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TODAY'S WORLD NEEDS YOU. PEOPLE OF GREAT FORTITUDE

EDITORIAL

David was very young at that time. How did he acquire the fortitude to fight a giant like Goliath? David says that it was because of the Lord's protection he experienced while he was a shepherd.

Mary was a young girl of 14 or 15, when the angel of God visited her. It may have been her absolute trust in God that helped her to say let the will of God be done unto me.

Peter was such a wavering ordinary man, but on the day of Pentecost he stood up and spoke with such fire that his speech resulted in 3000 people becoming Christians that day, the inauguration of the Church.

It is so thrilling to recollect how valiantly Maria Goretti fought to safeguard her chastity at such a young age and also to forgive the offender. Surely fortitude is one quality which we all should consciously cultivate in today's context.

We hear about many stories of fortitude especially from countries where Christian faith is increasingly difficult to practise. There are many countries in the world in which practising Christian faith needs more and more fortitude.

If you are living in a country or part of the world where you can freely practise and profess your faith, be thankful to God for that. And make sure you never stop praying for those who face persecution simply because they practise and profess faith in Christ.

In today's era of social media, great fortitude is needed to witness faith in that realm. I wish that all the readers of *Kairos Buds* grow in fortitude to stand for Christ in the contemporary troubled world.

Today's world needs you, people of great fortitude.



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



04 KAIROS W BUDS



DONOTBE AFRAID GODIS WITHUS! ow many times have you come across a very intimidating task? Whether it is speaking before a large group of people, taking a difficult test, or even trying something you have never done before; you can probably think of many examples of tasks that appear daunting.

Whenever we are put in such a situation, it is easy to let fear take over our minds. However, one thing that we tend to forget is how God is always there with us - always taking care of us and keeping watch over us! He knows every little thing that will happen to us! So how can we be afraid, when we know that God is with us?

lived a life of fortitude was St Paul. Throughout his life, St Paul was put in many dangerous circumstances in which his life would often be at stake. However, did he let that danger scare him from proclaiming the Gospel? No, he didn't! In fact, it prompted him even more to preach the Gospel - even when in prison, he would use that as an opportunity to spread the Good News!

Be strong, let your heart take courage (Psalm 27:14).

Be strong, let your heart take courage (Psalm 27:14).

This verse calls us to have a courageous heart; to be may come across.

This verse calls us to have a may come across.

Dear friends, I hope that you can live out the

the book of Psalms. it says, Be strong, let your heart take courage (Psalm 27:14). This verse calls us to have a courageous heart; to be brave despite the trials we may come across. This is exactly what the virtue of fortitude is all about: having courage in the face of danger. However, living out this virtue isn't always easy, for it requires us to be brave in situations where our natural reaction might be fear. It is in circumstances like these where we must pray to God to grant us the ability to have a courageous heart.

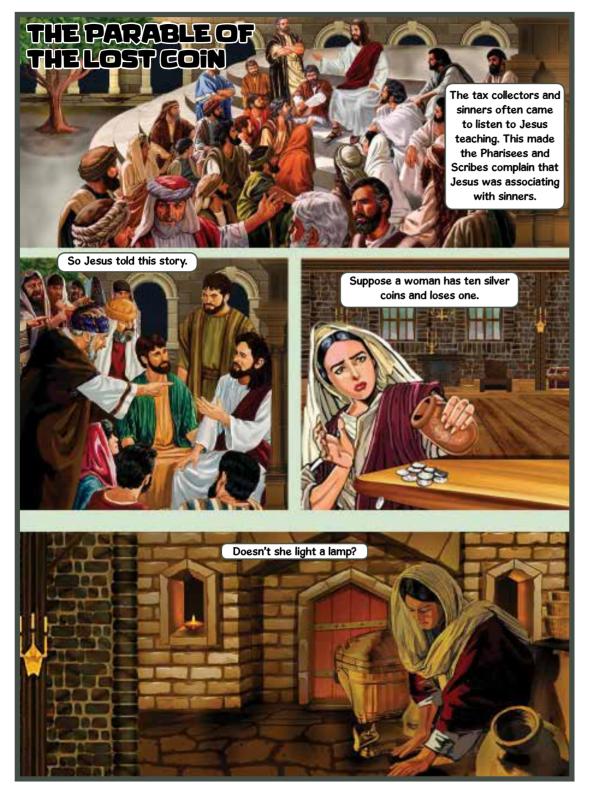
One example of a saint who

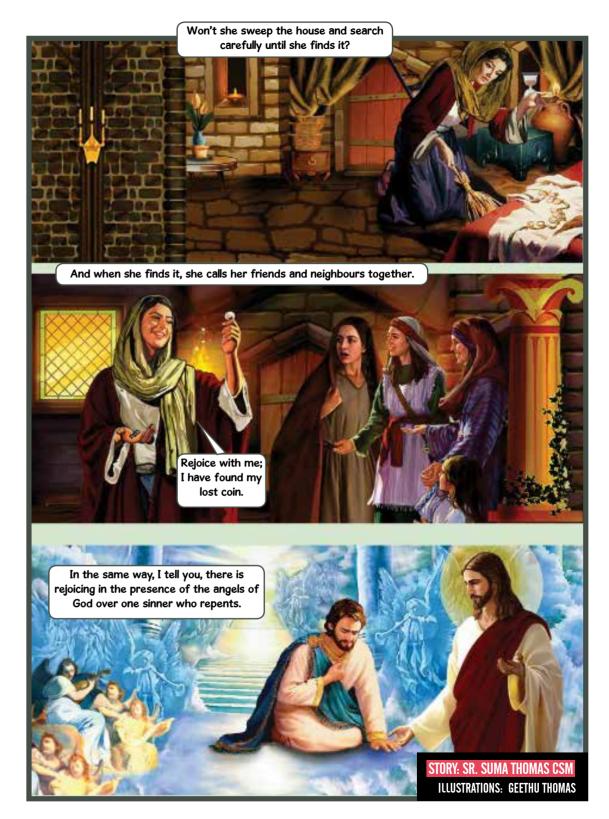
Dear friends, I hope that you can live out the virtue of fortitude in your day-to-day life. Even if it means being courageous in circumstances that may seem small compared to what St Paul went through, being courageous in even the smallest of things will make us much closer to accomplishing God's will for us! When we live a life with fortitude, we will become courageous warriors of Christ!



- ANITA SKARIA » 16 YRS » HOUSTON, USA







08 KAIROS ⊕ BUDS



I am reminded of David, a small shepherd boy much before he became the king of Israel. As a shepherd boy, once he witnessed a battle. The battle was between his country, Israel, and their enemies, the Philistines. Israel has defeated Philistine before also under the kingship of Saul, their king. They had very good warriors equipped with the finest weapons. But this time they were a little hesitant. There was a giant among the Philistines, whose name was Goliath. He was so huge and fearsome-looking that the Israelites were

scared. They knew

A smooth pebble! The Holy Eucharist in

Goliath it would be impossible to defeat the Philistines.

Now, David knew that Yahweh could give him victory, even without weapons. He had a catapult with him. He looked around and took five smooth pebbles and ran towards Goliath. While running towards him, he took his catapult and aimed a smooth pebble at the giant's forehead. The pebble hit Goliath's forehead, killing him. The victory was with the Israelites again. Not weapons, but Yahweh brought them victory.

Covid probably creates havoc in the form of giant Goliath. Though we had medications and vaccinations with us we are not sure of a victory. Yes, the Lord can bring us victory.

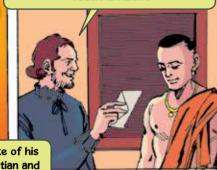
> which the Lord is present can bring us victory if we believe in Him like David. Holy Eucharist shall be our panacea in this period of ailment and we can regain our strength and courage through the Holy Eucharist. Victory to Christ! •

DARE TO BE SAINTS

Blessed
Devasahayam
PART: 3

De Lannoy's sharing of his Christian faith brought great consolation to Neelakandan. Through Lannoy, the Word of God was sown in Neelakandan's heart and he desired to be baptised.

Take this letter to Fr Giovanni Batista Buttari, head of the Jesuit Mission at Vadakkankulam.



It was dangerous for Neelakandan to be baptised within Travancore, since the king had threatened with imprisonment and death every nobleman who would quit his court to become a Christian. This was why De Lannoy sent him to Vadakkankulam, which was outside Travancore.



Neelakandan met Fr Buttari, spoke of his earnest desire to become a Christian and begged for an immediate baptism.

I understand your desire to embrace Christianity but I would like you to pursue a period of catechumenate.

The priest, who knew first-hand the political situation in Travancore and the persecution of Christians, had no difficulty in understanding the tragedy that would befall the noble Neelakandan if he converted to Christianity.

Fr Buttari also wanted to test the depth of Neelakandan's conviction of the Catholic faith.

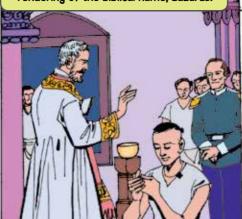


Father, it is my earnest desire to become a Christian. Nothing can tear out of my heart that great faith and I am ready to sacrifice my wealth, position, family and even my life for it.

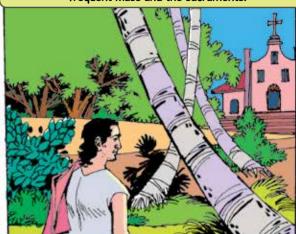
During the period of catechism which extended for nine months Neelakandan stayed often at Vadakkankulam and learned the truths of the Catholic faith and observed the Christian community in the neighbourhood.



On 14th May 1745 at the age of 32, at the chapel of the Holy Family at Vadakkankulam, Neelakandan was baptised and given the name Devasahayam, which means God's help. It was the Tamil rendering of the biblical name, Lazarus.



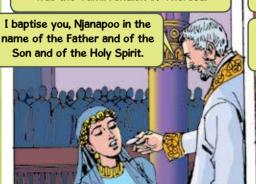
Devasahayam found great joy in living out his new-found faith. He dedicated himself to deepening his understanding of the faith and practicing virtue. Even though he had to walk a long distance to the church, he made sure to frequent Mass and the sacraments.



Devasahayam wanted his wife to also share in his joy and peace. At first she was horrified to be counted as a Christian. Devasahayam's mother-in-law was also dead against her daughter's baptism.



Through constant prayer and counsel, his wife Bhargaviamma accepted Jesus as the only Lord and Saviour. Her new name was the Tamil rendion of Theresa.



Returning to the Padmanabhapuram court, Devasahayam wanted to be enlisted in the Christian army of the king, in which De Lannoy was the commander. He was also able to convert some of the soldiers to faith in Christ.





BIBLE VERSE Bouquel - NIMMY PR » TRIVANDRUM, INDIA





MATERIALS REQUIRED:

- Colour papers
- Black chart paper
- Scissors
- Pencil and Markers
- Glue

PROCEDURE

- 1 On different colour papers, draw outlines of flowers. Cut them out one by one with scissors
- 2 Draw leaves and stem on the green coloured paper and cut them.











- 3 Paste the cut-outs as shown on a black rectangular chart paper.
- 4 Select your favourite Bible verses and write it down in each flower.

Your Bible verse bouquet is ready o

KAIROS BUDS 15 14 KAIROS WBUDS

KNOWING, BELIEVING AND LOVING GOD THROUGH...







- ANTONY SACHIN » ERNAKULAM. INDIA

How Science helps us understand God exists

The existence of God can be understood by pure reasoning. Before the time of Jesus, Greek philosophers like Socrates and Aristotle believed in the existence of God with their reasoning. So it is not necessary to know the Bible or learn Catechism to understand the

'The more I study nature, the more I stand amazed at the work of the Creator, - Louis Pasteur

often recite the CREED IT don't dom't prayers. It starts with 'I believe in God'. often recite the CREED in our daily But let me ask you, before believing in God, are you sure that God exists? In this article we shall see how science does help us know that God

While the CREED starts with the assumption that God exists, believing in God is more than just an understanding of the existence of God. 'I believe in' means I trust, or I completely surrender myself to God who created heaven and earth.

existence of God. When we reach higher classes in school, we study science in detail. This detailed study of science equips us to reason and to know the existence of God. Science and its various subjects study nature/universe and its compositions. Science helps us unpack the hidden facts of the universe, which is created by God. The famous scientist



Louis Pasteur once said, 'The more I study

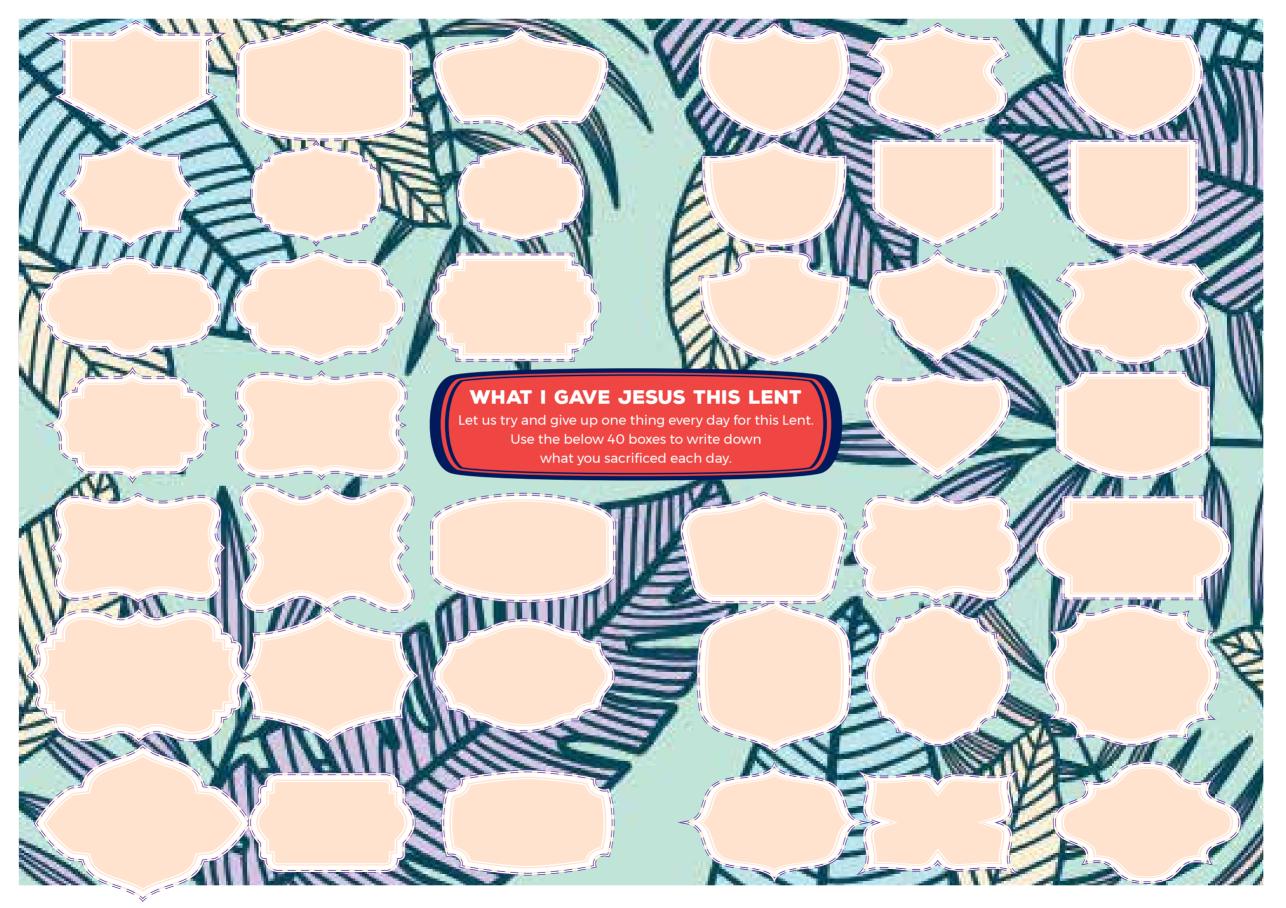
Knowing God

But to know that God is One (Monotheism) and that God is Trinity (Oneness of Father, Son, and Holy Spirit) we should understand the written revelation of God i.e., the Bible. Reading the Bible and learning catechism gives us a better understanding of how God saved humankind through the passion, crucifixion, and resurrection of Jesus Christ. Throughout the history of the whole world, there is only one perfect model for us to imitate - Jesus Christ. Imitating Jesus means to love and follow him wholeheartedly. This makes our lives meaningful and joyful.

Knowledge of science can help us to know the existence of God through pure reasoning. But to know and love the God that exists, we need to learn the Bible. To become a good Christian, faith and reason should go hand in hand •



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ALBERT SKARIA 13 YRS » HOUSTON, USA







MARIA MERISSA NELSON 13 YRS » COCHIN, INDIA





ALVIN BINEESH 9 YRS » ERNAKULAM, INDIA

Readers can send in their articles and art to the WhatsApp number +1 346 339 4500 or to the mail id kairosbuds@jykairosmedia.org



ULTIVATING THE ART OF APPRECIATING SUCCESS is one of the most valuable things you can do. Unfortunately it's

Most of us move at such a fast pace that we don't take time out to say thank you or give praise to each other. And, we neglect doing the same for ourselves, too.

appreciate your success and acknowledge your own accomplishments? How often do you pat yourself on the back for a job well done?

Children who live success from the inside out make it a regular practice to cultivate the art of appreciating success.

What we need are just 3 A's

- Attention
- Affection
- Appreciation (Be lavish)

Here I challenge you with the following

Start with appreciating 5 people tomorrow by saying Thank You and giving praise.

Then appreciate yourself by making a list of your 5 successes for the day. Just by writing them down, you are acknowledging your accomplishments.

According to Abraham Lincoln, with these few words and gestures you can uplift the self esteem of yourself and the people around you:

- Thank you
- l am sorry
- Congratulations
- lt's amazing
- ▶ Well done

These are the precious words great people use.

Remember to take time out daily to say thank you and give praise to others and yourself .

20 KAIROS BUDS KAIROS BUDS 21

FAMILY CAFÉ



























STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

have questions? WITH FR. JUSTIN PANACHICKAL MSFS » INDIA



Q. DID YOU HAVE ANY VISIONS FROM GOD TO HELP YOU DECIDE TO BE A PRIEST?

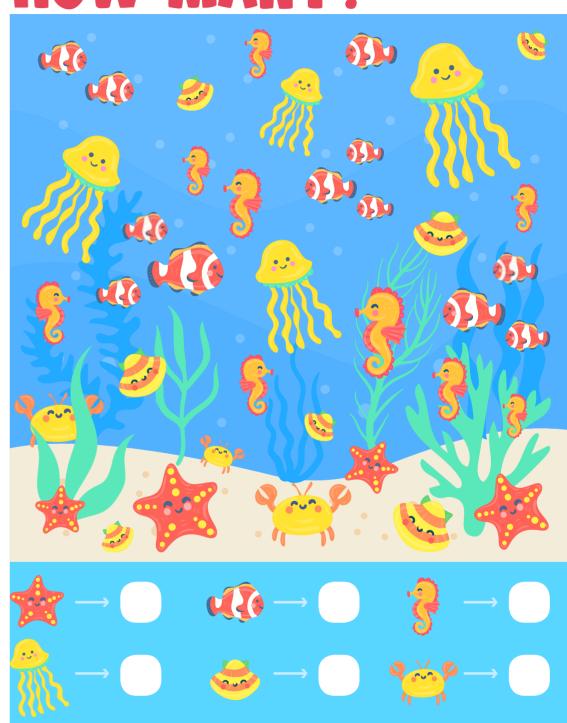
> - ALBERT MATTHEW, 15YRS, BLACKPOOL, UK

Nope. I did not receive any special visions or supernatural instances that motivated me to be a priest. God works in mysterious and varied ways. At the end of the day, it is all about responding to that inner urge or inspiration that we feel within ourselves. When I was 13, it just came so strongly to my heart that I wanted to become a priest. I don't know where it came from. But it was a very strong desire that did not die out even when I finished my A levels (+2 studies) or when I went for various activities. Maybe this was formed by my participation in Church activities, reading about saints, involvement in Jesus Youth and other prayer groups. But the inspiration came from within.

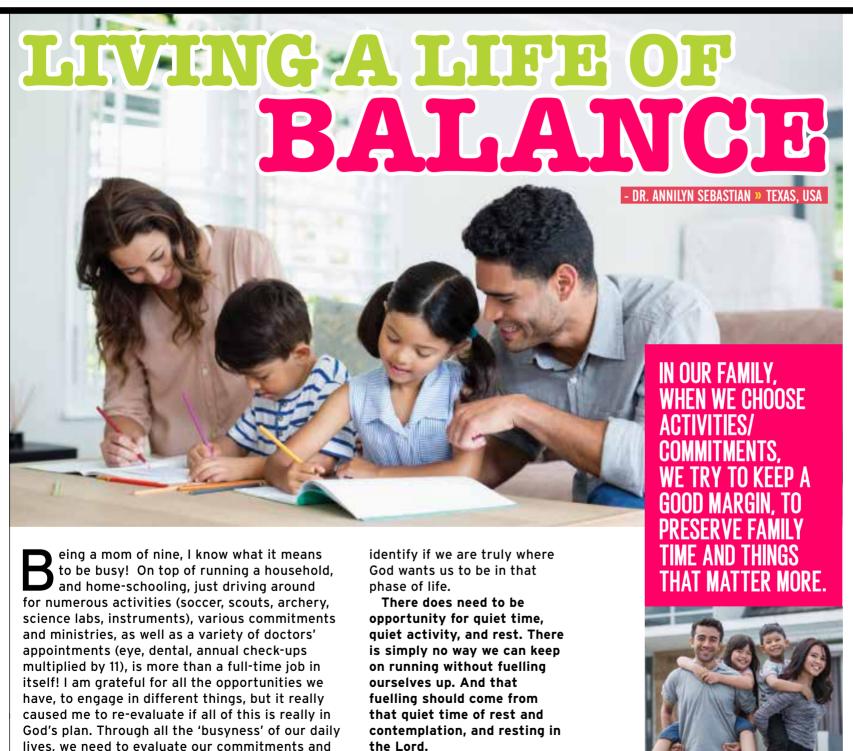
Listen to your heart and ask God what he wants you to be. Ask for desire and inspiration o

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

HOW MANY?







In our family, when we choose activities/
commitments, we try to keep a good margin, to
preserve family time and things that matter more.
This not only leaves enough room for flexibility, but
also helps in fulfilling our primary vocation, plus
enough time to rest in the Lord, be refreshed, and
give back our best.

I would like to share a few pointers on evaluating our commitments.

1. IDENTIFY OUR PRIMARY VOCATION

We all have different vocations. I think it is very important that we first identify our primary vocation. For any vocation to be successful, it has to be rooted in prayer and giving first priority to God. I should be able to live out my primary vocation without neglecting different aspects of the vocation; because if God has called me for the vocation, however challenging it may be, he will have equipped me for living that vocation.

2. SETTING PRIORITIES

If you are unable to meet the demands of your vocation, understanding 'why' is very important. Is it truly because you have too much on your plate, or is it because you haven't really prioritised your day? Or are there unimportant things that infiltrate your day that you don't even have time or priority for personal prayer, or other aspects of your vocation?

3. REASONABLE BALANCE

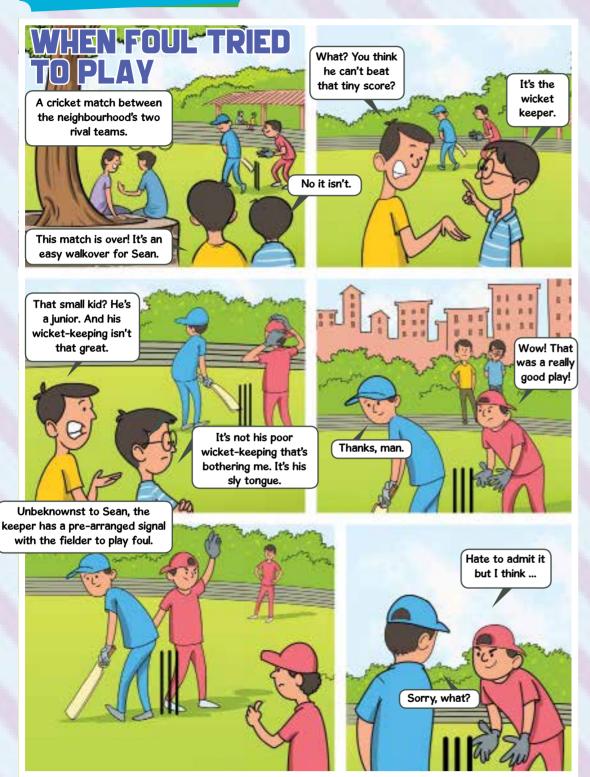
We also have to evaluate if we are balancing out all the elements of our vocation in a reasonable way. Is one area of the vocation being constantly neglected? For example, to fulfill my homeschooling vocation, am I spending countless hours researching curriculum, or am I attending to the child who needs me at that moment? We need to live in the moment, and be attentive to the needs within that vocation, on a day-to-day basis.

Once we have done justice to our primary vocation, we'll take a look, in the next issue, on how to discern extra commitments, that is likely in God's plan for us $\,\circ\,$

Parents are welcome to share their concerns/queries at kairosbuds@jykairosmedia.org or WhatsApp number +1 346 339 4500

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TONY & TINA





28 KAIROS BUDS

UNSAFE TOUCH

– DR. SAMEERA SEBASTIAN » ERNAKULAM, INDIA

Previously we discussed our body systems and their functions. We know that our body is the temple of God. How can we keep our bodies safe and sacred? Let's discuss!

You might have come across terms like good touch and bad touch. Let us look at these terms as SAFE TOUCH & UNSAFE TOUCH!

Safe touch is a sign of friendship and affection from people we know very well and trust – like family members and close friends. Some examples include a handshake, a pat on the back, a hug when you feel close to someone, and a good night kiss from mom or dad.



When it comes to unsafe touch, it's not just the touch that happens which makes you feel uncomfortable and unsafe. It can be somebody sitting next to you without even touching; it can be a look or showing a clip or a sensitive video or showing body parts, etc., and also touching our private areas.

Be aware of some unsafe behaviour:

- Someone threatens to hurt you if you speak about the situation.
- ► Someone asks you not to tell anyone.
- ▶ Someone forces you to touch her/him.
- ▶ The touch makes you nervous and scared.
- A person touches you and this makes you uncomfortable.
- ► A person touches you on your body where you don't like to be touched.
- ▶ It hurts you.



- It's not okay to touch someone else's private body parts.
- It's not okay for someone to touch his or her private body parts in front of you.
- It's not okay for someone to ask you to touch his or her private body parts.
- It's not okay for someone to ask you to take your clothes off or to take pictures or videos of you with your clothes off.
- It's not okay for someone to show you photos or videos of people without their clothes on.



IF YOU FIND YOUR SELF IN AN UNSAFE SITUATION, YOU HAVE THE RIGHT TO:

- ✓ SAY NO. Tell the person you do not like being touched.
- ✓ RUN AWAY immediately from the person who tried to make you uncomfortable.
- ✓ Call out for help, and even SCREAM.
- ✓ Always **SHARE THE EXPERIENCE** with your parents or an adult you can trust.
- ✓ Believe in yourself. T°S NOT YOUR FAULT and you didn't do anything wrong.

The human body has a natural tendency to keep itself safe which means it can easily read any unsafe situations. If you can recognise an unsafe moment by trusting your body signals it can keep you safe from any adverse situations. And always remember to surround yourself with God's protection when you are away from people you trust. Pray Psalm 91 daily and ask Jesus to cover you with his Precious Blood always.

30 KAIROS ♥ BUDS



PICTURE PUZZLE

Solve this picture puzzle to know what to do when you are afraid. Check Psalm 31:24 to see if you got the right answer.

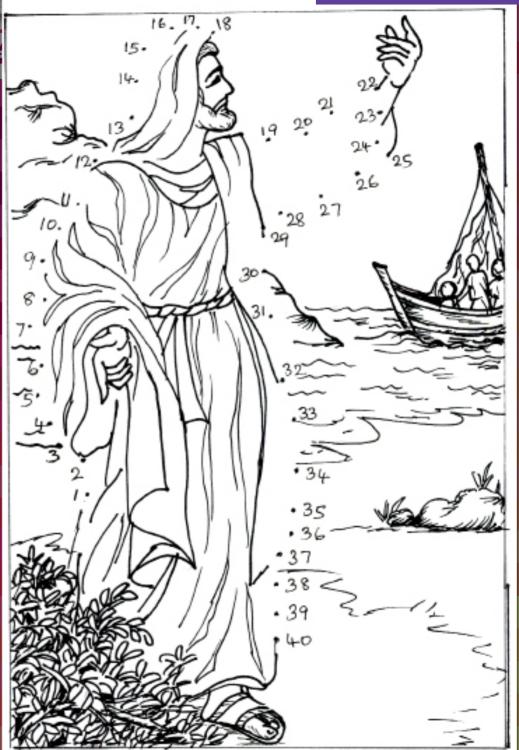
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Please send the solved Brain GYM to us on the WhatsApp number +1 346 339 4500 or email it to kairosbuds@jykairosmedia.org before 25th March, 2022. The winners will be featured on our Instagram and Facebook pages.

COLOUR ME

Colour the picture and send it to us on the WhatsApp number +1

JOIN THE DOTS AND COLOUR

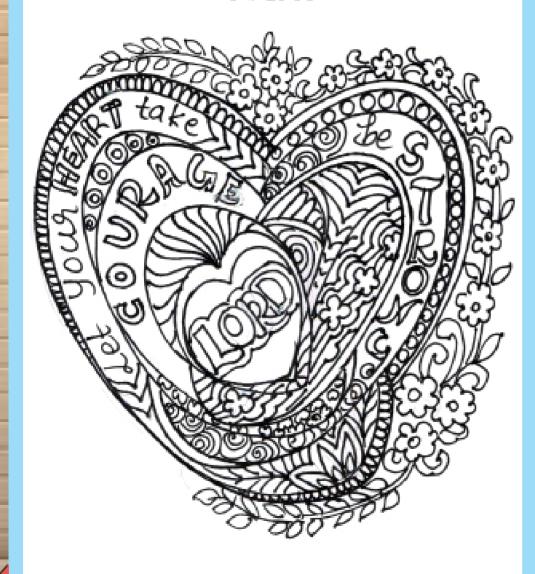




'Learn and Colour'

"Wait for the Lord; be strong, and let your heart take courage; wait for the Lord!"

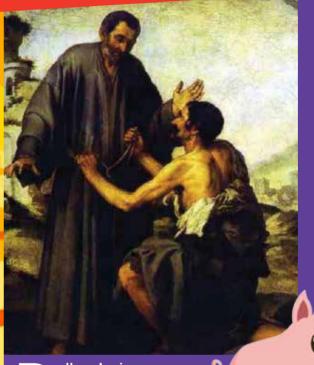
Ps 27:14



Colour this picture and send it to us on the WhatsApp number +1 346 339 4500 or email it to kairosbuds@jykairosmedia.org before 25th March, 2022. The best ones will be featured on our Instagram page.



The Lord's Jester and the Pig's feet



rother Juniper was one of the original followers of St Francis
Assisi. He was called 'the renowned jester of the Lord'. Several stories are there to illustrate his exasperating generosity and simplicity.

Once, Juniper, who was caring for a sick man, asked if he could perform any service for him. The man told Juniper that he had a longing for a meal of pig's feet, so Juniper happily rushed off to find some. Capturing a pig in a nearby field, he cut off a foot, leaving the three-footed pig there and hurried off to cook the meal. When the pig's owner found

out, so great was his fury that he hurled abuses at St Francis and the brothers, calling them thieves and refusing repayment. St Francis reproached Juniper and ordered him to apologise to the pig's owner and to make amends. Juniper, not understanding why the owner should be upset at such a charitable act, went to him and cheerfully retold the tale of the pig's foot. When the man reacted with anger, Juniper simply repeated the story with great zeal, embraced him, and begged the man to give him the rest of the pig

> for the sake of charity. At this display the owner's heart was changed, and he gave up the rest of the pig to be slaughtered as Juniper had asked.

On another occasion, Brother Juniper had been commanded to stop giving away half of his clothing to the

poor. On seeing a beggar, Juniper told the man that he couldn't give him his cloak, but that he couldn't prevent the beggar from simply taking it, either. The other friars eventually learned not to leave anything lying around because Juniper would, if he found it, give it away.



COMING SOON

in their Name Slip Avatars!



Hint: All eyes on Kairos Buds April issue #16!