

KAIROS

VOLUME 1 » ISSUE 13

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

*The Miraculous
Staircase*

*A Prayer and Saints
who championed peace*

PEACE
BE WITH YOU!



Jesus Youth

A Missionary Movement at the Service of the Church

Kairos Buds

PEACE
I LEAVE
WITH YOU

Magazine

MY PEACE
I GIVE
TO YOU.

For Children

(John 14:27)

KAIROS BUDS YEARLY SUBSCRIPTION

Within India		Outside India	
One month	30 INR	1 month	4 USD
1 Year	330 INR	1 year	40 USD
2 Year	600 INR	2 year	80 USD
3 Year	900 INR	3 year	120 USD

Scan QR Code to pay



KAIROS
Buds

For subscription visit www.jykairosmedia.org | For bulk orders contact: +91 6238279115 | For subscriber support, contact +91 8078590461 (WhatsApp)

WITHIN

KAIROS
Buds

CARTOONS

- 12 Blessed Devasahayam
- 28 Patrick's Doubt



22 A PEACEFUL
CHRISTENING

ACTIVITIES

- 08 Keep Calm And Move On
- 24 Cross Maze & Circle The Odd One Out
- 25 Places in the Bible
- 31 Learn to Draw
- 32 Spot the Animals
- 33 Colour Me
- 34 Word of Life



On the Wings
of Peace 14

COOL CATHOLIC

- 06 Social Media
- 10 A Prayer and Saints who championed for Peace



5

The Miraculous Staircase
(Loretto Chapel), Santa Fe, USA

SMART KIDS

- 07 The Prodigal Dog
- 17 My Canvas

SMART MIND, HEALTHY BODY



- 16 Luminous Library
- 20 Q & A with With Fr. Justin Panachickal MSFS



21

WHAT IS
SCREEN
TIME?
30



- 26 Eat Meals Together
- 35 Let's Laugh

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

Joshay Joseph, Houston, USA
(joshay.joseph@jykyairosmedia.org)

EXECUTIVE EDITOR

Tania Rose Josun

EDITORIAL COUNCIL

Suby Emmanuel, Kottayam, India
Shiny Jose, Dubai, UAE
Mathachan Madukkakuzhy, Stoke on Trent, UK
Sheba Regy, Houston, USA

ASSOCIATE EDITORS

Ann-Christy John, Dallas, USA
Raifiel Cyril, Canberra, Australia
Sherin Alexander, Miami, USA
Steffi Siby, Manchester, UK

CIRCULATION COORDINATOR

Leena Shaju, Cochin, India +91 6238279115

ASSOCIATE CIRCULATION COORDINATORS

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

FINANCE COORDINATOR

Rani George, Cochin, India +91 9446563335
finance@jykyairosmedia.org

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>
---	---	---

• www.jykyairosmedia.org

DISCLAIMER: Kairos Media considers its sources reliable and verifies as much data as possible. However, reporting inaccuracies can occur. Consequently, readers using this information do so at their own risk. While every effort has been made to ensure that information is correct at the time of print, Kairos Media cannot be held responsible for the outcome of any action or decision based on the information contained in this publication/website. The publishers or authors do not give any warranty for the completeness or accuracy of this publication's content, explanation, or opinion. Although persons and ministries mentioned herein are believed to be reputable, neither Kairos Media nor any of its employees, sales agents, or contributors accept any responsibility whatsoever for such persons and ministries activities. No part of this publication and/or website may be reproduced, stored in a retrieval system, or transmitted in any form without prior written permission from Kairos Media. Permission is only deemed valid if approval is in writing.

EDITORIAL

TRUTHFUL ALWAYS

This is something which often leaves many of us in a dilemma. True we may have to deal with uncomfortable and difficult situations when we stick to the truth, and it is tempting when others smoothly get away by resorting to lies and less truthful ways. But during this new year, wouldn't it be excellent if we resolve to stick to the truth no matter what?

Consider what happens when you discover someone lied to you. You feel less inclined to trust them next time and this lack of trust may apply to other people too.

Speaking the truth frees you from guilt.

Speaking truth silences the chaos in your mind.

Speaking the truth makes you honest.

Dignity and self-respect increases.

Sticking to the truth is a lot easier than maintaining a plausible web of lies.

It just makes life easier for everyone involved.

People can depend on you to give them straight answers.

You earn the faith and respect of others by being truthful.

Truthfulness will help in creating deeper connections with people.

Truthfulness will make you more confident.

Truth attracts truth.

Jesus said, '*I am the way, and the truth and the life*' (John 14:6).

Wishing you all a Happy New Year.

Adv. Johnson Jose
EDITOR-IN-CHIEF

The Miraculous Staircase (Loretto Chapel), Santa Fe, USA

In the year of 1878, an architect from France designed a beautiful chapel for the Sisters of Loretto, with a choir loft at the top. Sadly, he died before completing the project and when the chapel was nearly built, it was discovered that there was no staircase to reach the choir loft.

The sisters consulted with many carpenters but no one could give them an appropriate solution because of the lack of space to build a staircase inside.

So, the Sisters of Loretto started a novena to St. Joseph since he was the patron saint of carpenters. On the ninth day of the novena, a man with a donkey and a toolbox knocked on the door, looking for work. Upon discovering that he was a carpenter, the sisters invited him in to help solve their problem. He had one condition though. He wanted to work privately until the work was finished. The sisters agreed and the carpenter began his work. Days, weeks, and months went by, and the sisters would hear the carpenter working in the chapel. Finally, one day the sisters realised there wasn't any noise coming from the chapel. When they went there, they found a beautiful, spiral staircase with 33 steps.

Delighted with the staircase, they went looking for the carpenter but couldn't find him anywhere. They even went to the lumberyard to find out if the carpenter had got his wood from there. But they were surprised to

discover that the wood used in the staircase did not grow in any of those parts.

To this day, everyone believes that our beloved St. Joseph came and built this staircase. Not only that, but this spiral staircase stands without any support and was made without any nails.

I visited the Loretto chapel and was amazed at the beautiful staircase. I felt a little calm there in my mind. I hope you go one day to visit this chapel, too.



- JOANNA JOHN » 11 YRS » DALLAS, USA



Social Media

- JOSEPH THOMAS » THANE, INDIA

The Catholic Church understands the role and influence of media.

Within modern society the communications media play a major role in information, cultural promotion, and formation. This role is increasing, as a result of technological progress, the extent and diversity of the news transmitted, and the influence exercised on public opinion. (CCC 2493)

Growing use of social media is a concern. Unlike conventional media, most of the social media contents are unverified and authentication of the contents is mostly impossible. At the same time the speed and coverage of

social media are its main attraction, reaching out to thousands of people in a short span of time and the echoing effect of the contents to the general public. Most dangerous part of social media is its ability to instigate and propagate wrong and dangerous matters without disclosing the author or origin.

Should one use social media? Those who can discern the contents or are able to protect themselves from manipulation can use social media. It is better that children, who are vulnerable and not mature enough, avoid the use of social media. Parents can permit according to the need and ensure it is used accordingly.

Those who are aware about their purpose and mission can use all media towards their goal. A motivated and focused person can use social media as a tool to spread light around them.

Young children are extremely impressionable. Any wrong influence can drastically affect them. Parents should be aware about the content and messages conveyed by the media to their children, ensuring they are productive and not manipulative.

A well motivated child can use social media to reach out to the world with their mission like Blessed Carlo Acutis, who used his computer skills to catalogue reported Eucharistic miracles.

Catechism of the Catholic Church acknowledges the use of media (CCC 906): 'Lay people who are capable and trained may also collaborate in catechetical formation, in teaching the sacred sciences, and in use of the communications media'. Further the Church teach us how to use it in para 2512, 'Society has a right to information based on truth, freedom, and justice. One should practice moderation and discipline in the use of the social communications media'.

And no wonder, for Satan himself masquerades as an angel of light (2 Corinthians 11:14) hiding his actual identity in social media and luring children to the wrong path. So let us avoid everything which distracts us from the love of God or causes the loss of innocence in Christ.

The Prodigal DOG



There is a saint to whom I pray often and who always helps me, every time - St. Anthony.

Whenever I lose something, I always say a prayer to St. Antony. I've lost rosary rings, books, pencil cases and even my earrings. Each time, I've always found them with the saint's help - sometimes immediately or otherwise later. But I would like to share how St. Anthony helped us find 'someone' dear whom we lost.

Rufus is our loving and adorable Labrador, who likes a bit of adventure now and then! One day, somebody left our gate unlatched and we didn't know when Rufus went out. In the afternoon, when I went outdoors to play, I couldn't find him anywhere. That was when we realised the gate was open! I was so upset and began to cry. My father and I went all around the

neighbourhood trying to find Rufus, but we couldn't. We all prayed to St. Anthony to help us find Rufus.

All of us were so sad to have lost him but we continued to pray that God would keep him safe. Two days later, a friend called my father and said that someone he knew had rescued a cream Labrador from being attacked by stray dogs. He asked my father to go and see if that was our Rufus. And it was! God kept our adorable dog safe from a pack of strays thanks to the kindness of a stranger, who drove the strays away and rescued Rufus from them.

And even though that was not Rufus's last adventure, we have always got him back, every time. If you ever lose anything, just pray to St. Anthony and he will help you find it.



SUZANNE MARIE JOSUN » 11 YRS » KOTTAYAM, INDIA

Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id kairosbuds@jycairosmedia.org

Keep Calm and Move On!



Instructions: You will start at the START station and follow the path through the stations. Each station has a task that you must complete. When you have completed all the tasks, you will reach the FINISH station. Good luck!

A Prayer and Saints who championed for Peace

*Lord, make me an instrument of your peace;
Where there is hatred, let me sow love;
Where there is injury, pardon;
Where there is doubt, faith;
where there is despair, hope;
Where there is darkness, light;
and where there is sadness, joy.
O Divine Master, grant that I may not so much
seek to be consoled as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive,
it is in pardoning that we are pardoned,
And it is in dying that we are born to Eternal Life.*

We all know this beautiful prayer that is also sung as the hymn, *Make me a channel of your peace*. Though widely believed to be written by St. Francis of Assisi, the actual author is unknown. It became popular just before World War I to encourage peace throughout the world. It was set to the tune we all know by composer and Catholic convert, Sebastian Temple.

Let us make this prayer our own, every day as we ask God to help us in our brokenness, weakness and frailties. As we pray in the *Anima Christi*, let us ask God, 'In Thy wounds, O Lord, shelter my broken self.'



SAINTS WHO CHAMPIONED FOR PEACE



St. John Paul II helped bring an end to Communist rule in his country, Poland and eventually to all of Europe.



St. Mother Teresa was awarded the Nobel Peace Prize for her efforts in helping the sick and suffering.



St. John XXIII's motto was Oboedientia et Pax (*Obedience and Peace*). During World War II, as an Apostolic Nuncio, he helped save thousands of Jews.



St. Catherine of Siena's powerful letters to the state and Church leaders helped unify the Church during a time of political unrest in 14th century Italy.



St. Oscar Romero championed relentlessly for peace and the defenceless in El Salvador against the violent activities of the government.



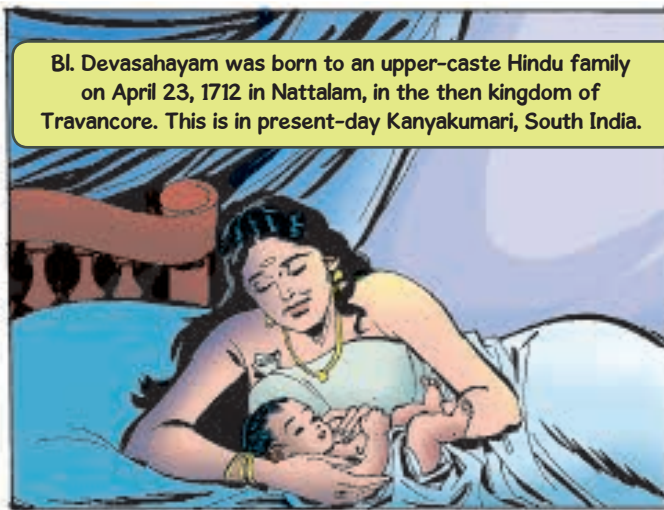
St. Rita of Cascia was able to achieve a seemingly impossible task – bringing peace and reconciliation among Cascia's warring families.



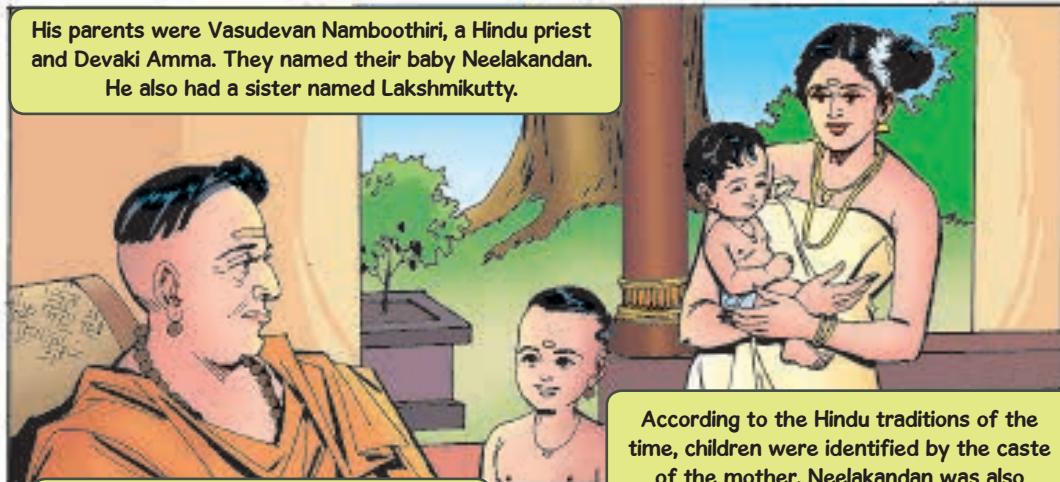
St. Oliver Plunkett is regarded as the patron of peace and reconciliation. He devoted his life for the persecuted Catholics of Ireland, was falsely accused of treason and horrifically murdered.

Blessed Devasahayam

Bl. Devasahayam was born to an upper-caste Hindu family on April 23, 1712 in Nattalam, in the then kingdom of Travancore. This is in present-day Kanyakumari, South India.

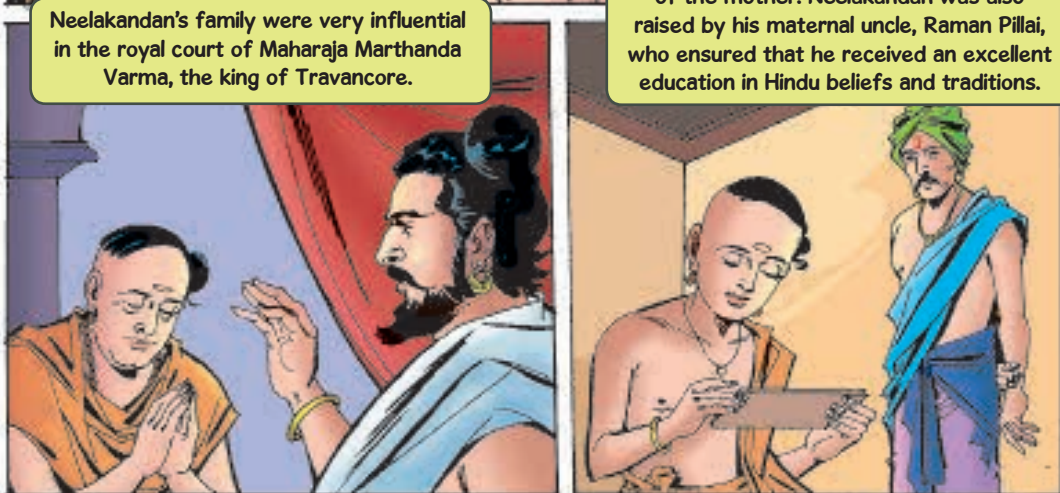


His parents were Vasudevan Namboothiri, a Hindu priest and Devaki Amma. They named their baby Neelakandan. He also had a sister named Lakshmikutty.

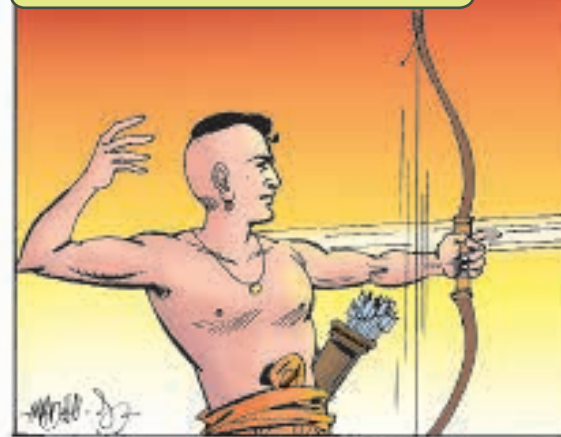


Neelakandan's family were very influential in the royal court of Maharaja Marthanda Varma, the king of Travancore.

According to the Hindu traditions of the time, children were identified by the caste of the mother. Neelakandan was also raised by his maternal uncle, Raman Pillai, who ensured that he received an excellent education in Hindu beliefs and traditions.



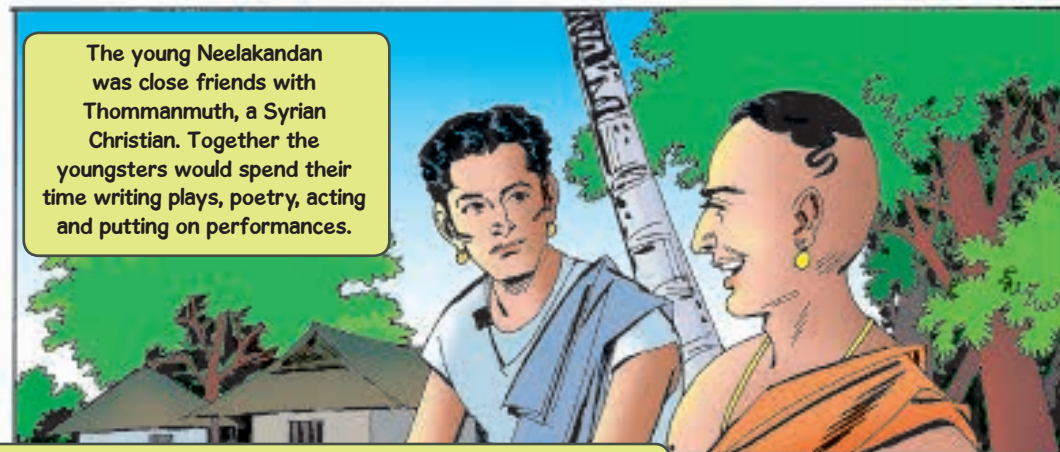
He was trained in the art of warfare, was taught archery as well as the South Indian martial art, Varma Sastra. Study of languages Tamil, Malayalam and Sanskrit also were part of his education.



Neelakandan Pillai grew up to be peaceful and affable, much loved by his friends and elders. His life went on earning the respect of his colleagues and relatives.



The young Neelakandan was close friends with Thommanmuth, a Syrian Christian. Together the youngsters would spend their time writing plays, poetry, acting and putting on performances.

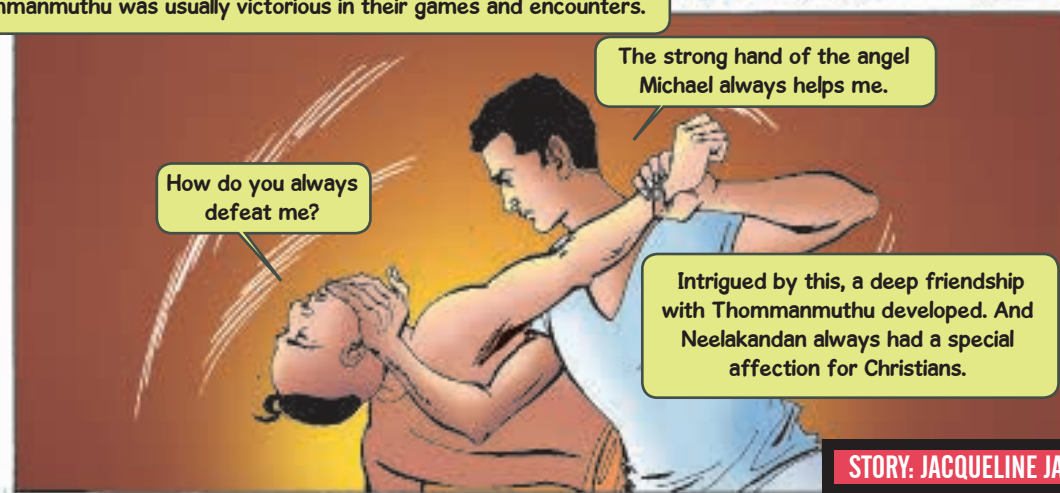


Thommanmuthu was usually victorious in their games and encounters.

The strong hand of the angel Michael always helps me.

How do you always defeat me?

Intrigued by this, a deep friendship with Thommanmuthu developed. And Neelakandan always had a special affection for Christians.

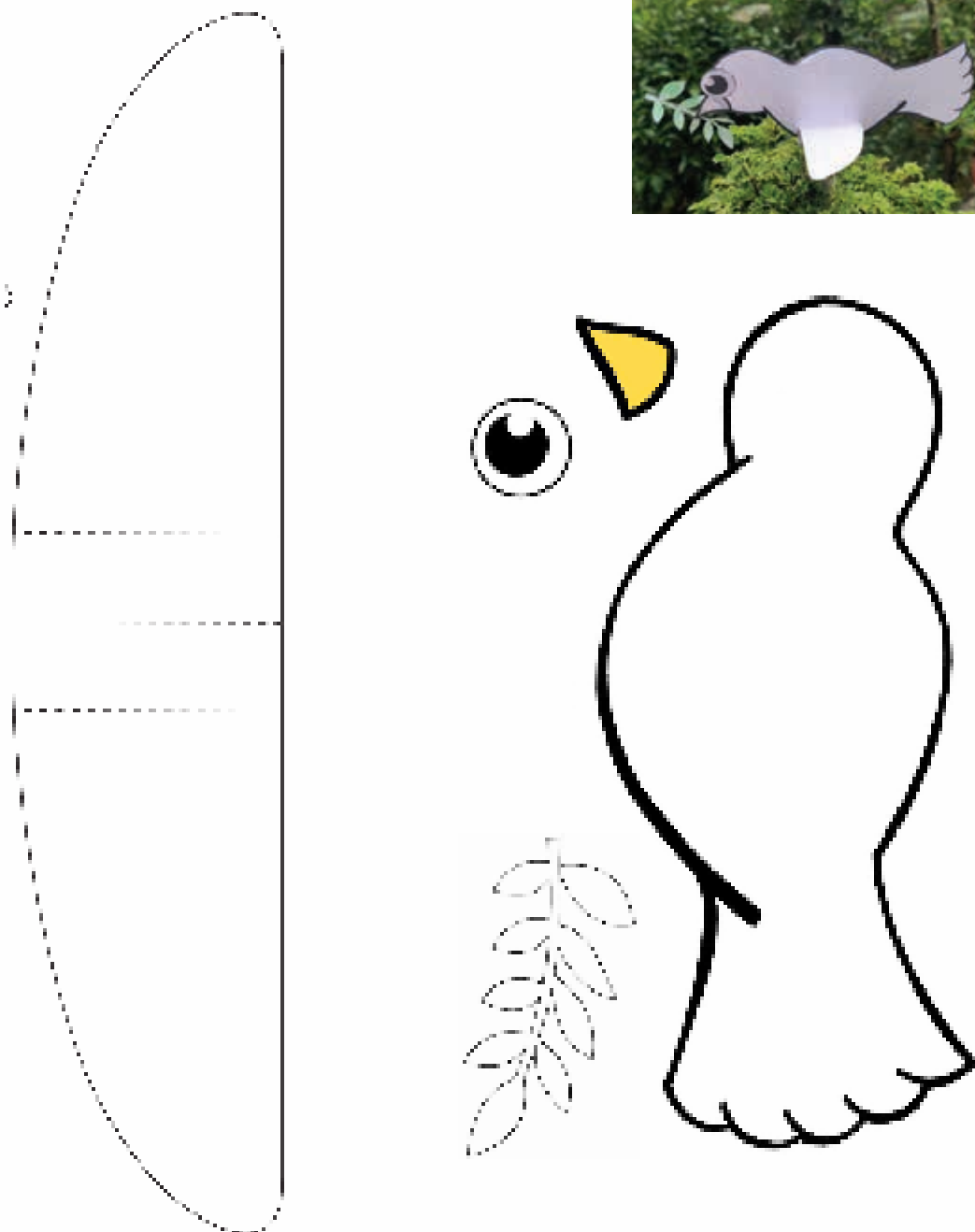


STORY: JACQUELINE JACOB

ILLUSTRATIONS: MADHU S

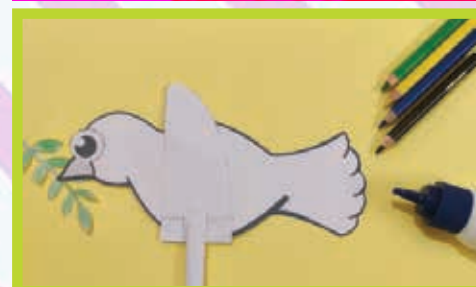
On the Wings of Peace

ALINA ANN MATHEW » PALA, INDIA



MATERIALS REQUIRED:

- Flying Dove template
- Scissors
- Light-weight A4 card
- Sticky tape
- Glue
- Colour pencils or pen
- Two straws, one slightly smaller than the other.



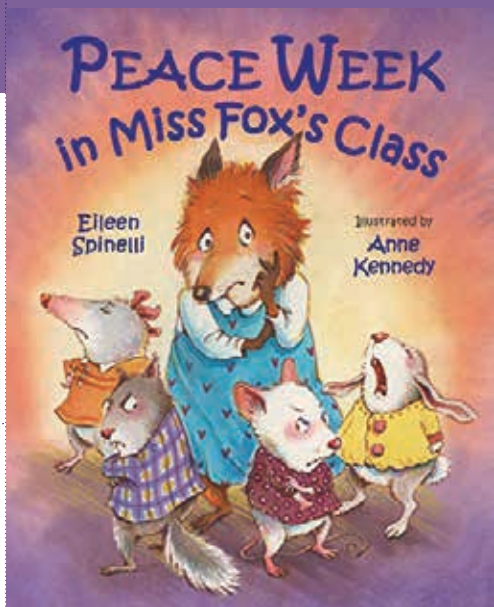
PROCEDURE

- 1 Cut out the pieces.
- 2 Glue the beak and eyes to the dove's head.
- 3 Colour the olive leaves green and glue it to the beak.
- 4 Fold the wings in half. Then fold each side down along the second lines.
- 5 Glue the wings onto the bird's body.
- 6 Cut a slit in the small straw and glue it onto the middle of the bird's body.
- 7 Cut one third of the large straw off. Cut a notch into both sides of the straw, about one third of the length.
- 8 Feed the large straw over the small straw. Slide it up to the top of the notch. Tape the ends of the straw onto the wings.
- 9 Now when you hold the small straw and pull the large straw down, the wings will flap and the bird will fly.



TIPS 💡

You can also use paper rolled up instead of a straw •



PEACE WEEK IN MISS FOX'S CLASS

EILEEN SPINELLI | ALBERT WHITMAN & COMPANY
READING AGE: 4 TO 8 YEARS

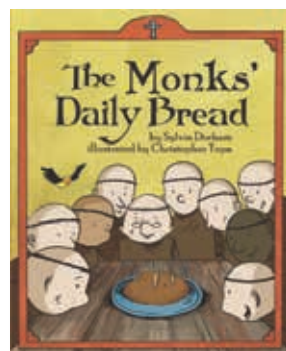
Miss Fox's students are all creating trouble for her in class. So she decides upon Peace Week. No more shouting, fighting, bullying, or saying mean things. Throughout the week, the students learn to practise peace and learn new behaviours.



GREEN STREET PARK

UNITED STATES CONFERENCE OF CATHOLIC BISHOPS |
LOYOLA PRESS | READING AGE: 4 TO 8 YEARS

Green Street Park is the neighbourhood park where Philip lives and it is in need of improvement. Inspired by St. Francis of Assisi, who loved and cared for the world God created, Philip and his friends imitate St. Francis by helping fix the park.



THE MONKS' DAILY BREAD

SYLVIA DORHAM | TAN BOOKS & PUB |
READING AGE: 4 TO 8 YEARS

When the monks of Archangel Monastery find that their food cupboards are bare, they are in a dilemma. But Father Abbot reminds them to trust that God will provide their daily bread. So the monks offer their rumbling tummies to the Lord and go about their work, study and prayer.



ALICE PREM » 8 YRS
» IDUKKI, INDIA



GIANA MARIAN » 6 YRS
» HOUSTON



JOSEPH ASHER RENCE » 6 YRS
» BRYAN, TEXAS



Readers can send in their articles and art to the WhatsApp number +91 6238 105 775 or to the mail id kairosbuds@jyukairosmedia.org

He is a

Shield

to those who walk
blamelessly
before him

Cast your care
anxiety on him,
because he

cares for you

The Lord is my
light and my

SALVATION

When dark I fear,
he makes me

With God
all things are

POSSIBLE

Every good and
Perfect Gift

is from above

God loves a cheerful

Giver

1 Corinthians 16

LOVE IS PATIENT

Love is kind.
It does not

IT IS THE

Lord your God

who does
nothing you
cannot do



have questions?

WITH FR. JUSTIN PANACHICKAL MSFS » KOTTAYAM, INDIA

Q. WHY DO WE INTERCEDE TO MOTHER MARY, CAN'T WE GO DIRECTLY TO JESUS?

- SHARON, 17 YRS, DORSET, UK



ANS: Of course we can go directly to Jesus for obtaining graces and blessings and we do it also, especially in the Holy Mass. But remember, we always ask people to help us out to get things we are not sure to gain by ourselves. At home, we do ask our mothers or our elder siblings to stand by us and recommend for us to obtain permissions.

The Church encourages us to pray for each other while on earth. *Therefore confess your sins to one another, and pray for one another, so that you may be healed. The prayer of the righteous is powerful and effective* (James 5:16). If so, how great would the prayers of Mother Mary and saints be, who are already in heaven, when they intercede for us. Let's say it gives us a better chance to obtain those graces, because they are more holy and righteous than all others.

Mother Mary holds a special veneration above all other saints and has special favour with God in obtaining graces for us. In Revelations 8:3-4 we read angels offering the prayers of the saints before God. So, it's all about getting a stronger support and recommendation before God when we pray.



WINGS TO WIN



Winner or Loser

- SIJU THOMAS » KOTTAYAM, INDIA

Winning is an attitude rather than an ability. Here are some differences between winners and losers.

A winner says, 'Let's find out'.
A loser says, 'Nobody knows'.

When a winner makes a mistake, he says, 'I was wrong'.
When a loser makes a mistake, he says, 'It wasn't my fault'.

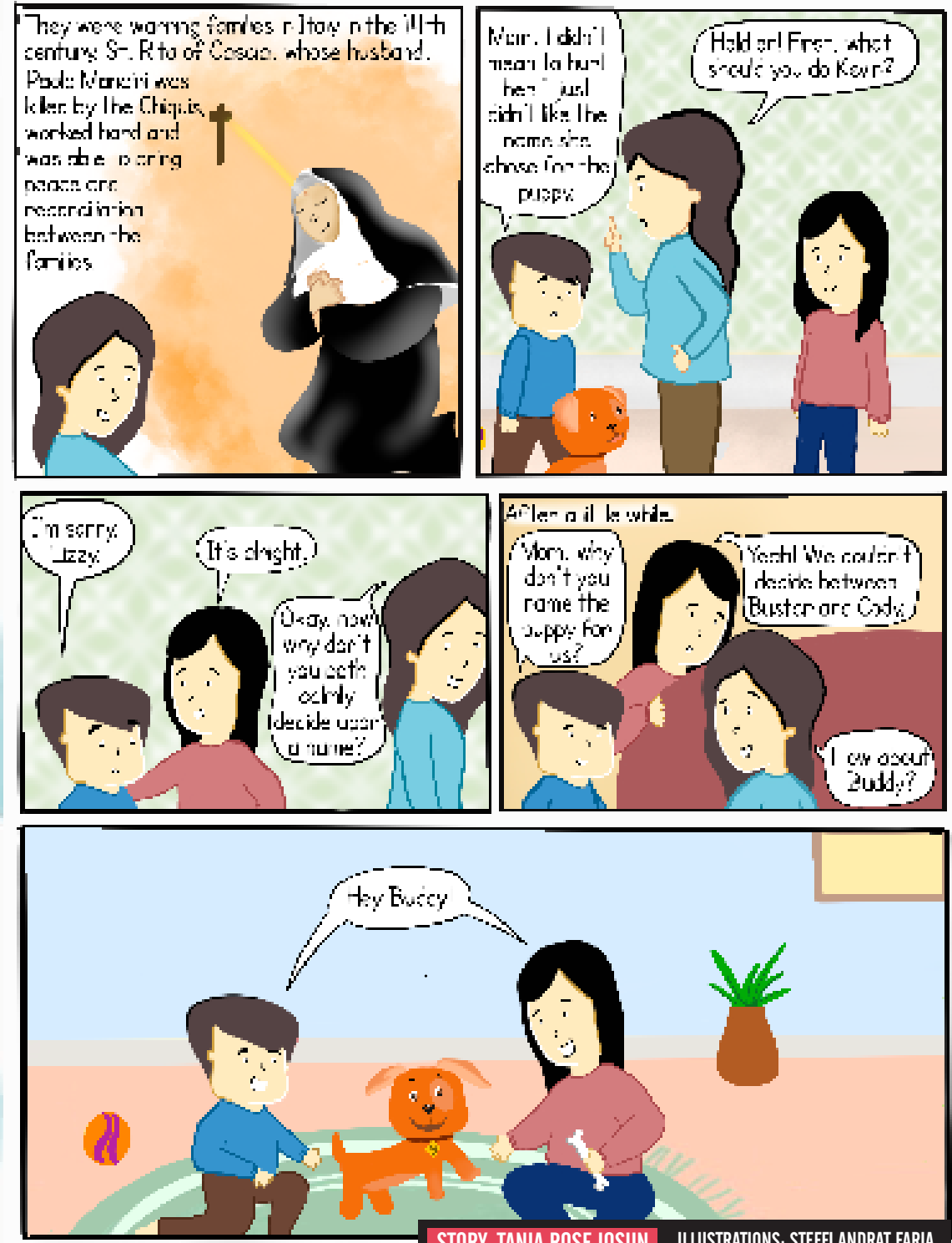
A winner goes through a problem. A loser goes around it, and never gets past it.
A winner says, 'I am good, but not as good as I ought to be'.
A loser says, 'I am not as bad as many other people'.

From the above lines, were you able to understand your strategy? Is it of a winner or loser? Here are some more thoughts:

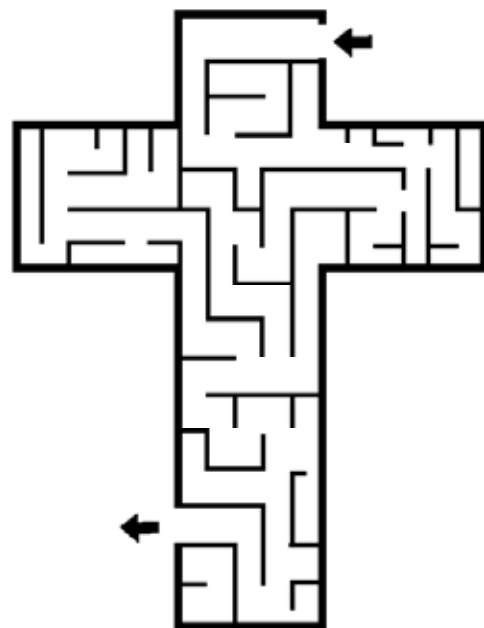
A winner tries to learn from those who are superior to him.
A loser tries to tear down those who are superior to him.
A winner says, 'There ought to be a better way to do it'.
A loser says, 'That's the way it's always been done here'.
Love, caring, sharing, compassion, hope and all other Christian values and biblical virtues are the real winning strategies and that is your winning style.
May the Infant Jesus help you to be a real winner in life.

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

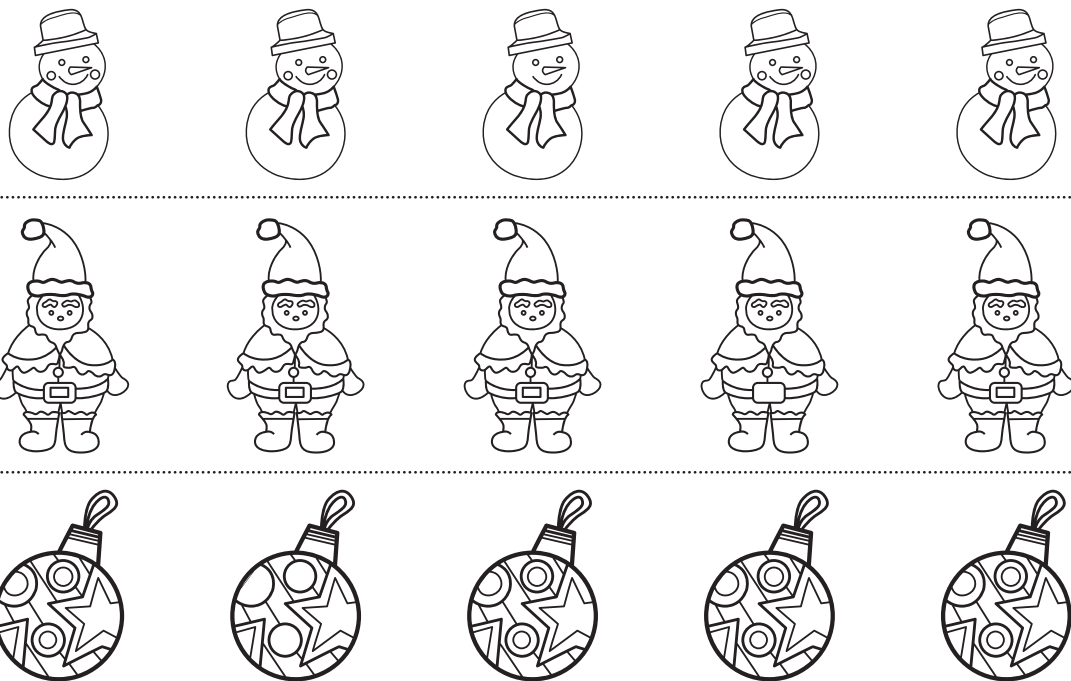
A Peaceful Christening!



CROSS MAZE



CIRCLE THE ODD ONE OUT



Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@jykairosmedia.org before 25th January, 2022. The winners will be featured on our Instagram and Facebook pages.

PLACES IN THE BIBLE

CAN YOU FIND THE PLACES LISTED IN THE GRID BELOW?

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

PLACES TO FIND

ANTIOCH
BETHANY
BETHEL
BETHLEHEM
BETHSAIDA
CAPERNAUM
CANA

CANAAN
DAMASCUS
EGYPT
EMMAUS
GALILEE
JERICHO
JERUSALEM

JORDAN
JUDEA
LEBANON
MIDIAN
MOAB
NAZARETH
SAMARIA

SHILOH
SIDON
SMYRNA
TYRE

EAT MEALS TOGETHER

- JOSH Y JOSEPH » HOUSTON, USA



As we saw in the previous issues, the foundation of effective discipline is parent-child rapport. And, there are 12 secrets (tools) to build your rapport with your child. We have already discussed the first ten secrets which are 'Say the Love Words', 'Show Them You Love Them', 'Play Together', 'Work Together', 'Be There', 'Keep your Promises', 'Pray together', 'Be Welcoming', 'Make a Two-Way street Rapport' and 'Respect their Space'

This month, let's learn about the eleventh secret which is 'Eat Meals together'.

Eating together as a family can often lead to great conversation and bonding time with your child. Encourage everyone to put their phones or other devices away and simply enjoy each other's company. Children of families that eat meals together feel more supported, secure, and safe. It is a perfect opportunity to build

self-esteem in children. By listening to what children have to say, you are saying, 'I value what you do; I respect who you are and what you're doing; what you do is important to me'. If the family mealtime is an interesting time of day for your child, he is going to say, 'How was your day?' and 'What was the best thing that happened to you today?'

Family mealtime is also a great opportunity for you to teach your children the importance of a healthy and balanced diet, which also affects their overall mental health. It is really a great way to teach manners, promote communication, and prevent

FAMILY MEALTIME IS ALSO A GREAT OPPORTUNITY FOR YOU TO TEACH YOUR CHILDREN THE IMPORTANCE OF A HEALTHY AND BALANCED DIET, WHICH ALSO AFFECTS THEIR OVERALL MENTAL HEALTH.

behavioural problems. The predictability of sitting for mealtime at regular times during the day can reassure a child. Conversation and teaching manners further equip children with the social expectations at the table. Conversation, both talking and listening, may be more important than what your

family actually eats or where your meals happen. Good conversation promotes connection and allows your child to 'figure things out' in a safe and loving environment. Children who eat with their families frequently show better social skills and an ability to navigate social situations. That is because of the security blanket of family and/or the skills built during an everyday conversation about challenges and successes. Family-style eating will promote trust between child and parent, a key element in nurturing healthy eating.

When you allow family-style eating at the table, you show your child that you trust he knows how to satisfy his appetite by selecting from the food items you serve for meals. As kids grow and interact with food and their feeding environment, they develop their relationship with food also. A trusting and pressure-free environment at the table helps cultivate a positive relationship with food and eating. Too much pressure to eat, punishment or bribing at the table, or constant nagging about



unhealthy food choices can cause a strained relationship not only with food but parents too. Remember, a lifelong attitude, belief, and flexibility begin early ◦

Parents are welcome to share their concerns/queries at josh.y.joseph@jykairemedia.org or WhatsApp number +1.832.592.3675

One Sunday at Catechism.

PATRICK'S DOUBT

That's all for today kids. And always remember to Keep Doing Good!

Yes, TONY!

Hey Patrick, something troubling you?

Tony, everything our elders say, is all of it right?

See you all next week. Bye!

I heard my uncle saying that there was no God! And that if God was there, he wouldn't allow all this suffering in this world ...

Why do you ask, Patrick?

Hm... Tell me, what is your favourite food?

Biryani! My mom makes it the best.

Suppose your mom serves only biriyani every meal, for a week. Would you still find it tasty?

Um ... Maybe not.

Ok. Now tell me, you like to play run and catch, right?

Yes! And I can run real fast.

When do you run the fastest? When the others are harder or easier to catch?

When they are faster.

So you see, difficulties all have their reasons and some make us better.

I never thought of it that way.

And what did Jesus tell us to do when we are asked to go a mile?

To go an extra mile!

So Patrick, do you think we have a God?

Yes, we do and whatever he does, he does for a reason.

Exactly! We should always be willing to help those in need because God has made us able.

STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

WHAT is SCREEN TIME?

- DR SAMEERA SEBASTIAN » ERNAKULAM, INDIA

Time used on one's phone, tablet, TV, computer, and even a digital watch (however less) is counted as screen time. Simply by looking at a screen you move from your physical world to a digital world, through a window in front of you. Through a screen we get information and are entertained. But it can also be like junk food for our brain. How?

When we use the screen too much a lot of visual inputs enter our brain, which has to work more to process all these visual stimuli. For example, when we play subway surf/ temple run, the images keep appearing so fast that the brain has to keep up. What does this result in? It can slow down major brain functions, especially our attention span. This can badly affect concentrating on our studies and there is a risk of developing associated aggressive behaviour, language delays, obesity, and finally losing quality time.

Another important aspect is that most electronic screens are made of LEDs, and night-time exposure to LED-illuminated devices disrupts the natural sleep cycle. This results in insomnia (lack of sleep), which also leads to reduced brain functions.

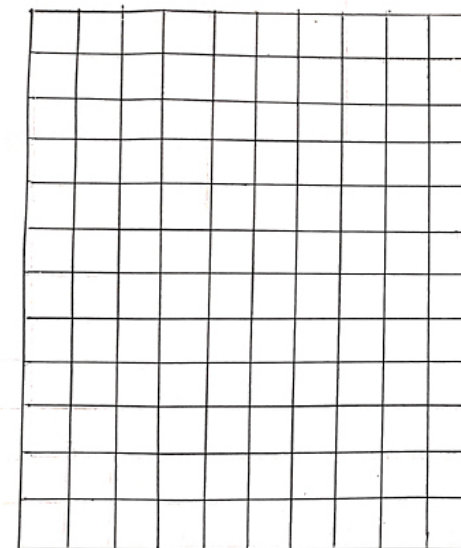
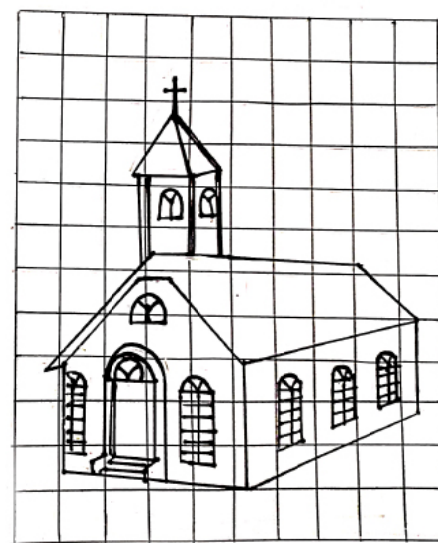
The AAP (American Academy of Paediatrics) recommends 'no screen' for kids below 18 months, except for video-chatting (as often happens with far-away relatives). For 18 months to 2 years, limited screen time may be permitted but solo use avoided. Children between 2 and 5 years should limit screen time to an hour a day. Consistent limits on time and types of media should be placed for children 6 and older. For all children, parents should be aware of the content and the duration of screen usage.

These days, with online classes, screen time has drastically gone up. How can we tackle this problem? Here are some tips to manage screen time.

1. No screens at meals - or eating while using a screen.
2. No screens in the bedroom.
3. Screens should be used in the common area at home, where parents are aware of what's going on.
4. No screens for at least an hour before bed.
5. **Always** set a time limit for your screen time.



LEARN TO DRAW



My Kairos Buds Diary 2022

Hey Kids!
Have you filled up the
initial pages of your
Kairos Buds Diary 2022?

How about this one?
We have so many priests and
sisters who have blessed our
life! Let us remember them in
our prayers!

Prayer For Priests

O Jesus, Eternal Priest, keep your priests
within the shelter of Your Sacred Heart,
where none may touch them.

Keep unbound their anointed hands,
which daily touch Your Sacred Body

Keep unsoftened their lips,
daily purged with your Precious Blood.
Keep pure and unceasingly their hearts,
sealed with the supreme mark of the priesthood.
Let Your holy love surround them
from the world's contagion.

Bless their labours with abundant fruit,
and may the souls to whom they minister
be their joy and consolation
here and in heaven their beautiful and everlasting crown.

© Mary, Queen of the clergy, pray for us, obtain for us many holy priests. Amen.

Priests and Sisters who've Blessed My Life

Priest who baptised me:

My Parish Priest:

The Priest who heard my First Confession:

The Priest who gave me my First Holy Communion:

The Priest I like the most:

Priests in my family:

Priests who have taught me:

Some special priests:

Sisters who taught me Catechism:

Sisters who prepared me for my First Holy Communion:

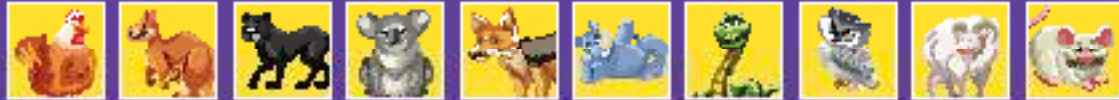
Sisters in my family:

Sister I like the most:

The priest is not a priest for himself - he is for you. After God, the priest is everything.
- St. John Mary Vianney

Find the uninvited guests in the party

Spot the animals and Birds given Below



COLOUR ME

JOIN THE DOTS AND COLOUR



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

"Blessed are the peacemakers,
for they shall be called the children of God."
Matthew 5:9



Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to kairosbuds@jykairosmedia.org before 25th January, 2022. The best ones will be featured on our Instagram page.



LET'S LAUGH

St. JUAN MACIAS



St. Juan Macias (1585-1645) lived in the Dominican convent of St. Mary Magdalene in Lima as a lay brother. He was the porter and doorkeeper of his friary for over 20 years. Noted for his visions, his care for the poor of Lima, and his endless praying of the Rosary, he offered all his prayers for the release of souls in purgatory. Tradition says that Saint John Macías freed over a million souls through his prayers.

It is documented that Juan would greet more than 200 people a day. He was always cheerful and upbeat and tried to encourage all who came. His ability to help so many every day came to be recognised as miraculous.

Legend has it that one reason he had such time and energy to care for so many was because a certain creature multiplied his efforts. He had a donkey that he would send out to collect food. He hung a sign on the donkey, and the animal knew what route to take. Every day the donkey would walk through the neighbouring town collecting food for Friar Juan to give to the poor. In fact, the donkey knew what homes to 'hee-haw' in front of, so the people would know he was there. He always came back with his carry-bags filled, and all the people who had come for food were able to be helped.

KAIROS Buds

The Catholic Magazine for Children

Kairos Buds Diary 2022 not just a diary!

- » Inspiring stories of saints for every month
- » Amazing activities
- » Colouring pages
- » Pages to get creative
- » Prayers
- » Daily Bible verses
- » Wisdom from the saints

DIARY 2022



A TREASURE FOR THE NEW YEAR!

To purchase or know more, visit
www.jykairosmedia.org



Contact: +91 6238279115



kairos
MEDIA