

KAIROS

VOLUME 3 » ISSUE 29

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN



**WITHIN**

*The Knock Shrine, Ireland*

**A Virtue that Pleases God**

# Parents

**LOVE AND HONOUR THEM!**



# WITHIN

**KAIROS**  
**Buds**

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Buds

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EDITORIAL



One of my oft-remembered memories from childhood is of my kindergarten days. My mother was a teacher and her school was located close to mine. Some days I would be very reluctant to stay in my class and would cry, escape and follow my mother to her school. Thinking of it now, I realise how much trouble I had caused my mother then! Parents undergo sufferings and struggles of various forms to raise their children. When I became a parent I realised the efforts my own parents had undertaken, and began to appreciate that.

The fifth commandment says, *Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you* (Exodus 20:12). What does it mean to 'honour your father and mother?' The Oxford English Dictionary says honour means 'to regard with great respect or high esteem'. It also describes honour as 'something regarded as a rare opportunity and bringing pride and pleasure; a privilege'. When honouring our parents it's essential that we show them respect, accept their authority, obey them, and appreciate them.

Our Holy Father Pope Francis once said that we can honour our parents by following saints who present the perfect model of honouring parents. He said, 'It speaks of an act of the children, regardless of the merits of the parents, and says something extraordinary and liberating: even if not all parents are good and not all childhoods are sunny, all children can be happy, because the achievement of a full and happy life depends on the right gratitude to those who have placed us in the world'.

The way we respect our parents says a lot about how we show respect to God. Honouring our father and our mother teaches us how to honour our Heavenly Father better.

'It is not hard to obey when we love the one whom we obey.' St Ignatius of Loyola. So it's all starts with love. As we learn more about the fifth commandment in this issue of *Kairos Buds*, let us ask our dear Jesus to fill our heart with love, so that we can honour and obey our parents joyfully.

*Nobin Jose*

**Nobin Jose**  
EDITOR-IN-CHIEF  
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# THE KNOCK SHRINE, IRELAND

- TRINA MARIA ISRAEL » 16 YRS » MANNHEIM, GERMANY

‘A place to pray, contemplate and reconnect, the Eucharistic and Marian shrine of Knock in North-west Ireland attracts about a million pilgrims each year.

## HISTORY

It all began on August 21st, 1879, when the villagers of Knock witnessed an apparition surrounded by a heavenly light. They saw the Blessed Virgin Mary accompanied by St Joseph and St John the Evangelist, with the Eucharistic Lamb standing before a cross on a simple altar and surrounded by angels. The apparition lasted about two hours!

About 15 visionaries witnessed officially that they had seen the apparition, but indeed

there were many more witnesses. Most of the village had rushed there in the heavy downpour, having heard of something extraordinary happening in their parish church. Surrounded by a brilliant light, they saw the apparition, untouched by the rain!

## THE MEANING OF THE VISION

One unique thing about the apparition was the presence of Jesus as the Lamb of God who takes away the sins of the world, and the Evangelist St John holding the gospel passage referring to Jesus as the Lamb of God in his hands. The people who saw this in the parish church of Knock were so gravitated by their presence that

the shrine today is devoted to Mother Mary and to the most Holy Eucharist.

## KNOCK SHRINE TODAY

When you visit Knock today there are many chapels, churches and gardens to visit. Here a few places to list:

Visit the apparition chapel, the place where the apparition took place. It's the perfect place to feel the holy presence of the Holy Family and of St John. There are also some statues which try to replicate the original apparition. The statues were blessed by St Pope John Paul II in September 1979, and was also visited by Pope Francis in 2018.

The Basilica of Our Lady, Queen of Ireland was constructed about 50 years ago since many pilgrims visit Knock each year. The ambience of the basilica is incredible. There is also a huge mosaic made of 1.5 million pieces which depict the apparition.

As already mentioned, the Knock Shrine is also a great place to contemplate and be fully connected with God. And what is the ideal place to be detached from the rush of daily life besides a church? Yes, nature. In Knock there are also a few gardens like the Rose Garden where you can enjoy God's creation.

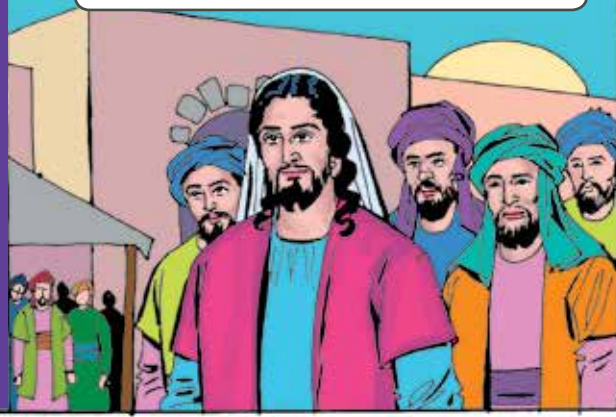
In this month of May which is dedicated to Mother Mary let us all try to walk with Mary closer to Jesus.



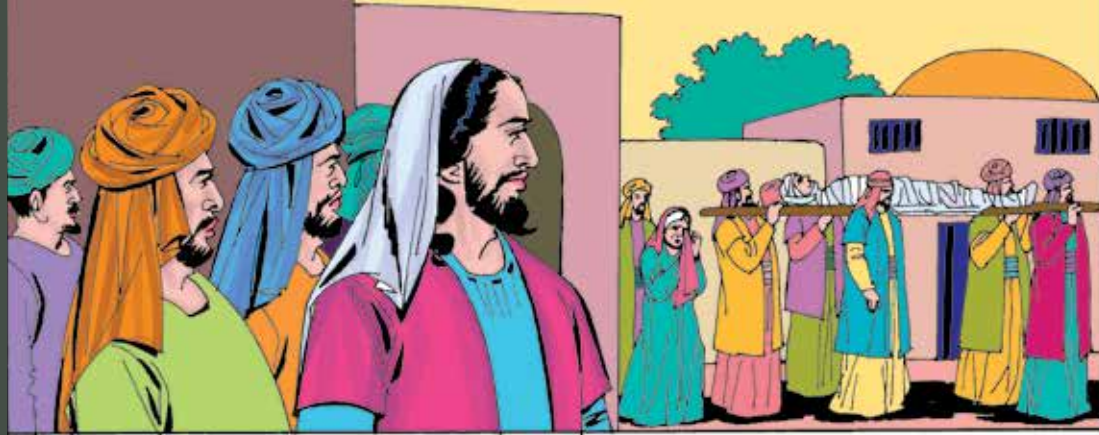


# JESUS RAISES A WIDOW'S SON

Jesus went to a town called Nain, his disciples and a great crowd went with him.



As he drew near to the town gate, a man who had died was being carried out. He was the only son of his mother, and she was a widow. A large crowd from the town was with her.



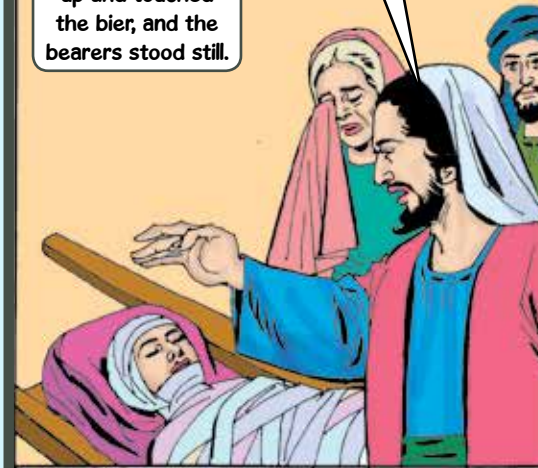
And when the Lord saw her, he had compassion on her.

Do not weep.

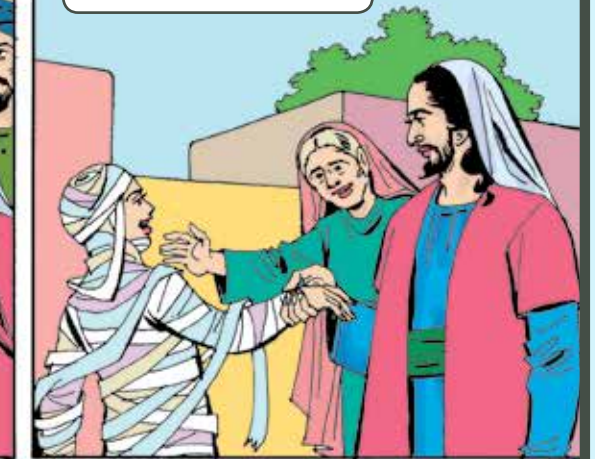


Then Jesus came up and touched the bier, and the bearers stood still.

Young man, I say to you, arise.



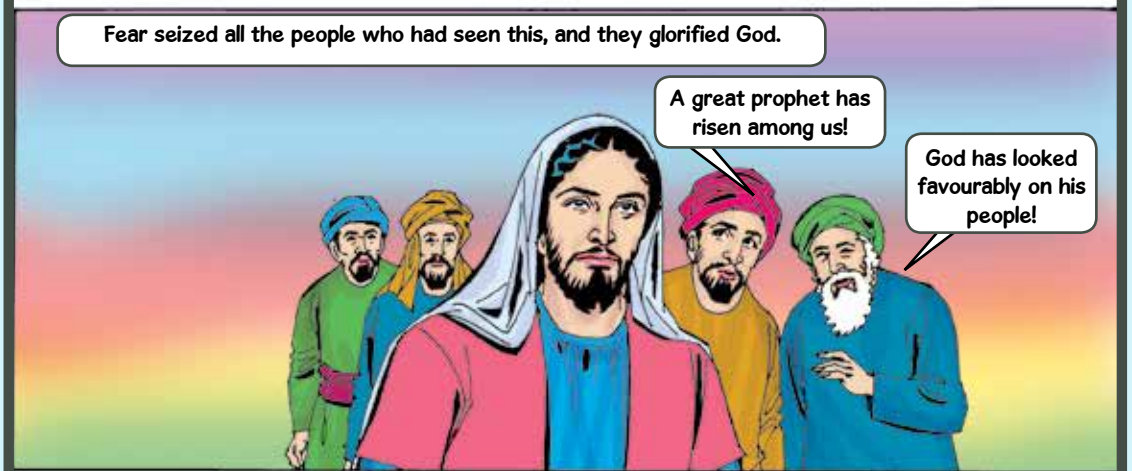
And the dead man sat up and began to speak, and Jesus gave him to his mother.



Fear seized all the people who had seen this, and they glorified God.

A great prophet has risen among us!

God has looked favourably on his people!



And this report about him spread through the whole of Judea and all the surrounding country.



STORY: SR. SUMA THOMAS CSM ILLUSTRATIONS: MADHU S



When you are asked to do the dishes or clean your room or do any kind of chore or task, you might get irritated. You might want to do something other than a chore: talk to your friends or watch TV. But they ask you to do these, not only to train you but also because they trust you with such tasks. And it is important that we practise the virtue of obedience, and respect their wishes, no matter what.

Telling them about how your school is going, or what you plan on doing for the day, reassures them and makes them feel loved.

# A VIRTUE THAT PLEASES GOD

- JACINTA RONCY » 12 YRS » TEXAS, MISSOURI CITY, USA

**G**od revealed the importance and dignity of family life with the fourth commandment, 'Honour your father and mother'. This commandment reminds us of the responsibility to love and honour those closest to us. If we do not love our parents, we cannot love anyone else, for such virtues and practises begin at home. There are different ways to honour your parents. You can obey them, be charitable to them, show affection, and involve them in your life.

Though it sounds hard, obeying your parents is actually very rewarding and virtuous.

Charity begins at home. When you do chores without your parents asking you to, they'll know that you want to help them. That will definitely please them and we evidently be blessed by them.



Showing your parents affection is something that they greatly appreciate. Hugging them when they return from work, asking them about their day, and helping them with chores around the house after their long day of work are all different ways for you to show affection to them.

When you tell your parents about what's happening in your life, they'll be happy because they know that you want them to be involved. Telling them about how your school is going, or what you plan on doing for the day, reassures them and makes them feel loved.

These are ways to not only please your parents, but also your Father in Heaven, and it'll make you feel good about yourself and your actions.

Charity begins at home. When you do chores without your parents asking you to, they'll know that you want to help them. That will definitely please them and we evidently be blessed by them. Helping carry groceries from the car, and cleaning the house, are all charitable deeds you can do to help your parents and more importantly, your Father in Heaven.

# COMMANDMENT WITH A PROMISE

- SR BINILA EMMANUEL CMC » KALYAN, INDIA

The Holy Bible says, *Hear my child, your father's instruction, and do not reject your mother's teaching for they are a fair garland for your head, and pendants for your neck* (Proverbs 1:8-9).

It is rightly said 'Respect for one's parents is the highest duty of civil life'. Parents are the two most precious and priceless gifts God has given us. They are the support system of the family. The way we love and respect them shows our love and respect for God. The goodness of a father is higher than the mountains and the goodness of a mother is deeper than the sea. They are our first teachers. They train us to face future challenges. We should always be grateful to and respect them.

*Parents are always there,  
Always letting us know they care.  
In the darkness they are the light  
Even the darkest days turn bright.  
They help us defeat our foes  
Without them, where'd we be? Who knows?  
They always show that there is hope,  
Even when we can't cope.*

Parents put in ceaseless efforts and unconditional love to provide a cool shade above their children's heads. They may be strict at times, but they are the only ones you will find by your side in any circumstance. Parents' love for their children is unconditional and selfless. No matter what, you will never be able to repay your parents for what they do.

However, when your heart is filled with gratitude and love, you want to give your parents something in return. Giving them little gifts, warm hugs, and expressing through words of appreciation can

completely make their day. Children, obey your parents in the Lord, for this is right. 'Honour your father and mother' this is the first commandment with a promise, *that it may go well with you and that you may live long.* (Exodus 20:12). Honouring them is more than just obeying what they say. When you focus on getting to know your parents and building a relationship with them, you can find lots of ways to honour them. Even the little things count.



Here are some simple ways you can honour your parents every day.

- ✦ Help plan a family evening.
- ✦ Cheer up your siblings.
- ✦ Talk with your parents about your plans for the future. Ask for their opinion.
- ✦ Ask your parents about their childhood and teenage years.
- ✦ Do one of the chores your parents usually reserve for themselves.
- ✦ Give your parents a sincere compliment. Tell them when they're doing a good job.
- ✦ Ignore your phone during dinner or family meetings.
- ✦ Control the volume of your voice, even when you're upset.
- ✦ Make a sincere comment or ask an honest question during family scripture study.
- ✦ Go grocery shopping with your parents.
- ✦ Pray for your parents during your personal prayer.
- ✦ Tell your parents you love them.

# ST JACINTA

## PART - 1

Jacinta Marto was born in Aljustrel near Fátima, Portugal on March 11th, 1910 to Manuel and Olimpia Marto. She was baptised on March 19th. She was the youngest of the three children to whom Mother Mary appeared in Fatima. The others were her cousin Lucia dos Santos and her brother Francisco.



Her parents were poor farmers but devout Christians. Jacinta was illiterate as village children were at that time. However, her parents made sure she was taught Christian doctrine in the family and at catechism lessons taught by her aunt Maria Rosa dos Santos.

Jacinta loved her cousin Lucia and wanted to spend more time with her, so along with her brother Francisco, she was allowed to herd their families' sheep together. Jacinta considered the sheep her friends, gave them names and held them on her lap. She even tried to carry a lamb home on her shoulders as she had seen in pictures of the Good Shepherd.



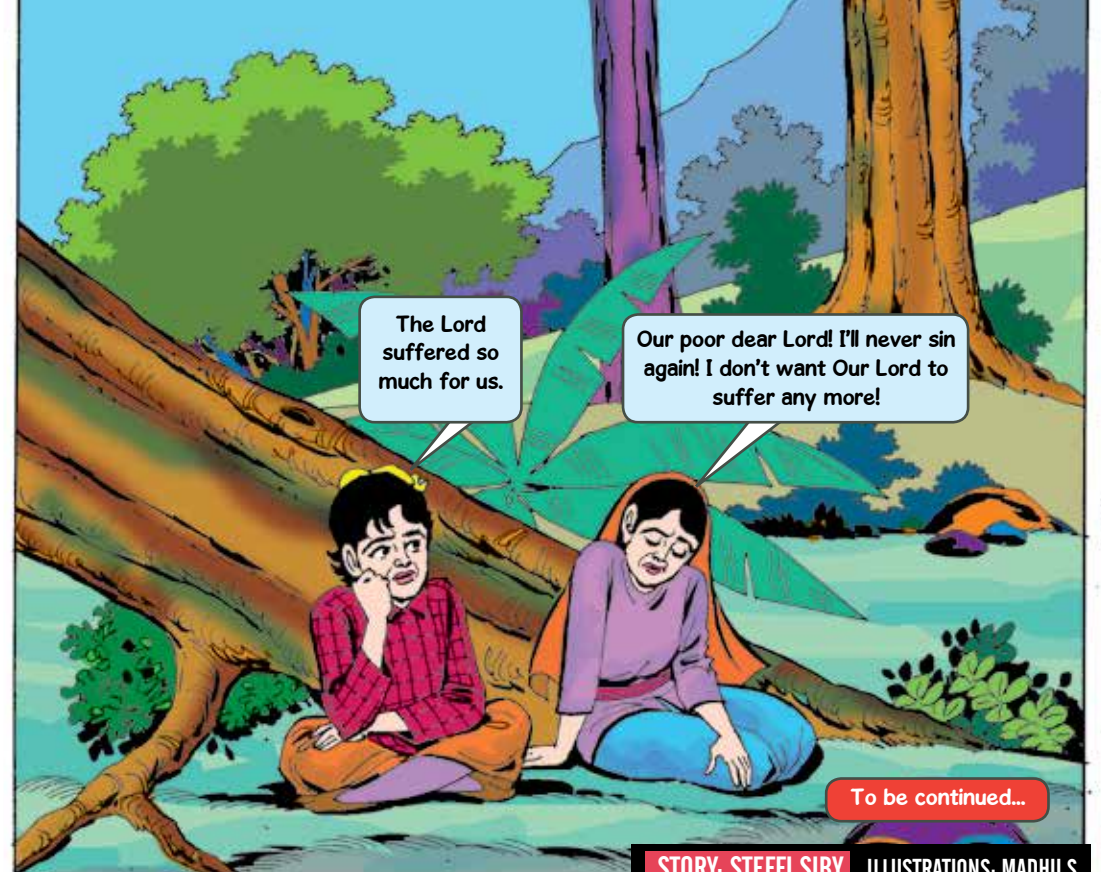
I want to do the same as Our Lord in that holy picture they gave me. He's just like this, right in the middle of them all, and he's holding one of them in his arms.



Jacinta was a joyful child. Her cousin Lucia described Jacinta as someone who had a good heart but was overly sensitive, liked to dance, and controlled the games they played. She loved flowers and gathered them to make garlands for Lucia who she considered more of an elder sister than a cousin. At First Communion, she was a little angel spreading petals before the Blessed Sacrament.



Jacinta had a deep love for Jesus even before Mother Mary appeared to her. At the age of five, she burst into tears on hearing about His Passion.



The Lord suffered so much for us.

Our poor dear Lord! I'll never sin again! I don't want Our Lord to suffer any more!

To be continued...

We must obey God rather than men.  
(Acts 5:29)

## Losing is not a Bad Thing

- JOAN JERO D'CRUZ » 14 YRS » BANGALORE, INDIA

Dear Diary,

Today, my friends and I went to the swimming pool after a long month of exams. My friend challenged me to a race and I lost very badly, since he was a lot faster. I was very upset with myself. After reaching home I was in my room when mum called me down for dinner. We said the grace before we began to eat.

'How was your day, Jack?' Daddy asked.

'I lost in the swimming race today,' I said with a frown.

'You did look awfully upset, Jack, but that's alright, losing is not a bad thing,' Mamma said.

'Really?' I was confused.

'Yes, remember what Romans 8:28 says, "All things work for good to those who trust God," Daddy reminded.

'Yes Jack, losing in a game is completely fine, but you should always remember to simply trust in the Lord, everything will turn for the better.' Mumma added.

As I continued with dinner, I understood that instead of getting sad and disappointed after losing, I should simply put my trust in God and keep trying.



I PLACE TRUST IN GOD, MY CREATOR, IN ALL THINGS;  
I LOVE HIM WITH ALL MY HEART.

- ST. JOAN OF ARC

## VERSE-IVE WRITING



All things work for good to those who trust God.

Romans 8:28

All things work for good to those who trust God.

All things work for good to those who trust God.

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All things work for good to those who trust God.



JESSE VINISH » 9 YRS » NAGALAND, INDIA



ELIZABETH PRINCE » 7 YRS  
» CHANGANASSERY, INDIA



IVAN JOHN MATHEW, » 12YRS » UAE



ERIC JOHN TA » 9 YRS » MUSCAT, OMAN



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# NAME IT



- DR JOSEPH SEBASTIAN » KOZHIKODE, INDIA

When we come across something or some situation we are unfamiliar with – not even its name – it makes us feel either uneasy or curious. Though in the world outside, what we see and touch may not trouble us much. The internal feelings and emotions we go through and are unable to understand – well these will make us concerned, anxious, worried, distressed, and in some cases even incapacitate us. These emotions are also triggered when unforeseen and unexpected things happen to us or to someone we love.

So as a follower of Christ, how do we handle this? It is a reality that life will have all these ups and downs, rain and sunshine, the joys and sorrows. What matters is our response to them, responses that will surely be based on our beliefs.

When a small child is asked by her father or mother to jump into their arms from a height – she will. But if a stranger were to ask – will they jump? NO. Simply because they believe

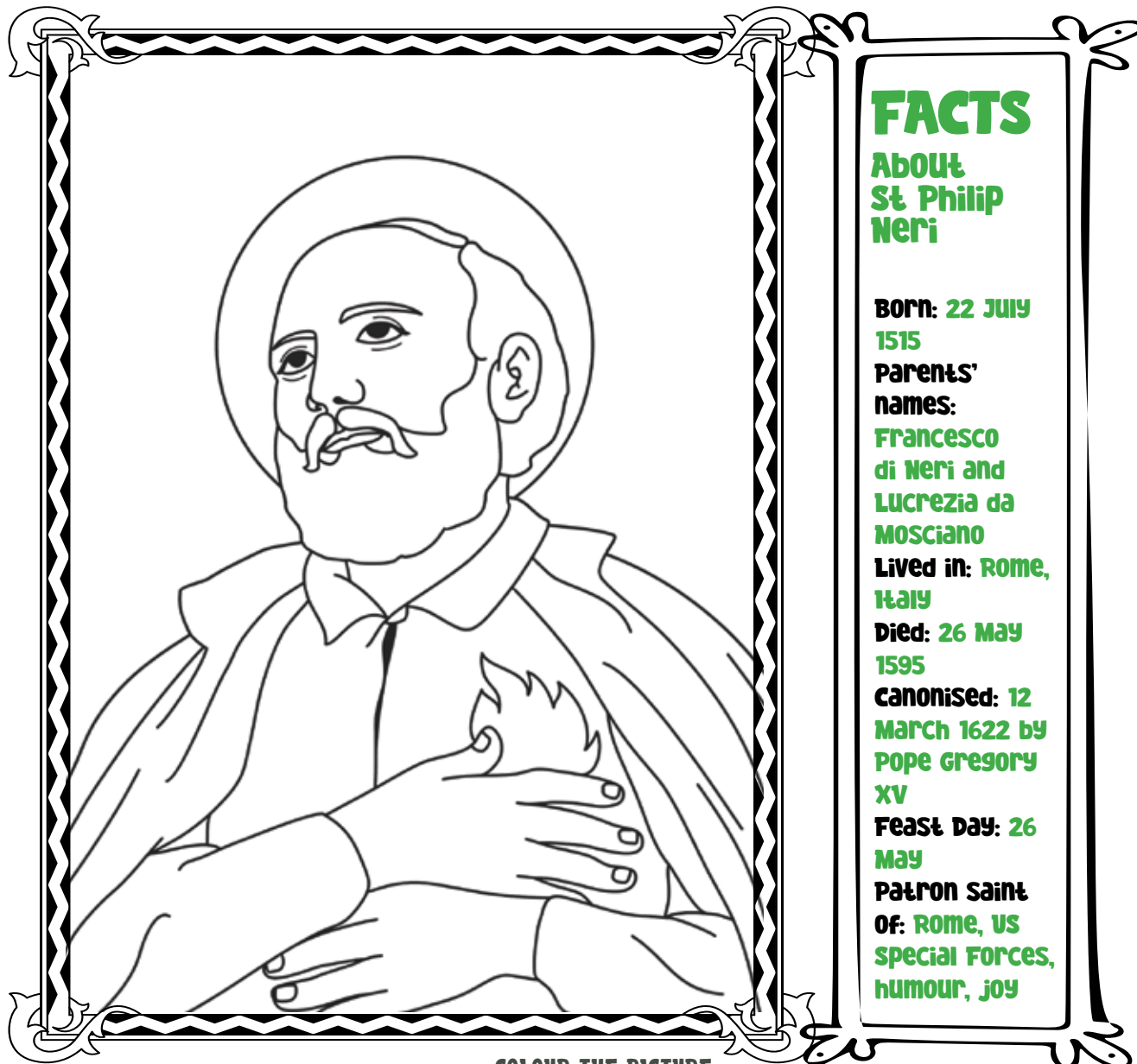
that their parent will catch them, protect them. But when this same act is done for the first time, even if it is their parent asking, the child may not be fully confident. She may not jump as quickly for fear of the height, and also because they have no experience that their parents will catch them. But once the child does jump, then her next leaps are with more joy and confidence.

So too with us – to completely rely on God our Father who has a plan for us which is for our good, as he says in Jeremiah 29:11, plans that will give hope for the future. Let's learn to rely on this promise. Yes, as one learns to cycle we may falter and fall; frankly there is no other way to learn.

May the Lord help us to NAME our uncertainties with faith and rely on His Grace, as St Paul shares.

*Trust in the LORD with all your heart, and do not rely on your own insight. In all your ways acknowledge him, and he will make straight your paths (Proverbs 3:5-6).*

# All About St Philip Neri



COLOUR THE PICTURE

## FACTS About St Philip Neri

**BORN:** 22 JULY

1515

**Parents'  
names:**

Francesco  
di Neri and  
Lucrezia da  
Mosciano

**Lived in:** Rome,  
Italy

**Died:** 26 MAY

1595

**Canonised:** 12  
March 1622 by  
Pope Gregory  
XV

**Feast Day:** 26  
May

**Patron saint  
of:** Rome, US  
Special Forces,  
humour, joy

## FACTS about St Philip Neri

- ▶ St Philip Neri was a Christian missionary who founded the Congregation of the Oratory, a community of Catholic priests and lay brothers.
- ▶ Born to a noble family, his early education was at the famous Dominican monastery of San Marco in Florence.
- ▶ When he was 18, Philip was sent to a rich relative in San Germano, to assist – and hopefully inherit – the family business. Soon after he reached, he had a mystical conversion experience.
- ▶ Losing interest in owning or taking the business forward, Philip felt called by the Holy Spirit to serve the Lord and His Church, and left for Rome.
- ▶ After two years of solitary life, and three years of studies, Philip set out to help the poor and re-evangelise the city of Rome.
- ▶ He loved conversing with people, his warm nature and sense of humour attracting people to him. He loved to share the Gospel and help people discover or rediscover their faith in Jesus.
- ▶ Philip was respected and loved throughout Rome; he became a trusted advisor to popes, kings, cardinals and equally as important to the poor.

## PRAYER TO ST PHILIP NERI

O holy Saint Philip Neri, patron saint of joy, you who trusted Scripture's promise that the Lord is always at hand, and that we need not have anxiety about anything: in your compassion heal our worries and sorrows, and lift the burdens from our hearts. Keep us safe through your loving intercession and may the joy of the Holy Spirit which filled your heart, transform our lives and bring us peace. Amen.

# MIRACULOUS MEDAL CRAFT



## MATERIALS REQUIRED:

- Template of Miraculous Medal (see page 32&33)
- 2 Cardboard/foam sheets
- Sheet of foil
- Blunt pencil
- Double-sided tape
- Colours (optional)



## METHOD

**Step 1:** Cut out the templates and cardboard to size.

**Step 2:** Wrap the foil around the cardboard cutout.

**Step 3:** Place the template over the foil-covered cutout and draw over the image to get the imprint on the foil. Repeat for both templates.

**Step 4:** Stick foil-covered cutouts together using double-sided tape.

Your Miraculous Medal is ready! You can colour this carefully with sketch pens if you want.

## TIPS

Make sure to wrap the foil tight around the cardboard/foam.

## Q. HOW LONG DO WE STAY IN PURGATORY?

- Abraham Skaria, 8 yrs, USA

**ANS:** The *Catechism of the Catholic Church* defines purgatory as a 'purification, so as to achieve the holiness necessary to enter the joy of heaven,' which is experienced by those 'who die in God's grace and friendship, but still imperfectly purified' (CCC 1030). It notes that 'this final purification

of the elect, is entirely different from the punishment of the damned' (CCC 1031). Purification is necessary because, as Scripture teaches, nothing unclean will enter the presence of God in heaven (Revelations 21:27) and, while we may die with our mortal sins forgiven, there can still be many impurities in us, specifically venial sins and the temporal punishment due to sins already forgiven. The length of time souls detained in Purgatory depends on:

1. The number of their faults
2. The malice and deliberation with which these have been committed
3. The penance done, or not done, the satisfaction made, or not made for sins during life
4. Much, too, depends on the suffrages offered for them after death

Speaking of the amount of time in purgatory, we should ask how time is measured in purgatory. It may not be the same way we measure time here on earth, we only know that it has a beginning and an end. The duration in purgatory is different for each individual, based on their life (their sinfulness). It is God who determines the amount of time spent. Only thing we know is that it is not eternal, one will definitely move on to Heaven.



Our young readers can email their questions on faith/life to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) or WhatsApp it to us on +1 346 339 4500

## DO YOU KNOW

### TITLES HELD BY THE POPE

Bishop of Rome; Vicar of Jesus Christ; Successor to the Prince of the Apostles; Supreme Pontiff of the Universal Church; Patriarch of the West; Primate of Italy; Archbishop and Metropolitan of the Province of Rome; Sovereign of the Vatican City; and Servant of the Servants of God.



### THE PAPAL FLAG

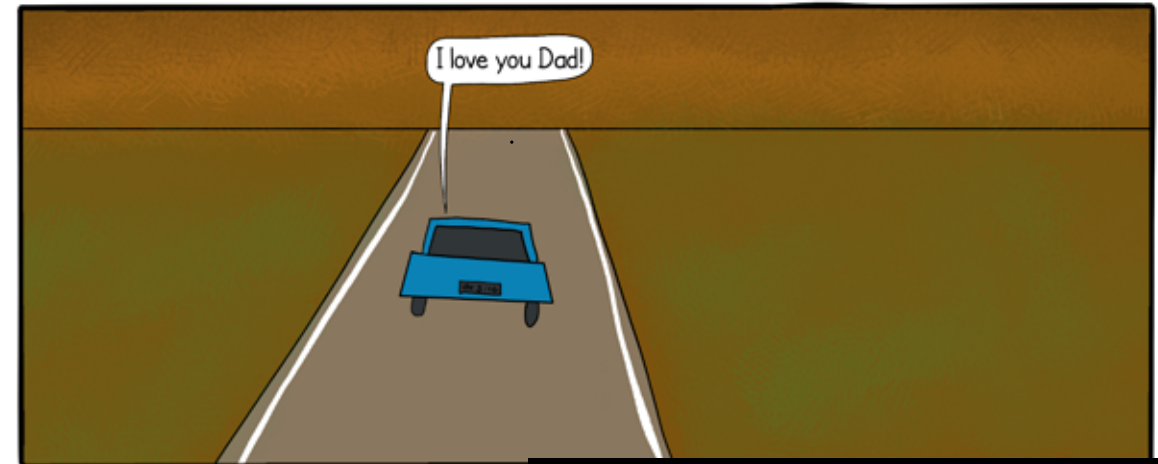
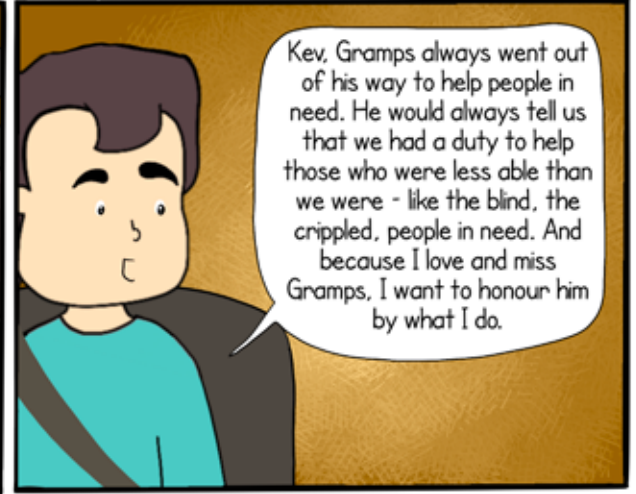
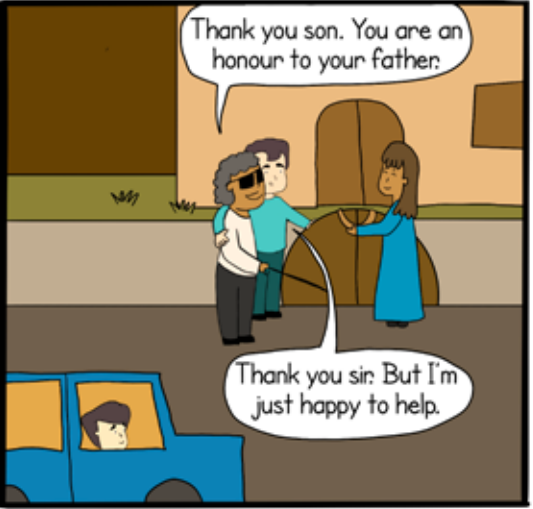
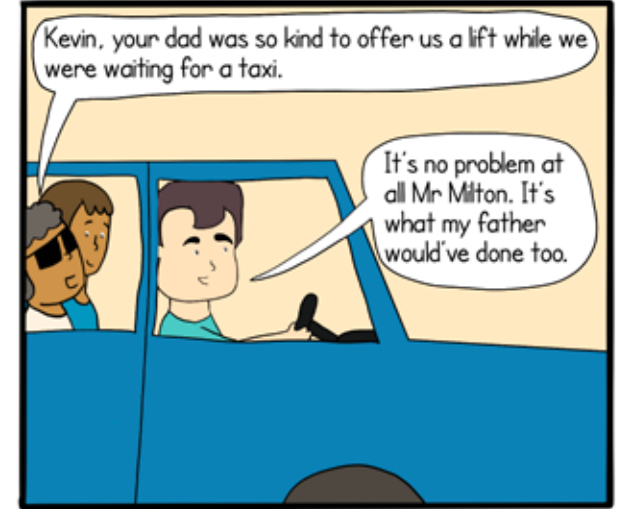
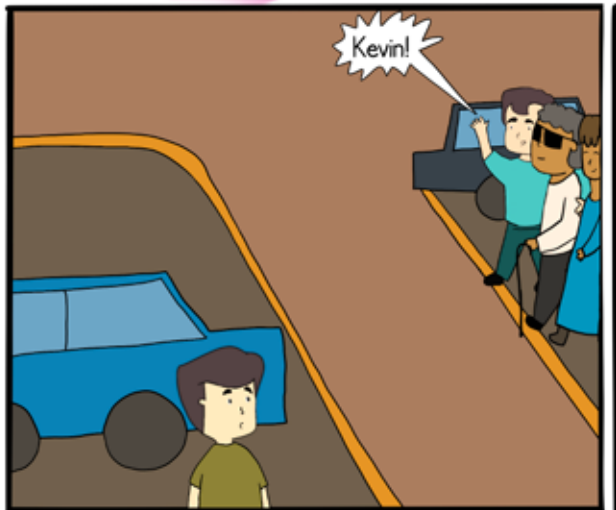
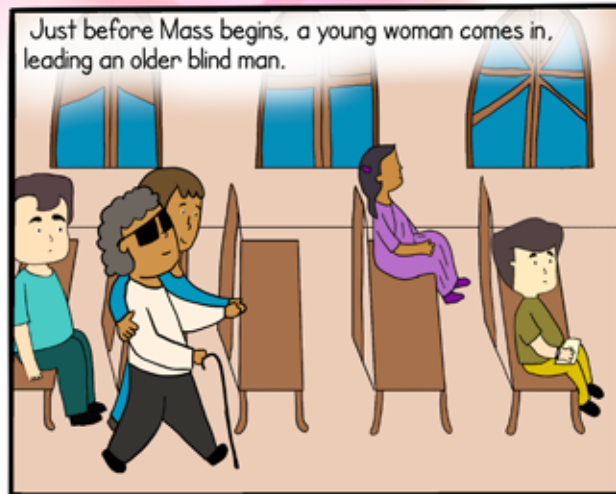
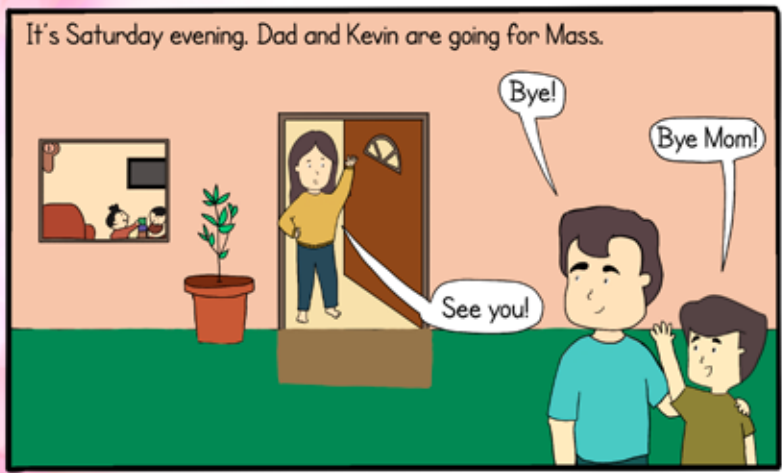
The papal flag consists of two equal vertical stripes of yellow and white (with the insignia of the papacy on the white stripe), a triple tiara over two crossed keys, one of gold and one of silver, tied with a red cord and two tassels. The divisions of the tiara represent the teaching, sanctifying and governing offices of the pope. The keys symbolise his role as the successor of St Peter and the universal spiritual authority of the Holy Father. The papal flag is also a national flag as it represents the sovereign state of Vatican City.



### WHO ARE THE 'GENTLEMEN OF HIS HOLINESS'?

The Gentlemen of His Holiness are priests and lay persons who have the honour of serving the pope in duties reminiscent of a valet. They care for the vestments of the pope, make his travel arrangements, and take care of his furnishings. Formerly known as 'Papal Chamberlains of the Sword and Cape' they are also called 'The Papal Gentlemen'.

# In Honour of Gramps



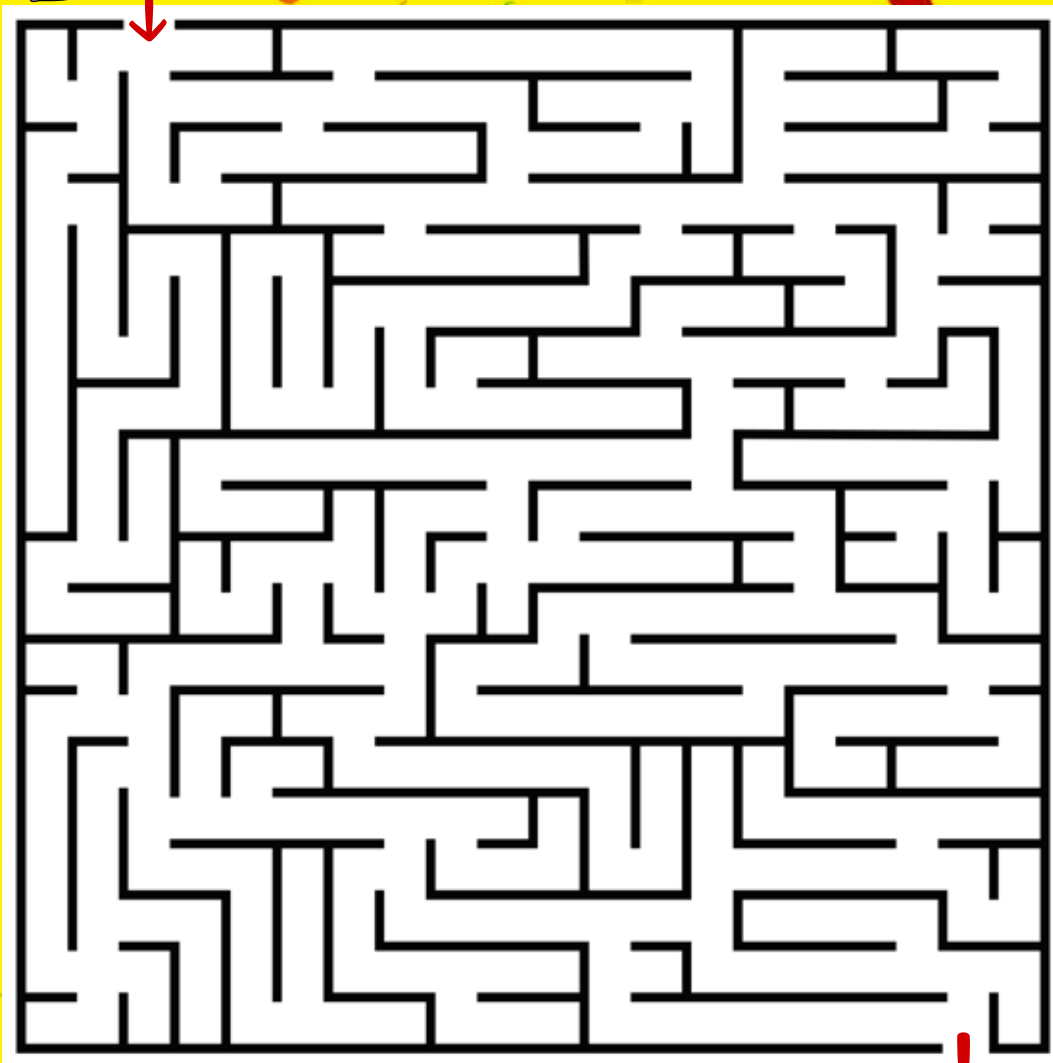
STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

???

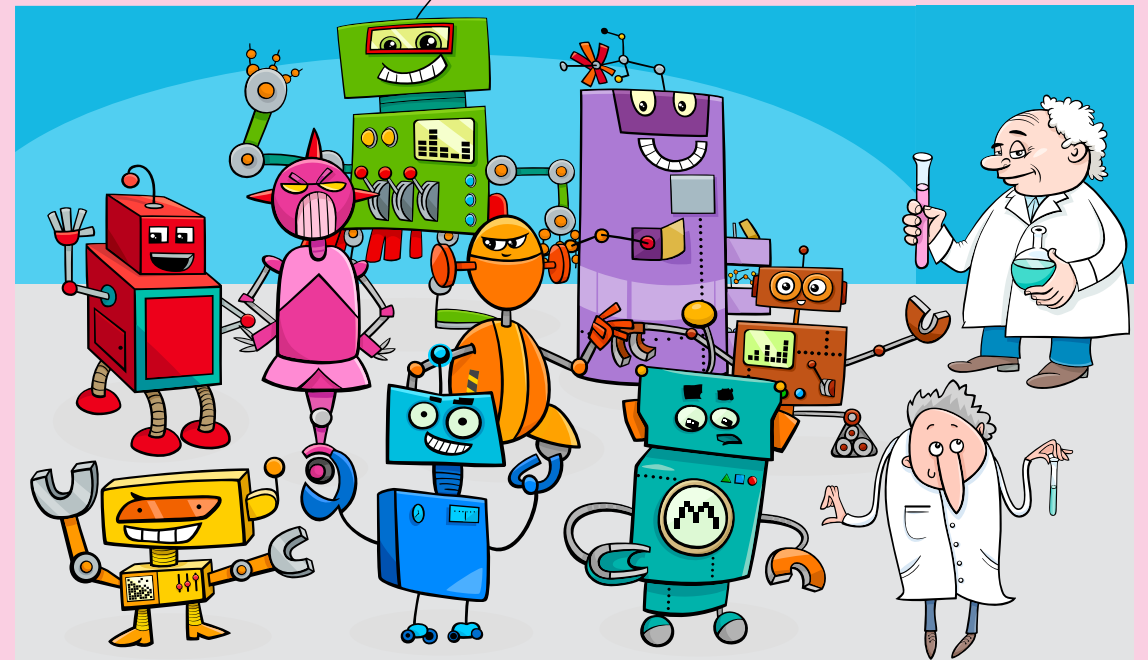
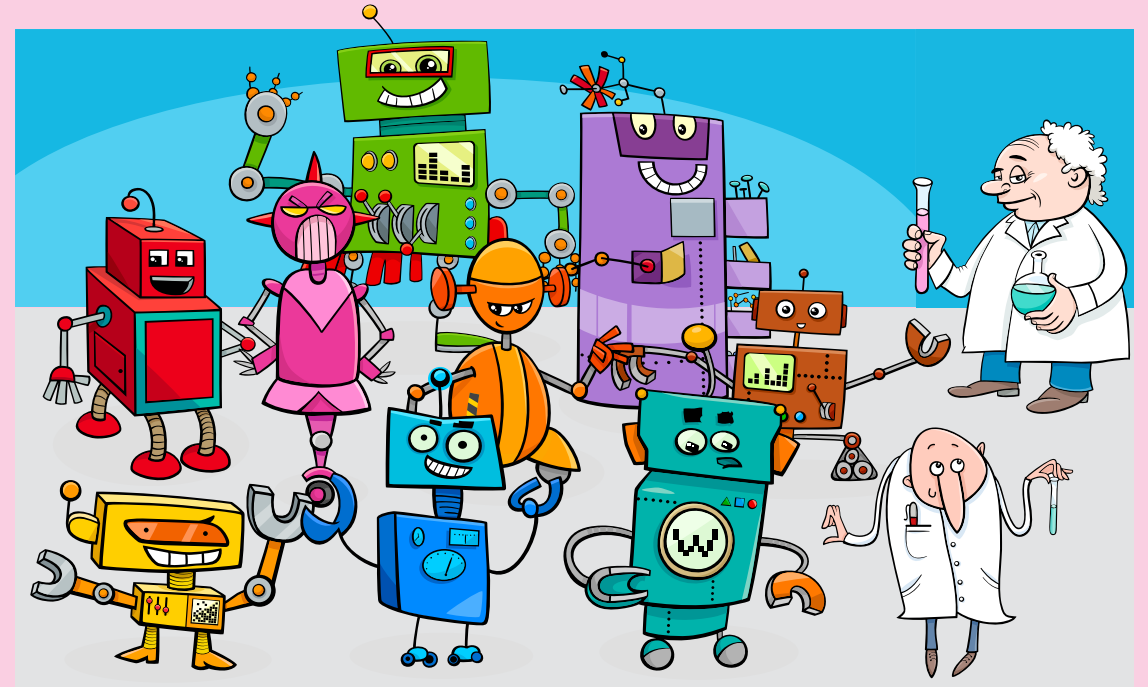
**Puzzle**



**The children are waiting for cake!  
Help the waiter take the right path.**



## Find 12 Differences



**NO ANXIETY!**

The group waits outside the auditorium.

Sean seems to be very sleepy. This upsets Paul.

SEAN! How can you be like this? Huh? Who, what?!

Oh, let him be... We don't have time for this.

Just then.

They've come...

Hi, so you guys reached in time!

How come Sean always notices things first?

Hi Tony, we arrived early this morning. So are you guys all ready to set the stage on fire?

Hmm... I still wonder if I used enough shampoo!

SEAN!!

Sir, what's your opinion about their chances?

I think they do have a pretty good chance. Anyhow it's going to be interesting!

All participants are requested to enter the auditorium immediately!

People let's have a moment of prayer.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving ...

... present your requests to God!

To be continued...



Using the images and the words, try and guess the names of these saints.



**K +** \_\_\_\_\_



**+ D** \_\_\_\_\_



**+ H** \_\_\_\_\_



**+ R** \_\_\_\_\_



**+ C** \_\_\_\_\_

**LU + C** \_\_\_\_\_



**+ A** \_\_\_\_\_



**+ N** \_\_\_\_\_

**GLARE (minus) G + C** \_\_\_\_\_

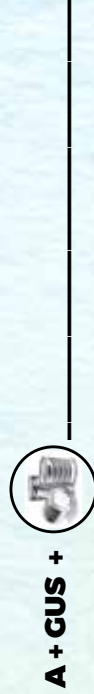


**+ A** \_\_\_\_\_



**+ D** \_\_\_\_\_

**P + O** \_\_\_\_\_



**+ A** \_\_\_\_\_



**+ I** \_\_\_\_\_

**FAST + TINA** \_\_\_\_\_

**FRIGID (minus) F + B** \_\_\_\_\_

**& + DREW** \_\_\_\_\_

**JOE'S + F** \_\_\_\_\_

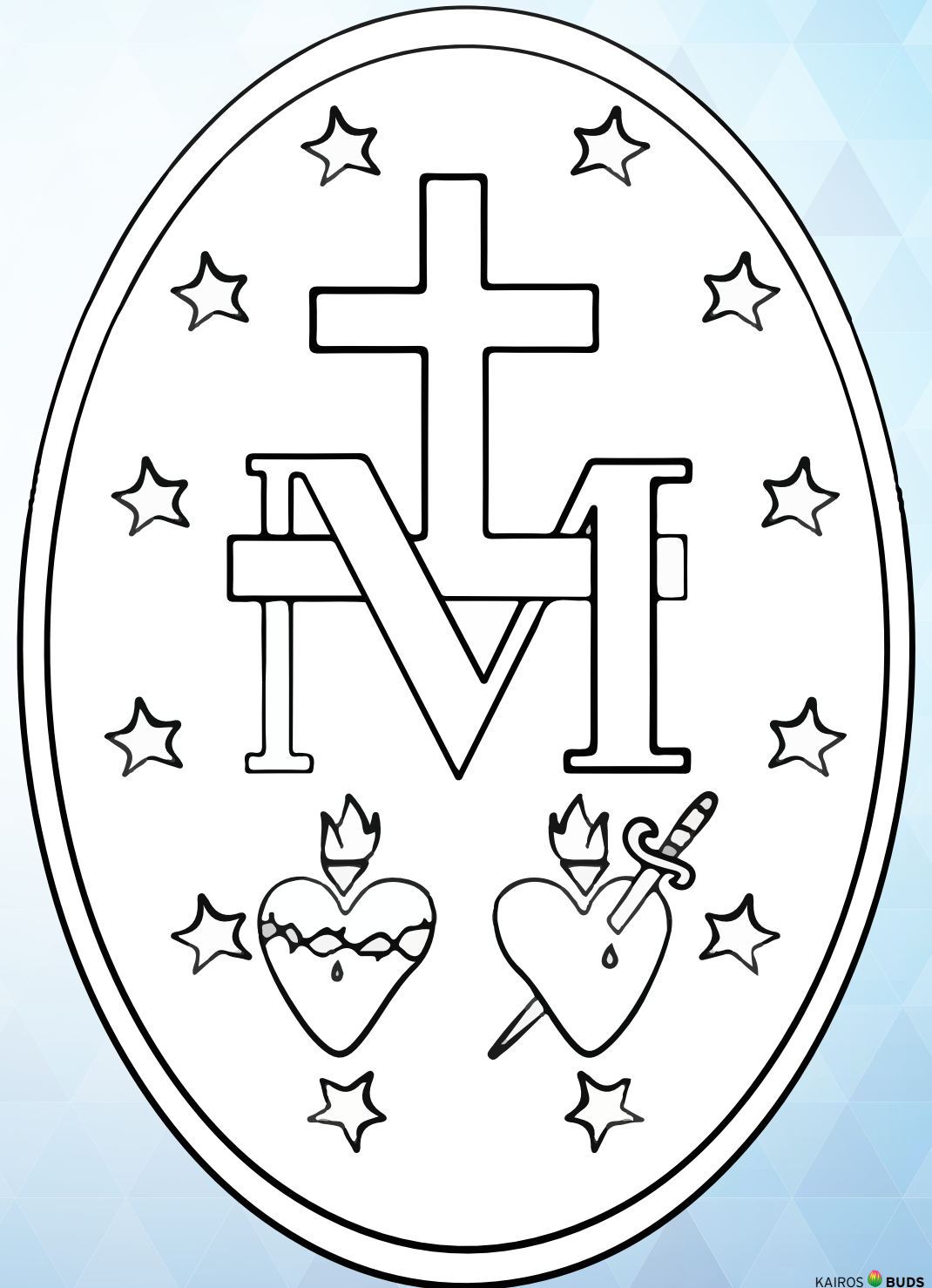
Honour your father and mother,  
so that your days may be long in the land.  
Exodus 20:8-11





These two pictures can be coloured

and used as templates for Hobby Hub activity.



# Colour. Arrange. Frame

(Last Supper 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.



HOLY HUMOUR

## COME STRAIGHT HOME



A teacher asked her class, 'Now, how many of you would like to go to heaven?' All the children raised their hands, except Tommy. The teacher was a bit surprised and asked him why he didn't want to go to heaven. Tommy answered, 'I'm sorry Miss, but I can't, my mother told me I have to come straight home after school.'

## OUR FATHER, THE ARTIST

On Sunday, the teacher began catechism with a question, 'Boys and girls, what do we know about God?' A hand shot up in the air. 'He is an artist!' said a little boy. 'Really? How do you know?' the teacher asked. The boy answered, 'You know - Our Father who does art.'



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