

KAIROS

VOLUME 3 » ISSUE 33

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

*Basilica of
the Holy
Trinity,
Krakow*

.....
**September
Liturgical
Calendar Game**

Filled with the
Light of Truth



Jesus Youth

A Missionary Movement at the Service of the Church

WITHIN

KAIROS
Buds

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EDITORIAL

Truthful, inside and out

A woman once went for confession, accusing herself of badmouthing people. The confessor, a wise old priest, listened lovingly, absolved her and gave her a strange penance. He told her to go home, get a hen and come back, pulling out the bird's feathers as she walked along the street. When she had returned to him he said, 'Now go back home and, as you go, pick up each feather that you plucked on the way.' The woman told him that it would be impossible since the wind had almost certainly blown them away in the meantime.

And the confessor told her, 'You see, just as it is impossible to pick up the feathers once the wind has scattered them, it is likewise impossible to gather gossip and calumny back once they have come out of our mouth.'

My dear friends, you might have heard the above story before. It presents us with a very valuable lesson which is useful in our everyday life. In this edition of Kairos Buds we learn about the eighth commandment of the Lord. You shall not bear false witness against your neighbour (Exodus 20:16).

On a Wednesday audience a few years back, Pope Francis gave a catechesis about the eighth commandment. He said that Christians are called to be 'truthful not only in our words but in our entire way of acting towards others. Our ultimate model in this regard is Jesus himself. He is truth personified who, at his trial before Pilate, revealed that he came into this world to testify to the truth.' The Holy Father also told that where there is a lie there is no love and we need to beware of gossip.

Be a good role model in your home, school, playground or wherever you go, so that you shall be able to glorify Jesus through your life.

Let's bear witness to truth, say the truth always and act with love and compassion to everyone.

Nobin Jose, Singapore
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Located in Poland, the Basilica of the Holy Trinity of Krakow is as historical as it is religious. Dating back to 1223, the basilica was built by the Dominican monks of Bologna. The founder of the Dominican order in Poland was St Hyacinth of Poland, who died in Krakow in 1257 and whose relics are enshrined in the basilica. The building was comprised of mostly red-brick and eloquent patterns with a fourteenth century door and high ceilings. After a colossal fire ripped

where numerous miracles began to happen after a portrait of St Dominic was placed there in 1642. In addition to that a picture of a woman praying the rosary is on a fifteenth-century tombstone, which is the oldest picture of the rosary in Poland.

The basilica is known for its Sanctuary of Our Lady of the Rosary, located in the seventeenth-century Chapel of the Rosary. Since 1668, a miraculous image of Our Lady of the Rosary was enshrined

BASILICA OF THE HOLY TRINITY, KRAKOW

- SARAH CHAKIATH, » 13 YRS » DALLAS, TEXAS



through Krakow in 1850 leaving the church devastated, it was rebuilt in 1872. In 1957 the church was granted the title of minor basilica by Pope Pius XII.

During the early thirteenth century, Duke Leszek II the Black, ruler of Poland was buried near the high altar of the basilica. This practice was continued by the aristocratic families of Poland until the early sixteenth century, which resulted in a number of mausoleum-chapels. Famous among them is the Chapel of St Dominic,

in the high altar of the chapel. It was a copy of the famous image called *Salus Populi Romani*, venerated in the Basilica of St Mary Major in Rome. Another image of Our Lady was placed in side altars of the Chapel of the Rosary, and depicts the Virgin Mary dressed in the habit of a Dominican nun. Many miracles were attributed to this picture too.

Tourists flock the basilica every day, impatient to see the beautiful medieval architecture and most importantly to pray.



STANDING UP FOR THE TRUTH

- EVA REJI » 14 YRS » HOUSTON, USA

Justin and Josephine were very competitive siblings, always trying to outdo the other. One day Josephine joyfully announced to her family that she was entering the school musical and was hoping for the lead role. Justin got jealous because his sister was a better singer. So instead of practising, Justin decided to write an email to the teacher telling her that Josephine had a karaoke bar that was singing for her, which was cheating. Before he hit send, his father called him down for evening prayer which led to Bible reading. Justin picked a random chapter in the Bible which happened to be Daniel chapter 13. He realised how hurtful it was to spread

lies just to get what one wanted. He immediately ran upstairs and deleted the email. Then picking up the courage went and apologised to Josephine, who forgave him.

What is Daniel chapter 13? It tells the story of Susanna, a married and devout woman who was also very pretty. Two judges fell in love with her and then one day, they hatched a plan to seduce her. Susanna being a religious woman refused to give in to their evil scheme. In anger, the judges made lies saying that she was with another man, to get her stoned. Daniel hearing this saved Susanna from the evil judges by showing the people true evidence, and the judges were killed

for falsely accusing Susanna.

Now what is 'falsely accusing your neighbour' in this 21st century? Well, falsely accusing someone is basically lying to others to get more popular, to avoid trouble, to be included, etc. Have you ever recalled a rumour about you or your friend? It hurts to see others talk behind your back. Bullying, lying,

gossiping are serious sins that can affect one's mental health.

Jesus says in John 14:16: *I am the way, the truth, and the light.* So as Christians, we should stand up for truth in small and big ways, like becoming friends with the person being bullied or standing up for what is right. Let us all show Jesus' way, truth, and light.

FALSELY ACCUSING SOMEONE IS BASICALLY LYING TO OTHERS TO GET MORE POPULAR, TO AVOID TROUBLE, TO BE INCLUDED.





THE MIRACULOUS CATCH OF FISH

As Jesus and his disciples, together with a large crowd, were leaving Jericho, a blind man, Bartimaeus, was sitting by the roadside begging.

When he heard that it was Jesus of Nazareth, he began to shout.

Jesus, Son of David, have mercy on me!

Many rebuked him and told him to be quiet, but he shouted all the more. This caught Jesus' attention.

Call him.

Son of David, have mercy on me!

So they called the blind man.

Take courage; get up, he is calling you.

Throwing his cloak aside, he jumped to his feet and came to Jesus.

What do you want me to do for you?

Rabbi, I want to see.

Go, your faith has healed you.

Immediately he received his sight and followed Jesus along the road. When all the people saw it, they praised God.

STORY: SR. SUMA THOMAS CSM ILLUSTRATIONS: SOOSANNA JAXON

A Reminder to be

TRUE

- SR. DEL KANG RGS » SINGAPORE

You shall not bear false witness against your neighbour.' Have you heard this said to you? Do you know where it comes from? And what does it mean?

If you think it is from the Bible, you are right. This is the eighth of the Ten Commandments that God gave to Moses on Mount Sinai so many years ago. It was given at a time when the children of Israel were very unhappy. They had been led out of Egypt where they were slaves and yet after a little

loving one another and helping one another, so the Ten Commandments were given to guide them.

To bear false witness is to say things that are not true, to tell lies about another person, to insist that the other person is in the wrong even when you do not know the facts or the information relating to the incident or the person.

For all the years of human existence, this commandment remains an important, relevant, and necessary guide to remind us of how we need to be true, to love, and to overcome evil and sin just as Jesus taught us. Jesus knows how easy it is for us to blame another person for things that go

To bear false witness is to say things that are not true, to tell lies about another person, to insist that the other person is in the wrong even when you do not know the facts or the information relating to the incident or the person.

while they forgot that God had led them into freedom through Moses. They complained and said many bad things about Moses and probably about one another as well. But all the while God loved them and wanted them to be happy and live good and holy lives



wrong, when we are afraid or do not want to take the responsibility. How easy it is for us to be jealous of another person and to feel good, we tend to put another person down by making false judgement or talking bad about him/her.

We often become unhappy when we don't get what we want, when we think we are unfairly treated, when others are preferred, or when we are hurt. In times of unhappiness, we are careless with what we say and do, and we make others share our unhappiness by our complaints, hurting remarks, and lies about them... bearing false witness against them. 'Your neighbour' includes everyone you meet. So how you relate with another human being matters. Jesus sums up the Ten Commandments

into one by which we must live, and which includes all the commandments. Love God and love one another.

When you are tempted to say something false about another person, stop and ask Jesus to help you to see the good in that person and say a prayer to bless that person. And remember that Jesus loves that person just as much as he loves you ... very much.

Therefore, 'you must not bear false witness against your neighbour.'



ST THOMAS MORE

PART 1

Thomas More was born on 7 February 1478 in London, to Sir John and Agnes More. His father was a prominent lawyer. Although he had a happy childhood, his mother died when he was a child which had a profound impact on him. Thomas had a nurse, Mother Maud whom he was fond of.



What's the matter Thomas?

I miss my mother. I have a step-mother but even the best step-mother is not the same as a parent.



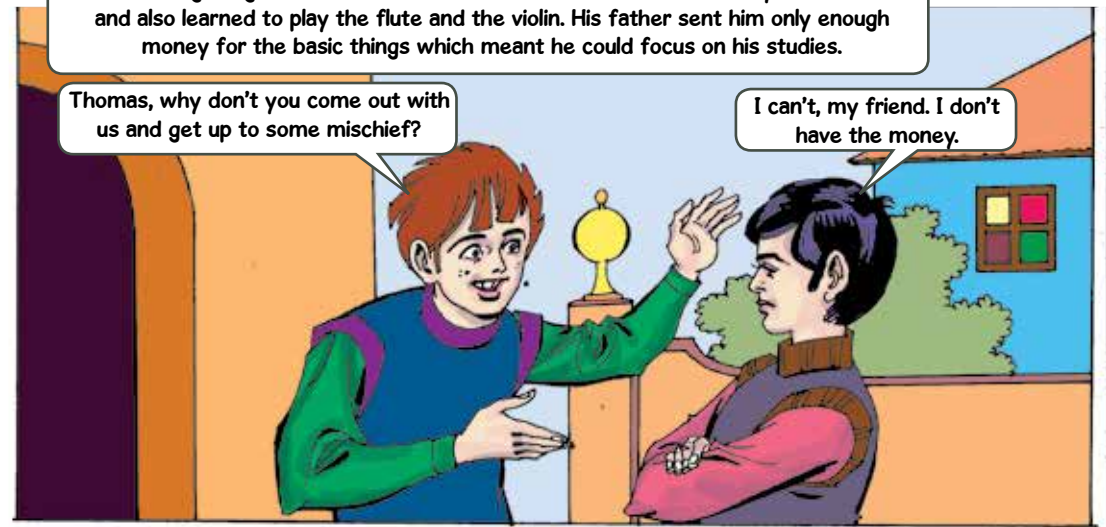
Let me tell you a story from Aesop's fables. That will cheer you up.

Yes, there is so much wisdom in there.

When he was seven, Thomas was sent to one of the best grammar schools in London. He spent long days studying, reading, writing, debating and arguing. Thomas excelled in these but struggled with singing. At the age of thirteen, his father sent him as a page to the Archbishop of Canterbury. This involved waiting at tables, offering bowls for hand washing, clearing tables and ensuring that guests' beds were properly made up. It was seen as necessary to develop social skills.



The Archbishop nominated Thomas for a scholarship to Canterbury College, Oxford which he began aged fourteen. He studied the classics, French, history, mathematics and also learned to play the flute and the violin. His father sent him only enough money for the basic things which meant he could focus on his studies.



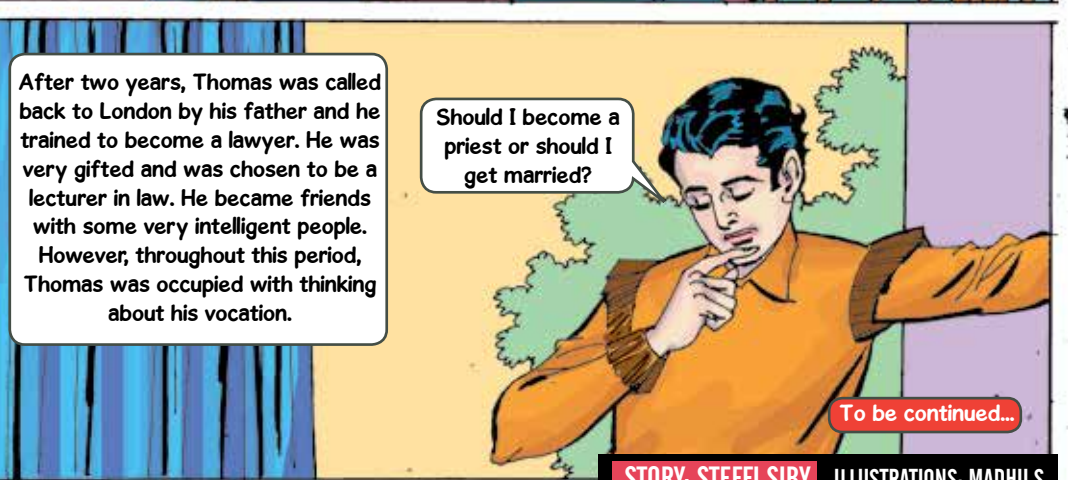
Thomas, why don't you come out with us and get up to some mischief?

I can't, my friend. I don't have the money.



Isn't your dad wealthy?

Yes. But he doesn't want me to spend money on things that may be hurtful.



After two years, Thomas was called back to London by his father and he trained to become a lawyer. He was very gifted and was chosen to be a lecturer in law. He became friends with some very intelligent people. However, throughout this period, Thomas was occupied with thinking about his vocation.

Should I become a priest or should I get married?

To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

10 COMMANDMENTS PAPER TABLETS



MATERIALS REQUIRED

1. Drawing /craft paper
2. Scissors
3. Pencil, scale
4. Colour pens/ colour markers
5. Glue stick
6. Thread

PROCEDURE

STEP 1.

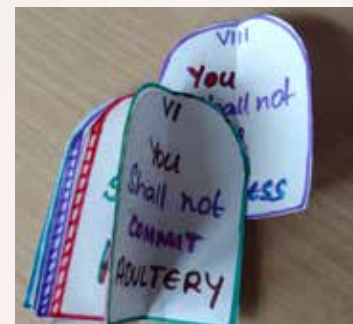
Draw 11 tablets with round tops. Approximately 4*5 cm (w*h)

STEP 2

Cut out the 11 tablets.

STEP 3

With ruler, mark the borders with in different colours and number them.



STEP 4

Write the Ten Commandments, one on each tablet. And on the 11th, write '10 COMMANDMENTS'.

STEP 5

Fold each one lengthwise, written side facing inside.

STEP 6

Take the first tablet, apply glue and then stick the second folded one. Go on up to 10th and 11th.

STEP 7

Then paste the sides of the first and last tablets together, after keeping a folded thread in between.

STEP 8

Let it dry for some time.

Let everything that has breath
praise the LORD!
(Psalm 150:6)

Under His Wings

- DOMINIC JOHN » 10 YRS » CARROLLTON, USA

This summer, my family and I went to Tulsa, Oklahoma. We left on a Saturday and came back on Sunday. Though it was a fun trip, I really experienced God's protection.

During the night we spent in Oklahoma, a tornado hit the city we were in, with winds blowing 100 miles-per-hour. Surprisingly, we slept through it all. The hotel we were staying in suffered no damage though the power went out. We still got breakfast and spent most of the time in the hotel pool. We also got to go to Mass since it was a Sunday and finally we reached home safely.

Through this tornado I came to know that God was with us. He let us sleep peacefully through the night. He let us have breakfast and have fun even though the power went out. If it weren't for God's grace, we would never have gone to Mass. I hope this story makes you realise that God is there to put his wing around you and protect you.

IT IS BETTER TO BE THE CHILD OF GOD
THAN KING OF THE WHOLE WORLD.

- ST. ALOYSIUS GONZAGA



VERSE-IVE WRITING



He will cover you with his pinions, and
under his wings you will find refuge.

Psalm 91: 4

He will cover you with his pinions,
and under his wings you will find refuge.

He will cover you with his pinions,
and under his wings you will find refuge.

He will cover you with his pinions,
and under his wings you will find refuge.

He will cover you with his pinions,
and under his wings you will find refuge.

He will cover you with his pinions,
and under his wings you will find refuge.

He will cover you with his pinions,
and under his wings you will find refuge.

All About St Joseph of Cupertino



PATRON SAINT OF

Aviation, astronauts,
examination, students

COLOUR THE PICTURE

BORN: GIUSEPPE DESA,
17 JUNE 1603

PARENTS' NAMES:
FELICE DESA AND FRANCESCA PANARA

LIVED IN: ITALY

DIED: 18 SEPTEMBER 1663

CANONISED: 16 JULY 1767, BY
POPE CLEMENT XIII

FEAST DAY: 18 SEPTEMBER

FACTS ABOUT ST JOSEPH OF CUPERTINO

- Joseph of Cupertino was an Italian Conventual Franciscan friar and mystic.
- He was not a very clever person – slow to learn and absentminded. It seemed he could not do anything right, and he had a bad temper.
- After a failed attempt at shoemaking, and a short stint with the Capuchins, he was accepted by the Conventual Franciscans as a servant at the

monastery to take care of horses.

- Slowly Joseph began to change. He grew in humility and gentleness. He became more careful and successful at his work. Finally he was able to enter the Franciscan order and study for priesthood. Though studies were still very difficult for him.
- After he became a priest, the Holy Spirit began to work many amazing miracles through Joseph. The life of this saint was marked by ecstasies and levitations. The mere mention of God or a spiritual matter was enough to take him out of his senses; at Mass he is said to have frequently floated in the air in rapture.
- The people flocked to him in droves seeking help and advice in the confessional, and he assisted many in living a truly devout Christian life.
- Joseph's gift led him to be humble, patient, and obedient, even though at times he was greatly tempted and felt forsaken by God. He fasted and wore iron chains for much of his life.
- The friars transferred Joseph several times for his own good and for the good of the rest of the community. He was reported to and investigated by the Inquisition; the examiners exonerated him.
- He died on September 18, 1663.



PRAYER TO ST JOSEPH OF CUPERTINO

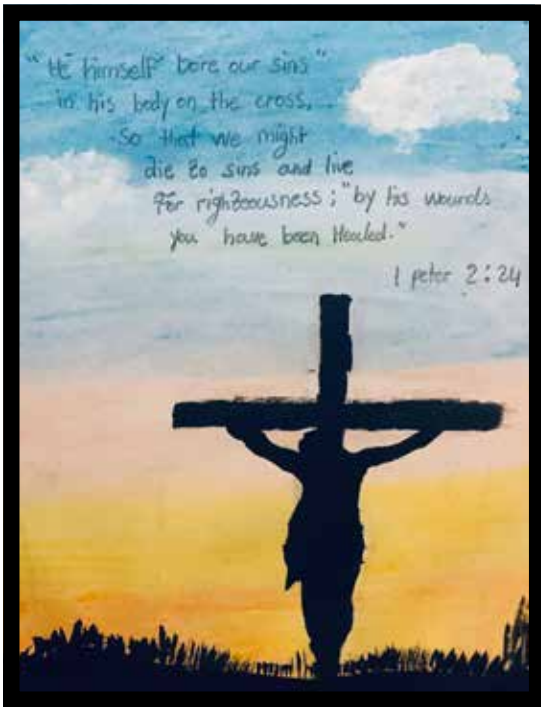
O Great St Joseph of Cupertino, who while on earth did obtain from God the grace to be asked at your examination only the questions you knew, obtain for me a like favour in the examinations for which I am now preparing. In return I promise to make you known and cause you to be invoked. I will also imitate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

Through Jesus Christ our Lord. Amen.

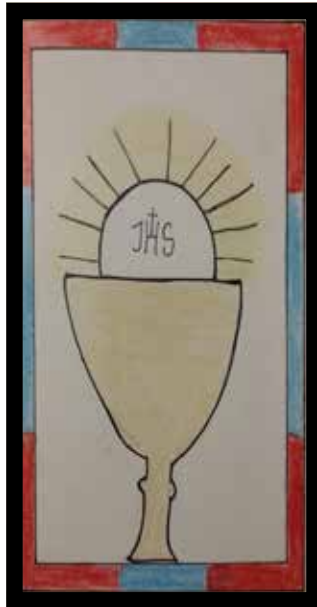
BETHEL FRANCIS » 13 YRS »
GHALA, MUSCAT



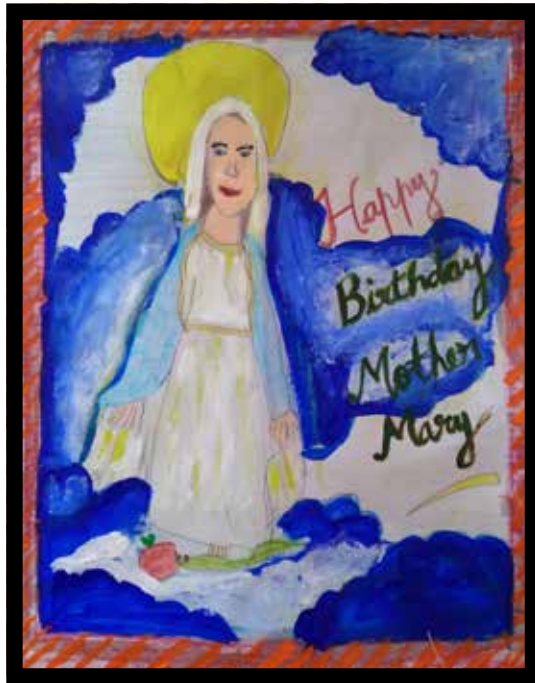
MICHELLE ABRAHAM » 12 YRS
» ABU DHABI, UAE



IMMANUEL JAISON » 7 YRS »
TRIVANDRUM



JOHN K ALBERT » 10 YRS » MUSCAT, OMAN



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WHAT A FRIEND WE HAVE - WHERE AND HOW?



- DR JOSEPH SEBASTIAN » KOZHIKODE, INDIA

The best friend we have is Jesus as the song goes: 'What a friend we have in Jesus...' Romans 8:38-39 gives a deeper essence to life and the love (friendship) of God – *For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, 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.*

In the era of social media and online interactions, where youngsters sitting together around a table WhatsApp each other instead of speaking, the common phrase 'keep your mouths shut' seems redundant. In-person friendships of the earlier generations seem to be slowly waning away. While digital interactions offer convenience, speed, and the ability to connect across distances, they have also brought about some concerning implications for in-person friendships.

One of the main challenges posed by relying heavily on online interactions is the decline in direct communication. Engaging in meaningful face-to-face conversations is becoming less common, as the comfort and convenience of typing out messages online have taken precedence. This

shift has consequences for the development of interpersonal skills and the ability to form deep, authentic connections. Nonverbal cues, which play a crucial role in understanding emotions and intentions, are often lost or misinterpreted in online interactions. Further there is an impersonal nature of online interactions, potential for social isolation, superficiality, online personas and masks being created and reduced quality time. This can lead to misunderstandings, miscommunication, and a lack of emotional depth in relationships. While online interactions have their advantages, it's important to acknowledge the potential drawbacks and actively pursue in-person friendships. Balancing both online and offline interactions can lead to a more well-rounded social life, providing the benefits of technology while preserving the depth and richness of in-person connections.

The present-day generation being online natives don't have to be told how to manage technology but surely need some quick pointers to making offline friendships. In the next issue, we will see how this can be done.

LESSONS IN LOSING



Recap: Jeff finds a valuable trading card in his library book and boasts about it to Kevin. Knowing it belongs to someone else, Kevin tries to convince Jeff not to take it for himself.

A few days later, as Kevin walks into his class in the morning he sees Jeff talking excitedly to a group of the boys.



'I don't understand why Mrs Solomons wants us to write with fountain pens! So boring! But I'm going to be using this!' Jeff held up a shiny black pen. 'It's a Mont Blanc!'

'Isn't that a way costly pen?' Roy, one of the boys asked.

'It is!' Jeff smiles smugly.

'How did you get it?' asked another boy.

'It's my Dad's. He's out of town for a conference so I borrowed it.' 'You mean you took it without his permission?' Kevin asked.

'Dad doesn't need to know, if I keep it back!' Jeff replied.

Exasperated, Kevin asks, 'But you could've just asked him first. What's wrong with taking permission?'

'Kevin, I don't think my Dad would've allowed me to take his prized pen to school.' Kevin shakes his head and goes to his seat while Jeff continues to boast about the pen.



That evening after the Physical Education class as the boys made their way to the changing rooms, Jeff came up looking worried, 'Kevin...I need your help, man. I think I lost my Dad's pen!'

'What?! How?' says a very surprised Kevin.

'I've no idea! It was in my pocket all the time except for Phys. Ed when we changed. Dad's going to be so mad if he knows I took his pen without permission!'

'Have you searched the changing rooms?'

'I did. But couldn't find it anywhere there.' Jeff said

'What about Lost and Found?' Kevin asked, referring to the place where things that were found by students were usually deposited.

'No, and I doubt if it'll be there. I think someone stole it, or whoever found it took it.' 'Come on, let's just go and check.'



Just as Kevin and Jeff round the corridor towards the Lost and Found, they heard someone calling out. Turning around, they saw Roy.

'Jeff! Where were you? I've been trying to find you. I found your Dad's pen in the changing rooms on the floor!'



At night before he was going to bed, Kevin prayed:

'O Lord, thank you for touching Jeff today. He said that he would return the Panini card he found to the librarian tomorrow. Thank you for helping him know how good it is to be honest and true. Thank you Lord for hearing my prayer.'

Q. WHAT MAKES HOLY WATER DIFFERENT FROM NORMAL WATER?

- Ann Maria Jose, 13 yrs, Kanjirapally, India

ANS:

The primary difference is that Holy Water is water that is blessed by a priest to be used in sacraments like baptism or to be used for blessing people, objects and places. Water is primarily a symbol of purification and of life. Ceremonial/Liturgical cleansing in Christianity dates back to the days of Moses, and though the exact ceremonies have changed since then, the role holy water plays in worship has stayed the same. Priests sprinkle it over their congregations before beginning Mass and at other occasions or services and hand out small bottles of it for them to take home, all in the hopes that the faithful remain spiritually pure. Water is a life-giving source for humanity in and of itself, so it symbolises how God uses it to bring his blessing into people's lives. And thus, what makes holy water holy is its being blessed, not because it naturally has such powers. In the same way, holy water is also used to ward off evil. Popular culture has long portrayed holy water as a weapon against evil. In the Rite of Exorcism, where a demon is cast out, holy water is a primary sacramental/ weapon that is used by the priest.

'Since the beginning of the world, water, so humble and wonderful a creature, has been the source of life and fruitfulness' (CCC 1218).

We even have a recipe for holy water in the Old Testament, not distant from that found in today's rituals: *The priest shall take holy water in an earthen vessel, and take some of the dust that is on the floor of the tabernacle and put it into the water* (Numbers 5:17).

The ancient Jews, then, truly knew the importance of blessed water. After the sacrament of baptism is revealed to the apostles, we see holy water become an important sacramental of the Catholic Church. The Church encourages us to use holy water because it can yield many graces and blessings in our lives:



- **It helps us to overcome temptations.** The rite of providing holy water in the Roman Ritual includes an exorcism prayer: 'May all evil fancies of the foul fiend, his malice and cunning, be driven afar from the place where you are sprinkled. And let every unclean spirit be repulsed by him who is coming to judge both the living and the dead and the world by fire.'

- **It drives away sickness and future illnesses.** Holy water can help keep away illnesses of the body, mind, and soul. One of the prayers of blessing a priest says asks that the water become 'a medicine for body and soul for all who make use of' it.

- **It removes venial sins.** St Thomas Aquinas wrote, 'By the sprinkling of holy water the debt of venial sin is wiped out; but not always, however, are all temporal punishments relinquished.'

- **It drives away the devil.** St Teresa of Avila once said, 'I often experience that there is nothing the devils flee from more, without returning, than holy water.'

So basically, what makes a holy water holy is the spiritual power of blessing and cleansing that it contains, which is not visible to the naked eye or viable to scientific testing but experienced from the fruits of its uses.

KID CATHOPEDIA

Catholic Encyclopedia for kids!

COMPILED BY BY MARIA TERES SEBASTIAN, KOTTAYAM, INDIA

ABEDNEGO

Abednego is the young man mentioned in the book of Daniel (chapter 3) who, with his friends Shadrach and Meshach, refused to bow down to worship the golden idol King Nebuchadnezzar had made. They declared they would only serve the God of Israel, and the King became angry and threw them into burning fire. They believed God would save them from the fire, and bravely said: 'even if he does not, we will not serve your gods or worship the image of gold you have set up.' Once they were thrown into the fire, an angel came down from heaven



and protected them from it. The King was awestruck and worshipped the One True God.

ABEL



Abel was the second son of Adam and Eve. He was a shepherd. We read in Genesis how both Cain (Abel's older brother) and Abel brought offerings to God. Abel offered the first born of his flock, and their fat portions. He gave with generosity and love, which is why God accepted Abel's sacrifice but not that of Cain's. This infuriated Cain and he murdered Abel. This was the first murder to be mentioned in the Bible.

ABRAHAM

Abraham was originally called Abram. He was born in Ur of the Chaldeans on the Euphrates River. His family then moved to Haran, where his father Terah died. Then God called Abram, his wife, Sarai, and his nephew, Lot to Canaan. When he was ninety-nine-years-old, God made a covenant with him and changed his name to Abraham. God promised to make him the 'father of a multitude of nations.' Abraham obeyed the commands of God without questions, and in return for his unwavering faith, he became the father of all the faithful.



SEPTEMBER

Liturgical Calendar Game

You will need dice and tokens. Advance ahead according to the number rolled on the dice. Incorrect/no answers forfeit a turn. Correct answers move ahead 2 spaces. Each day has a verse you can memorise and pray.

START

FRI 1 God called us to be holy (1 Thes. 4:7)
Name five saints whose feasts are in September.

SAT 2 Be trustworthy in small things (Mt. 25:21)
In the parable, how many talents did the man give his servants?

SUN 3 A song of joy on my lips (Ps. 63:5)
Who was also called 'the saint of the gutters'?
TWENTY-SECOND SUNDAY OF ORDINARY TIME

MON 4 Encourage one another (1 Thes. 4:18)
Do you know? St Gregory the Great called himself 'servant of the servants of God.'

TUE 5 You are all children of light (1 Thes. 5:5)
Which feast of Mother Mary do we celebrate on September 8th?

WED 6 I must proclaim the good news of the kingdom of God (Lk. 4:43)
Name the religious community started by Mother Teresa.

THU 7 In Jesus we enjoy our freedom, the forgiveness of sin (Col. 1:14).
He was a tax collector before becoming a Christian. Who is he?

FRI 8 The virgin will give birth to a son whom they will call Immanuel (Mt. 1:23)
The Blessed Virgin Mary is the daughter of the Father, mother of the Son, and _____ of the Holy Spirit.



THU 14 Every tongue should acknowledge Jesus Christ as Lord (Phil. 2:11)
Which angel accompanied Tobias in the Old Testament?

WED 13 Let your thoughts be on things above (Col. 3:2)
_____ is the title given to Mother Mary that focuses on her intense suffering and grief during the passion and death of our Lord.

TUE 12 Jesus has wiped out the record of our debt (Col. 2:14)
Did you know? On 12 September 1683, Jan Sobieski III, King of Poland won the Battle of Vienna against the Ottomans by entrusting this mission and his soldiers to Mother Mary.

MON 11 Jewels of wisdom and knowledge are hidden in the mystery of God (Col. 1:2, 3)
Which globally coveted prize was awarded to Mother Teresa?

SUN 10 We the people of His sheepfold, the flock of His hand (Ps. 95:7)
Do you know? St Giles is the patron saint of breastfeeding and nursing mothers.
TWENTY-THIRD SUNDAY OF ORDINARY TIME

SAT 9 You will call and Yahweh will say, 'I am here' (Is. 58:9)
To which cause was St Vincent de Paul particularly devoted?



FRI 15 Into your hands I commit my spirit (Ps. 31:5).
Do you know? St John Chrysostom is a Doctor of the Church. His eloquence earned him the surname Chrysostom, which means 'golden-mouthed.'



SAT 16 From the fullness of the heart the mouth speaks (Lk. 6:45).
Jesus talks about the building of two kinds of houses. What are they?

SUN 17 Pardon your neighbour any wrongs done to you (Sir. 28:2)
To explain forgiveness, Jesus told the parable of the _____.
TWENTY-FOUR SUNDAY OF ORDINARY TIME

MON 18 God wants everyone to be saved (1Tim. 2:4)
Jesus was astonished by the faith of the centurion whose words to Jesus were _____ words we pray in the Mass.

TUE 19 Those who trust in him will understand the truth (Wis. 3:9)
The feast of the three Archangels is in September. Name them.

WED 20 God called us to be holy (1 Thes. 4:7)
Fill in. 'If anyone wants to be a follower of mine, let him renounce himself and take up his _____ every day and follow me.'

THU 21 One God and Father of all, over all, through all and within all (Eph. 4:6)
Read today's Gospel reading and answer. Where was Matthew sitting when Jesus called him?

FRI 22 The love of money is the root of all evils (1 Tim. 6:10)
_____ is the patron saint of aviators and flying.



FRI 29 You gave new strength to my heart (Ps. 138:3)
St Michael is called the _____ of the heavenly hosts.

THU 28 Think carefully about your behaviour (Hag. 1:5)
Do you know? St Lorenzo Ruiz was a martyr. His last words were, 'I am a Catholic and wholeheartedly do accept death for God. Had I a thousand lives, all these to Him I shall offer. Do with me as you please.'

WED 27 He sent them out to proclaim the kingdom of God (Lk. 9:2)
Did you know? St. Vincent de Paul spent the first 20 years of his life seeking fame and wealth.

TUE 26 Let us go to the house of Yahweh (Ps. 122:1).
Padre Pio had the wounds of Jesus on his body. What is this called?



MON 25 No one lights a lamp to cover it with a bowl (Lk. 8:16)
What was Mother Teresa's original name (first name)?



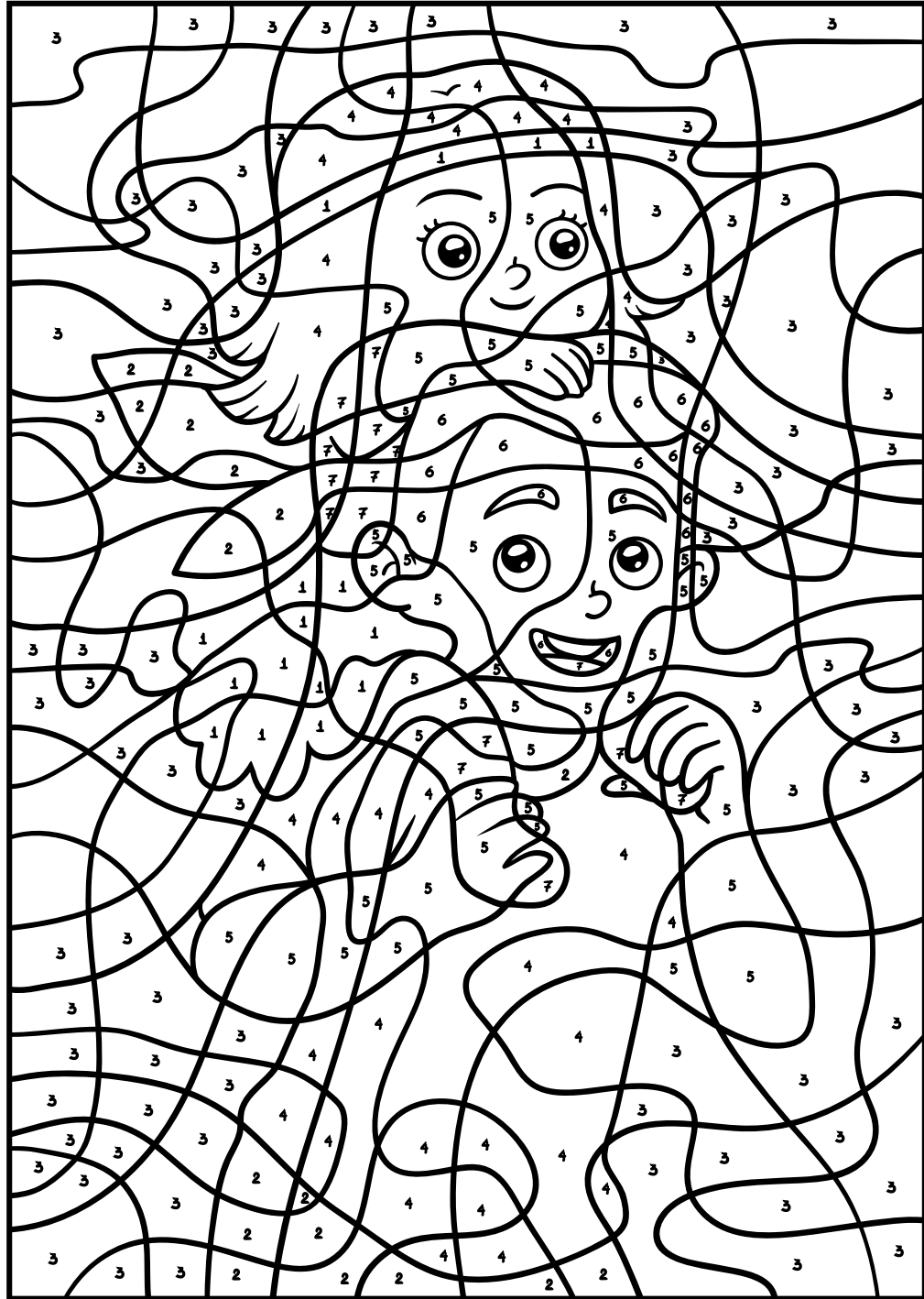
SUN 24 Yahweh is tenderness and pity, slow to anger, full of faithful love (Ps. 145:8)
Read today's Gospel reading. What was the amount of wages given to all the workers who came to work in the vineyard?
TWENTY-FIFTH SUNDAY OF ORDINARY TIME



SAT 23 It is no longer I, but Christ living in me (Gal. 2:20)
Did you know? Padre Pio battled demons physically and spiritually, sometimes waking up to find bruises all over his body.

COLOUR BY NUMBERS

- 1
- 2
- 3
- 4
- 5
- 6
- 7



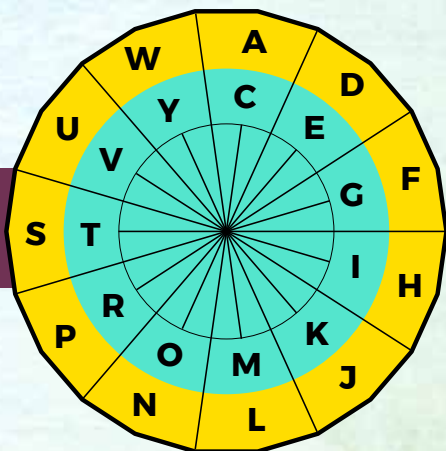
Find 10 Differences





Titles of Mary

How many titles of Our Lady can you write down from these alphabets (i.e. from the Litany of Our Lady)?



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WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) solved Puzzle to us with your full name, place & photo before 25 September 2023. Correct entries will be featured on our social media pages.

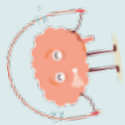
Colour. Arrange. Frame

(Part 2)

In this section, a picture is divided into 4 parts, one for each issue. Children can colour each part, and when the picture is complete it can be glued together and framed.



Share your completed Colour.Arrange.Frame pictures with us at kairosbuds@jykairosmedia.org with your full name, age, place/country. We will be happy to share this on our social media.



ΕΒΣΥ CRYPTOGRAM!

We celebrate the birthday of Mother Mary in September. Below in code are the first lines of some well-known prayers to Our Lady. Can you break the code?

1 8 1 9 12 13 1 18 25 6 21 12 12 15 6 7 18 1 3 5 ,

20 8 5 12 15 18 5 9 19 23 9 20 8 25 15 21.

2 8 1 9 12 8 15 12 25 17 21 5 5 14, 13 15 20 8 5 18 15 6 13 5 18 3 25!

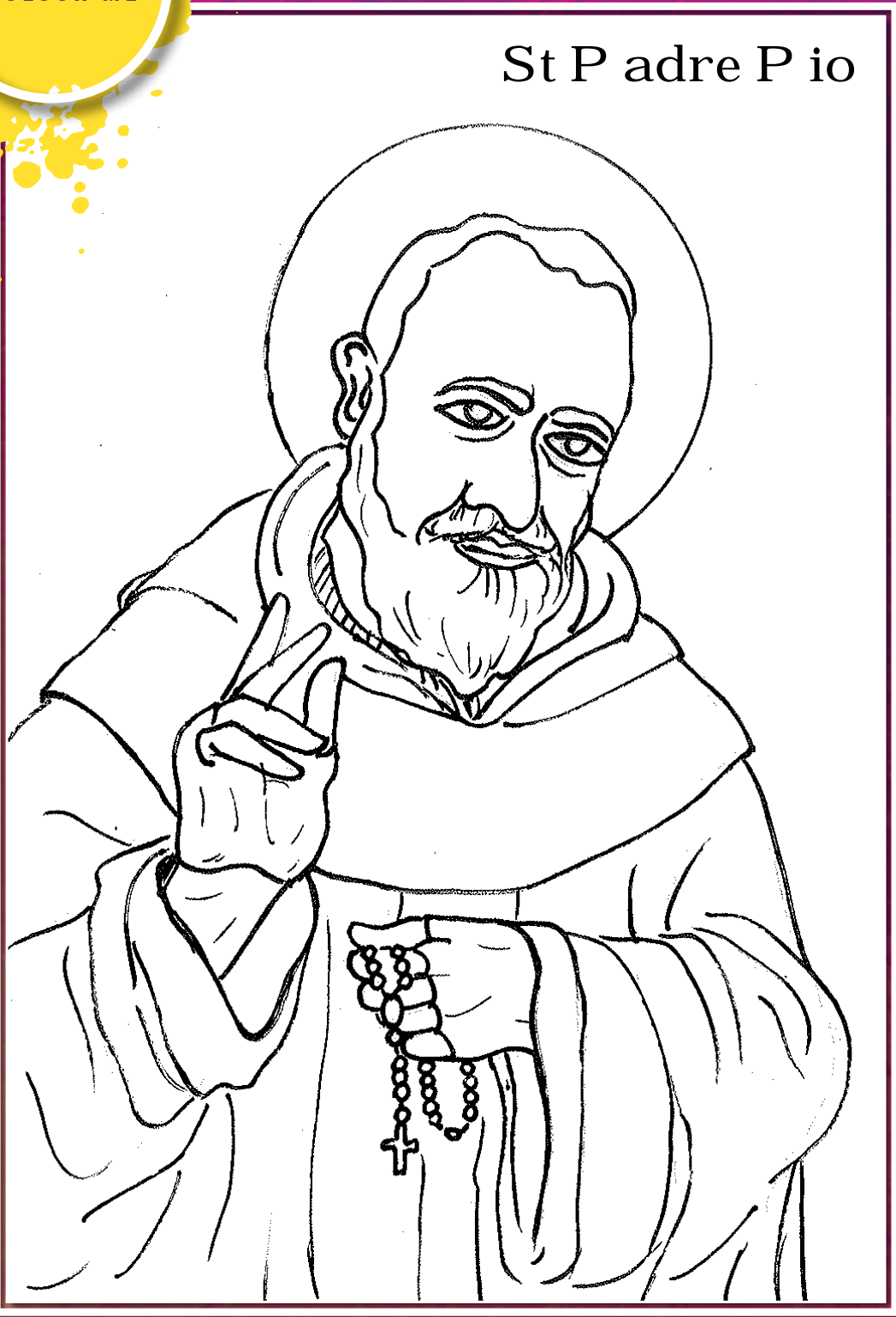
3 18 5 13 5 13 2 5 18, 15 13 15 19 20 7 18 1 3 9 15 21 19 22 9 18 7 9 14 13 1 18 25,

4 20 8 5 1 14 7 5 12 15 6 20 8 5 12 15 18 4 4 5 3 12 1 18 5 4 21 14 20 15 13 1 18 25.

5 17 21 5 5 14 15 6 8 5 1 22 5 14, 18 5 10 15 9 3 5, 1 12 12 5 12 21 9 1

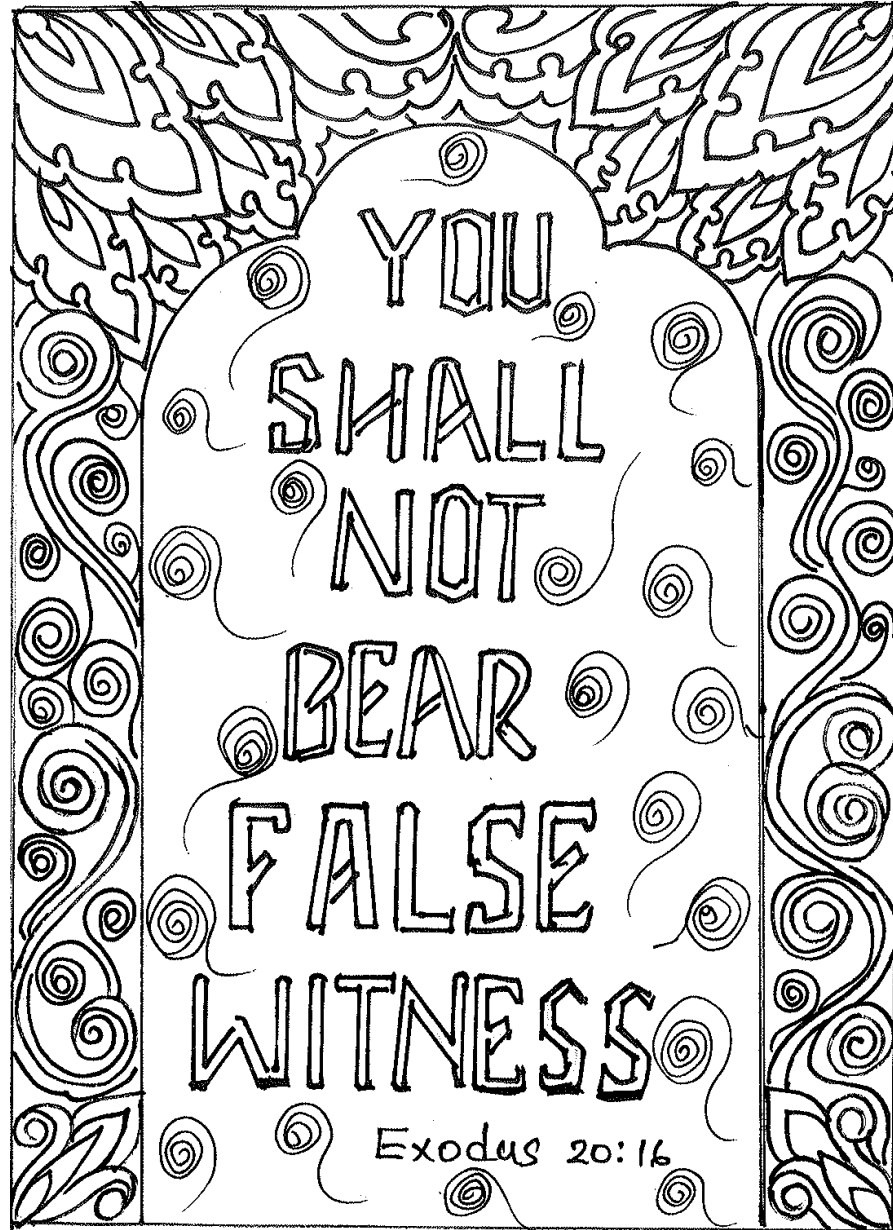
(Hint A=1, etc.)

Scan or take a clear photo of the coloured pictures and send it to us on WhatsApp (+1 346 339 4500) or email (kairosbuds@jykatrosmedia.org) before 25 September 2023. Please include your full name, place and photo also. Best ones will be featured on our social media pages.

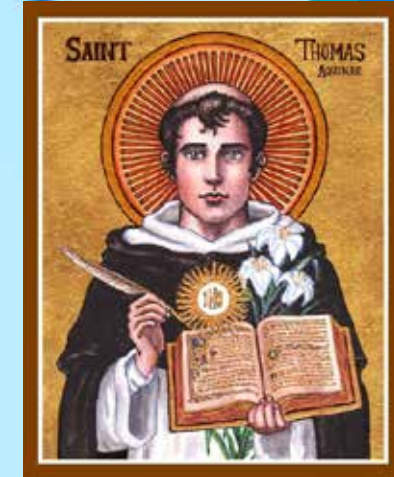


You shall not bear false witness

Exodus 20:16



PRAYER BEFORE STUDY



St Thomas Aquinas' PRAYER BEFORE STUDY

*O ineffable Creator, who, out of the treasure of Thy wisdom,
has ordained three hierarchies of angels,
and placed them in wonderful order above the heavens,
and has most wisely distributed the parts of the world.
Thou, who art called the true fountain of light and wisdom,
and the highest beginning, vouchsafe to pour upon the darkness of my
understanding, in which I was born, the double beam of Thy brightness,
removing from me all darkness of sin and ignorance.*

*Thou, who makes eloquent the tongue of the dumb,
instruct my tongue, and pour on my lips the grace of Thy blessing.*

*Give me quickness of understanding, capacity of retaining,
subtlety of interpreting, facility in learning,
and copious grace of speaking.*

*Guide my going in, direct my going forward,
accomplish my going forth; through Christ our Lord.*

Amen.

KAIROS

Buds

Holy Habits

An All Saints' Day challenge to dress up as your favourite saint

How does it work?

1. Dress up

Dress up as your favourite saint.

2. Shoot

Take a photo or video. For video submissions, kids can recite a quote of the saint they've dressed as.

3. Upload

Submit the photo/video to the Holy Habits web page www.jykairosmedia.org/holy-habits.

Upload your photos and videos on Kairos Buds Instagram page @KairosBuds. You can share the post with your friends and family.



Five Little Saints, each with the most number of likes in photo and reel categories will receive a gift from Kairos Buds. Open for all children aged 14 and below. Last date of submissions: **28 October to 5 November 2023**