

KAIROS

VOLUME 1 » ISSUE 10

# Buds

A CATHOLIC MAGAZINE FOR CHILDREN

**WITHIN**

*National Shrine  
Basilica of Our Lady of  
Ransom, Vallarpadam*  
.....

The Sign of the  
Cross  
.....

**Be  
Welcoming**  
.....

**BE OWNERS OF**  
*Grateful Hearts!*



**Kairos Buds**

**GIVE THANKS**

**Magazine**

**TO THE LORD,**

**For Children**

**FOR HE IS GOOD**

(Psalm 118:1)

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**KAIROS Buds**

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## EDITORIAL

### WITH A GRATEFUL HEART

One day, Jesus was walking through a village. He saw ten men with an incurable disease called leprosy. Because leprosy disfigured them, they couldn't live with their families. They had to be isolated from people in the village. The men asked Jesus for help. They said, 'Jesus, Master, have mercy on us.' So Jesus healed the ten men and they were so happy! But of those ten men, only one man stayed back to tell Jesus, 'Thank you!' And Jesus appreciated the person who was grateful.

When a stranger does a good deed for us, we don't usually forget to express our gratitude. But at home, there may be several occasions to give thanks or appreciate our parents, brothers or sisters but we rarely do so. Many of the things are taken for granted. Have you ever wondered about this inverse proportion in expressing our thanks or appreciation to people who do us good?

It is from our loving God that all good things originate and flourish. I am sure that our dear Lord has blessed us all abundantly. Are we thankful to the Lord in the same measure? Do we have a heart grateful to the Lord?



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

## National Shrine Basilica of Our Lady of Ransom, Vallarpadam, India

- TANIA JOSUN » KOTTAYAM, INDIA

The National Shrine Basilica of Our Lady of Vallarpadam is one of the famous Marian shrines in India. Vallarpadam Basilica, as it is also known, is also referred to as 'Lourdes of Kerala'.

History: Towards the end of the 15th century, Portuguese missionaries reconstructed a damaged church at Vallarpadam. This was the first church in Asia to be dedicated to the Holy Spirit. On Pentecost of 1524, the Portuguese missionaries dedicated an altar to Our Lady of Ransom, venerating it with the portrait of Blessed Virgin Mary of Mercy, which they had brought from Portugal. Many people experienced miraculous healings, others a strong sense of protection after praying at this altar.

In 1676, a huge flood devastated the church, carrying away the portrait of Our Lady along with it. Despite the efforts of many, it could not be retrieved. However, the Diwan (senior-most minister) of the King of Cochin succeeded in recovering it. To his surprise, the portrait was completely dry! His piety increased on coming to know the miracles associated with it. Without delay, he donated land to build a new church to enshrine this portrait. He also donated the Sanctuary Lamp to the new church, which has been burning ever since!

On 23 May 1752, a Hindu lady, Meenakshi-Amma and her son, residents of Vallarpadam were travelling by water. When the boat reached deep waters, a storm blew up and capsized it, throwing both mother and son into the raging waters. Realising the inevitable danger, Meenakshi-Amma called out to Our Lady of Vallarpadam to save their lives. She pledged to serve Our Lady, for the rest of her life as an *adima* (slave). Meanwhile, Vicar of the church, Rev. Fr. Miguel Correa had visions in his dreams of Our Lady on two consecutive nights, showing him Meenakshi-Amma and her son. Unable to

ignore this prompting, he initiated a search on the third day - and the mother and son were rescued! Faithful to her promise they lived the rest of their life at the church-yard, praising God who has done marvellous things for them. In order to commemorate this miracle, Church authorities approved the inclusion of Meenakshi-Amma and her son into the Portuguese portrait.

On 1 December 2004, Pope John Paul II granted the title of Minor Basilica to the church •



Few years ago, I began to notice a change in me. Relatives and friends too remarked about it. From being extremely energetic and enthusiastic, I had become too quiet. I couldn't be that happy little girl anymore. Society made a mark on me that was eternal and there was no going back. The thing is, I never realised that I was hurt by the words of others. Not until one summer in 2021 when I made an unexpected trip to Steubenville, Ohio for a three-day retreat. But it wasn't until the last day of Steubenville that I had a real God encounter. We were all in a huge hall getting ready for Mass, singing songs when the MC, Chris Padgett announced that we would have a session of healing prayer before Mass. I had never done a healing prayer before. Chris went on to say, 'there are people around you

that you think you know but you really don't. For these people we all need to pray.' On my left was my friend on the right was a boy I barely talked to. Just then Chris told us to put our arms around each other and pray. Like I said, I had never done this, so it was pretty awkward. But then the boy to my right started listing all the pain that had ever occurred in my life, all my doubts, anger, worries; he sounded like he knew exactly who I was. I had never told anyone about my personal problems, but this random kid, was naming all the moments in my life that had taken me further away from my faith. I didn't even know I was hurting all this time and began crying my eyes out! This boy praying for me had no clue who I was, so there was only one possibility to naming all my pain - it was God. God not only listed everything that ever happened to me, but he called me his beautiful soul through this boy. God would never abandon me. Despite being trapped in a hole I created for myself, for years, God pulled me out within seconds.



DIVINE FAMILIA

# The Sign of the Cross

The Sign of the Cross is a simple, yet powerful weapon against evil.

Making the Sign of the Cross is a simple, common, everyday, instinctual thing for us Catholics. But did you know, making the Sign of the Cross is a complete prayer in itself?

### What do we mean when we make the Sign of the Cross?

In the name of the Father: My head belongs to you.

And of the Son: My heart belongs to you.

And of the Holy Spirit: My actions belong to you.

The Sign of the Cross is what you and I are worth. It is our price tag.

First thing when you get up in the morning, bless yourself In the name of the Father, the Son and the Holy Spirit.

Pope Francis says, 'Show children how to correctly make the sign of the cross. From a young age. If they learn as children, they will do it correctly when they're older.'

The Sign of the Cross is first of all a blessing. We use it to invoke God's blessing upon us. When we make the Sign of the Cross upon ourselves, we express our belief in God and the Trinity. It is a reminder of God's love for us, of the sacrifice Jesus made for us to have eternal life, and of the presence of the Holy Spirit within us.

So, far from being a routine action, the Sign of the Cross marks us as Christians. It is the visible expression of our faith and hope in God.

# Healing Experience



- MARIA KURIAN » 13 YRS » MICHIGAN, USA

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# UNFORGIVING SERVANT



Lord, if my brother sins against me, how often must I forgive him? As many as seven times?

Not seven times, but seventy-seven times.

The kingdom of heaven is like a king who wished to settle accounts with his servants. A debtor was brought, unable to repay the ten-thousand talents owed.

Jesus then told this parable.

His master ordered him, his wife and children and all his possessions to be sold in payment of the debt.

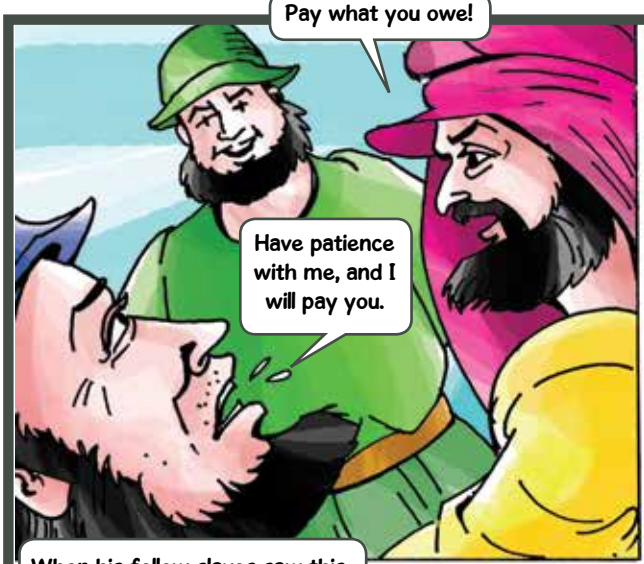


Have patience with me, and I will pay you everything.



Moved with compassion, the master let him go and forgave him the loan.

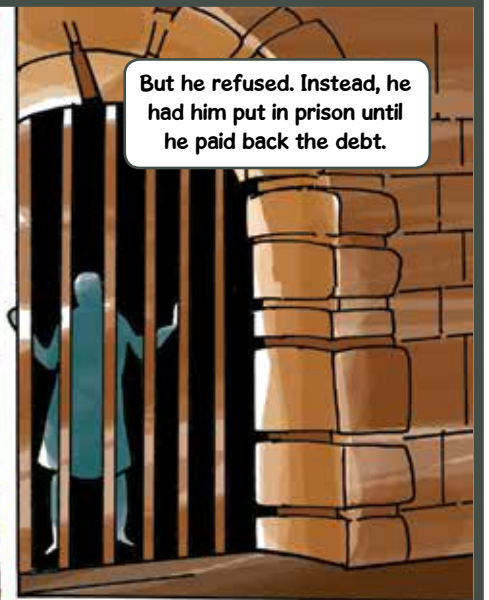
But that same servant, as he went out, came upon a fellow servant who owned him a hundred denarii.



Pay what you owe!

Have patience with me, and I will pay you.

When his fellow slaves saw this, they were greatly distressed, and reported all that had taken place to their master.



But he refused. Instead, he had him put in prison until he paid back the debt.



Furious, the master handed him to the torturers until he would pay his entire debt. So also will my heavenly Father do if one does not forgive their brother or sister from their heart.



You wicked servant! I forgave you all that debt because you pleaded with me. Shouldn't you have had mercy on your fellow slave?



STORY: SR. SUMA THOMAS CSM  
ILLUSTRATIONS: SIJU PUNNEKAD





**H**e is not here, for he has risen (Matthew 28:6). We believe that Jesus is risen from the dead. The Bible says so! His disciples say so! Tradition says so! So, Jesus' resurrection as a sign or miracle is acceptable to people who believe in Jesus. But for others, the resurrection can be simply a hoax. Especially for rationalists (a person who bases their opinions on reason and knowledge alone) and naturalists (an expert in natural history). They might demand a logical or scientific explanation for resurrection. Do you think we can have a scientific explanation for the resurrection instead of just saying that it is a mystery and cannot be explained rationally? There is a scientific explanation for resurrection from science itself.

'Energy cannot be created or destroyed; it can only be changed from one form to another,' is the famous law

describes our body as made up of smaller particles like atoms, electrons, etc. Despite this scientific knowledge, no one has been able to make a human being, forget resurrecting a person after death! So how is resurrection possible? It is possible through the will. In 2012, a **team of parapsychologists, led by Dean Radin**, conducted a group of six experiments on human consciousness. Remember we spoke about the body being made of waves? The experiment showed that the wave can be collapsed into a particle based on the will of the person performing the experiment. The greater the intensity or will of the observer,

greater this can be achieved. Applying this understanding, we now know that the will of the Almighty Father could now cause the resurrection of his Son, Jesus!

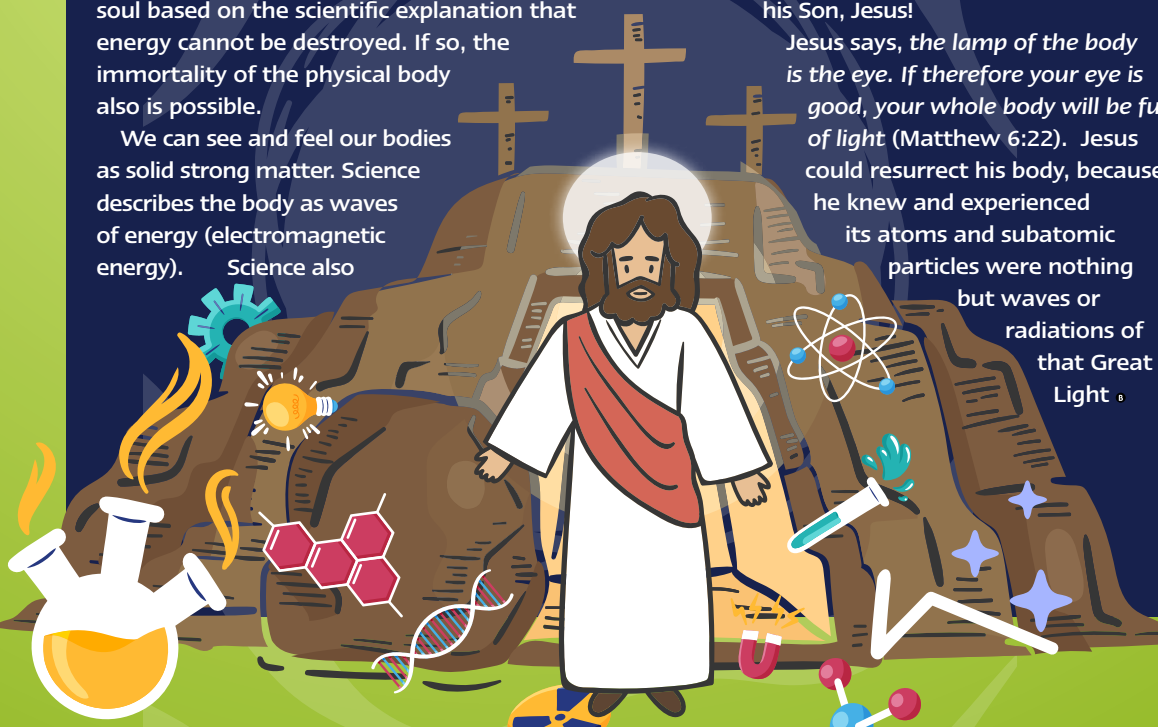
Jesus says, *the lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light* (Matthew 6:22). Jesus could resurrect his body, because he knew and experienced its atoms and subatomic particles were nothing but waves or radiations of that Great Light.

## THE SIGN AND SCIENCE OF RESURRECTION

- FR. DR. JOBY PULIKKAN » BANGALORE, INDIA

stated by the eminent scientist, Albert Einstein. Modern science is beginning to endorse the immortality of the soul based on the scientific explanation that energy cannot be destroyed. If so, the immortality of the physical body also is possible.

We can see and feel our bodies as solid strong matter. Science describes the body as waves of energy (electromagnetic energy). Science also



## Importance of PRAYER

**W**e get to know someone well if we talk to them and spend time with them. When we talk and spend time with God, it is called prayer. To really understand the heart of God, you need to pray. In John 15:15, Jesus says, *I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.* Talking with God develops a deeper relationship with him. The deeper the relationship becomes, the more time you want to spend with him. Prayer is also important because it changes us. In Matthew 5:48 the Word of God says, *Be perfect as your heavenly father is perfect.* However we cannot be perfect on our own because of our imperfect nature. This is where prayer comes in; when we pray or spend time with God, he changes us. This is proven because when we spend time with anyone, their habits and behaviours rub off on us. All in all, when we spend time with God, he works to change our heart to be more like his.

Prayer is also important because when we pray, God protects us from the dangers of the world. My family has personally experienced this because after my mom had her second child, my older sister, she went into a critical medical condition, and suffered kidney failure, which was very rare. The whole family was praying for her; my grandmother especially prayed through the intercession of St. Anne. And as the Word of God says in Matthew 7:7, *Ask and it will be given to you; seek and you will find; knock and the door will be opened to you,* Grandma asked and she received. And Mom was safe.



- ALPHONSO JOSE » 13 YRS » TEXAS, USA

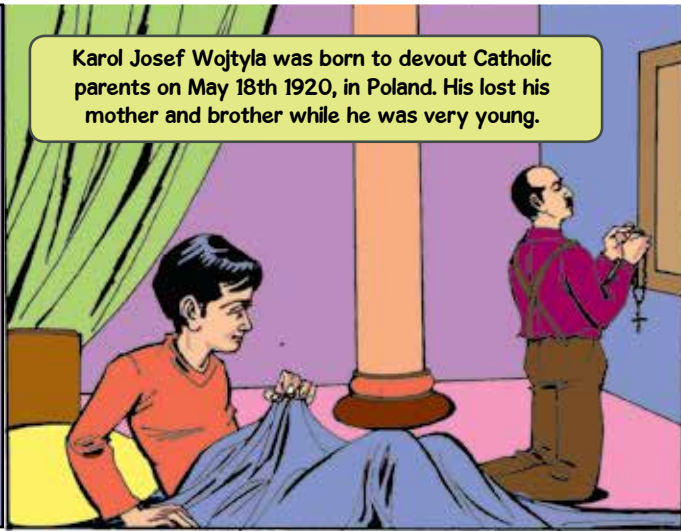




# Pope St. John Paul II

Feast: 22<sup>nd</sup> October

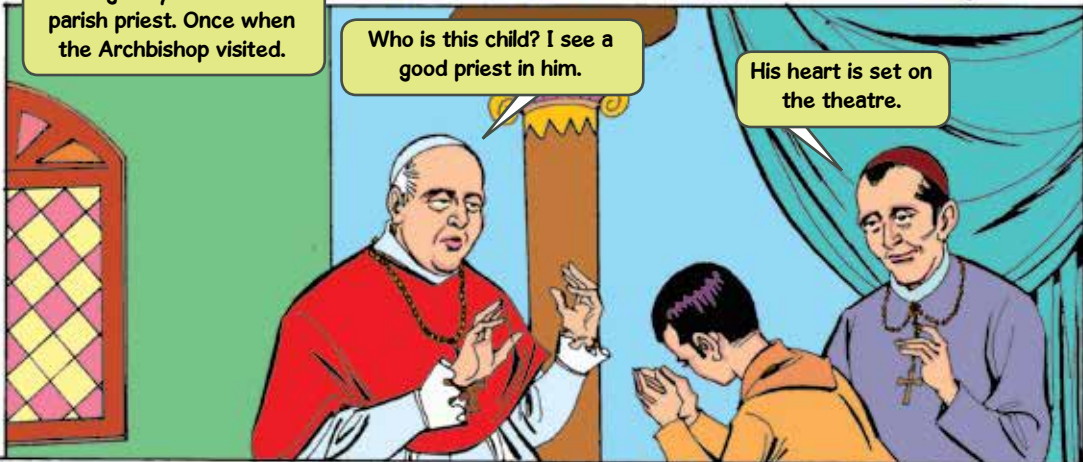
Karol Josef Wojtyla was born to devout Catholic parents on May 18th 1920, in Poland. He lost his mother and brother while he was very young.



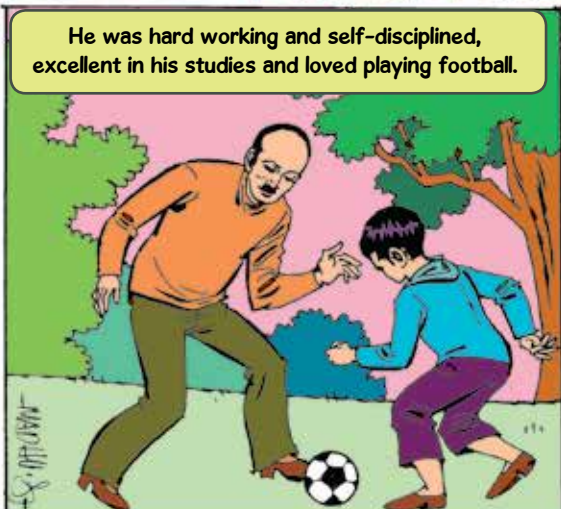
He regularly assisted his parish priest. Once when the Archbishop visited.

Who is this child? I see a good priest in him.

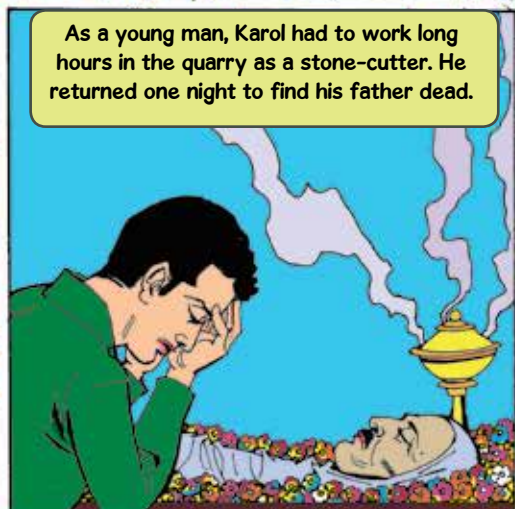
His heart is set on the theatre.



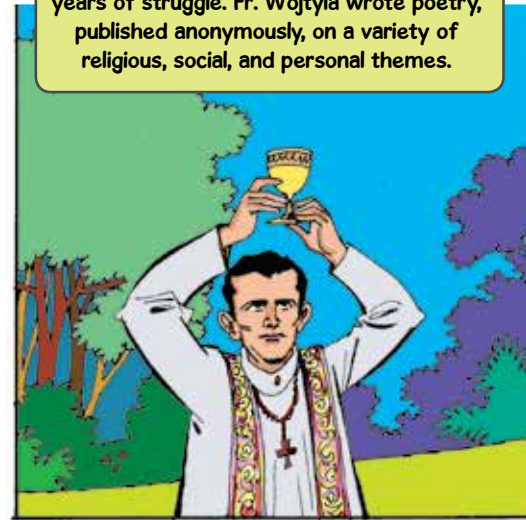
He was hard working and self-disciplined, excellent in his studies and loved playing football.



As a young man, Karol had to work long hours in the quarry as a stone-cutter. He returned one night to find his father dead.



In 1946 he entered the priesthood after years of struggle. Fr. Wojtyla wrote poetry, published anonymously, on a variety of religious, social, and personal themes.

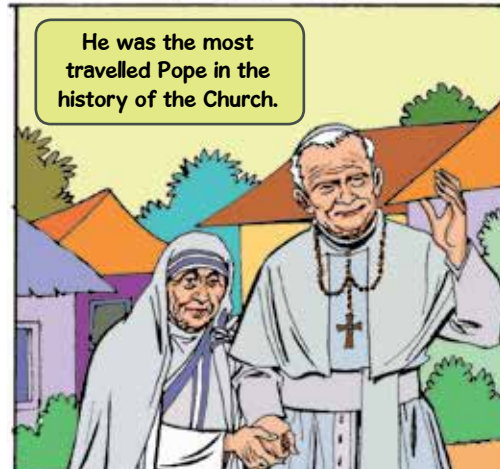


On October 16, 1978, he became the first non-Italian pope in 455 years.

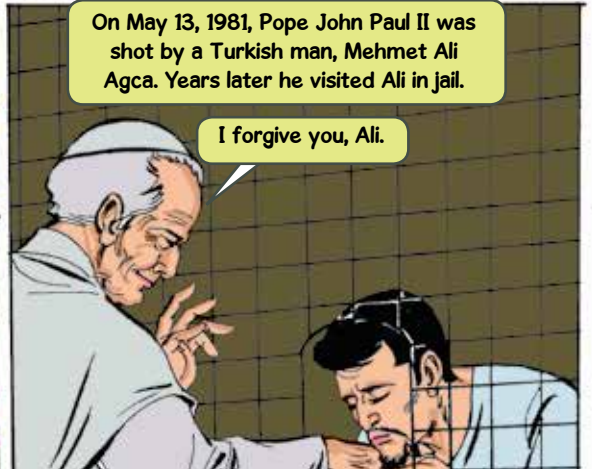


Be not afraid! Open up the wide gates to Christ.

He was the most travelled Pope in the history of the Church.

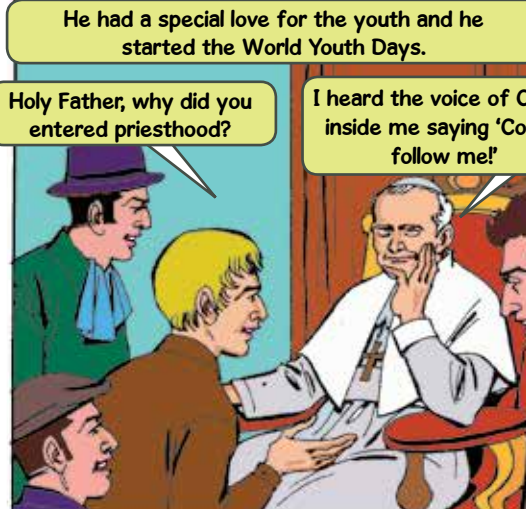


On May 13, 1981, Pope John Paul II was shot by a Turkish man, Mehmet Ali Agca. Years later he visited Ali in jail.



I forgive you, Ali.

He had a special love for the youth and he started the World Youth Days.



Holy Father, why did you enter priesthood?

I heard the voice of Christ inside me saying 'Come, follow me!'

Pope John Paul II is known as the Great Mercy Pope. He established the feast of Divine Mercy Sunday.



Be apostles of Divine Mercy under the maternal and loving guidance of Mary.

STORY: DR. VINITHA CHANDY  
ILLUSTRATIONS: MADHU S



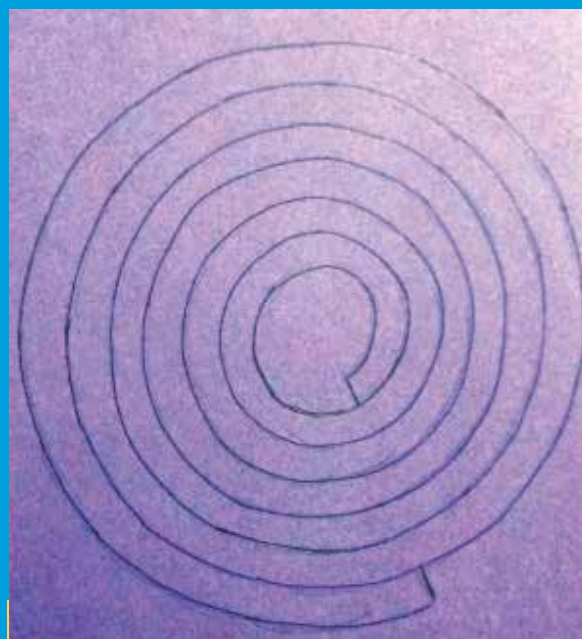
# POP-UP GRATITUDE

- DIVYA IMMANUEL » MUMBAI, INDIA



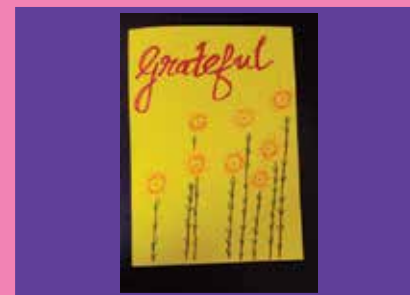
## MATERIALS REQUIRED:

- Card paper (3 colours)
- Scissors
- Pencil, eraser, sketch pens, crayons, or poster/water colours
- Embellishments / stickers
- Glue



## PROCEDURE

- 1 Take a coloured card paper and fold in half. This will be the base of the card (use your imagination and make this more beautiful, refer picture).
- 2 On another card paper, trace out a spiral as shown in the image - using only half the card.
- 3 Cut this spiral out.
- 4 Place the spiral inside the folded



card, sticking one end on one side and the other end on the other side.

- 5 Fold the card back and let it sit for a minute. Gently press to secure the spiral.
- 6 You may cut out dialogue bubbles (as shown in the final picture) with different coloured card papers and write your words of gratitude in them.
- 7 Stick the above, along with the stickers or embellishments onto the spiral. Your pop-up gratitude card is ready.

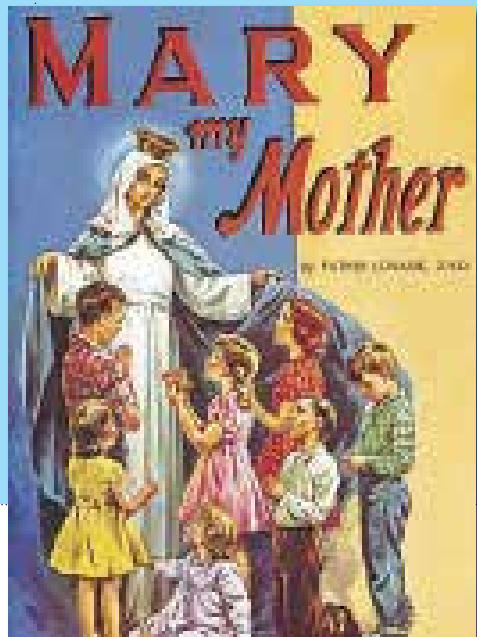
## TIPS

1. Parental guidance may be required for use of scissors and to make the spiral.
2. Unleash your imagination on the front page.

## ACTIVITY

Think of all the people you want to be grateful for. Make this gratitude pop-up card and say 'Thank You' with love and some style.





## OUR LADY OF FATIMA

FR. LAWRENCE G. LOVASIK, SVD  
\* CATHOLIC BOOK PUB CO, 1991



In this Saint Joseph Picture Books Series, Fr. Lovasik, introduces children to the history and devotion to Our Lady of Fatima. The Marian appearances at Fatima as well as an explanation about its legacy are made easily understandable for children.

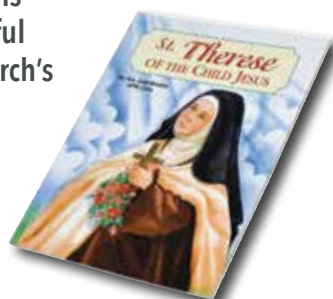
## MARY MY MOTHER

FR. LAWRENCE G. LOVASIK, SVD \* CATHOLIC BOOK PUB CO, 1978

Devotion to Mother Mary, Jesus' mother and ours, has always had a special place in the heart of Catholics. *Mary my Mother*, one of a series of titles in the Saint Joseph Picture Books, introduces Our Lady to children. With full colour illustrations, this biography of the Mother of God helps us understand how we also can claim her as our Mother!

## ST. THERESE OF THE CHILD JESUS

REV. JUDE WINKLER, OFM \* CATHOLIC BOOK PUB CO, 2000

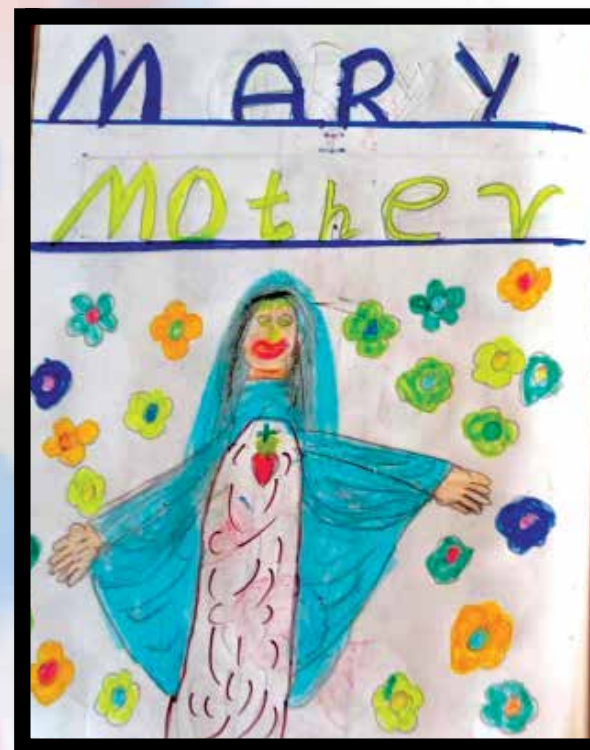


Rev. Jude Winkler tells children the beautiful story of one of the Church's beloved saints. With vibrant full colour illustrations, this easy-to-read biography about the life and legacy of The Little Flower is a treasure for every family library.

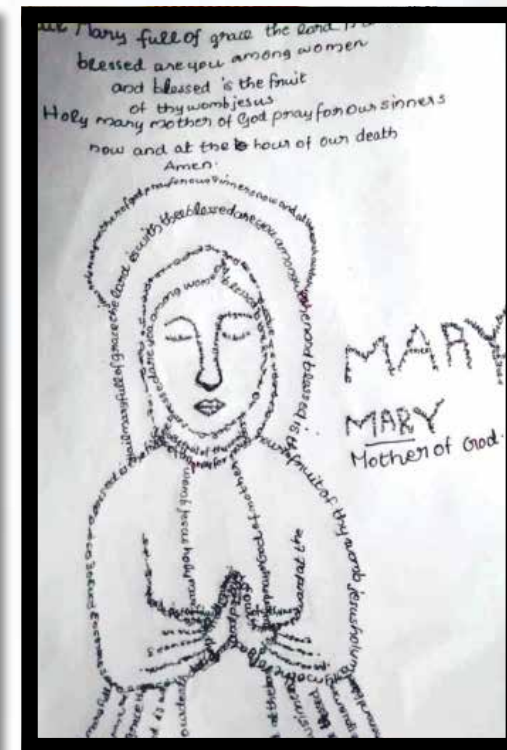
## ARTIST CANVAS



CIYA ROBIN » 8 YRS  
» WAYANAD, INDIA



LIZ ROSE ROBIN » 12 YRS  
» KOTTAYAM, INDIA



ARRON JOSEPH RAJESH » 7 YRS  
» TRIVANDRUM, INDIA



THOMAS BEN PAUL » 12 YRS  
» THRISSUR, INDIA



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# OLYMPIC WINNERS

The 2020 Tokyo Olympics held in July this year witnessed awesome displays of faith and acknowledgement of God's glory, by many of the winners. Let us take a look at some of them here.

# GIVING GLORY TO GOD

- JOSEPH GEORGE » THANE, INDIA

## ALLYSON FELIX, USA

While preparing for Tokyo 2020, this 35-year-old had the most World Athletic Championship medals (12G, 3S, 2B) by an athlete.



“Let me start off by saying, what an honor it is to be able to represent not only my country, but also the kingdom of God. What I have in Christ is far greater than what I have or don't have in life. I pray my journey may be a clear depiction of submission and obedience to God. Even when it doesn't make sense, even when it doesn't seem possible. He will make a way out of no way. Not for my own gratification, but for His glory. I have never seen God fail in my life. In anyone's life for that matter. Just because I may not win every race, or receive every one of my heart's desires, does not mean God had failed. His will is PERFECT. And He has prepared me for a moment such as this. That I may use the gifts He has given me to point all the attention back to Him.  
2x Olympian, Olympic Champion,  
World Record Holder  
Thank. You. God.”



“Raised in a strong Christian home with strong faith foundation: 'I came to know Jesus Christ as my personal Saviour at a very young age. Ever since then, I have continually been striving to grow in my relationship with God. I was nowhere close to the perfect child. I had my share of difficult times along with some disappointing choices that I made, but thankfully God never stops loving me.’”

## SYDNEY MCLAUGHLIN, USA

Sydney's social media profiles are a testament to her faith. Twitter bio says 'Child of God', Instagram bio 'Jesus saved me'. After winning her first gold, the devout Christian wrote a message of 'submission and obedience to God' in Instagram

## ATHING MU, USA

Athing Mu became the first American woman to win the 800m race since the 1968 Mexico City Olympics. She thanked God via a tweet after her historic Gold medal:

“God definitely took the battle for this one! So, thank you, Lord!  
‘When you say “yes” to your calling, God is going to provide you with what you need for it but if you go too soon, you might abort what it is He is trying to accomplish in you. I was missing two important things in my life, FAITH and CONFIDENCE. Today and forever, I'll have both.’”





# Q&A have questions?

WITH FR. JUSTIN PANACHICKAL MSFS » KOTTAYAM, INDIA

Q. HOW DO WE KNOW THAT THE ROMAN CATHOLIC DENOMINATION IS CORRECT AND SHOULD BE FOLLOWED?

- SHARON, 17 YRS, DORSET, UK

**ANS:** First of all the Catholic Church is historically the authentic Church continued from the disciples after Christ (starting with early Christian communities). The authority is given specifically to St. Peter and all the apostles (Mathew 16:18, 18:18) and is continued through the laying of hands as it was in the Old Testament, showing its authenticity. The authority is specific and final. It was the Catholic Church that formulated the Bible. The sacraments of the Church are based on Scripture and finally the Church rests on Scripture, Sacred Tradition and the Magisterium. Sola Scriptura is not Biblical (2 Thessalonians 2:15). Thus the Church is One, Holy, Catholic and Apostolic.



Q. WE ARE NOT TO WORSHIP IDOLS, THEN WHY DO WE HAVE STATUES OF JESUS, MOTHER MARY AND OTHER SAINTS?

- STEVE PIUS MATHEW, 14 YRS, AJMAN, UAE

**ANS:** Exactly! We are not supposed to worship any idols. First of all, we only worship God, the Father, Son and Holy Spirit. We only venerate the saints including Mother Mary. Now we don't worship the statues, but they represent our faith, our piety and our veneration for the persons they portray. They remind us of the saintly lives and gives us a visible presence ◦

Our young readers can email their questions on faith/life to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) or WhatsApp it to us on +91 6238 105 775.



WINGS TO WIN

## PREVENT STRESS' REIN AND RUIN

- SJU THOMAS » KOTTAYAM, INDIA



In the last issue, we discussed stress. Here we will see some types of stress and how we can manage it.

### 1 TIME STRESS

Have you ever felt that 24 hours was not enough? Time stress involves the pervasive feeling that there's never enough time in the day. This type of stress tends to occur as deadlines approach.

#### Solution

Time management skill – you be the master of your time.  
Respect your time so that your time will respect you  
Delegation of tasks  
Be more realistic about your 'CAN DO' and 'CAN'T DO' lists

### 2 SITUATIONAL STRESS

Certain situations create stress for us. For example: public speaking, preparing for a class seminar or preparing for an exam, all these situations bring stress.

Even those best-prepared will occasionally face an emergency which leads to stress. This type of stress generally induces panic, and that can lead to exceptionally poor decision-making.

The best solution is to **Seek out advice**. Knowledgeable mentors or an experienced person may be able to reframe your perspective and give you some useful tips.

### 3 ENCOUNTER STRESS

Encounter stress can arise from having to be in constant contact with many individuals; having to be social and 'on' all the time can be exhausting.

#### Solution

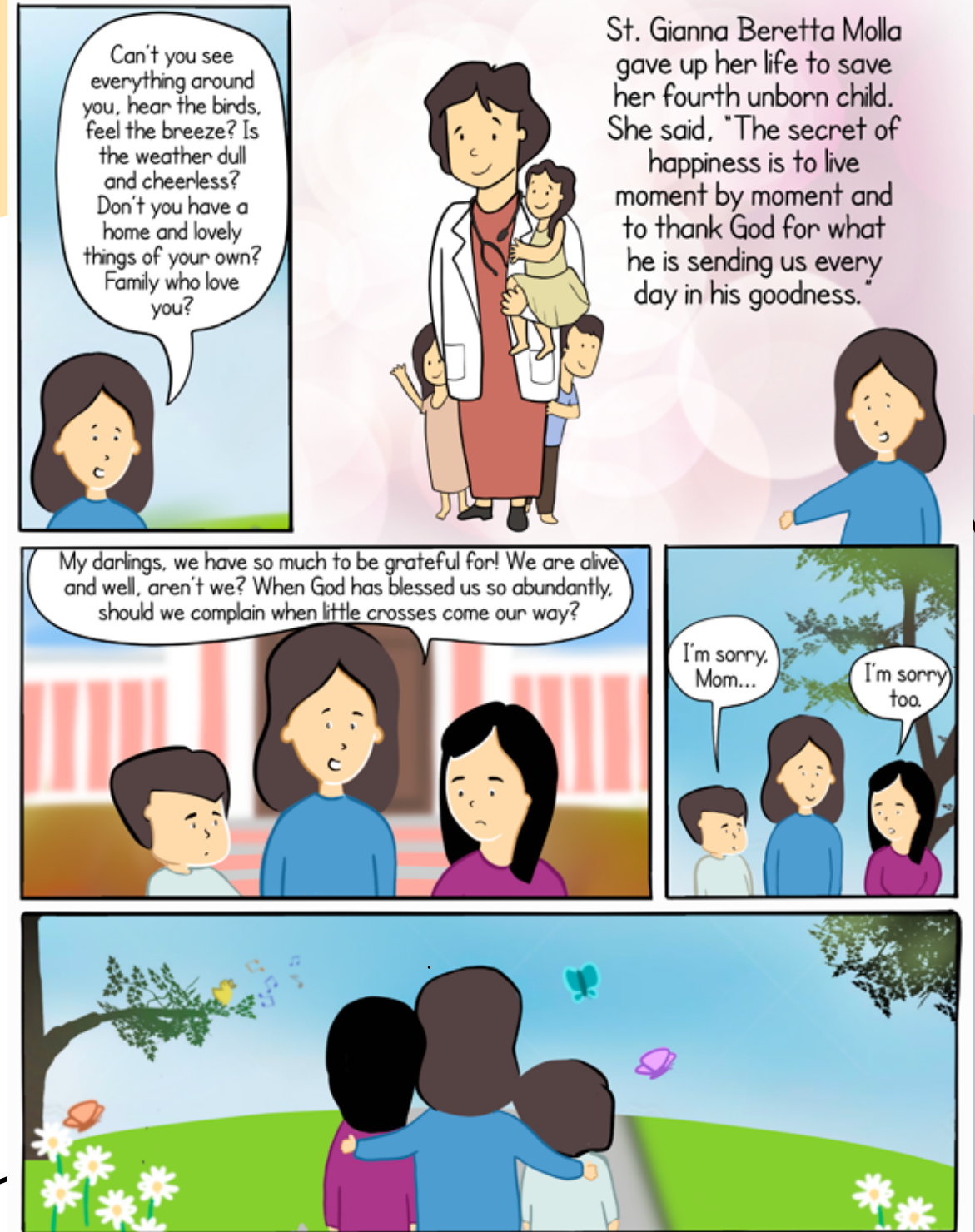
Remember to make **time for yourself**. It's important to get some alone time every day.

**Don't take it personally**. You can't please all the people all the time; learn to accept the fact that sometimes people will walk away unhappy.

**Use Vitamin F (Forget & Forgive).**



# The Secret of Happiness



STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA



# COMPLETE THIS PRAYER

Some of the words of this Prayer to Our Guardian Angel are missing! From the box below, can you choose and place the right word at the right place?

**HARM**      **steps**  
 deliver      **LAST**      LOVE      **GUARDIAN**  
**SHELTER**      heaven      NEAR      defend  
 Amen      Lighten      **GOODNESS**      LOOK

My good ..... angel who come from .....;

God has sent you to ..... after me.

..... me under your wing. .... my

path and direct my ..... and never leave me.

Stay always ..... me and ..... me

from all ..... and all evil.

Above all help me in the ..... struggle of my life

and ..... my soul so that with you I may praise,

..... and contemplate the ..... of

God for ever and ever.

..... Fiat.

Please send the solved Brain GYM to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) before 25<sup>th</sup> October, 2021. The winners will be featured on our Instagram and Facebook pages.



Puzzle

**Solve the maze** Annmarie has lost her rosary! Can you help her through this maze, find it?





# BE WELCOMING

- JOSHY 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 rapport with your child. We have already discussed the first seven secrets which are, Say the Love Words, Show Them You Love Them, Play Together, Work Together, Be There, Keep your Promises and Pray

together.

This month, let's learn about the eight secret which is, Be Welcoming

Every neighbourhood has a home where all the kids gather to play. Try to see that yours

is that home. Be hospitable to your children's friends. Make them feel welcome. Equip your home for their games. Be on hand to congratulate them on the success in their lives, and lend an ear in difficult times.

Your efforts at displaying Christian hospitality will go a long way toward helping your kids - especially your teens - feel that you understand them.

Our house is always a hangout for our children's friends and the house is full with them most weekends. The beauty comes in the relationships developed. We become 'dad or mom' for kids who may need that in their lives. Our home becomes a place that makes a difference in the lives of our children's friends too.

Of course, there is an added benefit to being welcoming. Parents often fear the effect that peer-pressure will have on their children, and rightfully so. As Dr. Gordon Neufeld points out in *Hold On to Your Child*, the primary reason that children exhibit inappropriate behaviour - including, in adolescence, inappropriate sexual behaviour - is that they often are allowed to form stronger bonds with peers than with parents. Once disproportionately strong peer-bonds are established, parents will have little influence on their children's behaviour unless or until they can reclaim a stronger bond with their child than their child has with his or her peers. Of course, the good news is that research consistently shows that while peers wield a powerful influence on your children's lives, as a parent you can extract an even greater influence than peers by providing a safe, moral, fun place in which those peer interactions can take place. Your active, hospitable involvement with your children's peer relationships can help form and shape the nature of those interactions so you will have little to fear from outside influences. The first step is making your home a welcoming, safe place for your children's friends to hang out.

THE BEAUTY COMES IN THE RELATIONSHIPS DEVELOPED. WE BECOME 'DAD OR MOM' FOR KIDS WHO MAY NEED THAT IN THEIR LIVES. OUR HOME BECOMES A PLACE THAT MAKES A DIFFERENCE IN THE LIVES OF OUR CHILDREN'S FRIENDS TOO.



Parents are welcome to share their concerns/queries at [joshy.joseph@jykairosmedia.org](mailto:joshy.joseph@jykairosmedia.org) or WhatsApp number +1.832.592.3675



## DO UNTO OTHERS....



Alan and Jeff are waiting for their friends.



They'll reach. Want to do something to pass time?

Um-hm, didn't think the others would be so late..

Yup



So what are you interested in?



Please don't go! Please buy something.

I don't think I'll buy anything now. We'll come later.



Hi guys!

Hi Tony!



Having a good time?

Planning to! Jeff and I were waiting for these guys to reach.

At the vendor's, were you actually planning to buy anything, taking his time like that?

No! We were just bored! Besides, it's his job to sell...



Hey Alan, don't mind if I ask you something...

Sure, Tony.

Yes, true, but what about, treating others how we want to be treated? Would you like to be taken for a ride?



Hey, don't worry! I think you guys can make it right!



STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN



TAKE CARE

# GOOD THINGS COME TO THOSE WHO SWIM

**H**ave you heard this joke, 'when the earth floods, swimmers will rule'? Well, jokes aside, swimming is one of the best all round forms of exercise. It is also an essential life skill. The benefits of swimming are numerous. The good part is, swimming is a developable skill. With regular guidance and practice, anyone can become an effective swimmer. Unlike other workout routines, swimming exercises every muscle group in the body and burns more calories while boosting metabolism, thereby improving general health and wellbeing.

Apart from the numerous health benefits, swimming also teaches us patience, perseverance, and the wherewithal to improve one's self every day. Effective swimming is a process, not an event. Excellence in swimming emerges as a byproduct of enjoying that process.

## SO, LET'S LOOK AT SOME OF THE BENEFITS OF SWIMMING.

- Swimming is a life skill. That means swimming helps you learn to be safe in and around water as well as life-saving swim skills.
- Strengthens your heart and lungs. Swimming helps your heart and lungs work more efficiently.
- Greater stamina. Regular swimmers develop greater endurance and stamina as every muscle group is exercised.
- Helps better digestion. Swimming helps our intestines to digest food better, especially for children.
- Improves sleep. Some kids have way too much energy to burn in a day. With all the exercise that swimming brings, it also helps in sound sleep.
- Improves memory. All that oxygen you pull in as you swim, helps your brain function better.
- Improves concentration. Swimming involves a lot of physical and mental coordination. Leg kicks, arm pulls, breath control - as a result, children become more focussed.



COLOUR



## LEARN TO DRAW

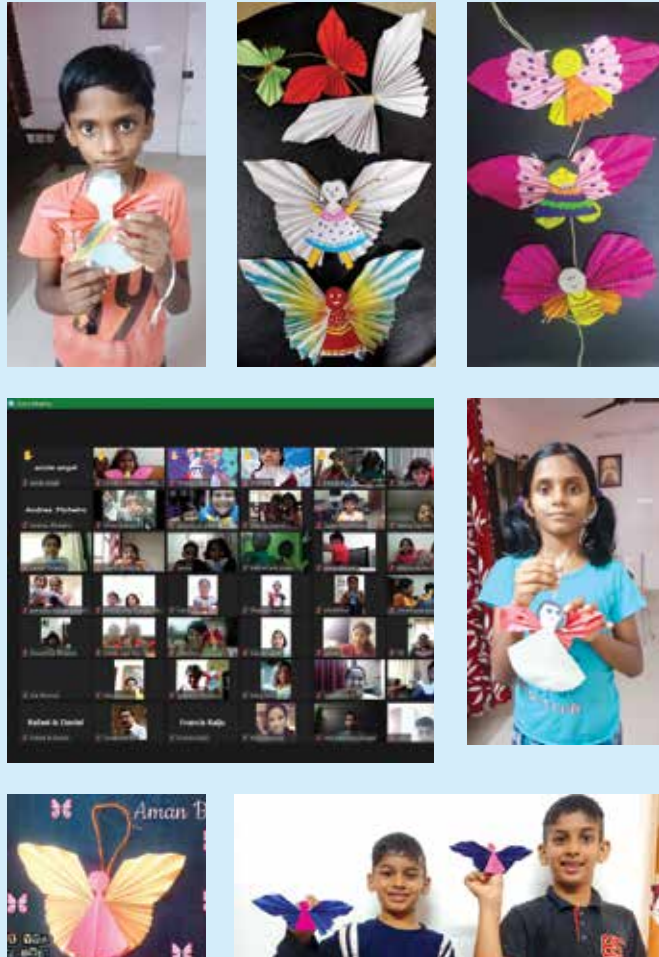
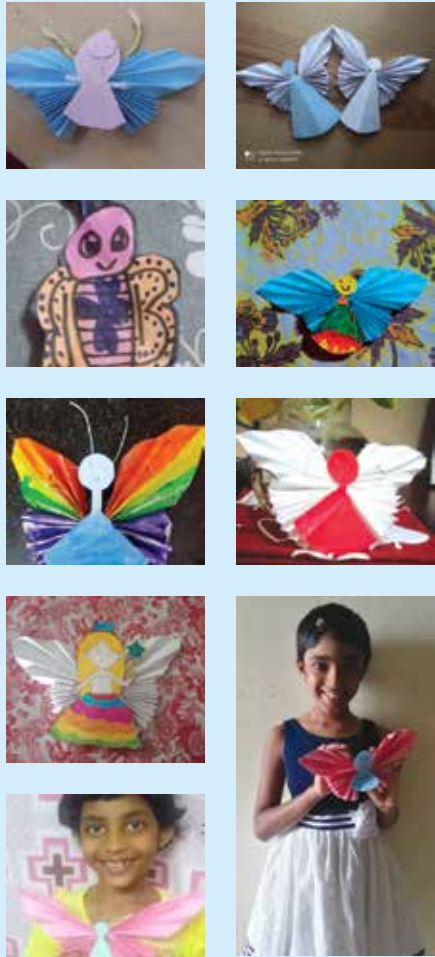




# Butterfly City



**C**raftcity, the craft workshop for children presented by Kairos Buds conducted their second workshop on 28th August 2021. Attended by over hundred children from Australia, Oman, UAE, Saudi Arabia, Pakistan and India, the programme was a well-appreciated. Crafted for children between the ages of 7 and 12, the workshop was presented by MC, Serena Dsouza from Mumbai, action song was conducted by 17-year-old Andrea Pinheiro from Kochi who taught, *If I were a Butterfly*. Storytelling by 14-year-old Toby Dinoop from Australia was next with the *Parable of the Prodigal Son*. The final session of Butterfly City was craft conducted by Rini Varghese of Mumbai. The children (and a few parents too!) learned to make a butterfly and an angel from paper. The 90-minute workshop was a success because of the enthusiastic and lively participation of the children



## 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@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org). The best ones will be showcased on our Instagram page.

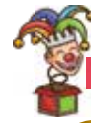


**"Give thanks to the Lord of lords:  
His love endures forever."**

Psalm 136:3



Colour this picture and send it to us on the WhatsApp number +91 6238 105 775 or email it to [kairosbuds@jykairosmedia.org](mailto:kairosbuds@jykairosmedia.org) before 25th October, 2021. The best ones will be featured on our Instagram page.



LET'S LAUGH



## St. Francis Assisi Preaching to the birds

Once when St. Francis Assisi was passing through the Spoleto valley, he came upon a place in which a great multitude of birds of various kinds had assembled. Filled with love for God who created them, he ran and greeted the birds.

The birds did not take flight and going to and fro among them, touched them with his tunic. He then spoke to them about the Word of God, 'My brother birds, you should greatly praise your Creator and love him always. He clothed you with feathers and gave you wings to fly. Among all

his creatures, he made you free and gave you the purity of the air. You neither sow nor reap, he nevertheless governs you without your least care.'

At these words, the birds gestured a great deal, in their own way. They stretched their necks, spread their wings, opened their beaks and looked at him. They did not leave the place until, having made the Sign of the Cross, he blessed them and gave them permission.

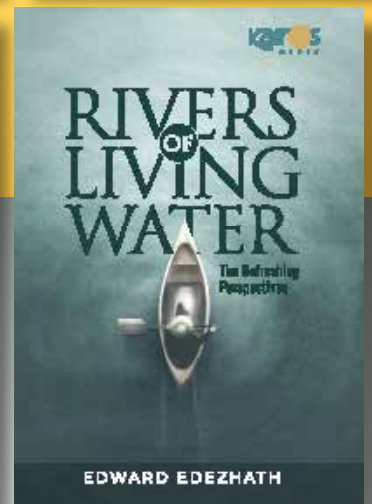
From that day on, he carefully exhorted birds and beasts and even insensible creatures to praise and love the Creator.





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