

Buds

WITHIN

The Holy City
of Caravaca de
la Cruz

THE MANUAL
FOR US



OBEDIENCE → HUMILITY →
STRENGTH OF CHARACTER



WITHIN

KAIROS
Buds

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EDITORIAL

OUR FATHER ALWAYS WATCHES OVER US

Hello Little Buds!

It's school holidays here! Time for giggles, games, and golden memories with our families.

Last weekend, our family took a short holiday to a beautiful resort. It was full of trees, flowers, and birds — even hornbills with their big, funny beaks! In the mornings, we woke up to the sweet chirping of birds, like nature's alarm clock singing just for us. In front of the resort, there was a tiny marina with little boats gently rocking in the water. It felt like a picture from a storybook!

But do you know what the best part was for our children? A small water slide that led to a little splash pool! Up and down they went, laughing and sliding, again and again — like happy penguins at play! Our youngest, just three-years-old, had the biggest smile but also a little secret: before every slide, she'd check to see if I was there at the bottom. 'Dad, are you ready to catch me?' she would ask. And only when she saw me standing there with open arms, she would zoom down the slide, fearless and full of joy.

That made me think of another Father — our Father in Heaven. Just like my little one needed me there to feel brave, we all need our loving Father God. Sometimes, life can feel like a big slide — exciting but a little scary too! But when we know that God is waiting to catch us, we can slide through life bravely.

Our Father God is always watching over us. When we are happy, He smiles with us. When we are sad, He hugs our hearts. When we are scared, He gives us courage. Just like I was standing at the bottom of the slide every single time, our Abba Father never leaves us. He watches over us — all day, every day, all night, every night.

We hope this magazine brings a big smile to your face and joy to your heart. Happy reading from all of us at Kairos Buds! . And remember this always: **God is there for us — and that's all we need.**

With love,

Nobin Jose

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KAIROS BUDS 03

The Holy City of Caravaca de la Cruz

- SONA MICHAEL

SPAIN

Caravaca de la Cruz or Caravaca in short is a small town in Murcia, Spain that holds a big place in the hearts of many Catholics. Caravaca is one of only five places in the world that the Catholic Church has given the title of 'Holy City.' The other holy cities are Rome, Jerusalem, Santiago de Compostela and Santo Toribio de Liebana. This means it's a very important place for pilgrimage

The heart of Caravaca's importance is Santuario de la Vera Cruz that houses the relics of the True Cross. According to tradition, two angels brought the fragment of the True Cross from Jerusalem to a priest named Gines Perez Chirinos in 1232, when he was required by his Moorish captor to demonstrate the Holy Mass, and found himself without a cross on the altar. Not long after, the area was recaptured from the Moors by Christian forces of northern Spain.



Every seven years, Caravaca celebrates a Jubilee Year, which is a special time when we can make pilgrimages. The first Jubilee Year was celebrated in 2003, when it was visited by Cardinal Joseph Ratzinger, later Pope Benedict XVI. The most recent Jubilee Year began in 2024. Pilgrims often walk or bike long distances to reach Caravaca.

They do this not just for adventure, but to grow in their faith, ask for healing, or give thanks. Even if you can't travel there now, learning about it can inspire you in your own faith journey.



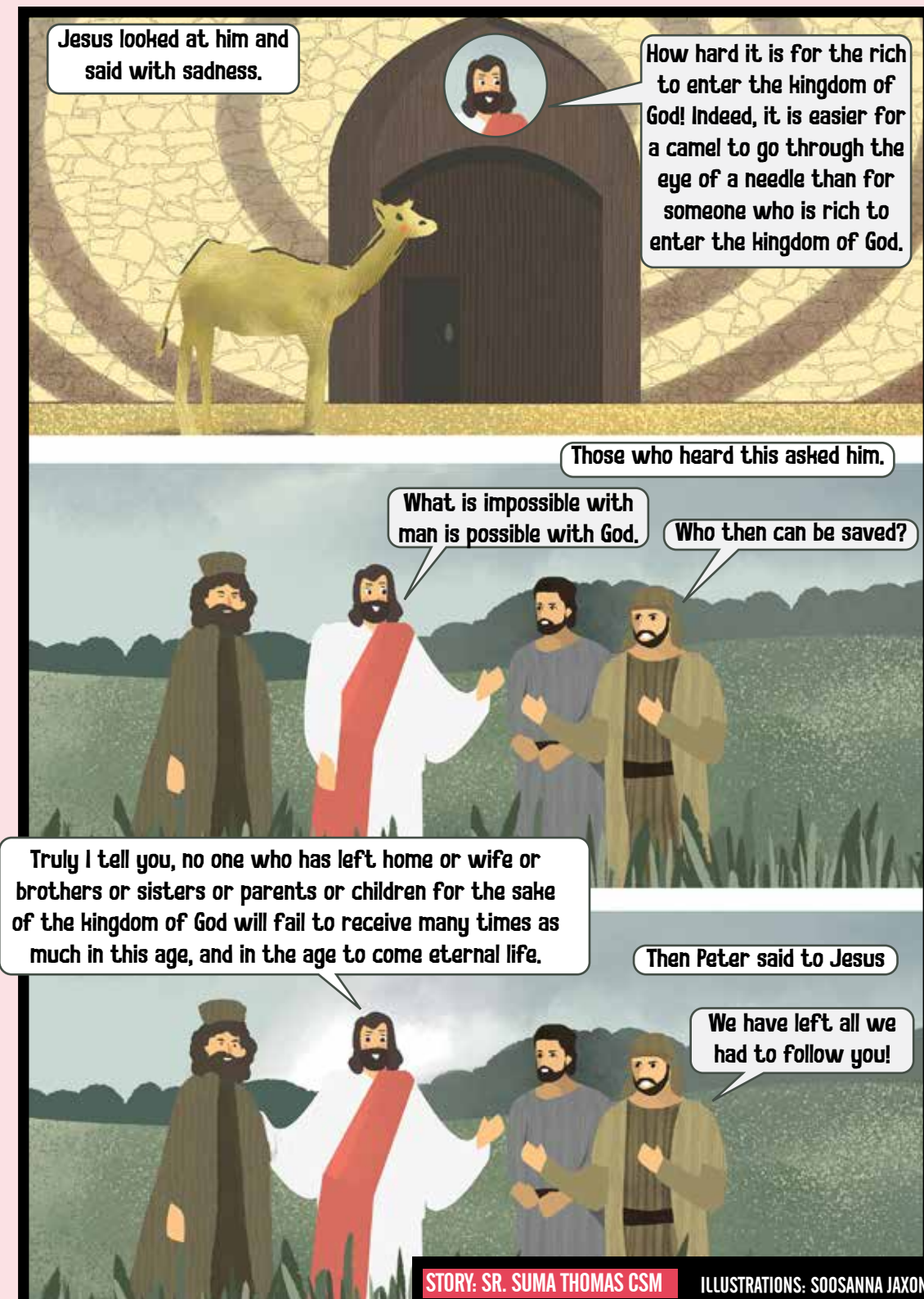
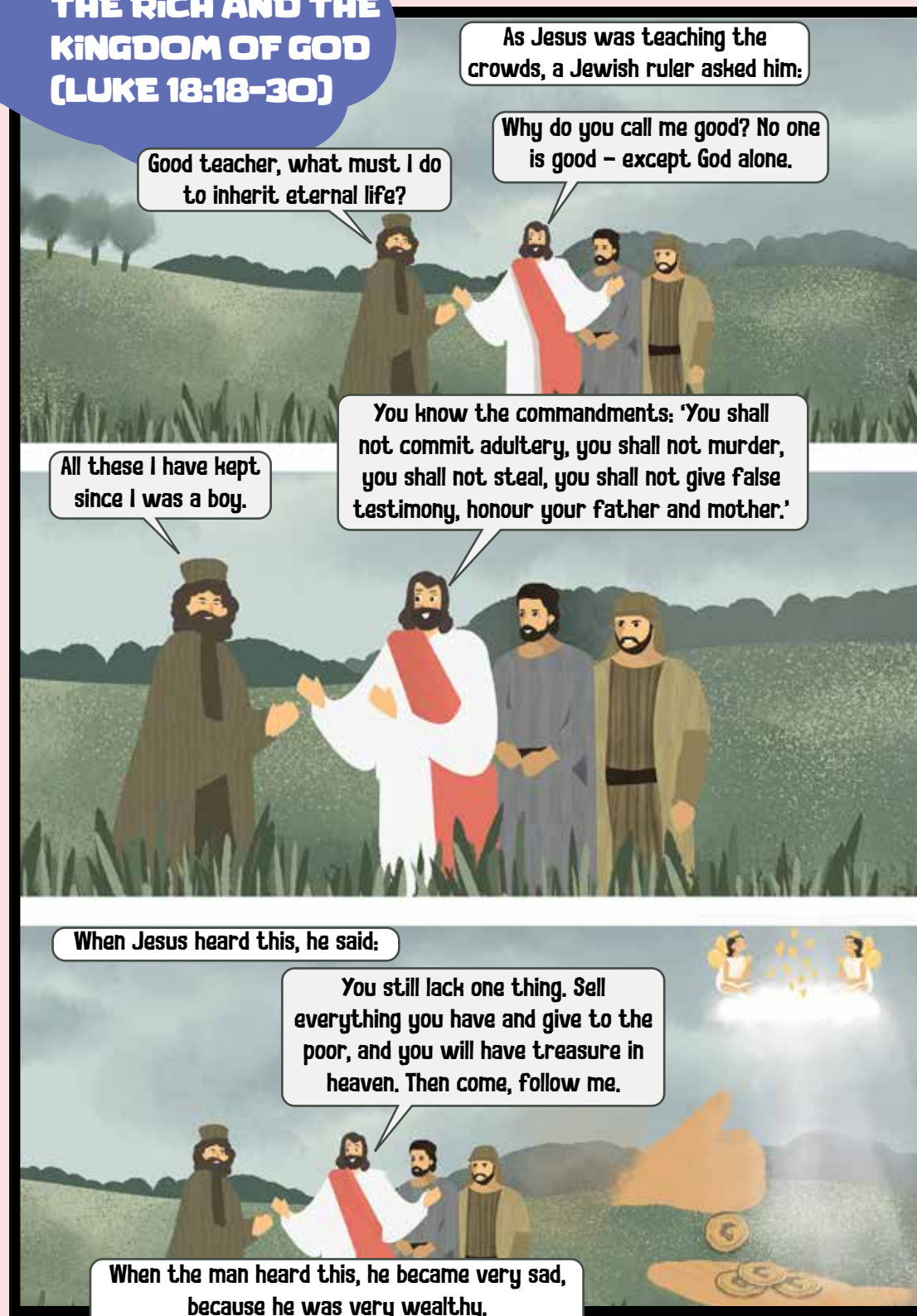
FACTS about Holy Cities

- ✦ A Holy City is one that is important to the religion and faith of a particular region. They are repositories of spiritual traditions.
- ✦ The Catholic Church has 5 holy cities, 3 of them are in Spain.
- ✦ Each holy city has a Perpetual Jubilee recognised by the Church, where they can celebrate the Jubilee every seven years.
- ✦ The five holy cities of Christianity are witnesses to God's presence in human history.





THE RICH AND THE KINGDOM OF GOD (LUKE 18:18-30)



STORY: SR. SUMA THOMAS CSM

ILLUSTRATIONS: SOOSANNA JAXON

Obedience leads to miracles. We see this clearly at the wedding of Cana. Mother Mary tells the servers, 'Do whatever he tells you,' and Jesus asks them to fill stone jars with water. The servers obey and Jesus miraculously turns water into wine. In each of our lives, when we obey, God will work miracles. Still, when we think of obedience, we might think it is hard. Some may feel like obeying limits our freedom or that it stops us

from having fun. God asks us to obey certain people in our lives like our parents and teachers. He also wants us to obey rules and laws. When our parents and teachers ask us to obey, it is for our own good. It can be hard to see the good that comes from obedience but we have to trust in God because He is the one who gave us our parents. When we obey them, we are really obeying God who loves us and wants the best for us.

Miracles of OBEDIENCE



In the Bible, we see how obedience led to the miracle at Cana. In our own lives, when we obey, we too can see miracles. A few years ago, my friend was on a mission trip in Latin America and she became really sick. The trip coordinator asked her to stay in bed that day and rest. My friend asked if she could read a book or watch some videos, but the coordinator said, 'No, you have to just lay in bed and do nothing.' Though she thought it was silly, my friend obeyed the coordinator and she lay in bed doing nothing even though she felt very bored. The very next day, my friend was completely healed! She said that she became well because she obeyed.

WHEN WE FIND IT HARD TO OBEY, LET'S PRAY TO MOTHER MARY FOR HELP AND REMEMBER THAT OBEDIENCE LEADS TO MIRACLES.



ST MARGARET MARY ALACOQUE

Part 2

Margaret Mary was able to wear the religious habit in August 1671 but was not officially admitted to profession until November 1672. Margaret was described as humble, simple, kind and patient by some fellow nuns. However, she had to prove herself to some others.

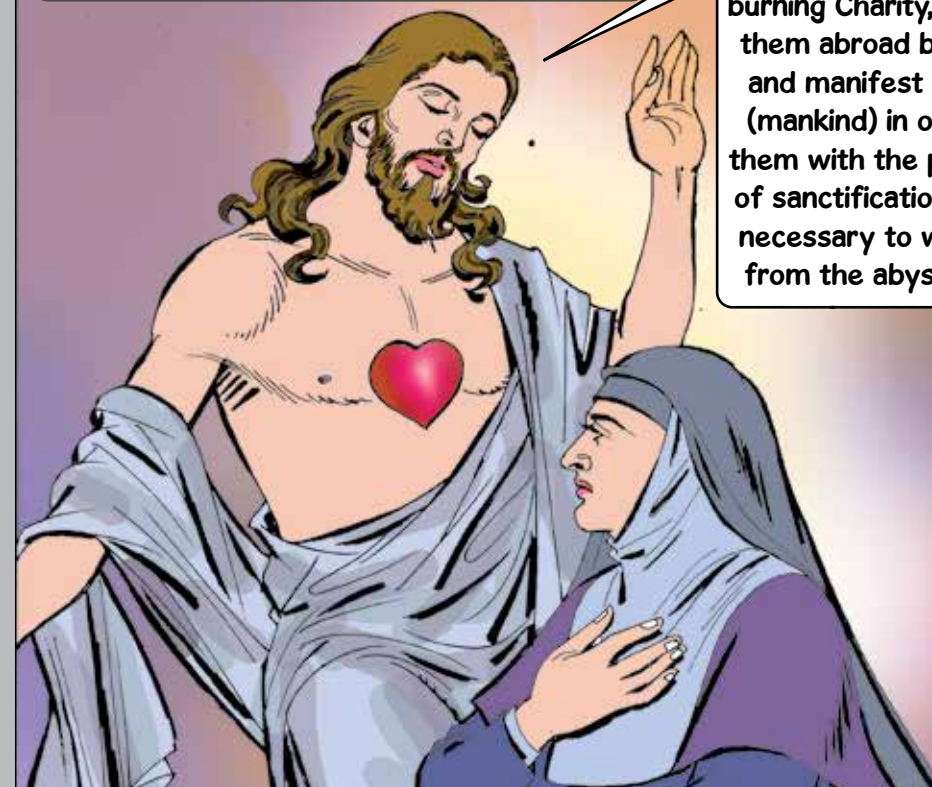
When we pray before the Blessed Sacrament, we should often take time to think about how much Jesus loves us and suffered for us. Jesus' holy passion and death should fill us with joy and wisdom to help us love as He did.



Margaret began receiving apparitions and revelations from Jesus between December 1673 and June 1675. The most significant of these would lead to the devotion and celebration of the Feast of the Sacred Heart of Jesus. It would also lead to the 'Holy Hour' devotion on Thursdays as she was instructed to spend an hour every Thursday night meditating on Jesus' agony in the Garden of Gethsemane.



Jesus appeared to Margaret Mary and allowed her to rest her head on His heart. He revealed to her the wonders of His love.



My Divine Heart is so inflamed with love for men, and for you in particular that, being unable any longer to contain within itself the flames of its burning Charity, it must spread them abroad by your means, and manifest itself to them (mankind) in order to enrich them with the precious graces of sanctification and salvation necessary to withdraw them from the abyss of perdition.

Margaret Mary convinced her superior, Mother de Saumaise, that her visions were real. However, many others were not convinced, even those in her own community. A group of theologians declared that her visions were imaginary. Even parents of children she trained began calling her a fraud but Margaret persevered in her mission to make the love of the Sacred Heart of Jesus known.



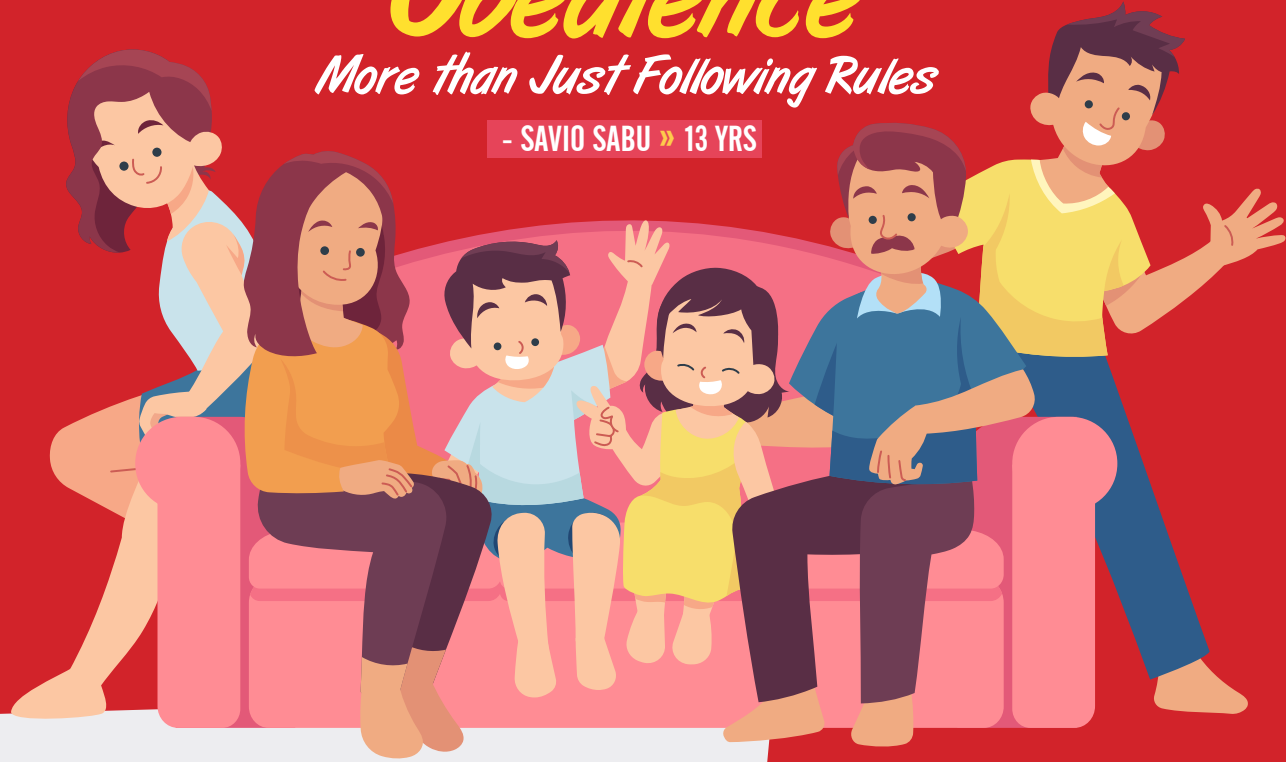
To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

Obedience

More than Just Following Rules

- SAVIO SABU » 13 YRS



Every time I heard the word obedience, I'd immediately think of rules, authority, and doing things I didn't want to do. But as I've grown and taken on more responsibilities in school, at church, and even in my family, I've realised that obedience is more than just blindly following orders. It's something that builds trust, keeps life in order, and helps shape who I'm becoming.

For me, obedience begins at home. I don't always understand every rule my parents make, and I'll be honest – sometimes I want to do things my way. But I've learned that when I listen and follow what they ask, it usually ends up helping me, even if I didn't see it at first.



In the end, obedience is not just about rules – it's about relationships, growth, and purpose. Whether it's listening to a parent, a coach, a teacher, or God, choosing obedience helps me become the person I'm meant to be.



In school, obedience is part of what makes everything run smoothly – when we follow the rules, respect our teachers, and do what's expected. It's not only about getting good grades, it's about showing maturity. I've noticed that when I'm obedient, people trust me more. Teachers rely on me, teammates listen to me, and even my friends respect me more because they know I do what's right even when no one's watching.

At church, I've learned that obedience to God isn't about fear – it's about love. When I choose to follow His word or do the right thing even when it's hard, I feel more connected to Him. Obedience to God teaches me patience, self-control, and humility. It helps me remember that life isn't just about what I want – it's about something bigger.

Of course, obedience isn't always easy. There are times when I want to challenge authority or think I know better. I've faced moments when being obedient felt unfair or uncomfortable. But in those moments, I've also realised that choosing obedience takes strength. It takes character to do the right thing when no one is cheering you on or when it feels like no one notices.

I've come to understand that obedience doesn't make me weak – it makes me stronger. It helps me become a better leader because I know how to listen and follow before expecting others to do the same. It reminds me that sometimes the best way forward is through humility and respect.

GETTING BETTER, PATIENTLY

- JOAN JERO DCRUZ » 16 YRS

Dear Diary,

I was so excited to learn how to skateboard today. Dad took me to the park, and I thought I'd be doing cool tricks right away. But guess what? I kept falling. A lot. My knees kind of hurt, and I almost cried once.

I saw some older kids zooming around like pros, and I got really frustrated. I even told Dad I wanted to go home. But he looked at me and said, 'Tack, everyone starts somewhere. Even the best skaters fell a bunch when they were learning. You just have to be patient with yourself. Don't give up - you're getting better already.'

Then he smiled and said, 'Remember that verse from church, "Don't get tired of doing good..." If we don't give up, our efforts too will be rewarded. Learning something new is like planting a seed, it takes time to grow, but it's worth it. Just keep going, one little bit at a time.'

So I got back on the board. I still didn't do any tricks, but I learned how to balance better. And when I finally rolled three whole feet without falling, I smiled so big it hurt my cheeks.

Patience is hard. But maybe it's not about waiting and doing nothing - it's about keeping on, even when it's slow and tough.

I think tomorrow, I'll go back and try again.



Do you have a faith experience you'd like to share for this page? Send it to us at kairosbuds@jykairosmedia.org with your full name, age and complete postal address.

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up. - (Galatians 6:9)

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up.

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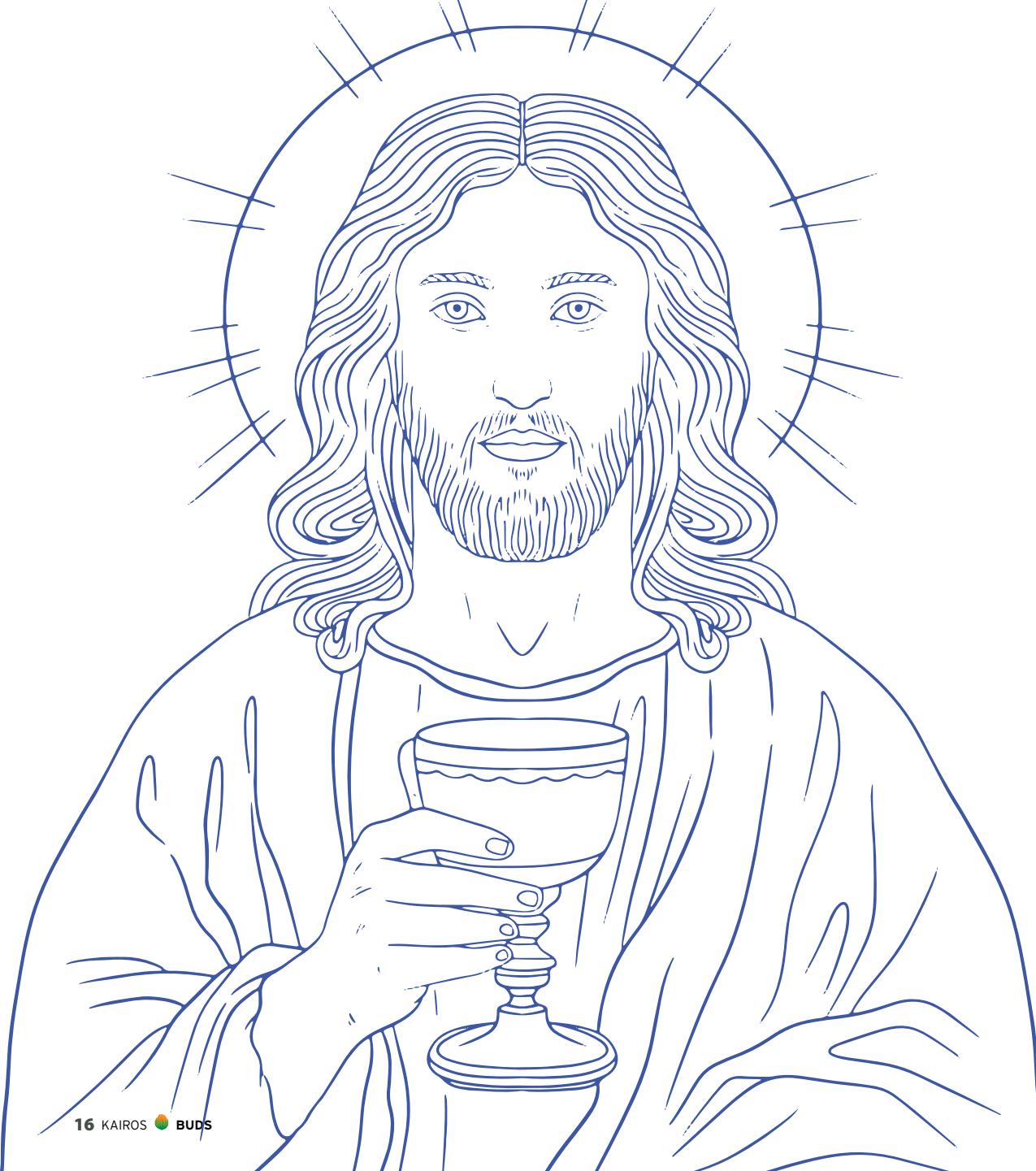
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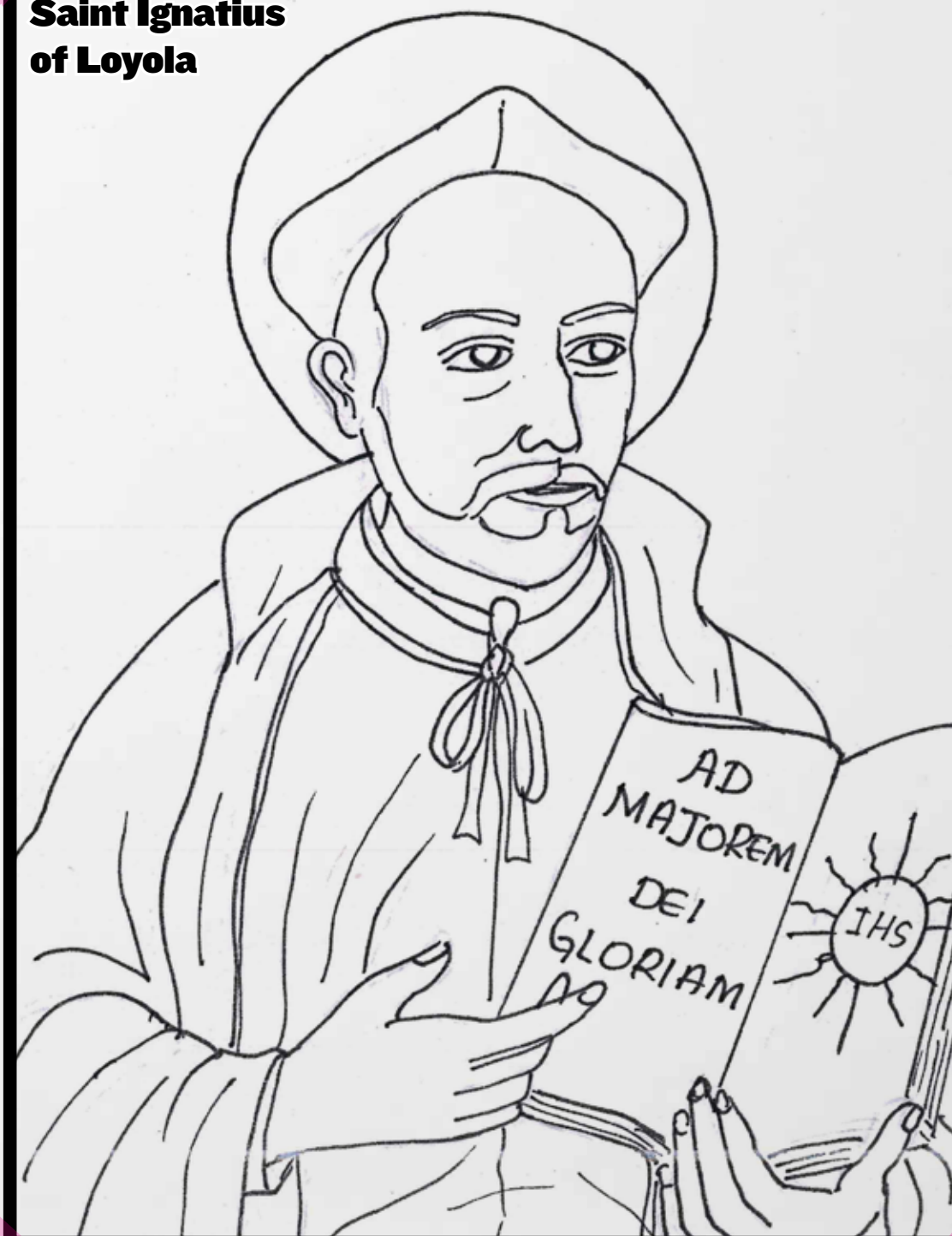
Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up.

Let us not grow tired of doing good, for in due time we shall reap our harvest, if we do not give up.

NOTHING BUT THE BLOOD OF JESUS

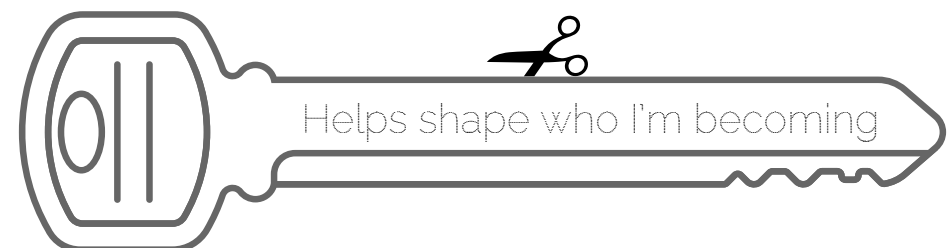
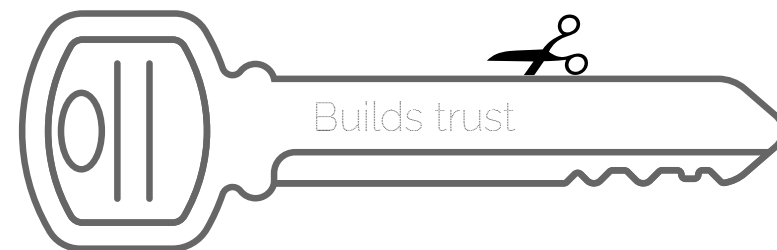
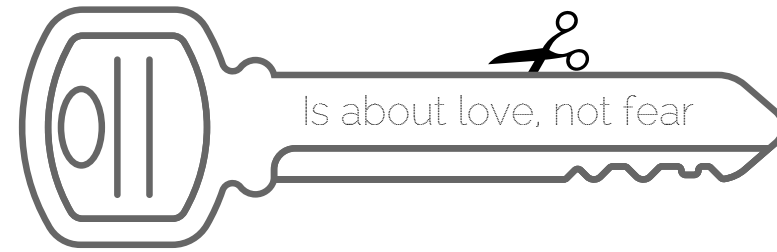
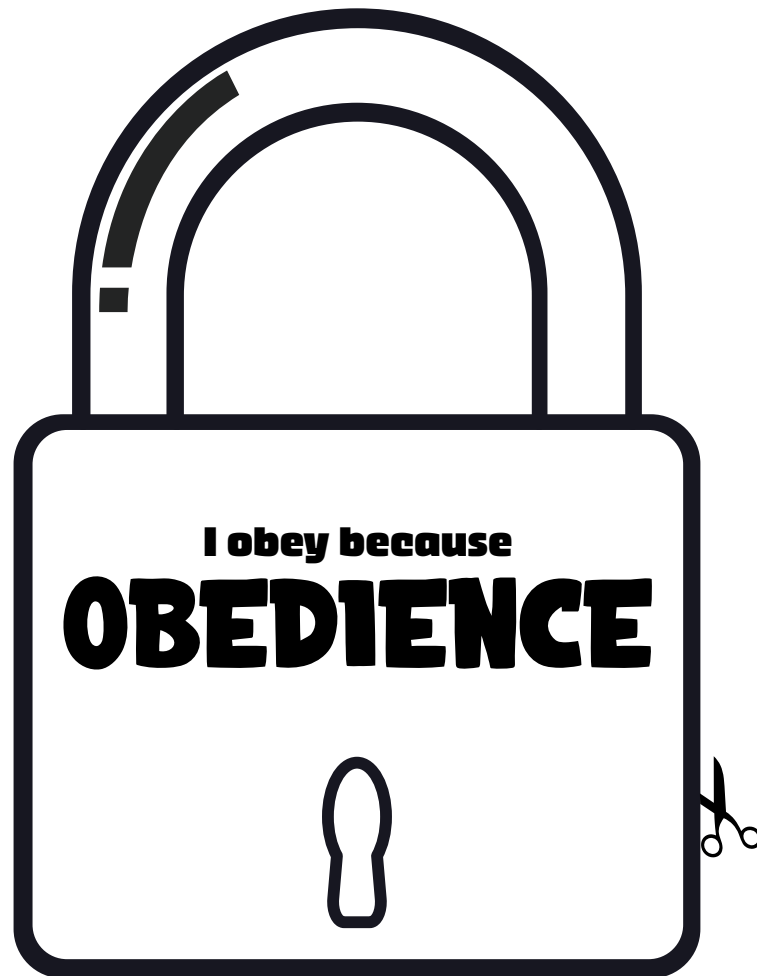


**Saint Ignatius
of Loyola**



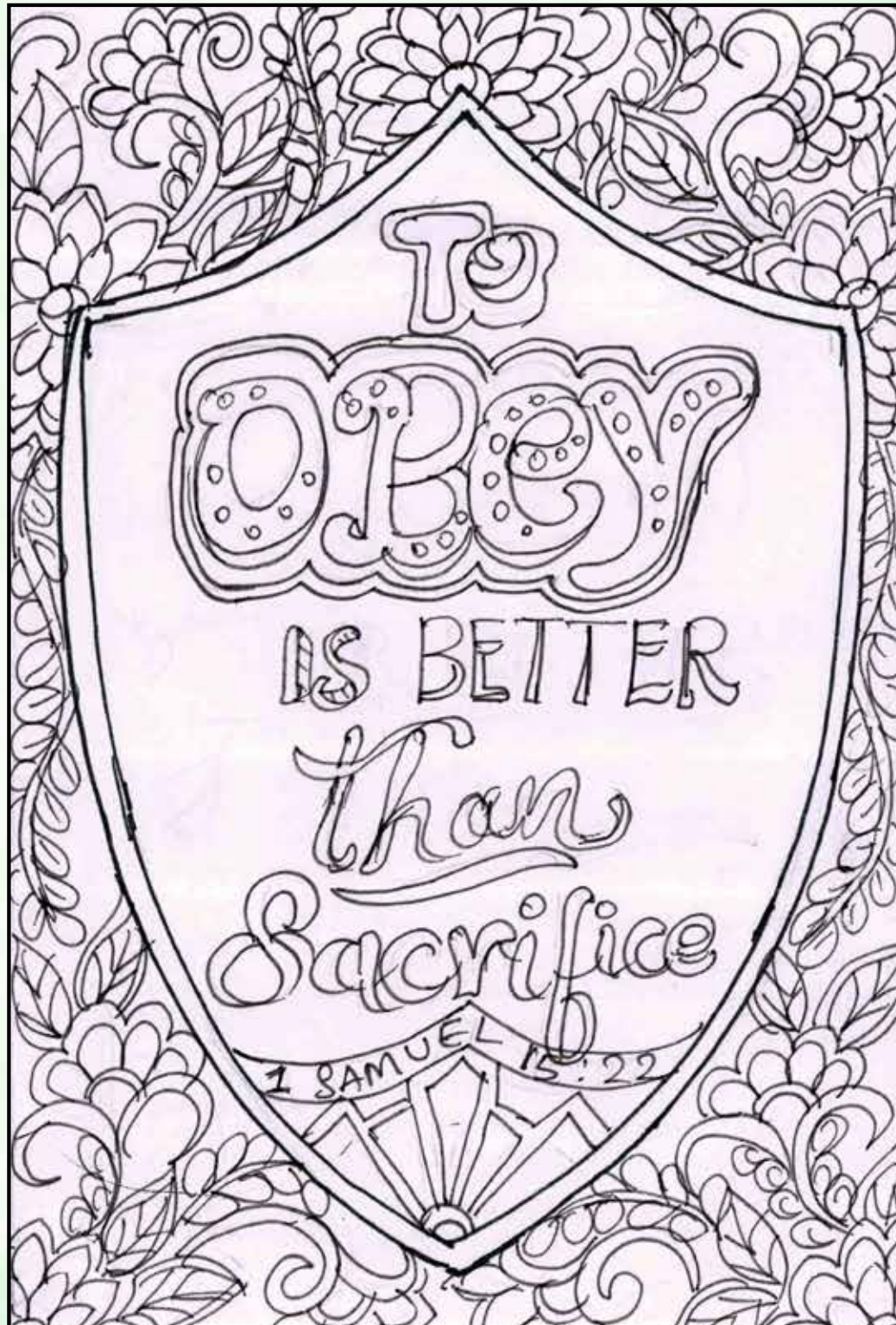
The Obedience Keychain

Trace the words. Colour and cut out.
Pierce holes in the keys and insert a yarn
through them to make the keychain.

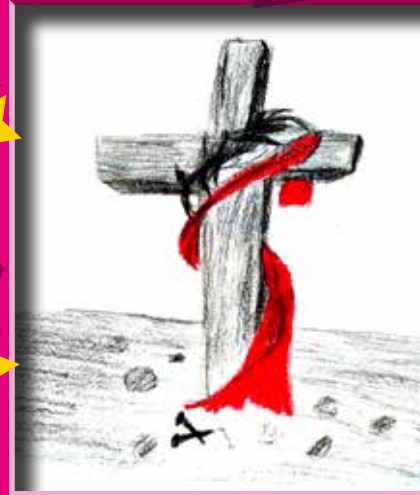


'Learn and Colour'

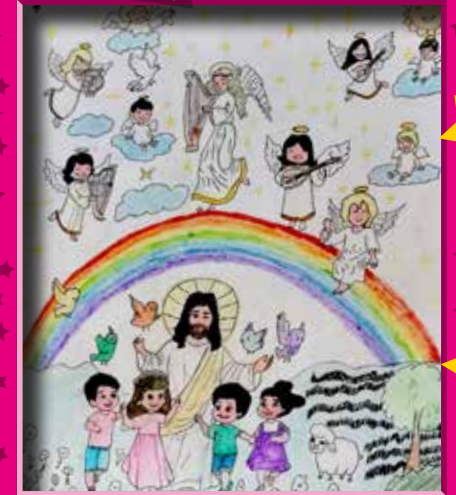
To obey is better than sacrifice
- 1 Samuel 15:22



LITTLE MASTERS



THERESE BEN » 8 YRS
» ADELAIDE, AUSTRALIA

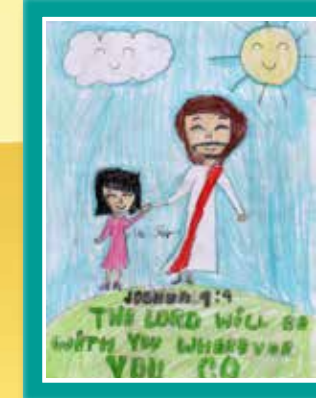


ISRAEL P.A. » 12 YRS
» ERNAKULAM, INDIA

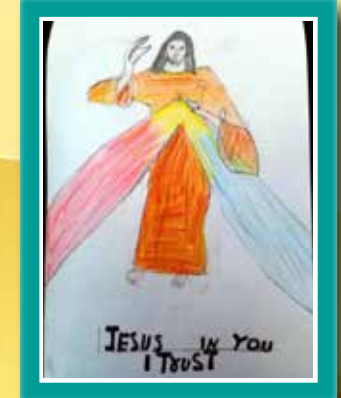
ANGEL MARIA CHACKO » 10 YRS
» NOTTINGHAM, UK



ISHARA TERESA KUJUR » 9 YRS
» CHENNAI, INDIA



EPHREM BEN » 10 YRS
» AUSTRALIA



DANIEL MARIO TOM » 8 YRS
» SINGAPORE



JIYA THOMAS » 11 YRS
» PALAKKAD, INDIA



SPIRITUAL FRUIT PRAYER CUP

- ROSE MARY TOM

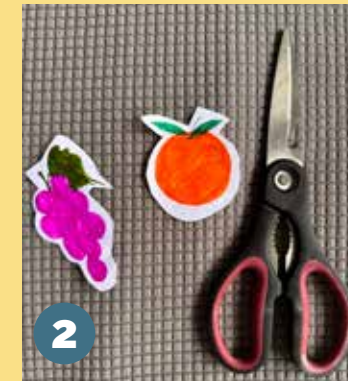
MATERIALS REQUIRED

- A4 size papers
- Scissors
- Colour pencils/sketch pens/crayons
- Ice cream sticks
- Glue
- A spare cup

STEPS

Step 1: Draw your favourite fruits (9 fruits) on A4 paper using colour pencil /crayons/ sketch pens. Alternatively you may print out the pictures of your favourite fruits.

Step 2: Using scissors cut out the fruits as shown.



Step 3: Using black sketch, write one fruit of the Holy Spirit on each picture and then write 'Fruits of the Holy Spirit' on a piece of paper.

Step 4: Glue each of the 9 fruits onto ice cream sticks.

Step 5: Paste the 'Fruit of the Holy Spirit' paper on the spare cup.

Step 6: Once glue is dried transfer your 9 fruit sticks to the cup and place it on your prayer table.

Every day, take one fruit from the cup and pray to the Holy Spirit.

You can pray like this:

Dear Holy Spirit, please fill me today with your fruit, JOY, so that I may share my JOY with others.

Q Can Catholic Faith and the Theory of Evolution Go Together?

Answer continued from Issue 53

ANS: Adam and Eve were real people. We cannot dismiss the story of Adam and Eve and the fall (Genesis 2-3) as fiction (The Church states that they were an original pair human beings and not a pool of early human couples). In this regard, Pope Pius XII stated that ‘...original sin proceeds from a sin actually committed by an individual Adam in which through generation is passed onto all and is in everyone as his own’ (*Humani Generis* 37). *The Catechism* states, ‘The account of the fall in Genesis 3 uses figurative language, but affirms a primeval event, a deed that took place at the beginning of the history of man. Revelation gives us the certainty of faith that the whole of human history is marked by the original fault freely committed by our first parents’ (CCC 390). The Catholic Church respects and accepts scientific discoveries (and theories) provided that they are not against Scripture and Faith (not customs or beliefs of the times). The Church teaches that both Science and Faith come from and is revealed by God. The same God may not reveal the science behind all truths, as it could

not be the right time or would not aid in salvation. (Leo XIII, *Providentissimus Deus* 18, CC 159).



In a nutshell, any believer may accept either literal or special creation within the period of an actual six-day, twenty-four-hour period, or they may accept the belief that the earth evolved over time under the guidance of God.

Catholicism holds that God initiated and continued the process of His creation, that Adam and Eve were real people, and that all humans, whether specially created or evolved, have and have always had specially created souls for each individual. Pope Pius XII confirmed that there is no intrinsic conflict between Christianity and the theory of evolution, provided that Christians believe that God created all things and that the individual soul is a direct creation by God and not the product of purely material forces. Concerning the doctrine on creation, Ludwig Ott in his *Fundamentals of Catholic Dogma* identifies the following points as essential beliefs of the Catholic faith (*De Fide*):
All that exists outside God was, in its whole substance, produced out of nothing by God.
God was moved by His Goodness to create the world.
The world was created for the Glorification of God.
The Three Divine Persons are one single, common Principle of the Creation.
God created the world free from exterior compulsion and inner necessity.
God has created a good world.
The world had a beginning in time.
God alone created the world.
God keeps all created things in existence.
God, through His Providence, protects and guides all that He has created.

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

The Mystery of the Missing Crown – Part 3

Lightweight Lenny ran down the path, putting as much distance from the church as he possibly could; his left arm tight over the bulge in his coat's inner pocket. He had managed to steal the crown of gold – and how easy it had been! Now, he only had to deliver this to Mr Shylock and his mountain of a debt would be forgiven. But why did he feel so wretched? As though clouds of gloom would suffocate him to death.

Lenny ran as fast as he could hoping his haste would banish away his thoughts, when – THUD... CRASH! His foot caught against the stump of a tree and he went flying head first onto the ground. Suddenly, everything went black.

When he came around, Lenny found himself in a hut, upon a small bed. His head ached terribly. Reaching to touch it, he found his head was bandaged. Just as he tried to sit up, an old lady came quickly to him. 'I found you unconscious yesterday in the forest. You had a fall,' she said. Lenny stared at the old woman.

She wore a long blue dress and had such a kind face. And he felt so comforted when she spoke, as though no care in the world could trouble him. None at all, not even Mr Shylock.

As if by instinct, his arm rushed to his coat's inner pocket.

'Is that what you're looking for?' The old woman pointed to a small cloth bundle on a stool by the bed. Lenny recognised his handkerchief and knew what was hidden in it. He nodded.

'I was worried about you,' the old lady continued as she ladled some soup into a bowl and then brought it to Lenny. 'The fall had knocked you out bad.' She handed the bowl of soup to him and encouraged him to have it. And then looking at him she said gently, 'But sometimes such falls break us from a downward path.'

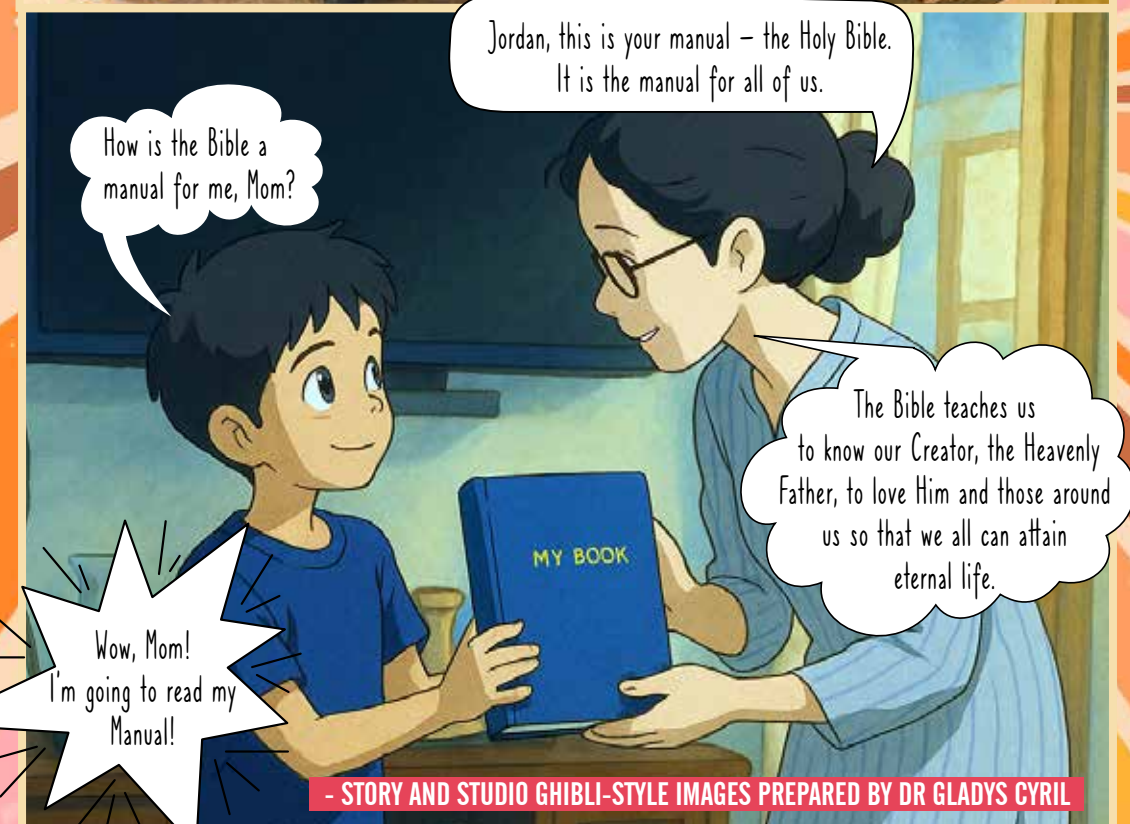
Lenny didn't know what to say. His head throbbed and a dazed confusion had taken over his senses. But the soup was heavenly. As he spooned it in, the warm and delicious liquid began to thaw the ice inside him. It filled him, comforted him and oddly brought him – peace! The last thing he saw was the beautiful face of the old lady smiling at him. Was that light all around her...?

To be continued.

STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

The Manual for Us

one afternoon, seven-year-old Jordan found his mother busy reading something in the kitchen.



- STORY AND STUDIO Ghibli-STYLE IMAGES PREPARED BY DR GLADYS CYRIL

Beatitudes

Latin: Beatus | **MEANING: Blessed or Happy**

The Beatitudes are eight blessings that Jesus taught in His Sermon on the Mount (Matthew 5:3-12). They describe the attitudes and actions that bring true happiness and closeness to God. Instead of focusing on wealth or power, Jesus showed that the truly blessed are those who are humble, merciful, and pure of heart.



Interesting Fact :

There is a hill named after the Beatitudes in Israel, called The Mount of Beatitude! This is believed to be the site where Jesus delivered the Sermon on the Mount.

Personal Application :

The Beatitudes remind us that true happiness comes not from things, but from living the way Jesus taught: showing kindness, humility, and love every day. So let's try to find happiness in following Jesus.

Match the beginning of each Beatitude with its ending, and learn them in the process!

- | | |
|-------------------------------------------------------------------|------------------------------------------------|
| 1 Blessed are the poor in spirit... | A ...for they shall obtain mercy. |
| 2 Blessed are those who mourn... | B ...for theirs is the kingdom of heaven. |
| 3 Blessed are the meek... | C ...for they shall be satisfied. |
| 4 Blessed are those who hunger and thirst for righteousness... | D ...for they shall be called children of God. |
| 5 Blessed are the merciful... | E ...for theirs is the kingdom of heaven. |
| 6 Blessed are the pure in heart... | F ...for they shall inherit the earth. |
| 7 Blessed are the peacemakers... | G ...for they shall see God. |
| 8 Blessed are those who are persecuted for righteousness' sake... | H ...for they shall be comforted. |

Answers: 1-B/2-E/3-F/4-C/5-A/6-G/7-D/8-H



Spot Ten Differences



THE GIRL WITH THE GOLDEN VOICE
PART-2



Angela had been selected for the State Christian Youth Festival. But on the day of the competition, something went wrong.



Social Media is awash with negative comments...



Even attending church has become hard...



'In my distress I called upon the Lord and cried out to my God...'



'He heard my voice from His temple and my cry came before Him, even to His ears!'



You're not alone in this, Angela!

I failed. I made a fool of myself... in front of everyone.

Even Jesus was cheered on a Sunday and crucified by Friday. But the story didn't end there!



Tony and Tina decide to take Angela someplace where it's not about the applause.



For the first time in days, Angela prays. Not for her voice, but for peace.



Meanwhile, both of them do their best to lift Angela's spirits.



You still have a voice. Maybe not for crowds right now, but for someone who needs it.



As Angela tries, a single, clear note comes out...



Did you hear that?

You've got this, Angela

To be continued...

STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN



The Class 5 students at Catechism were required to learn the Bible passage John 2:1-5 for a test. Below is Andy's answer sheet. Can you correct it by referring to the verses from the Bible?

CATECHISM TEST

Fill in the Blanks

(10 marks)

On the *tenth*..... day there was a *party*
..... in *a house*..... in
the Holy Land....., and the *friends*
and family..... of Jesus was there.
..... *IC*..... and his *gang*
..... were also invited to the *party*
..... . When the *juice*.....
ran short, the mother of *IC*..... said
to him, 'They have no *juice*..... .' And
IC..... said to her, '*My Lady, I didn't*
order the juice. It's not our problem.....'

His mother said to the *party planners*
....., 'Follow his instructions exactly



HOLY HUMOUR

Giving up Donuts?!

A boy came to the bakery every Saturday and ordered three donuts, every time. One day, the baker asked him, 'Why do you always order three donuts at once?'

'Oh, one is for me, one is for my aunt in Chicago, and one is for my aunt in New York.' The baker said, 'What a lovely way to keep in touch, even though you're far apart!'

One Saturday, the boy came into the bakery and asked for two donuts. 'I'm sorry, did something happen to one of your aunts?' The baker asked solemnly.

'Oh, my aunts are fine,' said the boy. 'But I gave up donuts for Lent.'



On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." [And] Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you."

PRAYER BEFORE MEALS

**Bless us, O Lord,
and these Thy gifts,
which we are about
to receive from
Thy bounty.
Through
Christ,
our Lord.
Amen**

