

KAIROS

VOLUME 1 » ISSUE 19

Buds

A CATHOLIC MAGAZINE FOR CHILDREN

WITHIN

**The
Birmingham
Oratory**

**John Paul II –
The Great!**

INNOCENT
as doves



Jesus Youth

A Missionary Movement at the Service of the Church

WITHIN

KAIROS
Buds

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EDITORIAL

WHITE SHEETS OF PAPER

My language teacher in primary school was a Catholic nun. Besides teaching the school syllabus, she would take the time and effort to impart moral values and ethics to the students too.

One day she came to class with a white A4 sized paper and asked us, 'What do you see?' We all replied, 'A white sheet of paper.' Then she took her black pen and made a visible dot at the centre of it, and asked the class again, 'Now, what do you see?' We all exclaimed, 'A black dot.' That great nun went on to explain the activity. She told us that even though it was just one black dot on a white sheet of paper, none of us had said that we saw a black dot on a white sheet of paper. Rather, everyone noticed only the black dot though the rest of the paper was clean and white.

That day she taught us a great lesson, to make a deliberate effort to stay pure and holy. Like a sheet of white paper, we are encouraged to stay spotless and clean. The Psalmist prayed so beautifully: *Create in me a clean heart, O God, and put a new and right spirit within me* (Psalm 51: 10).

The great saint, Josemaria Escriva once said, 'When you decide firmly to lead a clean life, chastity will not be a burden on you: it will be a crown of triumph.' In this edition of *Kairos Buds* let's learn more about the great virtue of chastity.

Nobin Jose
EDITOR-IN-CHIEF
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THE ORATORY, BIRMINGHAM, UK

- STEFFI SIBY » BLACKPOOL, UK

The Oratory in Birmingham is a church but it is much more than a church building. It contains a religious congregation with a rich history. There are two saints who made it possible for the Oratory to exist as it is today: St John Henry Newman and St Philip Neri.

The Birmingham Oratory was founded by St John Henry Newman on 1st February 1848. St Newman was an Anglican priest who converted to the Catholic faith and became a priest in 1847. In Rome, he joined the Congregation of the Oratory founded in the 16th century by St Philip Neri.

St Philip Neri is known as the patron saint of humour and joy because of his

lively personality. This person to him. He with the question, when shall ye begin He visited hospitals sick. He did to create

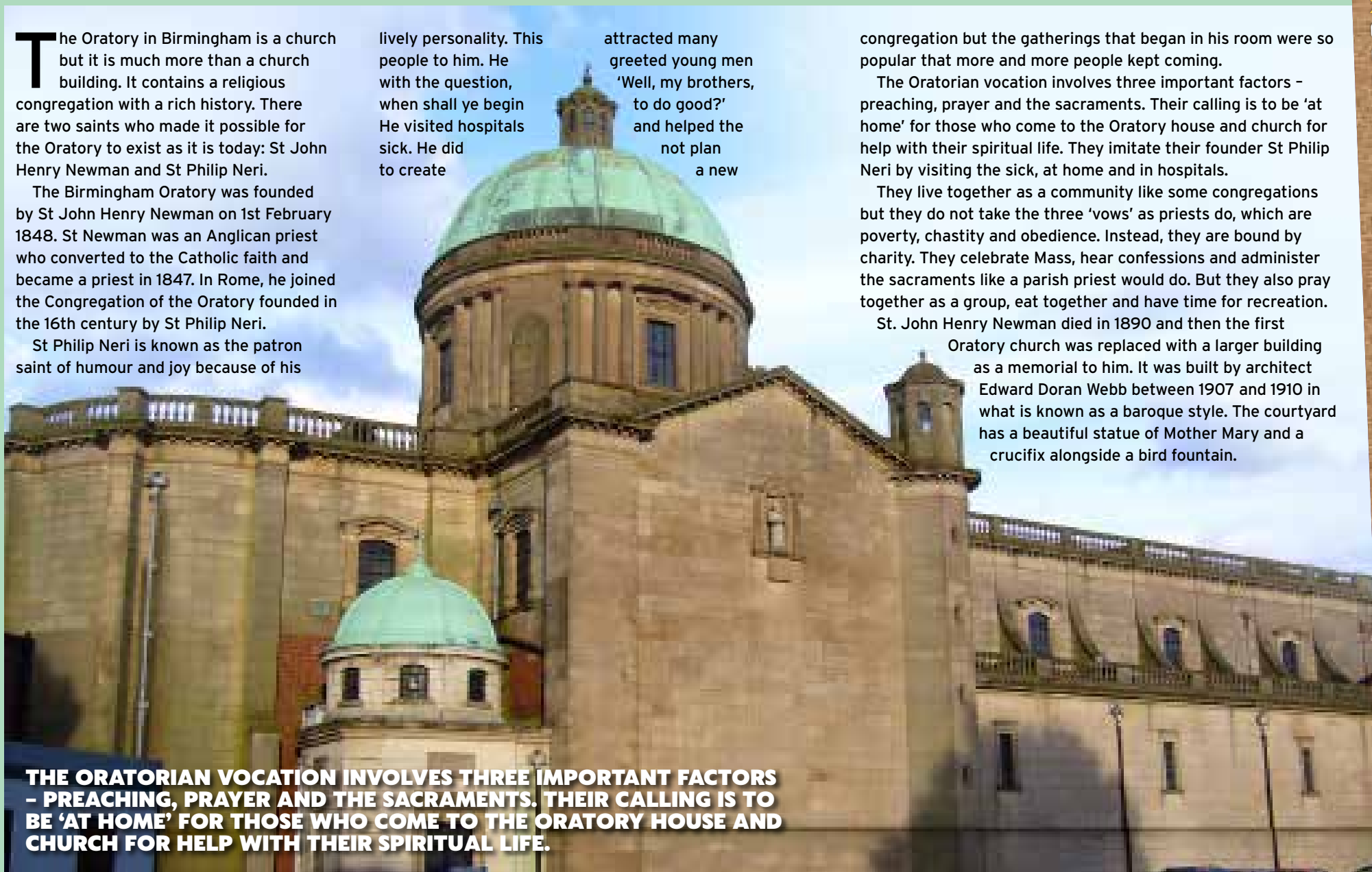
attracted many greeted young men 'Well, my brothers, to do good?' and helped the not plan a new

congregation but the gatherings that began in his room were so popular that more and more people kept coming.

The Oratorian vocation involves three important factors - preaching, prayer and the sacraments. Their calling is to be 'at home' for those who come to the Oratory house and church for help with their spiritual life. They imitate their founder St Philip Neri by visiting the sick, at home and in hospitals.

They live together as a community like some congregations but they do not take the three 'vows' as priests do, which are poverty, chastity and obedience. Instead, they are bound by charity. They celebrate Mass, hear confessions and administer the sacraments like a parish priest would do. But they also pray together as a group, eat together and have time for recreation.

St. John Henry Newman died in 1890 and then the first Oratory church was replaced with a larger building as a memorial to him. It was built by architect Edward Doran Webb between 1907 and 1910 in what is known as a baroque style. The courtyard has a beautiful statue of Mother Mary and a crucifix alongside a bird fountain.



THE ORATORIAN VOCATION INVOLVES THREE IMPORTANT FACTORS - PREACHING, PRAYER AND THE SACRAMENTS. THEIR CALLING IS TO BE 'AT HOME' FOR THOSE WHO COME TO THE ORATORY HOUSE AND CHURCH FOR HELP WITH THEIR SPIRITUAL LIFE.

FACTS

- » The Birmingham Oratory Church is also known as the Church of the Immaculate Conception.
- » It is often called 'Little Rome in Birmingham' because of its baroque style.
- » Music plays a great role in The Oratory's worship, for St Philip Neri believed that music had the power to bring out the good in people.
- » St John Henry Newman's possessions, manuscripts and liturgical objects can be seen at his museum in the Oratory.
- » The Oratory played a huge role in the life of the young J.R.R. Tolkien, who wrote The Lord of the Rings.



Prudence, Purity, Modesty

ANNE THOMAS » TEXAS, USA

*You are
altogether beautiful,
my love; there is
no flaw in you*
Song of Solomon 4:7

CLOTHING IS OFTEN USED AS A WAY OF EXPRESSING OURSELVES.

When we wear comfortable clothes we like, we feel more confident in ourselves. Modesty is usually portrayed as only about our choice of clothing or how we outwardly appear to other people. True modesty is not just the piece of clothing worn, but the intention behind our choices. Modest clothes also depend upon the context of the situation. Clothes appropriate to be

worn to the beach and to church on Sunday are different. Different clothing may also be appropriate to wear in different cultures. Modesty does not just exist in the material world or with the judgement of others. Modesty involves the way we talk, think, and treat other people. It is through the intention of our thoughts, actions, and deeds, that we can practise modesty in our lives.

As one of the Beatitudes states 'Blessed are the pure in heart for they will see

God.' Our goal for modesty is to build purity through our thoughts, words, and deeds. One should strive to reflect pureness of heart in day-to-day life. We must strive for temperance in our thoughts and actions so as to reach pureness in heart. For example, boasting about our accomplishments or shaming others out of anger fails to reflect our modesty in action. Through prudent choices in our pure intentions, we can practise the virtue of modesty. Practising

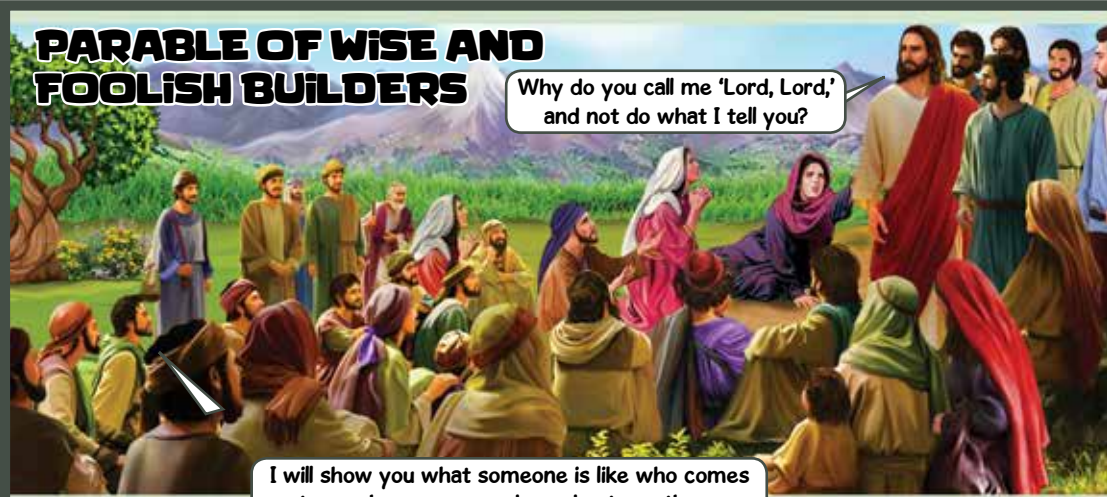
modesty allows us to reach purity in heart and find joy through our intrinsic beauty recognised by the eyes of Christ. Each one of us is made uniquely and wonderfully in the image and likeness of God. Our unique personalities and interests can be expressed outwardly while also desiring to portray pure intentions in our actions. God calls us to practise modesty and honour our inner body, the temple of God.

ONE SHOULD STRIVE TO REFLECT PURENESS OF HEART IN DAY-TO-DAY LIFE. WE MUST STRIVE FOR TEMPERANCE IN OUR THOUGHTS AND ACTIONS SO AS TO REACH PURENESS IN HEART.



PARABLE OF WISE AND FOOLISH BUILDERS

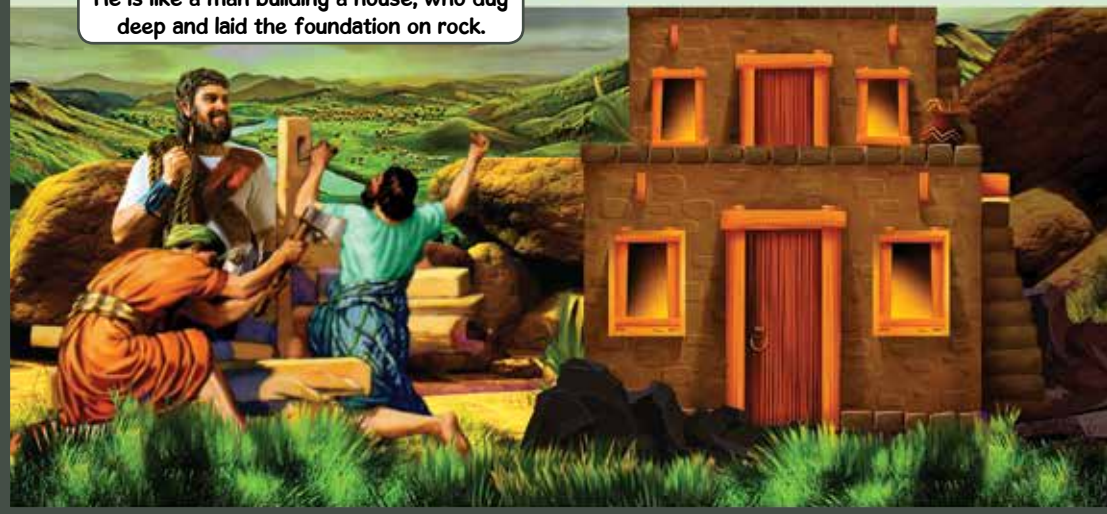
Why do you call me 'Lord, Lord,' and not do what I tell you?



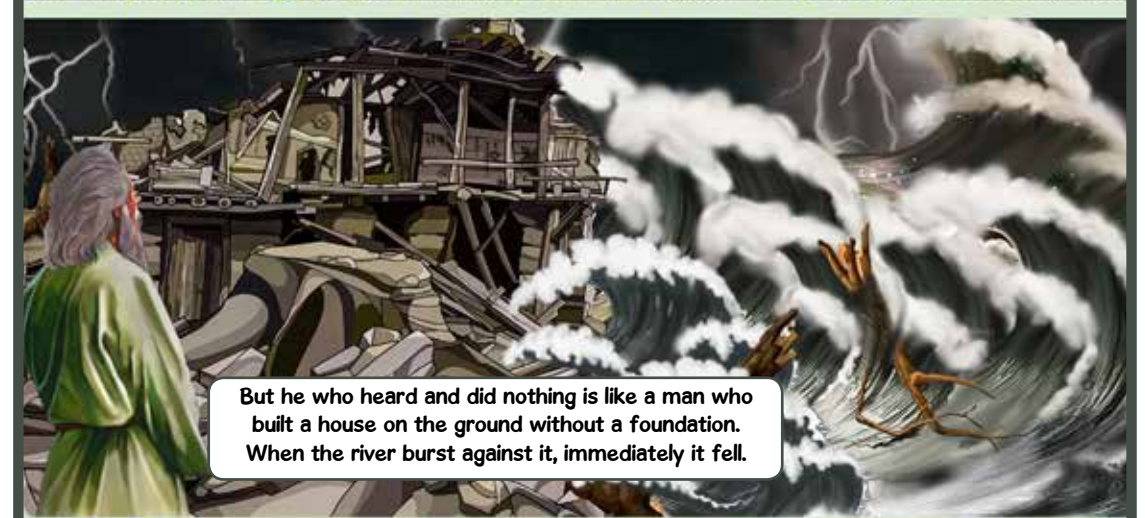
I will show you what someone is like who comes to me, hears my words, and acts on them.



He is like a man building a house, who dug deep and laid the foundation on rock.



And when the flood arose, the river beat vehemently against that house, and could not shake it, for it was founded on rock.

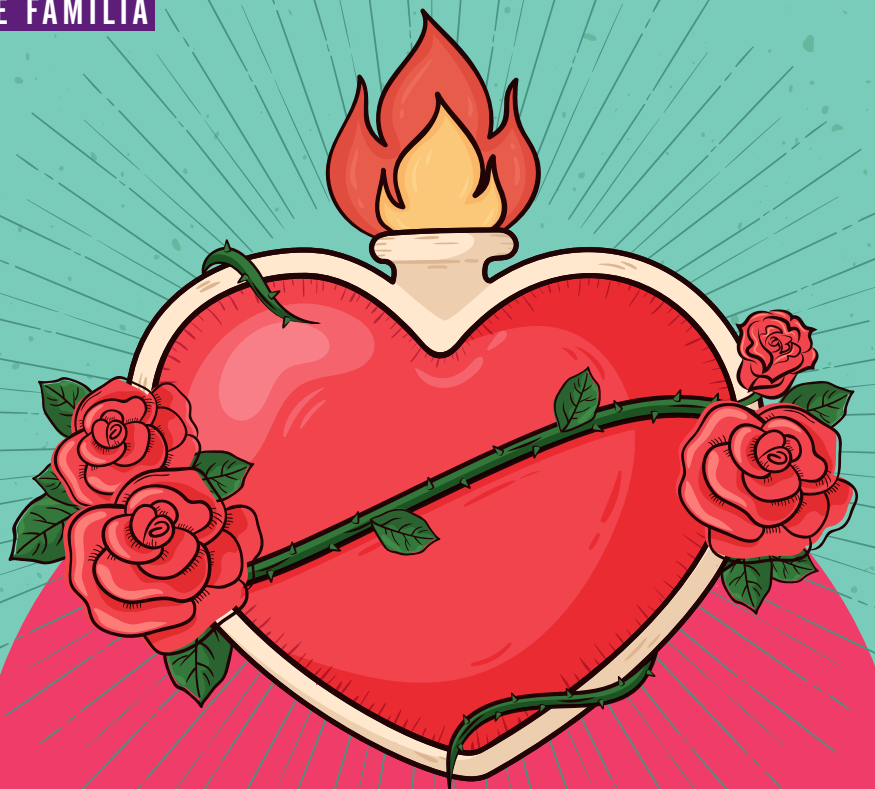


But he who heard and did nothing is like a man who built a house on the ground without a foundation. When the river burst against it, immediately it fell.



And the ruin of that house was great.

STORY: SR. SUMA THOMAS CSM
ILLUSTRATIONS: GEETHU THOMAS



**create in me a
clean heart,
O Lord**

(Ps. 51:10)

- JACKLINE DSOUZA » SELANGOR, MALAYSIA

Clean up! Keep it neat and tidy, we keep hearing this frequently, isn't it? Our parents/teachers keep reminding us to keep everything clean. But why? Primarily because we need a clean house to live in or a clean place to study or play. If that is the case, do you think we need to keep our hearts clean? Of course, yes! Because Jesus, the creator of the whole universe, our God and our best friend is dwelling in our heart!

One way to keep ourselves pure in body, mind and soul is by practising the virtue of chastity; chastity means to love our neighbour like Jesus, without any selfish desires or motives.

Let us see how we can live chaste lives full of purity. The only reason our heart becomes impure is when we sin. Sin creeps into our lives in different forms: envy, lust, jealousy, hatred, disobedience, greed, gluttony, pride, sloth, etc. We must be alert and mindful of occasions that can lead us to sin. We can however overcome these temptations by practising LOVE. LOVE stands for Listen, Obey, Very Sorry, and Effort.

LISTEN: We must listen to what GOD says, we can listen to GOD's voice when we listen to our elders who are his representatives in our lives.

OBEY: Once we have carefully listened to God's voice, we must now do what God says out of obedience, and

that brings honour and glory to God.
SORRY: What if we fail to listen and obey God's voice? We must immediately say sorry, not just sorry, but we must be deeply sorry for our mistakes and God will readily forgive us.

EFFORT: We must make every effort possible to correct our mistakes and avoid repeating the same mistakes again.

When we practise these four steps, we can avoid sin and our heart becomes pure for our Lord Jesus to dwell in. But why exactly should we make efforts to keep our heart pure? That is because Jesus loves us and we love Jesus. It reminds us that we are weak and on our own we cannot avoid sin so let us ask the help of the Holy Spirit to enable us to keep our heart clean.

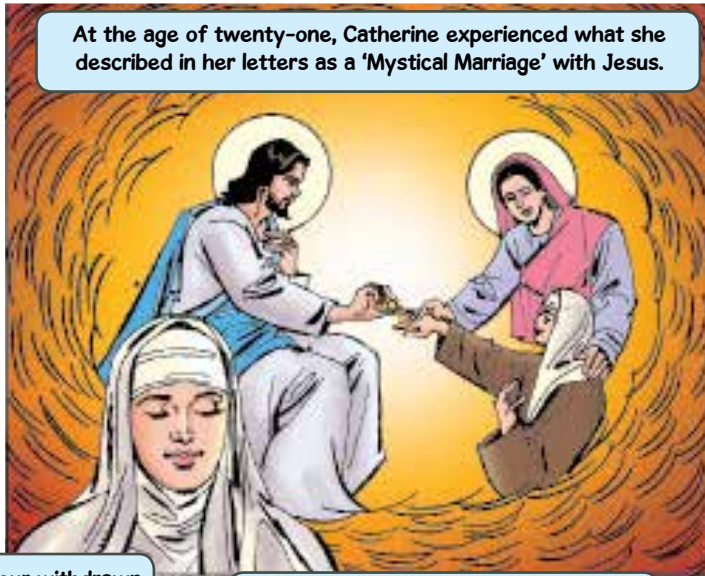
Shall we pray?

**Dear Holy Spirit, help me
to keep my heart clean and
pure for my friend Jesus.
Create in me a clean heart
O Lord
(Ps. 51:10),
we pray in Jesus's Name.
Amen.**



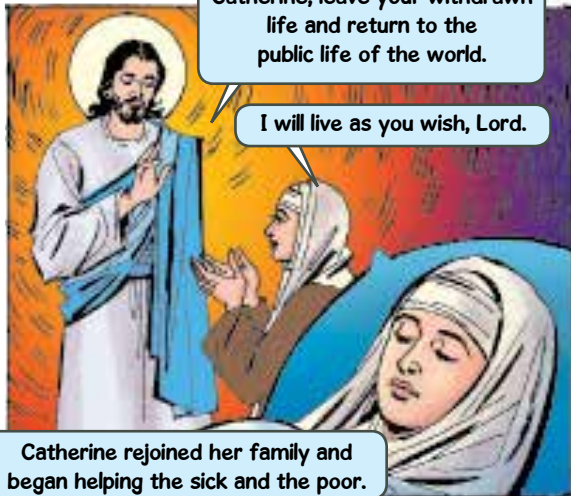
ST. CATHERINE OF SIENA PART : 2

At the age of twenty-one, Catherine experienced what she described in her letters as a 'Mystical Marriage' with Jesus.



Catherine, leave your withdrawn life and return to the public life of the world.

I will live as you wish, Lord.



Catherine rejoined her family and began helping the sick and the poor.

Her works of charity attracted a group of men and women, who followed her and helped with her mission.



As Siena became troubled with social and political tensions, Catherine found herself intervening in wider politics.

The city states must remain loyal to the Holy Father, the Pope.



She began travelling with her followers calling for reform in the Church, and urging people to repentance and renewal.

Let complete love for God guide your life.



In 1375, when those against the Pope were gaining strength, she was able to influence the city of Pisa and Lucca away from them.



It was in Pisa in 1375 that she received the stigmata, visible at Catherine's request, only to herself.



From 1375 onwards, she began dictating letters to scribes. Through these letters, she begged for peace between the republics and principalities of Italy and for the return of the Papacy from Avignon to Rome.



Please write this down.

TO BE CONTINUED..

STORY: SUBY EMMANUEL
ILLUSTRATIONS: MADHU S

MINI MARIAN GARDEN

- ALINA ANN MATHEW » PALA, INDIA

Having a Marian garden is a very simple way to honour our Blessed Mother. It's very easy to do and can enhance our own devotion to Mary as well.

MATERIALS REQUIRED



- A statue of Mama Mary
- A flower pot/planter
- Potting soil
- Low maintenance plants available at home. (Choose indoor plants if you are planning to keep it inside.)
- Rocks / pebbles

PROCEDURE

Step 1. First, start by filling your planter with potting soil.

Step 2. Add the statue of Mother Mary and secure it.

Step 3. Place the selected plants one by one into the soil.

Step 4. Use rocks or pebbles to decorate and keep the soil in place while watering.

Step 5. Find a spot to place your mini Marian Garden.

Bring everyone at home together to recite a Hail Mary together. Make sure to water your garden and pray daily at your mini shrine.



- ANTONY SACHIN » ERNAKULAM, INDIA

Hospitals and medical care facilities are all around us. But did you know that 26% of the non-governmental health care services worldwide is provided by the Catholic Church? Why is the Catholic Church so interested in running hospitals? Did Jesus command us to start hospitals?

Though that was not the case, surely Jesus's healing ministry is the main influence behind the Church's health care services.

Hospital treatment during the Greek and Roman periods were

and grandfathers, who were doctors before them in the family business.

During the 3rd century, when Christians were being persecuted by the Romans, a smallpox plague ravaged Rome, killing thousands every day. If a village was affected by it, the practising doctors would not go there for fear of getting infected. In addition, Christians were blamed for the pandemic because they refused to worship the Romans' pagan gods. The people of Rome failed miserably and were helpless in controlling the spread of the plague. It was in this tragic time that



390 AD. No gender-based discrimination was shown in the running a hospital. The modern hospital as we know

The modern hospital as we know it was purely an initiative of the Catholic Church; the vast developments in medicine kick-started because this mission of caring for the sick was established.

Christians came forward, risking their lives to treat those affected. The healing mission of Christ motivated them to treat their Roman persecutors with great love and compassion. This changed the minds of many Romans and many people started converting to Christianity.

By the beginning of the 4th century, Christian persecution in Rome ceased. Around 372 AD, St Basil erected an 'almost new city' for the sick, poor and leprosy, outside the walls of Caesarea. There were separate housing facilities for doctors and nurses. This was the first model of a modern hospital in the world. Fabiola, a Roman woman who had converted to Christianity, started a hospital in the west in

it was purely an initiative of the Catholic Church; the vast developments in medicine kick-started because this mission of caring for the sick was established.

Early Christians not only had deep faith in God but also used their intellect to provide good health care services to the sick and the poor. Their openness to new knowledge and medicines gradually resulted in the formation of medical schools in the later centuries which again resulted in the growth and spread of medical care worldwide.

Hospitals AND THE Catholic Church

not as we have today. They had medical treatment centres known as valetudinaria that catered especially to soldiers, mainly during wartime. The hospital system of today, where patients are treated in a specific location by well-trained doctors and nurses, did not exist. Medical doctors provided one-to-one service, going from village to village. These doctors did not receive their training from medical schools, rather from their fathers



Can you identify?

To play this game, you have to roll the dice and identify the image to move forward.

START

1



2



3



4



5



10



9



8



7



6



11



12



13



14



15

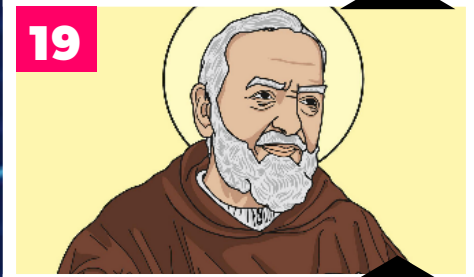


FINISH

20



19



18



17



16



(You will need a dice and tokens for each player.)

IVAN JOHN MATHEW » 11 YRS » UAE



TESS JOSE » 11 YRS » ABU DHABI, UAE



NEVIN J THOMAS
» 13 YRS » KOTTAYAM, INDIA



ELVA MARIA NIDHEESH
» 11 YRS » SINGAPORE

ASK AND YOU SHALL RECEIVE



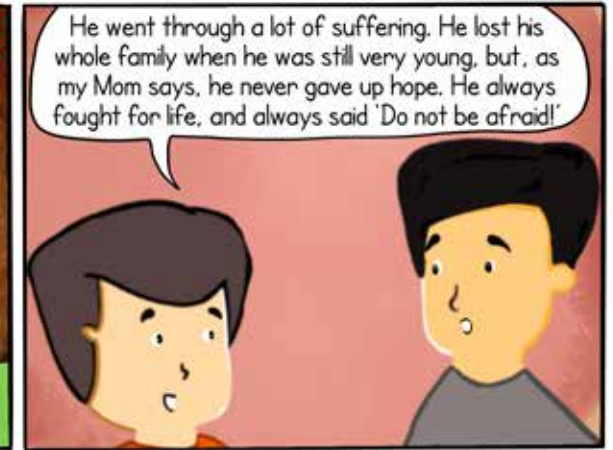
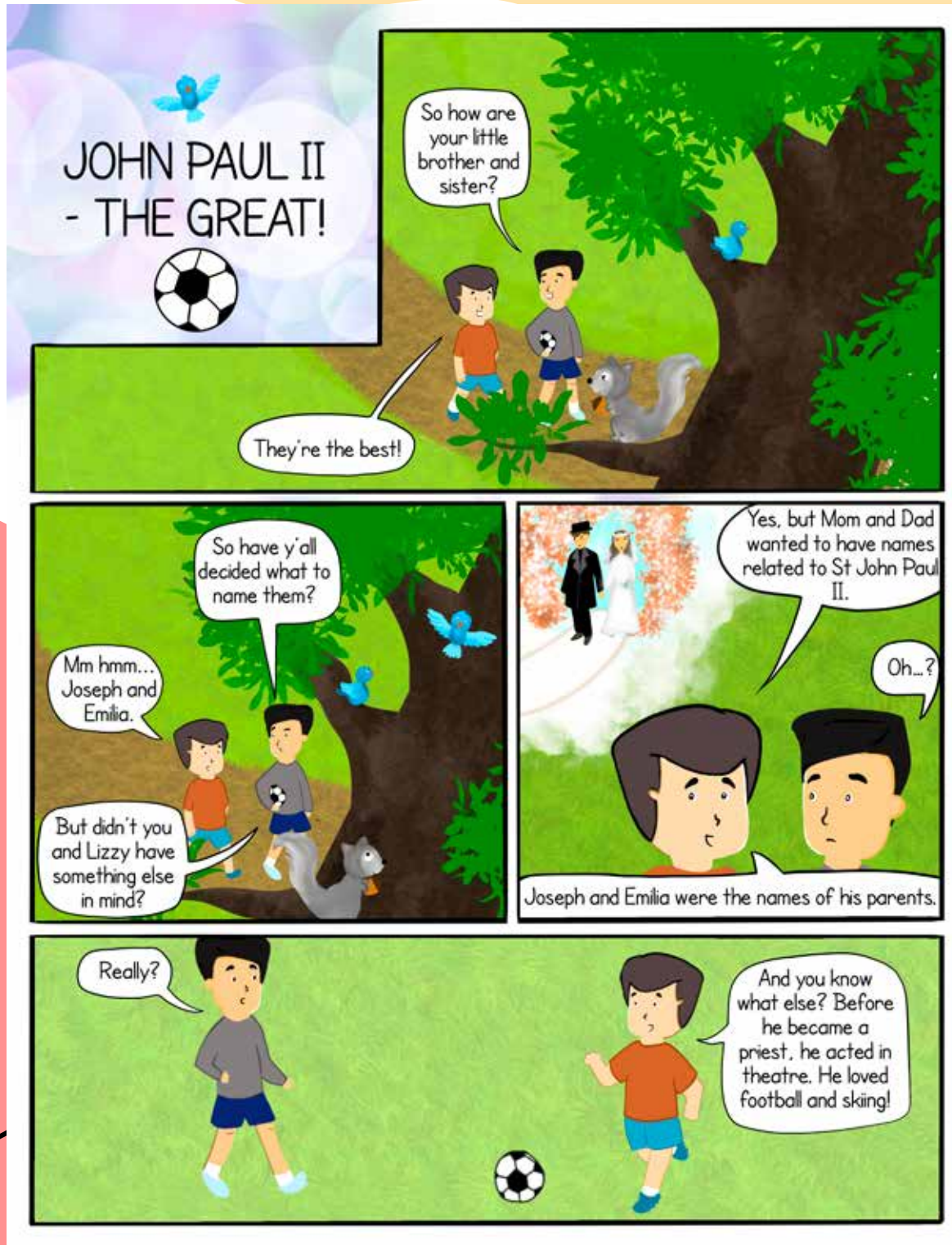
GIOVANNI LEWIS » 16 YRS
» HOUSTON, USA

As a teenager, we usually enter a transitional phase where we take up more responsibility in everything we do, whether that be school or personal life. Through everything, we gain a sense of pride and ability that we are able to go through and do things by ourselves. But the truth is, there will be times where we have a task or an assignment that is just too much for us to handle on our own, and instead of trying to bear the huge burden by ourselves, the number one thing we should do is to ask Jesus to help carry that burden. Jesus is the only person who can support you and if you allow him, the burden you are experiencing becomes so much lighter and you really feel that everything is going to be alright. Let me share the experience that I

felt in this scenario.

I faced a difficult time during one of my years in high school because I was easily stressed and had loads of work that I needed to finish before a certain deadline. The classes I had taken that year were tough, and I needed to study a good load before taking the test to be well-prepared. I felt like I had a million and one things that I needed to finish, and that left me feeling very stressed out. But someone told me that if I put my faith in the Lord, he would take it from there, and I did so. In the coming week, I had scored well in all my exams. Ever since then I put my trust in the Lord and now my weeks have been so much more peaceful.

Now as I go on, if I have any slight doubt or fear, I ask the Lord to help; that through his grace I overcome any anxiety that I feel. I truly believe that if you ask you will most definitely receive from the Lord.



STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

- JILU CHENGAT » MASSACHUSETTS, USA

This month, we will reflect on another of the four temperaments, the melancholic. St John the Evangelist, with his beautiful and poetic reflections in Scripture, likely had a melancholic temperament! Like all temperaments, melancholics tend towards certain behavioural characteristics, both positive and negative, but knowledge of these natural tendencies provides strong foundations for parenting future saints!

melancholic child's life.

A melancholic tends to be strong-willed but in quite a different way than a choleric. Whereas a choleric may start a revolution, a melancholic will stand his ground with a hunger strike fuelling an inner rebellion. The struggle with pride also looks different in melancholics who battle with perfectionism. Sloth and hesitations can prevent a melancholic from achieving their goals. As a parent, it is important to guide your

melancholic child with affirmations and encouragement, counteracting their natural pessimism. When they experience failure, commend them on their perseverance and effort. Without this, they can become paralysed by their own self-doubt and self-criticism. A simple spiritual exercise for even a young melancholic, might be to give thanks for three things that happened that day. This constant reminder of joy



A DEEP DIVE INTO THE MIND OF A MELANCHOLIC

Part 3 in the Five Temperaments series.

One of the greatest strengths of a melancholic is a deeply reflective nature. You might find them engrossed in puzzles or pondering the beauty of nature, as they truly enjoy solitary activities. Since such children may not demand attention because of their reserved natures, it is essential for a parent to provide a consistent personal time for sharing and reflection. A melancholic child will have many thoughts but will need time and space to feel comfortable to share. You may be surprised by their profound insights on the colours of the sunset or sadness for Jesus on the cross. Cultivating this inner richness and directing it to a personal relationship with God will develop a strong foundation for a



and gratitude will be a powerful antidote to the natural discouragement and moodiness to which they are prone.

As always, we can look to the saints as models for parenting and intercession. The life of St Edith Stein (Benedicta of the Cross) reveals that it is possible for a melancholic to experience the joy of heaven on earth through a perfection and purification of their temperament. She possessed strong ideals that often came in conflict with the struggling realities of the world and faith, but she

found hope in the person of Christ and in her conversion to Catholicism. She struggled with depression and doubt but continued to follow Christ to the point of martyrdom. As parents, we have a beautiful privilege of redirecting our melancholic children to the hope of eternal life and their own futures as saints, on both sides of heaven!

CULTIVATING THIS INNER RICHNESS AND DIRECTING IT TO A PERSONAL RELATIONSHIP WITH GOD WILL DEVELOP A STRONG FOUNDATION FOR A MELANCHOLIC CHILD'S LIFE.

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

BELIEF AND THE BIG BANG

The four friends are still on their journey with Mr Thomas.

They have just finished the evening Rosary.

Amen!

In the name of the Father and of the Son and of the Holy Spirit.

Amen!

You know guys, Mr Thomas used to be a teacher. He's been to our destination before, and can help us.

What subject did you teach, Sir?

Science, Paul.

John!

Isn't it difficult to actually teach science with one's Christian beliefs?

That's alright Paul. John's free to speak.

Yup, it's totally fine Paul. John, could you be more specific by what you meant?

Well, you see... science explains that the universe came into being with the Big Bang, right?

Yes, that's how it's explained.

BIG BANG!

But as Christians, we believe God created everything. So doesn't this actually contradict our belief?

Well, I'll try to clear your doubt. It can be explained on different levels, but let's look at it from the basics.

Let the wise listen and add to their learning, and let the discerning get guidance.

TO BE CONTINUED..

STORY: ANISH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

TAKE CARE

Hello buddies, don't we all love to run to the playground on a beautiful sunny day, to play on swings and slides. But, in the blink of an eye, the happy scene can change to crying faces if we aren't careful.

Though the vast majority of outdoor accidents can be treated by an adult, simpler issues like sunburn, dehydration and nosebleeds can be addressed on the spot. Let us look at how to address some of the common playground problems.

WEAR THE RIGHT CLOTHING.

Clothes that can get entangled may result in injury. Wear comfortable clothing, and if possible those that do not require drawstrings.

SCRAPES AND CUTS

- Apply direct pressure for 10 to 15 minutes to stop any bleeding.
- Wash the wound with plain water and look for any debris. Cover the wound with an adhesive bandage or other dressing that is airtight and watertight.



the wound. Gently wash the area with mild soap and water. Apply antibacterial ointment. Cover with gauze.

BLACK EYE. Apply cold compress around the eye for 10-20 minutes. Never press directly on the eye or eyelid.



BROKEN BONES. Is it broken? Signs include hearing a snap upon injury, swelling, bruising, pain or difficulty to move, or pain to the touch. Remove clothing from the area and apply an ice pack. Don't move the limb. Use anything you can find as a make-shift splint. Get medical care.

BLOODY NOSE. Sit the injured down, leaning his body and head slightly forward (this keeps blood from running down the throat). Using a tissue or damp cloth, pinch together the soft part of his nose. Wait 5 minutes before checking if bleeding has stopped. Continue another 10 minutes, if needed. Seek medical help if bleeding continues after 15-20 minutes.

HEAD INJURIES. While many playground injuries are minor, head injuries can be serious. If the injured has any signs of a concussion - such as headache, disturbed speech or vision, balance problems or unequal pupils - seek medical attention immediately.

PLAY SAFE

- DR ALEEDA BINOY » BANGALORE, INDIA

SUPERVISION. Inadequate adult supervision is the likely culprit in many accidents. All children under the age of five should have constant adult supervision while on the playground.

DEHYDRATION. Drink fluids frequently, especially when in the sun. Sit or lie down in a cool place when beginning to feel faint or dizzy.

INSECT BITE. Check to see what caused the sting or bite and get away from the situation to avoid further accidents.

- If a stinger is lodged in the skin, remove it by pulling, brushing or scraping it out of the skin.
- Wash the sting or bite area with mild soap and water.
- Use ice packs.
- Get medical help if necessary.



STRAINS AND SPRAINS

- Rest the injured part.
 - Put ice or cold compresses on the area several times a day to reduce swelling.
 - Compress the area with a splint or bandage to prevent swelling.
 - Elevate the injured part so that it's above the heart.
- BLISTERS.** Don't break or 'pop' the blister. This can infect



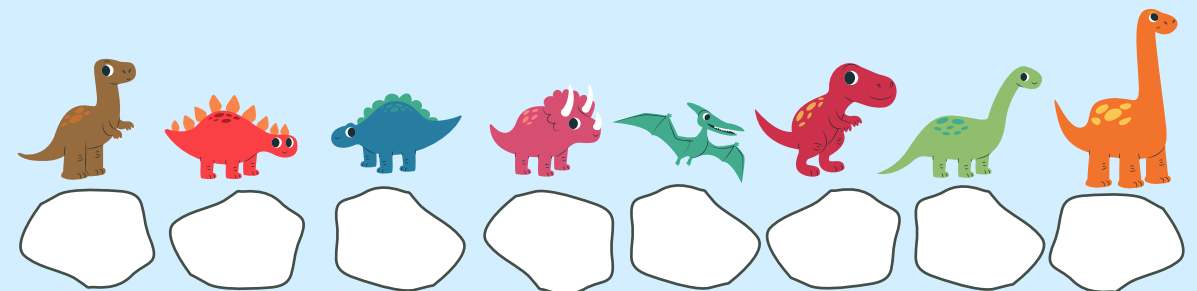
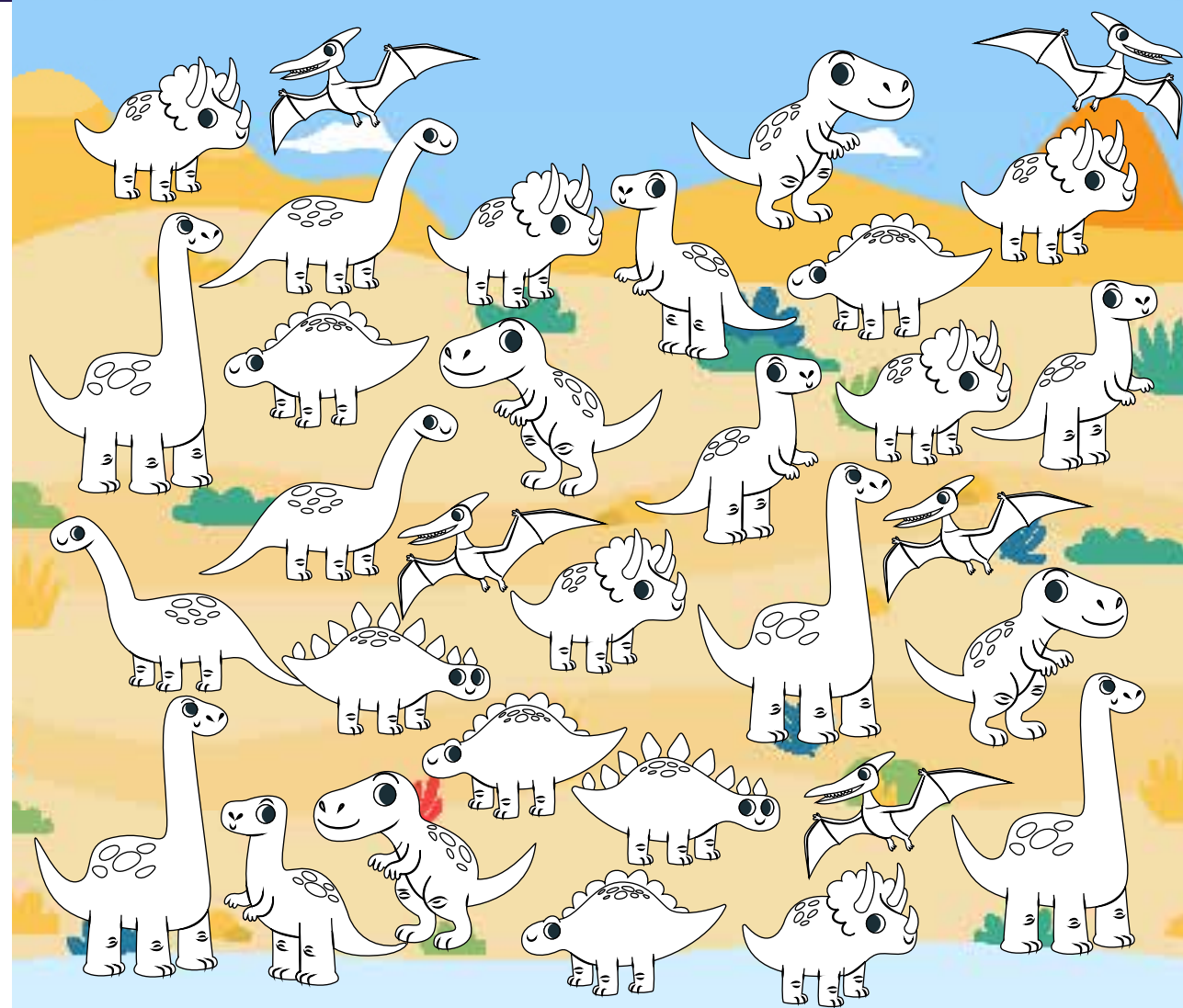
ALWAYS REMEMBER, WHILE OUTDOOR ACTIVITIES ARE VERY IMPORTANT, IT'S MORE IMPORTANT TO PLAY SAFE.

FIND 10 DIFFERENCE



WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) solved Brain Gym to us with your full name, place & photo before 25 July 2022. Correct entries will be featured on our social media pages.

I-SPY! Colour the dinosaurs, count the similar ones and write it down.



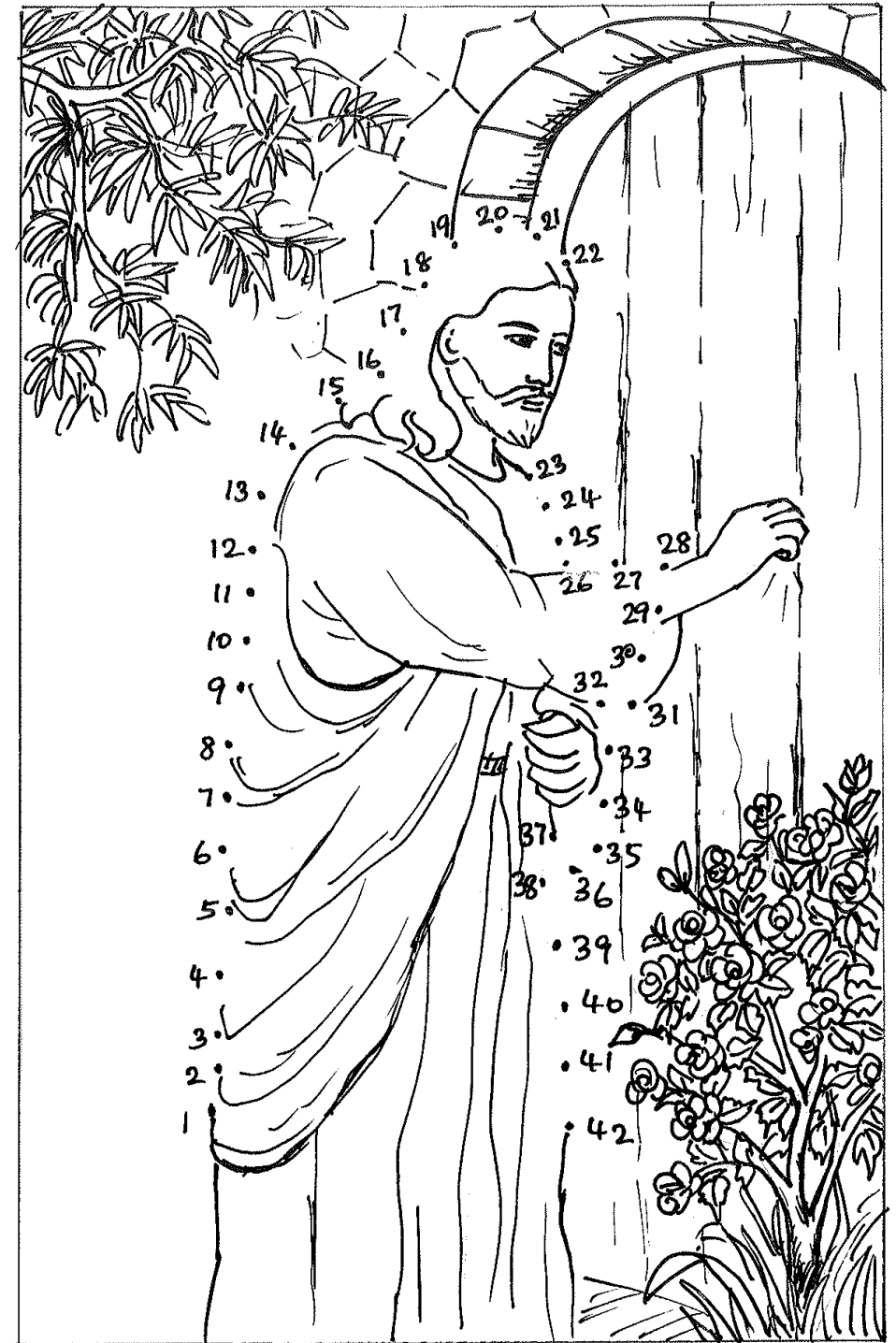
Word Search

Below is the prayer to the Sacred Heart of Jesus. Can you find the highlighted words in the grid below?



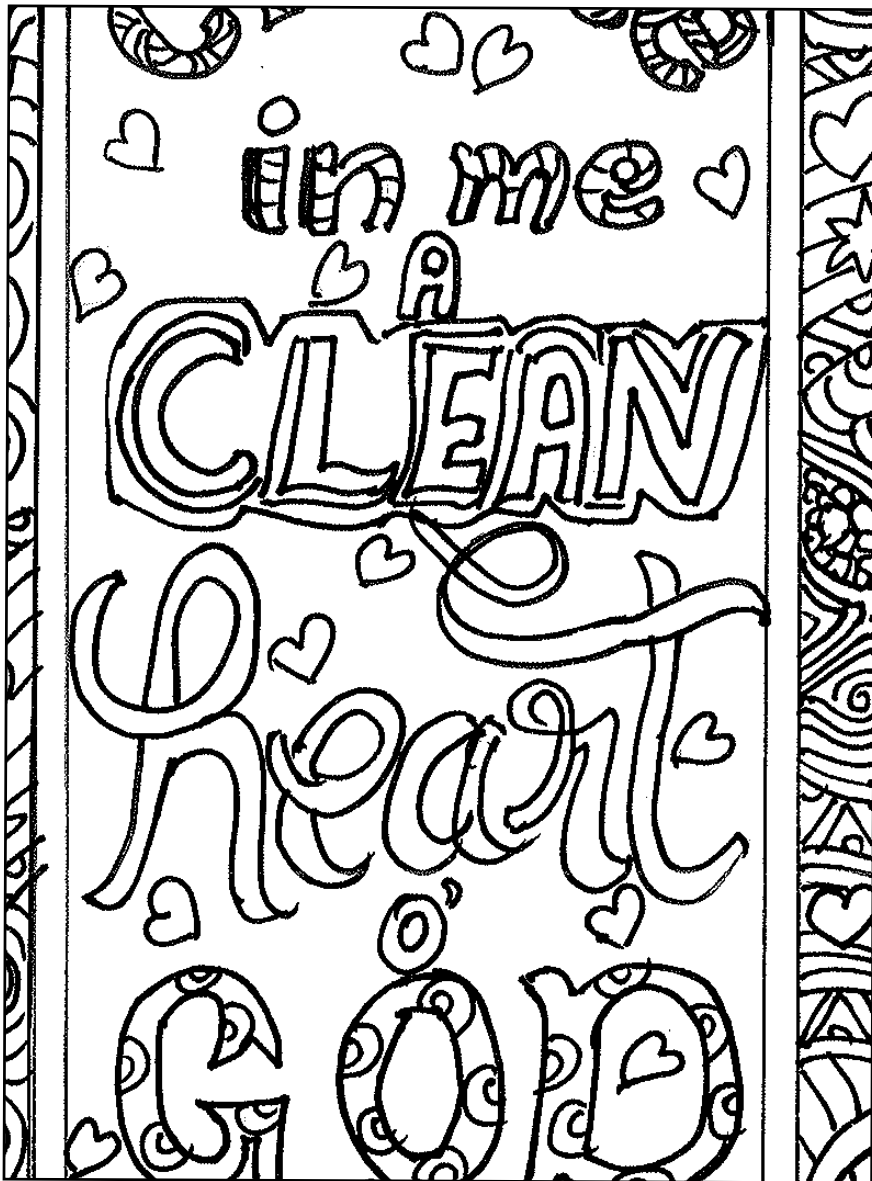
O most **holy Heart** of Jesus, **fountain** of every **blessing**, I **adore** You, I **love** you, and with a lively **sorrow** for my sins, I offer you this poor heart of mine. Make me **humble, patient, pure**, and wholly **obedient** to your **will**. Grant, **good** Jesus that I may **live** in you and for you.

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



WhatsApp (+1 346 339 4500) or email (kairosbuds@jykairosmedia.org) the coloured pictures to us with your full name, place & photo before 25 July 2022. Best ones will be featured on our social media pages.

Create in me a clean heart
O God.
Psalms 51:10



St Francis of Assisi and the Sultan of Egypt



The story goes that St Francis of Assisi sought to meet the Sultan of Egypt, hoping to convert him. But the Sultan had plans of his own. He ordered that a carpet covered with crosses be placed on the floor of the tent. This was his plan: 'If he walks on the crosses, I will accuse him of insulting his God. If he does not, I will accuse him of insulting me.'

When St Francis walked upon the carpet and was accused of impiety, the saint replied, 'Our Lord died between two thieves who also hung upon crosses. We Christians have the one True Cross, while the cross of the thieves we leave to you. Upon these, I am not ashamed to tread.'

Our parents wanted us to read Catholic magazines and introduced Kairos Buds to us. Initially we were not that interested in reading it and it remained among the other magazines on the coffee table. One day, I happened to flip through the pages and I was surprised by what was in it! Then I asked my younger sisters, Isa and Niya to also look at it. Like me, they were both surprised too! From that day on, we started reading Kairos Buds regularly.

From saints' stories to colouring, prayers to activities, everything is just amazing. What I like the most is 'My Canvas' and 'My Story'. My sisters like to do all the activities and colouring. Now we anticipate the arrival of every new Kairos Buds. We recommend it to every Catholic child as it helps us in our faith formation in a very interesting way.

God bless!

ELVA NIDHEESH,
11 YRS | Singapore



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