

Indebted to the

giver of life

CARTOONS

Jesus Feeds the Five Thousand

St Jacinta Part - 2

I Don't Like to Gossip!



TAKING EVERYTHING IN STRIDE

EXAMINATION OF CONSCIENCE

ACTIVITIES

Versive Writing

Gaming through the Old Testament

Brain Gym 28

Find 12 Differences

Colour.Arrange.Frame

Colour by numbers

COOL CATHOLIC

Do You Know

My Childhood Days

Colour Me

Word of Life

SMART KIDS

My Story

My Canvas

SMART MIND, HEALTHY BODY





Holy Humour





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EDITORIAL

BE A GIFT

A long time ago, on an invitation card for the ordination of a priest who hailed from my home parish, I saw this verse written in golden letters:

'Life is a gift, to be a gift'.

Those words touched my heart. Often, I would recall them and tell myself that my life is a wonderful gift from God who created me in his likeness and image.

Children, don't you all like to receive gifts? Before I go travelling anywhere, my eight-year-old son always asks, 'What will you bring me?' Gifts make children very happy, not just children but adults also. But how can we become a gift? How can we become a blessing to others?

Be a gift in school. Avoid bullying or quarrelling with your friends. Forgive those who are rude to you. Keep a smile always. 'Smile at the world and the world will smile at you.' Be a peacemaker.

Be a gift at home. Love and forgiveness can be practised easily in your family. Share your books or toys with your siblings joyfully. At times you may be tempted to be angry or to shout but do hold back. Be a joyful gift.

St Dominic Savio, who is a favourite saint of children said, 'If I do not become a saint, I am doing nothing'. Let's strive to be a saint, to be a gift. Each page of *Kairos Buds* is prepared with prayers for us to be saints.

Enjoy reading!



Nobin Jose EDITOR-IN-CHIEF nobin.jose@jykairosmedia.org



MY CHILDHOOD DAYS

Most Rev Sebastian Kallupura, Archbishop of Patna, India

am from the Palai diocese, Teekoy parish in Kerala. I was born there but when I was very young, my family moved to the Malabar region. Then - this was 50 years back - when Mananthavady diocese was created, we came under the Kottivur parish in the new diocese. Though it was a small parish to begin with, it is now one of the biggest parishes in the diocese with around 1500 families.

When we were very young, we kids would come together on Sundays to attend Mission League. That was one of the first groups or pious organisations that the parish started. And I was very young at that time. There were a lot of things we had to do - reciting the Rosary, praying the Our Father, Hail Mary many times. Not just recite but we had to make a record of it too - how many Masses we attended. how many novenas we went through. Those days, every church did not have novenas. Our forane church had the novena to Our Lady of Fatima on Saturdays that we children would attend. Every year during May, there would be ten days of Rosary for the faithful, and a special Rosary for children in the evenings, which we could attend after classes.

One of the things I got actively involved in as I grew older was Mission League - especially collecting money for mission places. In those early days, we would go house to house collecting small quantities of rice grains, these we would bring to the church and I think the parish priest would get it sold, and that money was sent to the missions. So right from the beginning, we were getting oriented towards mission. And even among the families - since there were only a few families in the parish those days, we had very cordial relations among them all.

When I began high school, we would help out

on Saturdays wherever new church constructions were taking place either our own church or wherever constructions were happening in the places nearby. We boys would go to help carrying rocks, sand, etc. That was a way of reaching out to others that we learned from our parish. The parish priest we were blessed with was excellent. Since we were studying in the local government school, our parish priest would gather us in the evenings to give us tuitions in English, and then pray together in the church.

It was an interesting life. Our families were also very supportive. Of course, we were from traditional Catholic families - things were quite different those days.

When I finished my SSC, I thought of joining the missions having heard of the Patna mission. I joined the seminary, went to the minor seminary in Palai, then went to do Theology in Pune, etc., and now I am here. This is the fortieth year of my priesthood and fourteenth as a bishop.

Doctors

The title 'Doctor of the Church' is an official designation bestowed by the Pope on a person who has made outstanding contribution, through their teaching on faith, to the understanding and interpretation of Scripture and the development of Christian doctrine. The person's life must also have displayed a high degree of sanctity, which is why all Church doctors are canonised saints.





First Church Doctors

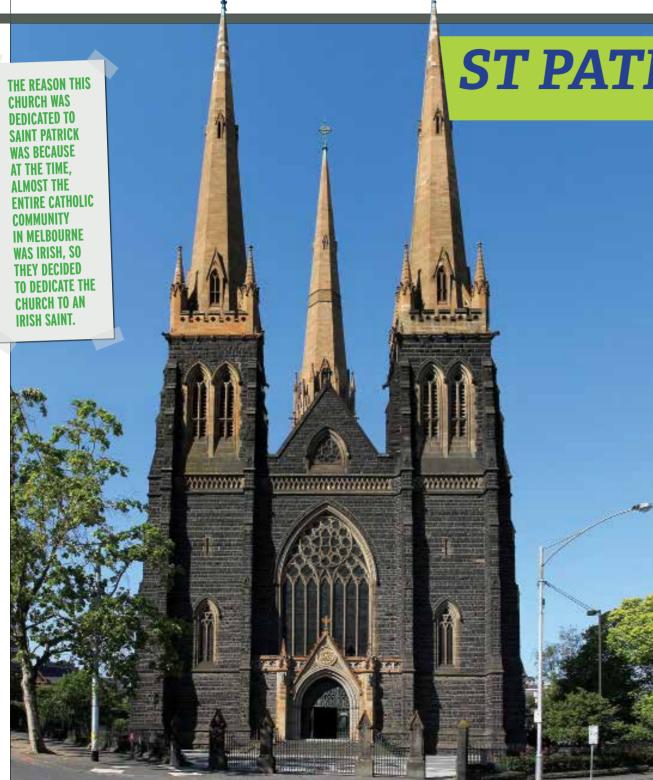
The first Church doctors were declared by Pope Boniface VIII in the 13th century. They were Sts Ambrose, Jerome, Augustine and Pope Gregory the Great. They are also known as the Four Great Doctors (of the Western Church). The first women to be named Church doctors were Sts Teresa of Avila and Catherine of Siena by Pope Paul VI in 1970.

SOME FACTS

As of 2022, there are a total of 37 men and women who have been proclaimed Doctors of the Catholic Church. Of the four women, the others are Sts Therese of Lisieux (declared by Pope St John Paul II), and St Hildegard of Bingen The most recent Church doctor is St Irenaeus, whom Pope Francis declared in 2022.

Twenty-four of the Church doctors are quoted in the Catechism of the Catholic Church (those who are not quoted are Saints Ephraem, Isidore, 'the Venerable' Bede, Albert the Great, Anthony of Padua, Peter Canisius, Robert Bellarmine, John of Avila, Hildegard of Bingen, Gregory of Narek and Lawrence of Brindisi.

04 KAIROS WBUDS



ST PATRICK'S CATHEDRAL,

MELBOURNE. AUSTRALIÀ

- TOBY DINOOP » 16 YRS » MELBOURNE, AUSTRALIA

t Patrick's Cathedral is the largest church in Australia. Located in Melbourne, it was built in the year 1939. This cathedral is quite special as it has the title of 'Minor Basilica' making it a very important Catholic Church in Australia.

St Patrick's Cathedral

During the early days of the city of Melbourne, the Catholic community needed a bigger church to celebrate Mass together. After the friar James Goold was appointed as the first bishop of Melbourne (also the fourth bishop in Australia) he received a grant for five acres of land after negotiating with the colonial government. On the first of April 1851, the colonial secretary agreed to give this land to the Catholic Church. The reason this church was dedicated to Saint

Patrick was because at the time, almost the entire Catholic community in Melbourne was Irish, so they decided to dedicate the church to an Irish saint. This church had many delays in construction, one of which was the lack of labour. Thanks to the Australian gold rush of 1851, every able-bodied person went to try their luck in gold, and as a result there was nobody left to build the church. The building of the church took 30 years to complete.



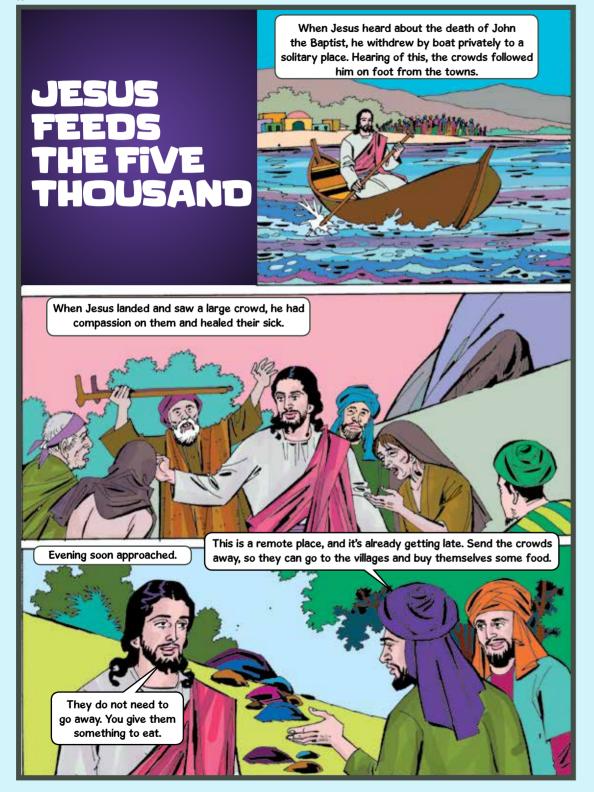
Restoration

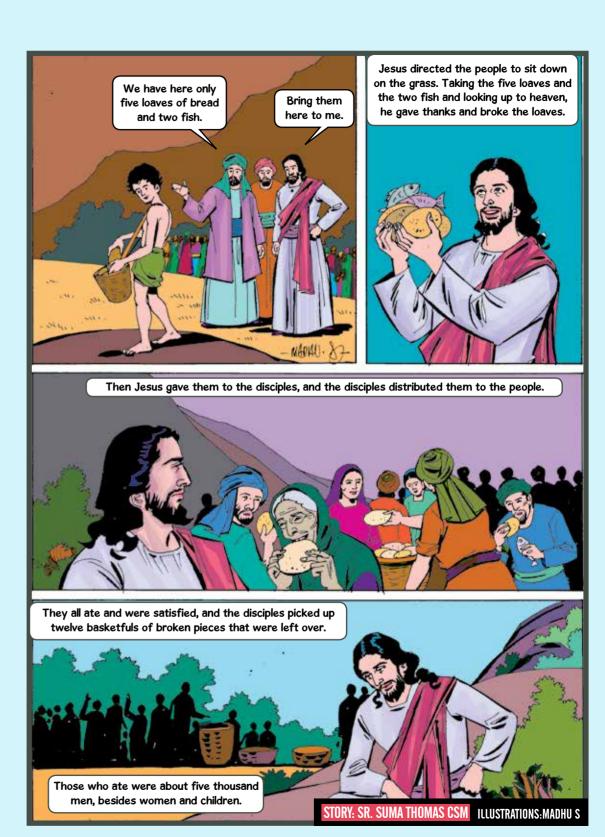
In 1994 in order to celebrate the cathedral's 100th year in 1997, the church was completely closed off to be restored; nothing was changed, however the church experienced some work for restoring the building and preserving it.

OTHER INFORMATION

In 1974 Pope Paul VI conferred the cathedral with the title of minor basilica. In 1986 Pope John Paul II visited the church and addressed the clergy during his visit.

BIBLE TOONIN







In tears, Anika complained that Alex had beaten her. Mom looked sternly at Alex, and he got scared. He told her that he had hurt Anika because she called him bad names which made him angry. Anika stopped crying and was expecting her mother to scold Alex. But their mother took both children to the prayer altar at home and questioned them about what

words or hurting others as sins similar to killing. One of the Ten Commandments was 'You shall not Kill', which means that we should not take others' lives or our own life into our hands. God alone has the authority to give life and to take it.

Jesus, who came into this world to fulfil the law, taught us that being angry with others also amounts to killing. We should not abuse anyone with bad words. If we come to know that someone has a grudge against us, we must first make peace with them before even going to church.

Jesus, who came into this world to fulfil the law, taught us that being angry with others also amounts to killing. We should not abuse anyone with bad words.

Jesus

had taught about getting angry, hurting, and using bad words. Both of them shook their heads and said that they did not know.

Despite running short of time for Mass, their mom wanted them to learn a good lesson from the Bible. Opening the Bible to the book of Matthew chapter 5. She gave it to Alex and asked him to read the passage from verses 21 to 26. Alex read it, while Anika and her mom listened to it.

After he finished reading, their mom explained that Jesus considered anger, using bad Now, their mom asked the children if they understood the meaning of the commandment 'You shall not Kill'. Both nodded and said yes. Then Anika apologised to her brother and said that she would not use bad words again. Alex also promised not to hit her. Then their mom suggested that they make peace. They both smiled and hesitantly Anika extended her hand towards Alex, who shook his hand with her. Both of them happily went ahead and got ready to attend Holy Mass.

Jesus considered anger, using bad words or hurting others as sins similar to killing.

DARE TO BE SAINTS

One day, when 6-year-old Jacinta was in a meadow with their sheep alongside her brother Francisco and cousin Lucia. They had eaten their lunch, said the Rosary and were playing when suddenly a strong wind blew and they were surrounded by white light.

ST JACINTA PART - 2



My God, I believe, I adore, I hope, Fear not! I am and I love you. I beg pardon of you the Angel of Peace. Pray for those who do with me! not believe, do not adore, do not hope, and do not love you.

The angel appeared again a few months later, when they were playing.

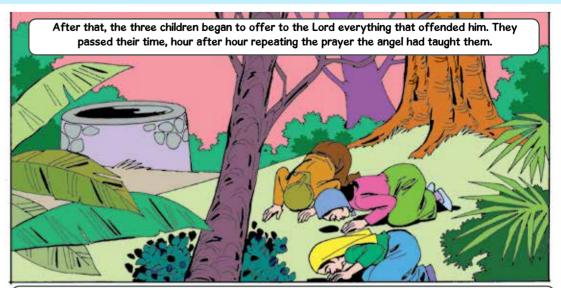
What are you doing? Pray! Pray a great deal. The Hearts of Jesus and Mary have merciful designs on you. Offer prayers and sacrifices continually to the Most High.





Make everything you do a sacrifice, and offer it as an act of reparation for the sins by which God is offended, and as a petition for the conversion of sinners. By this you will bring peace to your country. I'm its Guardian Angel, the Angel of Portugal. Above all accept and bear with submission all the suffering the Lord will send you.



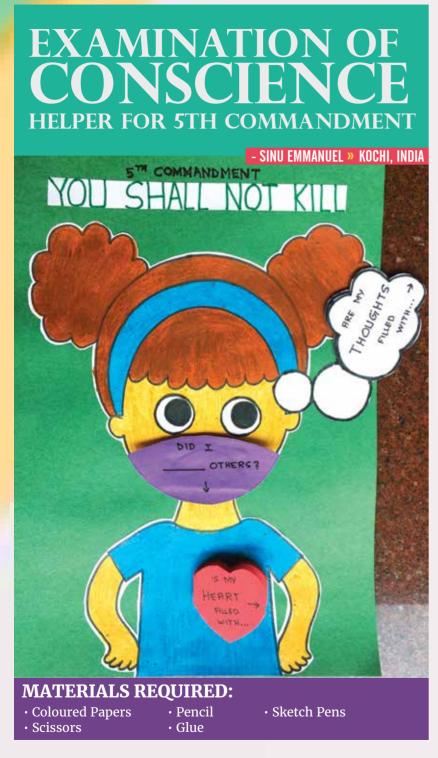


For the third time, the angel appeared holding the host and chalice. He knelt and repeated this prayer three times with the children.

Most Holy Trinity - Father, Son, and Holy Spirit - I adore thee profoundly. I offer thee the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles in the world, in reparation for all the outrages, sacrileges and indifferences whereby he is offended. And through the infinite merits of His Most Sacred Heart and the Immaculate Heart of Mary, I beg of thee the conversion of poor sinners.











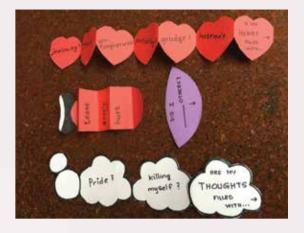












METHOD

STEP 1: Draw a simple sketch of a boy/girl on a white paper as shown.

STEP 2: Colour the picture with sketch pen.

STEP 3: Cut this picture and stick to a coloured paper and write the heading.

STEP 4: Take a red coloured paper and cut it to form a long rectangle.

STEP 5: Fold it zig zag and draw a heart on the outermost folding.

STEP 6: Fold the paper and cut the heart shape leaving little space at the fold.

STEP 7: Repeat steps 4-6 for a white cloud shape and a red rectangle shape.

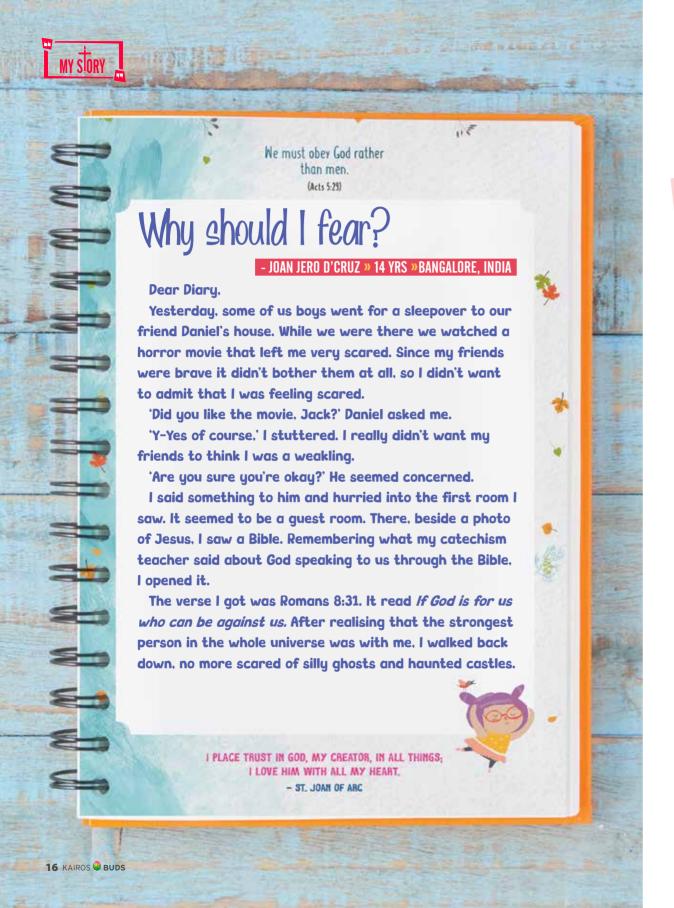
STEP 8: Stick a white mouth shaped paper to the end of the red rectangle shape. Colour the mouth with black sketch leaving white space for teeth.

STEP 9: Draw and cut a mask shape on a desired coloured paper (make sure the size matches with the face of the boy/girl)

STEP 10: Write as shown.

STEP 11: Stick it to the picture of the boy/girl. And there you have examination of conscience helper for fifth commandment. Make sure to use it before confession.

14 KAIROS @ BUDS KAIROS # BUDS



VERSE-IVE WRITING



If God is for us who can be against us. - Romans 8:51

If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us. If God is for us who can be against us.

All About St Anthony of Padua



FACTS

About St Anthony Of Padua

Parents'

names: vicente

Martins and

Teresa Pais

Taveira

Lived in: 14a19

Died: 13 June

1231

Canonised: 30

May 1232 by Pope Gregory

12

Feasł Day: 13

June

Patron Saint

Of: LOSt things,

Poor. Sailors.

and fishermen

Facts about St Anthony of Padua

- He was born Fernando Martins de Bulhões in Lisbon, Portugal.
- Though he entered the Augustinian community at age 12, he was attracted to the simple, evangelistic lifestyle of the Franciscans, and obtained permission to join them. He then adopted the name Anthony.
- Inspired by the Franciscan friars martyred in Morocco, Anthony set sail to that land. But he fell seriously ill and had to return. On the voyage back, the ship went off course and landed in Sicily, Italy.
- In 1222, a group of Dominicans were visiting for an ordination when a misunderstanding arose. The Franciscans thought the Dominicans would preach the homily but the latter were unprepared. Anthony was then asked to deliver it. When he finally preached, all who heard were amazed at his rich voice, his deep knowledge of scripture, and his eloquence.
- Nathony worked many miracles even when he was alive, one of the famous ones happened in the town of Rimini, Italy. He had gone there to preach to the townspeople, but they refused to listen and even mocked him. So Anthony went to the shore and began to preach at the water's edge. Soon a crowd of fish gathered and appeared to listen to him!
- In 1231, he fell gravely ill and went to a woodland retreat in Camposampiero. But he died on his way back to Padua on 13th June. He was canonised less than a year later.

PRAYER TO A ST ANTHONY OF PADUA

O blessed St Anthony, the grace of God has made you a powerful advocate in all our needs and the patron for the restoring of the things lost or stolen. I turn to you today with childlike love and deep confidence. You have helped countless children of God find the things they have lost, material things, and, more importantly, things of the spirit: faith, hope, and love. I come to you with confidence; help me in my present need. I recommend what I have lost to your care, in the hope that God will restore it to me, if it is His holy Will. Amen.

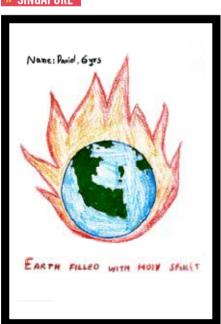






MICHELLE ABRAHAM » 12 YRS » ABU DHABI

DANIEL MARIO TOM » 6 YRS » SINGAPORE





Art and articles can be sent by WhatsApp to +1 346 339 4500 or by email to kairosbuds@jykairosmedia.org. Please include full name, age, place/country.





eing a teenager is difficult is what we often hear, right? Now add to that most of us are so conscious about our bodily changes. Well, one ought to understand them too. But at the same time it's easy to get caught up in the latest trends and fads, especially when it comes to our appearance. However, as children of God what are we called to do in such situations?

While it's important to take care of ourselves and present ourselves well, we must never forget that our worth as human beings comes from our relationship with God and the love and goodness we bring into the world. Beauty is a gift from God, and every human being is created in God's image and likeness. So I strongly believe that each of us is gorgeous both outwardly and inwardly.

Of these two, which is more important. As the Bible says in Proverbs 31:30, *Charm is* deceptive, and beauty is fleeting; but a woman (or man) who fears the Lord is to be praised.

In other words, our true beauty comes not from our external appearance, but from our relationship with God and our commitment to living a virtuous life.

Jesus also reminds us in Matthew 6:28-29 that God cares for even the smallest details of our lives, saying, And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour was dressed like one of these.

So the next time you feel pressure to conform to the world's standards of beauty, remember that spiritual beauty demands a cost. It requires us to grow in virtue and develop a strong relationship with God. And as we do so, we will radiate a beauty that is far more enduring and valuable than any external adornment.

May God bless you and guide you to enjoy your journey towards true beauty.

20 KAIROS BUDS KAIROS BUDS 21

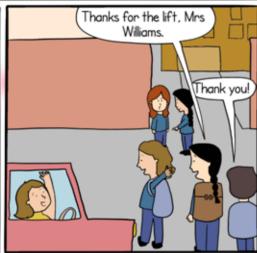


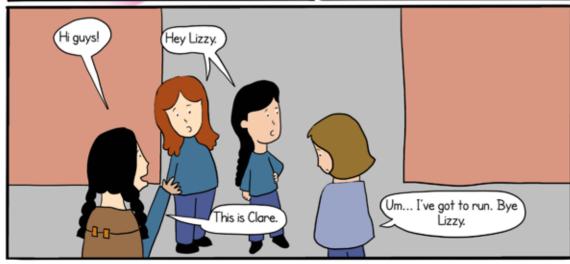
'I don't like to gossip!'





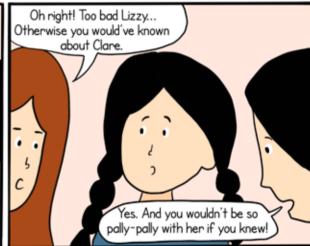






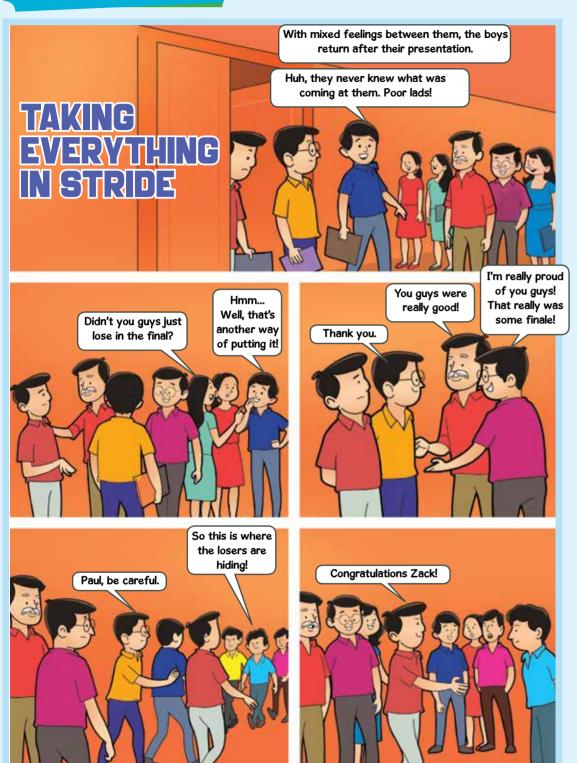




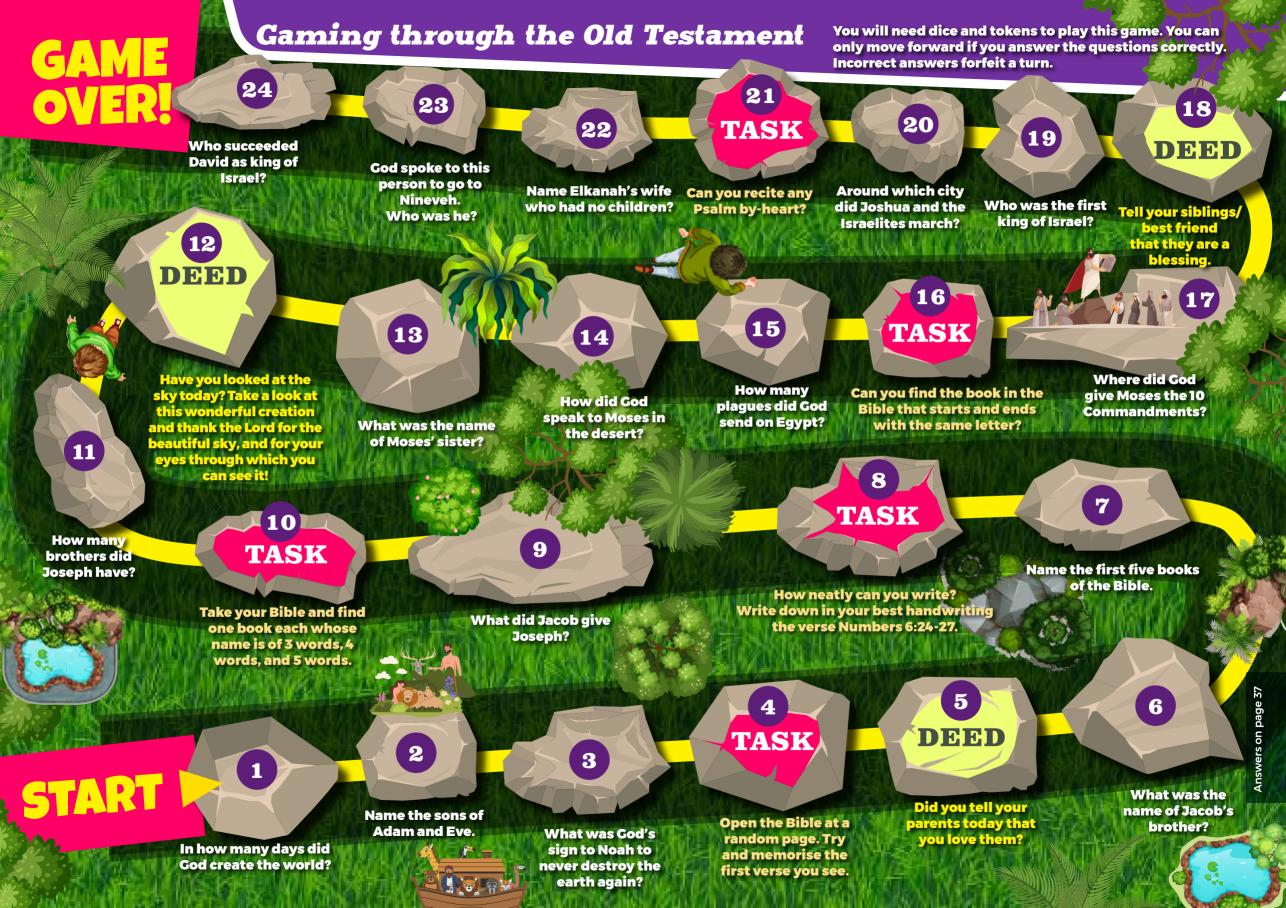




TONY & TINA









REBUS PUZZLES

















4

COMMANDMENTS
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COMMANDMENTS













FIND TWELVE DIFFERENCES







Q. WHY DO WE GET BAPTISED?

- Ann Skaria, 6yrs, USA

Baptism, one of the seven sacraments of the Christian Church is frequently called the 'first sacrament', the 'door of the sacraments', and the 'door of the Church'. According to the teaching of St Paul (Romans 5:12-19), baptism is death to a former life and the emergence of a new person, which is signified by the outward sign of water. The CCC teaches us (1262-74 and 1279-80) that baptism takes away original sin, all personal sins and all punishment due to sin. It makes the baptised person a participant in the divine life of the Trinity through sanctifying grace, the grace of justification which incorporates one into Christ and into his Church. It gives one a share in the priesthood of Christ and provides the basis for communion with



all Christians. It bestows the theological virtues and the gifts of the Holy Spirit. A baptised person belongs forever to Christ. He is marked with the indelible seal of Christ. As the sacrament of rebirth, in which the baptised person is made new and permanently sealed with the spiritual mark of belonging to Christ, baptism cannot be repeated.

The sacrament of baptism not only gives us sanctifying grace: it also makes us adopted children of God and heirs of heaven. As children of God, we receive our inheritance to eternal life, at the very moment of our adoption, at the very moment of baptism. Baptism is necessary for salvation for all those to whom the Gospel has been proclaimed and who have had the possibility of asking for this sacrament. The Church baptises infants because they are born with original sin. They need to be freed from the power of the evil one and brought into that realm of freedom which belongs to the children of God. The baptismal name is also important because God knows each of us by name, that is, in our uniqueness as persons. In baptism, a Christian receives his or her own name in the Church. It should preferably be the name of a saint who might offer the baptised a model of sanctity and an assurance of his or her intercession before God.

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

Colour. Arrange. Frame

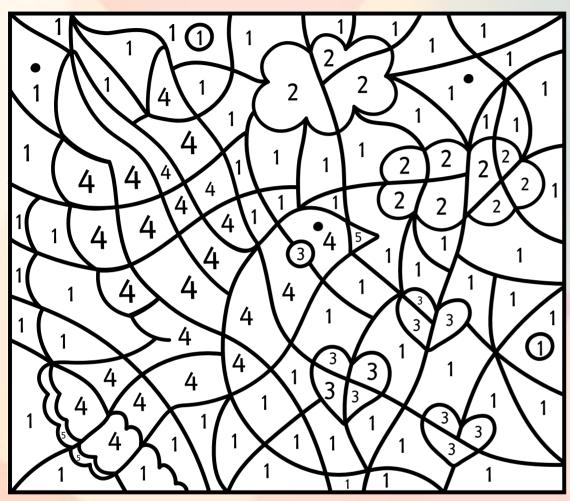
(Last Supper Part 3)

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 glued together and framed.



30 KAIROS ⊕ BUDS KAIROS ⊕ BUDS

COLOUR BY NUMBERS



1 green

3 pin

5

yellow

2

blue

4 grey





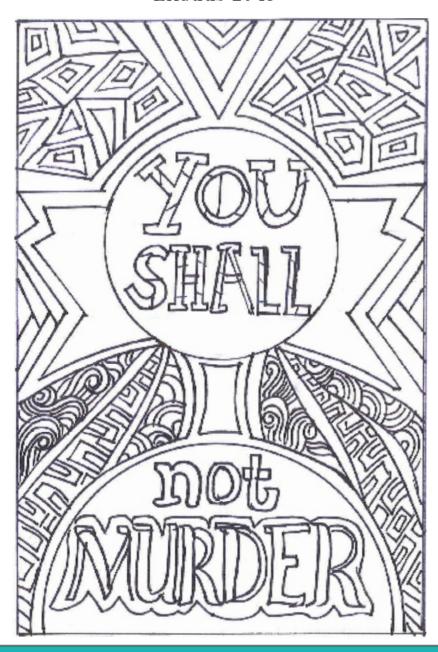
32 KAIROS WBUDS



'Learn and Colour'

You shall not murder.

Exodus 20:13



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Answers to Gaming through the Old Testament

- Six
- 2 Cain. Abel. Seth
- **3** Rainbow
- Esau
- Genesis, Exodus, Leviticus, Numbers

the parrot. 'Was it you who

said that Jesus was watching me? The parrot replied that

Coat of many colours

- **11** Eleven
- 13 Miriam
- .
- Burning bush
- 15 Ten
- Mount Sinai
- 19 Saul

20 Jericho

Doberman, Jesus.

22 Hannah

23 Jonah

Solomon

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