothing but a miracle, when I got the highest in our archdiocese, and won the scholarship too. It was unbelievable! This achievement was a gift from my dear loving JESUS. I LOVE YOU DEAR JESUS.



- JEESA MARIA BENNY » 14 YRS » KANNUR, INDIA

**I CAN DO ALL THINGS THROUGH JESUS CHRIST WHO STRENGTHENS ME**

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# A Loving Spirit WHO HELPS

- FR. JOSEPH EZHUMAYIL » ERNAKULAM, INDIA

In the previous issue we read about Pentecost, the birthday of the Church and how the Holy Spirit moulds and shapes us. Here we see the ways in which God the Holy Spirit helps us.

In John 3:8, Jesus tells Nicodemus about being born anew in the Spirit. *The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from and where it goes. So it is with everyone who is born of the Spirit.* When we submit ourselves to the work of the Spirit, he will change and shape us beyond our imagination. Let us now look at ways in which the Paraclete helps us.

The Holy Spirit that **makes possible all our impossibilities**. On hearing the Annunciation, the Blessed Virgin Mary asked Angel Gabriel, *'How can it be possible since I am a virgin?'* It was quite a natural doubt since it is humanly impossible to understand how a virgin can give birth to a child. Gabriel replied, *'The Holy Spirit will come upon you and the power of the Most High will overshadow you'* (Luke 1: 35). Friends, we too will have many occasions when we will wonder and ask helplessly, how can this be possible, it is beyond my capacity. Let us pause a moment and pray then. **God's answer to our helplessness, in the face of our impossibilities, is the Holy Spirit.**

**God's answer to our helplessness, in the face of our impossibilities, is the Holy Spirit.**

It is the Spirit of God who turns our impossibilities into possibilities!

Again the Spirit **helps us pray in the manner we have to**. We are often helpless and unable to raise our intentions and needs to God in a manner pleasing to him. We should then seek the help of the Holy Spirit. ... *for we do not know how to pray as we ought, but the very Spirit intercedes with sighs too deep for words.*

(Romans 8: 26).

So, my dear friends, we need the help and assistance of the Spirit of God in each moment of our Christian life. The sacrament by which we receive the Holy Spirit is Confirmation. Truly it is the Spirit who confirms and strengthens each one of us in our Christian life. When our Lord Jesus promised the disciples to send the Holy Spirit upon them, he referred to him by the name, *helper* ('Paraclete' in Greek). So let us never forget to ask for the presence and help of the Holy Spirit in each moment of our life.







# FRIEND AT MIDNIGHT

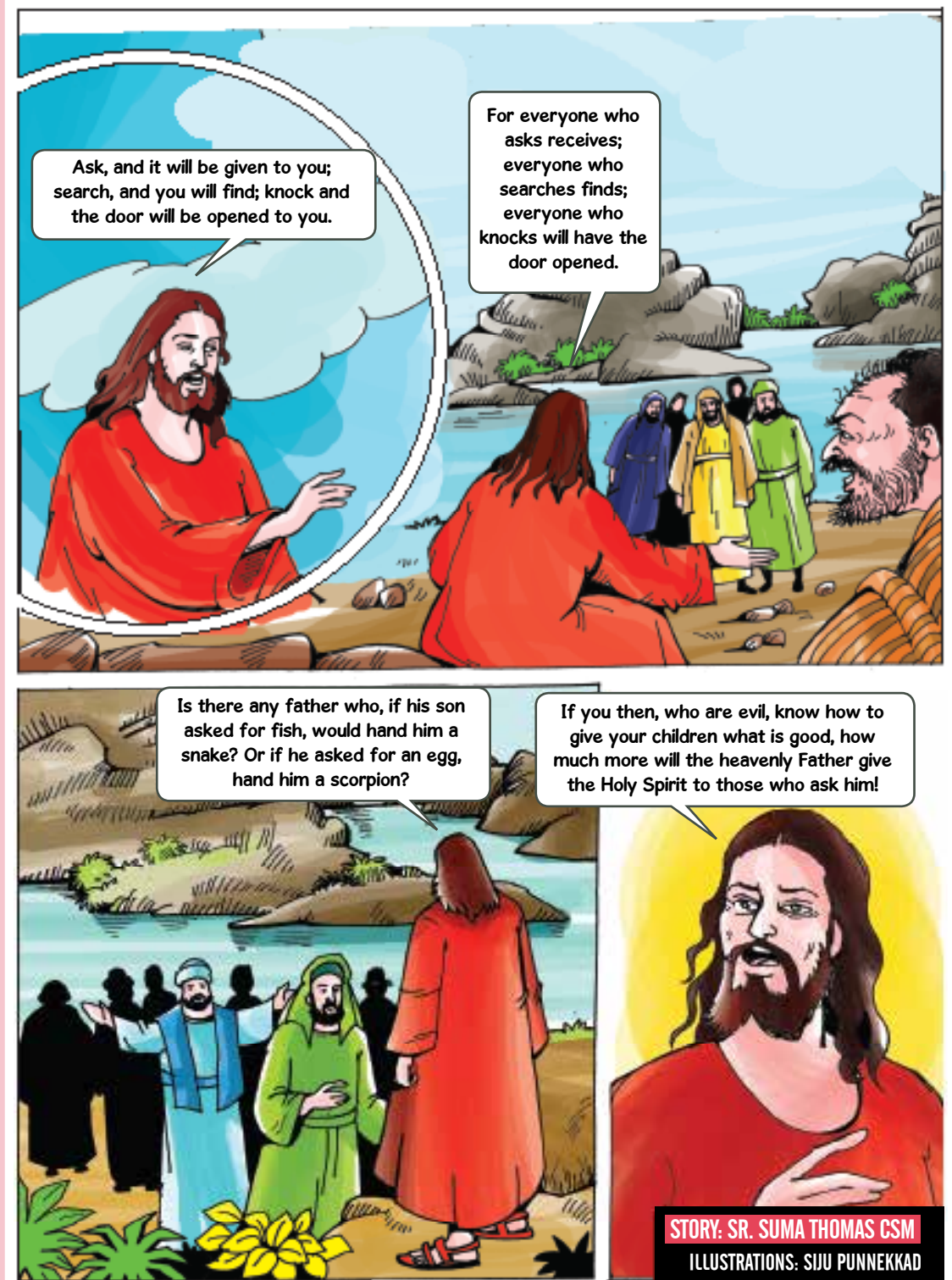
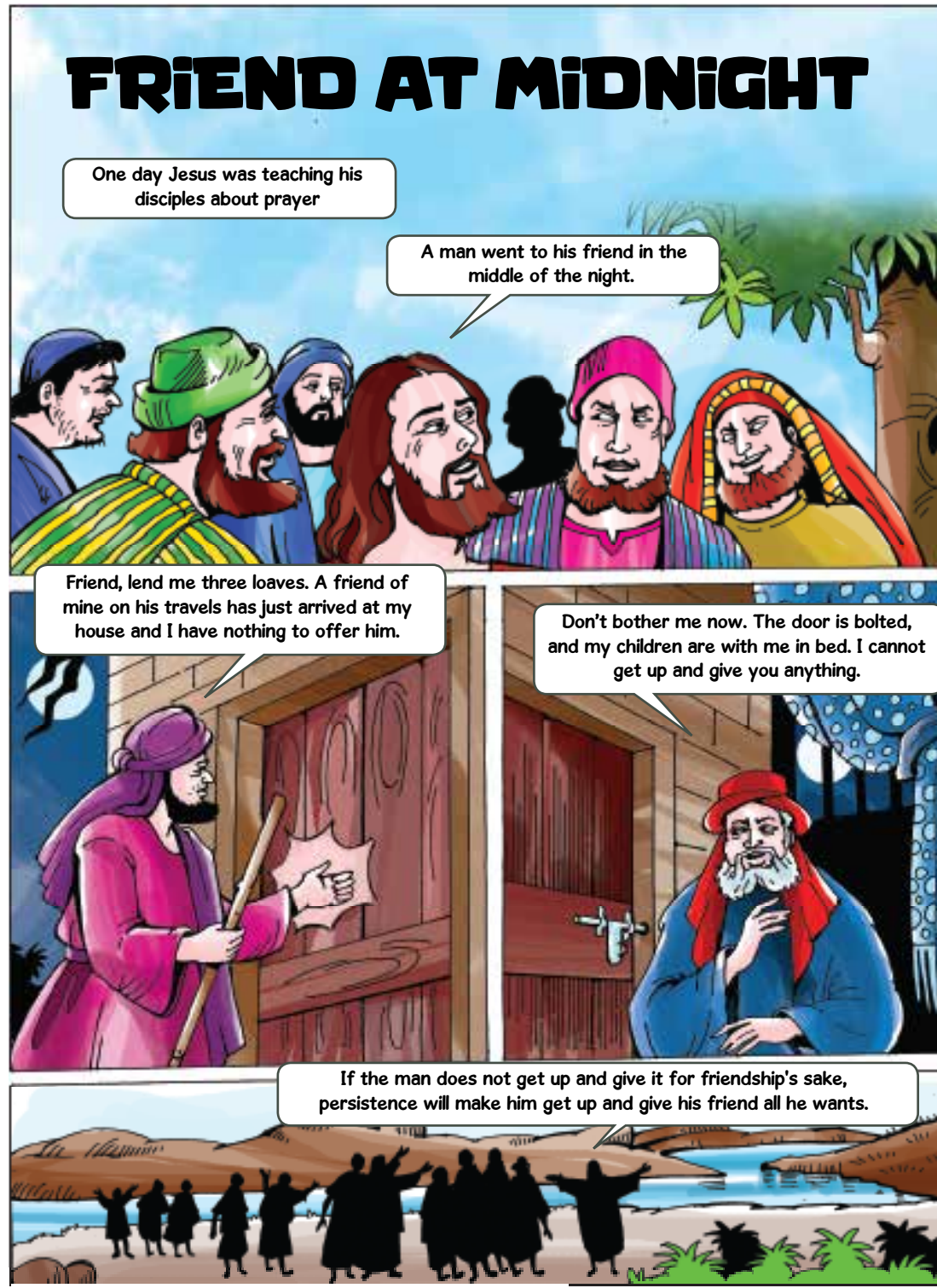
One day Jesus was teaching his disciples about prayer

A man went to his friend in the middle of the night.

Friend, lend me three loaves. A friend of mine on his travels has just arrived at my house and I have nothing to offer him.

Don't bother me now. The door is bolted, and my children are with me in bed. I cannot get up and give you anything.

If the man does not get up and give it for friendship's sake, persistence will make him get up and give his friend all he wants.



Ask, and it will be given to you; search, and you will find; knock and the door will be opened to you.

For everyone who asks receives; everyone who searches finds; everyone who knocks will have the door opened.

Is there any father who, if his son asked for fish, would hand him a snake? Or if he asked for an egg, hand him a scorpion?

If you then, who are evil, know how to give your children what is good, how much more will the heavenly Father give the Holy Spirit to those who ask him!

STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKKAD



## History of the

# GREGORIAN CALENDAR

- ANTONY SACHIN » KOCHI, INDIA

**E**aster Sunday, proclaiming our Lord's resurrection, is a focal celebration in the yearly cycle of the Church. But unlike Christmas which falls on December 25th each year, Easter does not have a fixed date. The story of assigning an apt place on the calendar for this celebration of hope and renewal is a particularly interesting one that spans centuries.

According to the Bible, Jesus Christ's death and resurrection occurred at the time of the Jewish Passover, which was celebrated on the first full moon following the vernal equinox (March equinox) – when the Sun is exactly above the Equator. In the Northern Hemisphere the vernal equinox occurs around March 20 or 21, when the Sun moves north and crosses the celestial equator. The vernal equinox also marks the beginning of spring. In 325 AD, the Council of Nicaea established that Easter would be held on the first Sunday after the first full moon, occurring on or after the vernal equinox. From that point

forward, the Easter date depended on the ecclesiastical approximation of March 21 for the vernal equinox, based on the Julian calendar.

The Julian calendar was introduced by Roman Emperor Julius Caesar in 46 BC for the entire Roman Empire. It was the official calendar for Christianity for the first 1500 years. But the Julian calendar had some errors. According to it a year was 365 days and 6 hours, when in reality it is about 365 days 5 hours and 49 minutes. Because of this inaccuracy, the vernal equinox began to be marked 10 days earlier, by the 16th century.

The Catholic Church thought this as a serious issue and Pope Paul III (1468-1549) recruited several astronomers, principally the Jesuit priest, Fr. Christopher Clavius (1537-1612), to come up with a solution. They built upon calendar reform proposals by the astronomer and physician Luigi Lilio (1510-1576). When Pope Gregory XIII was elected in 1572, he found various proposals for calendar

reform before him.

In 1582, he commissioned a new calendar to correct the errors of the Julian calendar.

The small difference between the two calendars (365 days and 6 hours minus 365 days 5 hours and 49 minutes) amounted to a difference of 11 minutes in a year. This error of 11 minutes in each year of the Julian calendar accumulated to 1 day in a span of 131 years. So, when the error was corrected from the time of the Council of Nicaea (325 AD) to 1582 AD, there resulted a difference of 9.59 days\*.

It was decided that 10 days were to be removed in an attempt to restore the date of the vernal equinox to (about) the same date

of the year at which it had occurred at the time of the Council of Nicaea in 325 AD. By the papal bull *Inter gravissimas* of 24 February 1582, it was decreed that the day after Thursday, 4th October 1582 would be the 15th, not the 5th of October. The new calendar came to be known as the Gregorian calendar because of the involvement of Pope Gregory XIII. In the Julian calendar a year is a leap year if it is divisible by 4. In the Gregorian calendar a year is a leap year if either (i) it is divisible by 4 but not by 100 or (ii) it is divisible by 400. Thus a new rule for leap years was established in the Gregorian calendar.

The Gregorian calendar was adopted immediately upon the promulgation of Pope Gregory's decree in the Catholic countries of Italy, Spain, Portugal

\*  $1582 - 325 = 1257$ ,  $1257$  divided by  $131$  gives  $9.59$  days

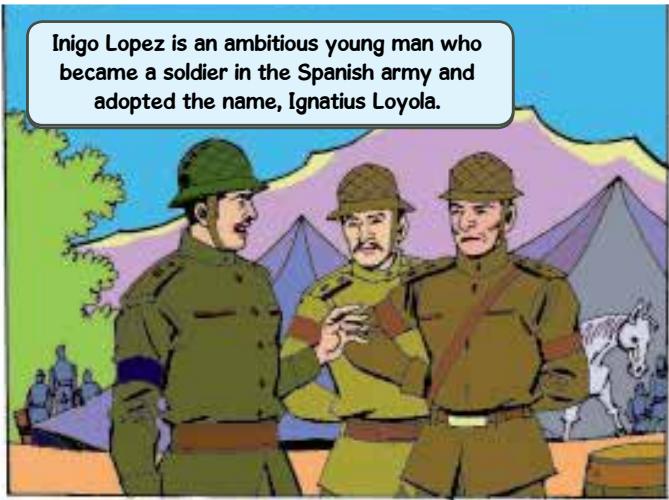
and Poland, and shortly thereafter in France and Luxembourg. The Gregorian calendar was adopted in Britain (and in the British colonies) in 1752, with (Wednesday) September 2, 1752, being followed immediately by (Thursday) September 14, 1752. In this way the Gregorian calendar was gradually accepted worldwide.

It is quite interesting to note that today a majority of the world's population uses the Gregorian calendar without realising its long and interesting history, and the interventions of the Catholic Church in the journey to its present form ◦

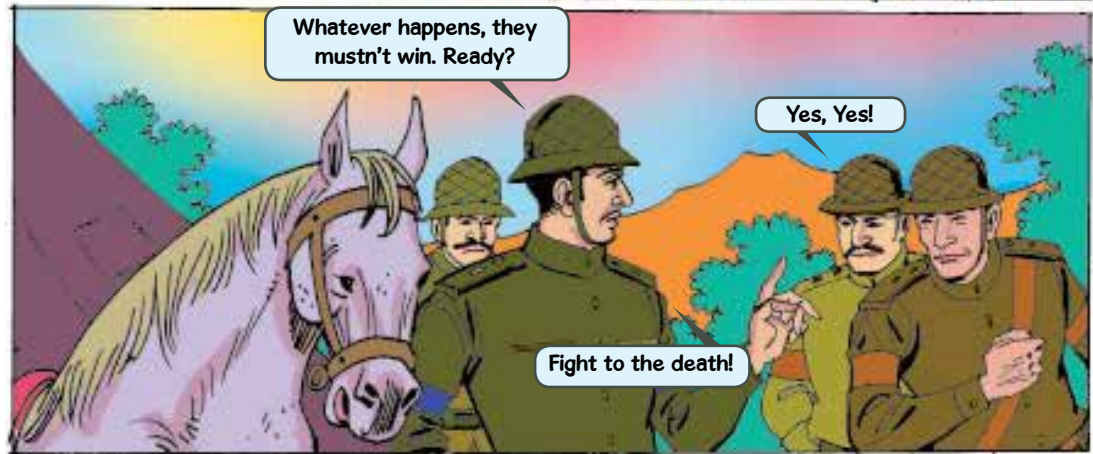


# SAINT IGNATIUS LOYOLA

Feast: July 31



Inigo Lopez is an ambitious young man who became a soldier in the Spanish army and adopted the name, Ignatius Loyola.



Whatever happens, they mustn't win. Ready?

Yes, Yes!

Fight to the death!



Ignatius won many battles but got wounded during the fight against France.

Ignatius, you need rest until the wound in your leg heals

Thank you for saving my life, Doctor.



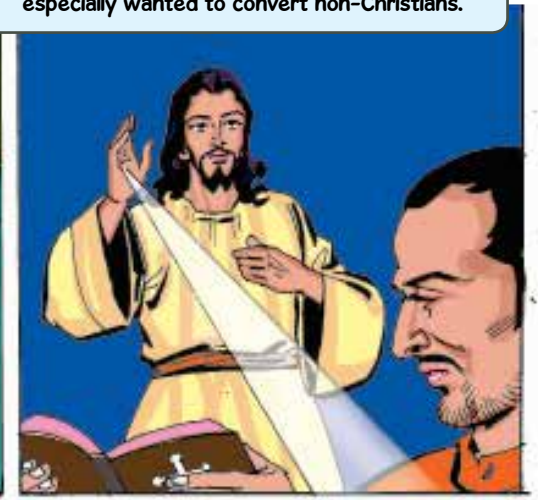
Sister, please can you get me some books to read?

Let me see what I can do.



I don't know whether you will like this book.

That's alright, thank you so much.



Among the books he read, Ignatius was deeply influenced by the life of Christ that he wanted to become a working servant of Christ. He especially wanted to convert non-Christians.



Ignatius recovered and was no longer bedridden.

Hello brother, Will you accept these clothes?

Thank you sir. God bless you.



Ignatius laid down his military garments.

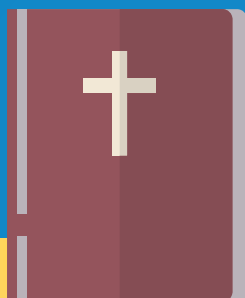
Lord, that's all what's left of my previous life. I will be a new man from now on.

STORY: SONA JOMON  
ILLUSTRATIONS: MADHU S



# The Beatitudes Wreath

BY JOSEPH MARIO GEORGE » 11 YRS » KANJIRAPALLY, INDIA



## The 8 Beatitudes of Jesus's Sermon on the Mount (Mathew 5: 3-10)

1. Blessed are the poor in spirit
2. Blessed are they who mourn
3. Blessed are the meek
4. Blessed are they who hunger and thirst for righteousness
5. Blessed are the merciful
6. Blessed are the pure of heart
7. Blessed are the peacemakers
8. Blessed are they who are persecuted for righteousness



### MATERIALS REQUIRED:

- Various colours of A4 sheets
- Scissors
- Large paper plate
- Markers
- Pencil
- Stick glue



### CRAFT INSTRUCTIONS

#### Follow these steps:

- 1 Fold the various coloured pieces of A4 sheets in half. Have eight halves of various colours.
- 2 Trace your hand on all eight half-sheets and cut them out.
- 3 On each of the hands write out the eight Beatitudes.
- 4 On the plate, write 'THE BEATITUDES' in the centre.
- 5 Glue the hands facing outward to the paper plate, starting at the ridges or rim, so that the fingers dangle outward over the rim. To get them evenly spaced, first glue one at 12:00, one at 3:00, one at 6:00, one at 9:00. Fill in the other four evenly in between.

**HANG THE WREATH IN THE ROOM WHERE IT CAN BE SEEN AND HELP CHILDREN MEMORISE THE BEATITUDES!**





# THE PROBLEM WITH SPIRITUAL PERFECTIONISM

All through life, I've strived to be the best, be it studying, reading, writing and well...you get the idea. On the surface, this doesn't seem a bad thing. Being intrinsically motivated meant that my parents didn't have to nag me to study or promise me rewards if I did well in school. I was the one spending sleepless nights for my finals even when they asked me to 'chill out'. I was the one doing all the work in group projects because I wanted to control the outcome to my liking. In short, I was a worrier and a perfectionist. I couldn't stand getting a B. I couldn't stand the thought of doing poorly in my first attempt at anything, even if it was something basic as learning a new instrument. If it was something that I couldn't do perfectly, I wouldn't try at all.

Recently, while listening to *The Fr. Mike Schmitz Catholic Podcast*, I heard the speaker say, 'Just because I can't influence everything doesn't mean I can't influence anything'. That really struck a chord within me. Many a time, even in spiritual matters, perfectionism can be dangerous. It often arrives disguised as virtue but ends up serving a great deal of trouble.

**WHEN I WAS YOUNGER, I STRUGGLED WITH THE THOUGHT THAT FOR GOD TO BE PLEASED WITH ME, I NEEDED THE RIGHT WORDS DURING PRAYER.**

When I was younger, I struggled with the thought that for God to be pleased with me, I needed the right words during prayer. I thought God's grace and love had to be earned. There was no way we who were so broken and imperfect could be given such unconditional love. However, God surely knew we would never be flawless. But he chose to love us anyway. He didn't need us to be whole. He needed us to submit our brokenness to his will so that he could use us to project his glory. This revelation succeeded in freeing me from the relentless pursuit of perfection. We do not have to keep worrying about the next chapter in our lives if we know who the Author is and how much he cares for us. Even if we falter, we can also be reassured, *'nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord (Romans 8:39).*



- EVANGELINE JOSE » ABU DHABI, UAE

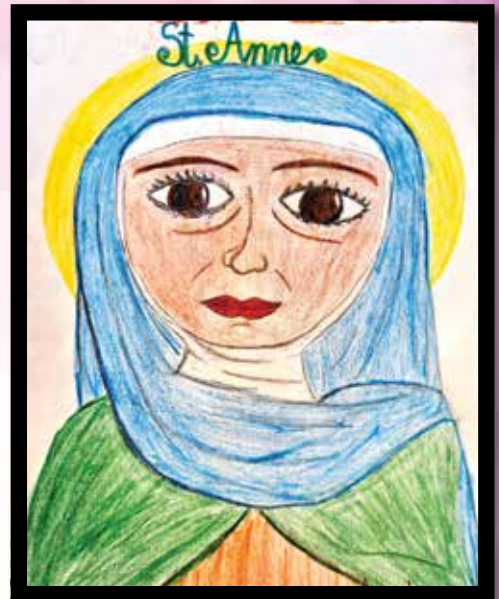
## MY CANVAS



JULIA ROSE MATHEW » 9 YRS  
» ABU DHABI, UAE



ANGELINA THOMAS » 12 YRS  
» CALIFORNIA, USA



IVAN MATHEW JOHN » 9 YRS  
» ABU DHABI, UAE

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)



# Saints

FOR

# STUDENTS



## ST. THOMAS AQUINAS

St. Thomas Aquinas was an Italian Dominican theologian and one of the most influential medieval thinkers. He was a prolific writer and is considered as Father of a body of philosophical and theological ideas called Thomism. He is the patron saint of students.



### A Student's Prayer by St. Thomas Aquinas

Come, Holy Spirit, Divine Creator, true source of light and fountain of wisdom! Pour forth your brilliance upon my dense intellect, dissipate the darkness which covers me, that of sin and of ignorance. Grant me a penetrating mind to understand, a retentive memory, method and ease in learning, the lucidity to comprehend, and abundant grace in expressing myself. Guide the beginning of my work, direct its progress, and bring it to successful completion. This I ask through Jesus Christ, true God and true man, living and reigning with You and the Father, forever and ever. **Amen.**



## ST. JOSEPH OF CUPERTINO

St. Joseph of Cupertino was a Conventual Franciscan Friar who is the patron saint of test taking and students. As a student, he struggled with learning difficulties, was absent-minded, awkward and nervous. But all this changed once he became a member of the Franciscan monastery. He experienced ecstatic visions – he could see God and the supernatural in all things, sometimes even rising from the ground and moving in the air in the midst of his ecstatic moments.



### Prayer to St. Joseph of Cupertino during Exams

St. Joseph of Cupertino who while on earth did obtain from God the grace to be asked at your examination only the questions you knew, obtain for me a like favour in the examinations for which I am now preparing. In return I promise to make you known and cause you to be invoked. I will also imitate your life of prayer and devotion. Through Jesus Christ our Lord. **St. Joseph of Cupertino, Pray for us. Amen.**



## ST. FRANCIS DE SALES

St. Francis de Sales was Bishop of Geneva. He is a Doctor of the Church and patron saint of writers. As a child he was obedient, truthful, and generous to those less fortunate than himself. He loved books and knowledge and was intellectually competent in many areas. Francis was also a skilled swordsman who enjoyed fencing, an expert horseman, and a superb dancer.



### Prayer to St. Francis de Sales for Writers

May the Lord guide me and all those who write. Through your prayers, St. Francis de Sales, I ask for your intercession as I attempt to bring the written word to the world. Let us pray that God takes me in the palm of His hand and inspires my creativity and inspires my success. St. Francis de Sales, you understand the dedication required. **Pray for God to inspire and allow ideas to flow. In His name, let my words reflect my faith for others to read. Amen.**



## ST. THERESE OF LISIEUX

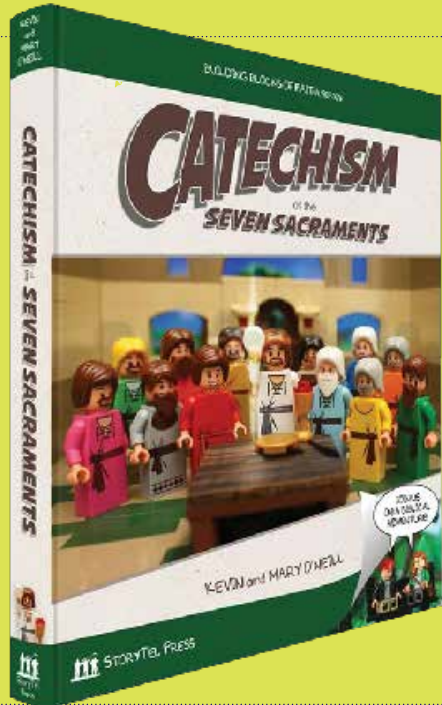
Also called Little Flower of Jesus, St. Therese of Lisieux, a Doctor of the Church was a French Carmelite nun. As a young girl, she hated school as classes bored her. She worked hard, and loved catechism, history and science, but had trouble with spelling and mathematics. Because of her overall intelligence, the eight-year-old Therese was advanced to classes for fourteen-year-olds. Therese is most known for her 'Little Way.' She spoke not of doing great things, but of small things with great love.



### Novena Rose Prayer to St. Therese

O Little Therese of the Child Jesus, please pick a rose for me from the heavenly gardens and send it to me as a message of love. O little flower of Jesus, ask God today to grant the favors I now place with confidence in your hands. (Mention your specific requests) **St. Therese, help me to always believe, as you did, in God's great love for me, so that I might imitate your 'Little Way' each day. Amen**





## THE CATECHISM OF THE SEVEN SACRAMENTS

MARY O'NEILL KEVIN O'NEILL \* STORYTEL PRESS

**A** biblical building block adventure! Fulton and Cynthia are on a biblical adventure from creation to salvation and discover the importance of God's sanctifying grace. Set in a comic book style with amazing photos, this book brings together biblical history and catechism in a fun yet informative way. A great book for parents and children.

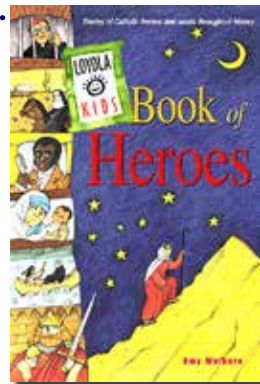
## CLASSIC BIBLE COMICS



SOPHIA INSTITUTE PRESS

**W**ith over twenty of the most popular and important stories from the Bible, in comic format, Classic Bible Stories is sure to be a hit with 6 to 10-year-olds. Vividly illustrated, it tells stories from the creation to the Ascension and Pentecost. A great way to get kids interested in the Bible.

## LOYOLA KIDS BOOK OF HEROES



STORIES OF CATHOLIC HEROES AND SAINTS THROUGHOUT HISTORY. AMY WELBORN \* LOYOLA PRESS

**H**ere we come to know of the lives of thirty-six heroes. Who are heroes? 'Heroes are people who look at the world around them, see what needs to be done, and through the grace of God find the strength to help others.' A wonderful book to inspire children through the lives of modern saints and blessed.



# PLATONIC RELATIONSHIP

## A DIVINE RELATIONSHIP

- SIJU THOMAS » KOTTAYAM, INDIA

**W**e learnt about toxic and toxic friendships last month. This month we will learn about a special relationship, called platonic love.

**Platonic love** or **platonic relationship** is a special emotional and spiritual relationship between two people who love, admire, and are committed to one another because they share common interests, values, world views or a deep spiritual connection.

Platonic love is not sexual. It is named after the Greek philosopher Plato, though the philosopher never used the term himself.

### Four Traits of a Platonic Relationship

- 1 This is based on RESPECT
- 2 There are no expectations over each other
- 3 There is no need to fear being honest
- 4 It goes beyond physical attraction

Friends, I am going to teach you a beautiful life principle for platonic or divine relationship. As platonic relationships go beyond romance or sexual inclination, you need to practice three aspects of the principle – **NO, GO, SPEAK** – in your relationships and friendships.

Let me explain.

If anybody touches your body with a wrong intention (lustful or sexual motive) you have to:

- ▶ **SAY NO** boldly
- ▶ **GO** away – flee from that situation
- ▶ **SPEAK** – to your parents

**YOU ARE THE TEMPLE OF GOD. YOUR BODY IS SACRED.**

So dear children, be holy and keep holiness in your relationship and friendships. May your guardian angel keep you safe.



# Helping AUNT SARA

Where's mom, Lizzy?

Mom went to Aunt Sara's place.

Why? Mom never goes out at this time.

Why are we always helping Aunt Sara? Yesterday Dad and Mom took her to the hospital.

Aunt Sara is sick. Mom went over with some food.

Hey! What's the serious talk?

Dad, Kevin wants to know why we're taking care of Aunt Sara.

Is that so, Kev?

Dad, why are we helping outsiders?

You know that Aunt Sara is all alone and has no relatives near. As her neighbours, we must help her out.

Do our neighbours help us, Dad?

Kevin, remember those times when Dad and Mom had to work late. You and Lizzy would be at Aunt Sara's till we came.

Oh! I forgot about that.

When you were small, you got really sick and had to be admitted in the hospital. When we were with you, it was Aunt Sara who took care of Lizzy.

Not only that Kev. She and Lizzy would go to church every day to pray for you.

I remember, Dad.

So we have to pray for others also!

Of course, we must help others and pray for them too.

Dad, I'm sorry.

No worries, Kev. It's important you understand things first before speaking.

Dad, can I go over and see Aunt Sara? I'll come back with Mom.

Sure, Kevin Aunt Sara will be happy to see you.

STORY: SUJA SIJU ILLUSTRATIONS: STEFFI ANDRAT FARIA



**Q** WHY ARE THERE MORE MOOD SWINGS IN A TEENAGER THAN IN AN ADULT?  
- MARIA KURIAN, 13 YRS, MICHIGAN, USA

**ANS:** Moods swings in teens is very normal. It's part of growing up. If one does not have mood swings then probably one should check it out - hey joking! These swings should generally calm down as one slowly moves up the teen years. It is expected that by young adulthood this stormy phase should calm or at least reduce - which does not mean it will be peaceful always - but the frequency and intensity generally subsides.



**WHY DO THESE HAPPEN ?**

Well from a physical aspect there are a lot of body changes including hormonal changes happening; from a social aspect it's a way for teens to step up and show that s/he is becoming an adult (does not mean that one SHOULD have these mood swings for that); from a psychological aspect the teen years are a bit of a confusing age - neither there as an adult nor here as a child - so the mood swings happen.

**WHAT SHOULD ONE DO ABOUT IT ?**



Well first realise and accept that it's normal; try to open up and talk to an elder about it; get into healthy distractions - reading, music, sports, etc.; be with like-minded friends and groups - Jesus Youth fellowship helps; eat, sleep and exercise (including playing) well.

**MOST IMPORTANTLY...**

believe that you are child of God and he cares a lot for you - whichever way our mood is swinging our Lord is with us. So don't you worry - Jesus loves you!

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**



**Interceding**

This verse from the first book of Timothy teaches us how we must pray for others. Let us say it aloud as a prayer.

Urge, then, first of all, that **petitions, prayers, intercession** and **thanksgiving** be made for all people— for **kings** and all those in **authority**, that we may live **peaceful** and **quiet** lives in all **godliness** and **holiness**.

- (1 Timothy 2:1, 2)

Now, find the highlighted words in the grid below.

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

Please send the solved puzzles to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) before 31<sup>st</sup> July, 2021. The winners will be featured on our Instagram and Facebook pages.

The largest church in Canada, dedicated to St. Joseph, Saint-Joseph's Oratory of Mount Royal is located in Montreal.



**Did You Know?**





RESEARCH SHOWS BOTH PARENTS AND CHILDREN BENEFIT WHEN PARENTS ARE INVOLVED. THIS NOT ONLY BUILDS THE CHILD'S RAPPORT WITH YOU, BUT ALSO ENHANCES THEIR SELF-ESTEEM.

# BE THERE

- JOSH Y JOSEPH » HOUSTON, USA

**A**s we discussed 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 have already seen the first four secrets, *Say the Love Words*, *Show Them You Love Them*, *Play Together* and *Work Together*.

This month, let's learn the fifth secret which is, 'Be There.'

As you know being a parent is a full-time job. It can be hard to balance everything, sometimes that means making tough choices between being involved with your child's activities and other things that require your attention. Still you have to make it a point to attend

activities your child is involved in. Of course, you must be there for important things like big games, recitals, plays and other especially significant activities, but as much as possible, be there even for the simple things like watching gymnastics or karate practice. It doesn't

matter if your child pays you a lot of attention or technically needs you to be there. They will appreciate the effort.

Research shows both parents and children benefit when parents are involved. This not only builds the child's rapport with you, but also enhances their self-esteem. You also get to understand your child's development more intimately, know what your child is learning daily and develop social networks with other parents of similar-aged children.

Of course, beyond simply showing up in your child's life, you should know the importance of *Being Present*. More than just being physically there, it is also about being connected emotionally and mentally to your surroundings. We often hear that Catholic parents are called to become saints and to raise saints. One of the qualities that saints possess is presence. For instance, St. Mother Theresa, St. Pope John Paul II and St. Pio all knew how to make you

feel as if you were the only person in the world that mattered, whether they spent five seconds or five hours with you. We must learn to model and teach presence to our children. Begin by making sure to actually listen to your children. Too often we tune them out because we think they don't have anything of relevance to say to whatever is going on in our own lives. But when we do this, we are missing an important opportunity to bond with our kids. When your children are talking, force yourself to look at them in their eyes. Give appropriate feedback. Ask questions about what they are saying. Complement them on their insight when they offer a particularly good one. Your efforts to respectfully and actively listen to your child will pay off in their willingness to listen to you ◦

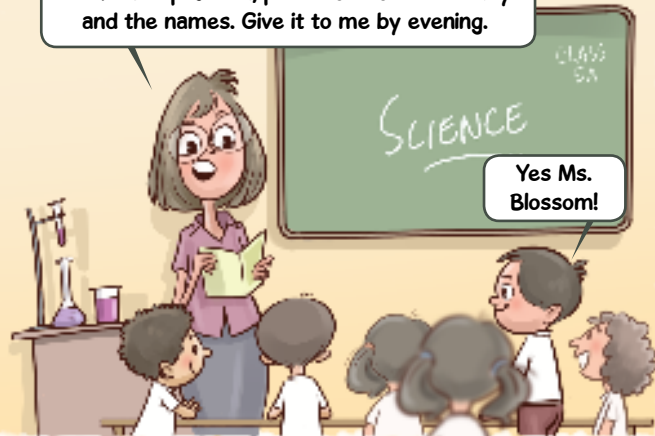
Parents are welcome to share their concerns/queries at [joshy.joseph@kairos.global](mailto:joshy.joseph@kairos.global) or WhatsApp number +1.832.592.3675



# Lost and Found



Children, hope you have brought money for the field trip. Justin, please collect the money and the names. Give it to me by evening.

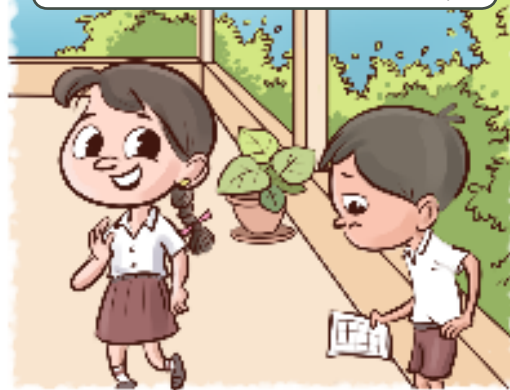


Yes Ms. Blossom!

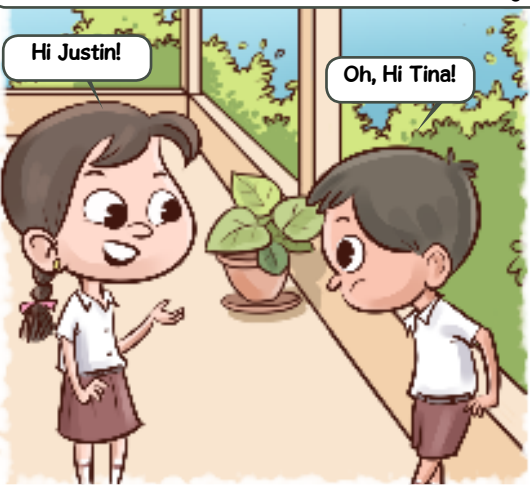
Justin immediately collects the money, carefully keeps it in an envelope on which he writes 'Class 5A, Field Trip Money'.



Towards evening, Justin realises he has lost the envelope containing the money.



Tina senses that Justin is worried about something.



Hi Justin!

Oh, Hi Tina!

What's the matter Justin? You look worried.

Tina ... I was supposed to hand over the class' field trip money to Ms. Blossom, but I can't find the money now!

Oh dear! Where did you keep it, Justin?

In an envelope. And that I kept carefully in my pocket.

Ok, we need special intervention! St. Antony is the patron saint of lost things. Let's pray and ask him to help.

Good Afternoon! Tina do you know anyone from class 5?



Yes...

Did you check the places you've been to today?



Good Afternoon Ma'am!



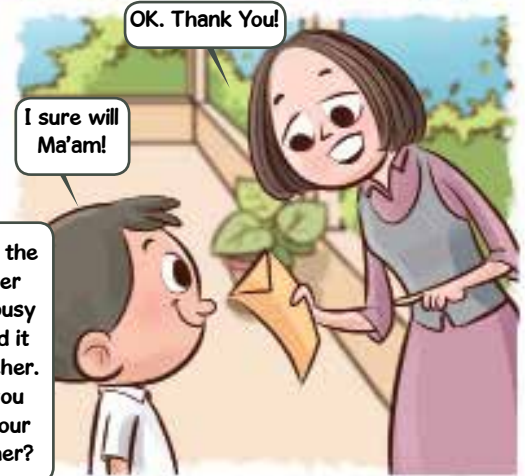
Ma'am, Justin here is from Class 5. How can he help you?

OK. Thank You!



I sure will Ma'am!

I found this in the hallway earlier but was too busy today to hand it over to a teacher. Please can you give this to your science teacher?



Thank you Tina! I was so worried...

Not me! Thank St. Antony! Now hurry up to Ms. Blossom with that.



THANK YOU ST. ANTONY





TAKE CARE

# BOOSTING MEMORY

Wouldn't we all love to have a photographic, razor-sharp memory that would help us ace every test and every exam we will ever have to face? While some special people are blessed with photographic memories, the rest of us can develop our mental faculties and ability to retain and remember.



HERE ARE SOME WAYS IN WHICH WE CAN IMPROVE MEMORY:

### 1. Pay Attention

When we study, a lot of things can distract us and prevent us from learning well. Try to get rid of these distractions and sit in a place free from such diversions. This will help pay attention to the subject to be learnt.

### 2. Not a Good Idea to Cram

Many students leave learning for just before the exams. This is not a healthy habit as our mind needs time to process information. Students who study regularly perform better than those who cram.

### 3. Using Mnemonics

Mnemonics are a technique that help recall. For example: 'Eat An Apple As A Nice Snack' can help you remember the continents (Europe, Asia, Africa, Australia, Antarctica, North America, South America).

### 4. Visualise

You can learn effectively by using flash cards, drawing charts, figures or other graphics in your textbook. These help visualise the information you study.

### 5. Read Aloud

By reading aloud, you are reading as well as listening. This helps to remember things better. Another way is to teach someone else what you are trying to learn.

### 6. Pay Extra Attention to What's Difficult

Do you have the habit of leaving the difficult subject last to study? Well, don't. It is best to spend more time on a difficult subject when your mind is fresh - that means tackling difficult subjects first!

### 7. Sleep is Important!

We usually neglect our sleep, especially when exams are around. Well, sleep actually is very important for memory and learning. Taking a nap after you learn something new helps you remember it quicker. So a good night's sleep is very important!



BRAIN GYM

# Love and Prayers (Matthew 5:44)

Solve this picture puzzle to know what Jesus said about Love and Prayer.

**B** +  - **H** .....

**I** .....

**T** +  - **B** .....

**U** .....


 .....

**U** **R** .....

**ANY** +  + **S** .....

 .....

**P** +  - **T** .....

 .....

**T** +  .....

REARRANGE ► **H** **O** **W** .....

 - **A** +  + **CUTE** .....

**U** .....

Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@kairos.global](mailto:kairosbuds@kairos.global) before 31<sup>th</sup> JULY, 2021. The winners will be featured on our Instagram and Facebook pages.

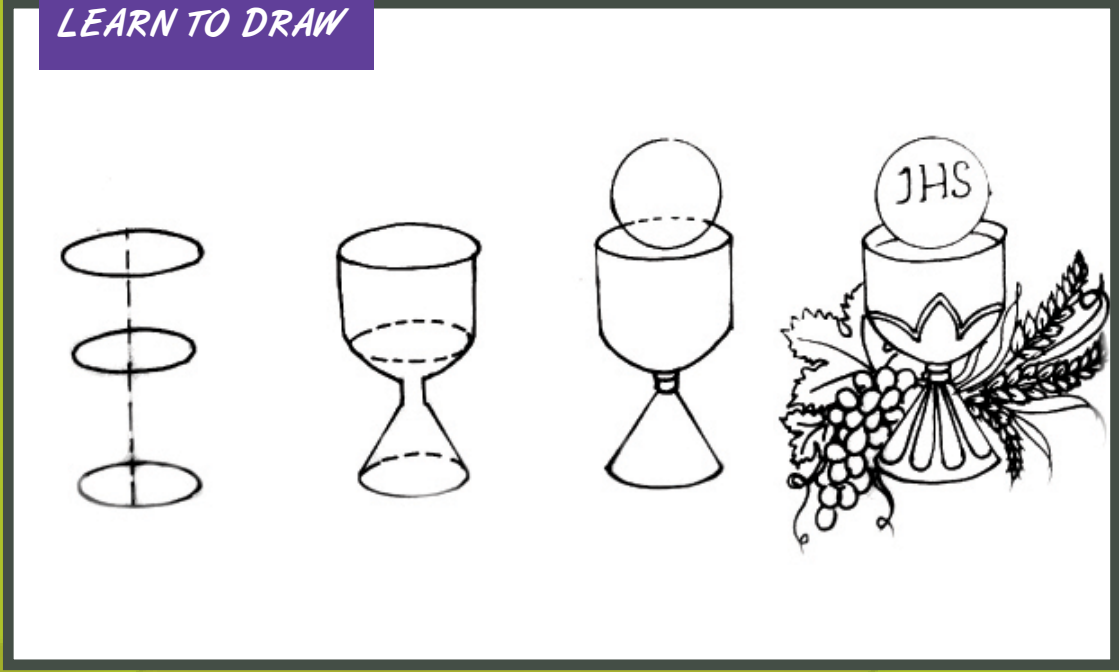




**COLOUR**



**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](mailto:kairosbuds@kairos-global.com). The best ones will be showcased on our Instagram page.

**Our Lady of Rosa Mystica**  
Feast day: July 13

" love your enemies and pray for those who persecute you"

Matthew 5:44



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



# St. Teresa of Avila

The great Carmelite reformer and Doctor of the Church, St. Teresa of Avila had a great sense of humour.

She was often in conflict with many of her fellow sisters who hated the reforms she brought. At one convent where she was appointed as superior, Teresa knew that her life could be difficult. The nuns were not ready to stop their lifestyle, so they hated her.

Teresa heard that the sisters would not let her sit in the prioress's chair, a symbol of her authority over them. On the first night she was there, Teresa secretly arranged to have a heavy statue of the Blessed Virgin placed on the prioress's chair. In the morning, she greeted her sisters with a mischievous smile and sat down right in front of the chair and the Blessed Mother. It was a joke with a message.



The first printed Bible was printed under the supervision of the Catholic Church. It was printed by the Catholic inventor of the printing press: Johannes Gutenberg.





# Friends of Kairos

KAIROS  
**Buds**

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Kairos magazines have been sustained financially by the generosity of many people, who support us through their monetary contributions.

If you have liked this magazine and would like to bring Jesus to many more children, you too can be a 'friend of Kairos.' As the Holy Spirit inspires, we welcome you to support us in whatever way you can.

Thank you and God Bless You!



You can make your contributions online through [www.kairos.global](http://www.kairos.global).

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