

Buds



WITHIN

Basilica of
Sant'Andrea,
Mantua, Italy

THE EUCHARIST
EXPLAINED:
ELEMENTS OF
THE MASS

India, UK, Middle East & Hindi Editions

WAITING IS WORTH IT



LOADING...

WAIT &
GROW ..



GOOD
THINGS
TAKE TIME



TAKE
YOUR TIME



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EDITORIAL

Let's Earn Heaven Points

Hi friends! 😊

At home, many families use a point system. When kids do good deeds, they earn points and redeem treats 🍪🎁. That's fun!

But here's a question:

Are we doing good only for rewards, or because Jesus wants us to?

Let me tell you about Ajna George, a young Jesus Youth sister. She loved Jesus deeply ❤️. She wanted to receive Jesus in Holy Mass every day and share Him with others. She served in various Jesus Youth ministries and was a great singer too 🎵.

Ajna became very sick with cancer, but she never stopped trusting Jesus. Her love for Jesus only grew stronger. She went to Heaven at just 27-years-old (21 January 2022). Ajna was truly the 'Nightingale of the Eucharist,' whose voice and life sang of her burning love for Jesus in the Holy Eucharist.

Even today, Ajna inspires many to pray, attend Holy Mass, and live holy lives.

Dear friends, let's try to live like saints - not just for points at home, but for Heaven points!

Let's start by loving, helping, praying, and being kind at home and then carry that same love everywhere we go.

🌟 Shine for Jesus like Ajna!

NOBIN JOSE
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BASILICA OF

Sant'Andrea, Mantua, Italy

- SONA MICHAEL



Imagine a beautiful church in Italy that holds drops of Jesus' own blood – a holy treasure from the time He died on the cross to save us! That's the Basilica of Sant'Andrea in Mantua. This amazing place reminds us of God's great love and helps us grow closer to Jesus.



Christian tradition holds that while Jesus was being crucified, a Roman soldier named Longinus pierced his side with a lance. After Jesus died, Longinus repented for his sin and collected the blood-soaked soil from beneath the cross. This relic – the *Preziosissimo Sangue di Cristo* (Most Precious Blood of Christ) was brought to Mantua by St Longinus together with the Gospel. But the relic was lost in later centuries, and eventually St Andrew revealed the location of the relic to two people from Mantua. This is why the church is named after St Andrew (Sant'Andrea). Pope Leo IX recognised this relic as authentic in 1053.

The basilica was built to house the relics, held in the *Sacri Vasi* – the sacred vessels holding these treasures – which are kept safe in a beautiful crypt underground. On the feast of the Ascension, the relics are brought from the crypt through a hole in the floor directly below the dome. The relics are also displayed on Good Friday and taken in a procession through the city's streets.

The church is named after St Andrew, Jesus' first apostle and brother of St Peter. Andrew was a fisherman who left his nets to follow Jesus right away. He brought his brother Peter to meet Jesus too! St Andrew teaches us to be quick to say 'yes' to God, like a good fisher of people – catching hearts for Jesus.



A Prayer for Little Pilgrims

**Dear Jesus,
Thank You for Your
Precious Blood in
Sant'Andrea.
Help us love You like
St Andrew and St
Longinus.
Wash our hearts clean
and make us fishers of
friends for You.
Amen.**



On the Third Day, God Answered my Prayer

- JEREMY PRINCE PUTHENVALPPI » 10 YRS



I am Jeremy, a homeschooler from Madhya Pradesh, North India. I would like to share something that happened to us a few months ago.

Every morning we go for Mass to Infant Jesus Shrine, at 5.45 am. Often when we go at that time, we see many accidents on a particular road. The last time I saw it, I wondered why there were so many accidents happening on that road. So I decided to pray to God for the accidents to stop.

I prayed for two days. On the third day, when my father passed that road, he saw the police placing speed control barricades there, and checking traffic.

Do you know how I prayed?

I drew the map of that area on a paper, and sat before the Blessed Sacrament and prayed. The next day, as I was an altar boy, I took the map with me for Mass.



On the third day, my prayers were answered when the police came and placed the barricades there.

All Glory to God!



JESUS BEFORE PILATE

(MATTHEW 27:11-26)

After the chief priests and the elders decided to put Jesus to death, they handed him over to Pilate, the governor. As Jesus stood before him, Pilate asked,

Are you the king of the Jews?

You have said so.

The chief priests and the elders made many accusations against Jesus, but he was silent. Then Pilate asked him,

Now it was the governor's custom at the festival to release a prisoner chosen by the crowd. At that time they had a well-known prisoner whose name was Barabbas.



Don't you hear the testimony they are bringing against you?

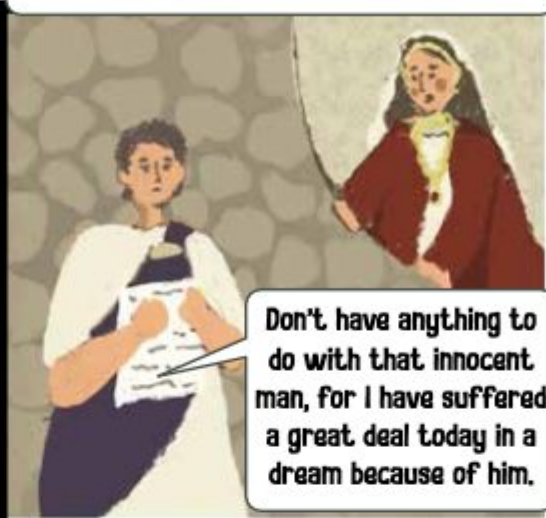
But Jesus made no reply, not even to a single charge — to the great amazement of the governor.

So when the crowd had gathered, Pilate, knowing that it was out of self-interest that they had handed Jesus over to him, asked them,

Which one do you want me to release to you: Barabbas, or Jesus who is called the Messiah?



While Pilate was sitting on the judge's seat, his wife sent him this message:



Don't have anything to do with that innocent man, for I have suffered a great deal today in a dream because of him.

But the chief priests and the elders persuaded the crowd to ask for Barabbas and to have Jesus executed. Pilate said to them in reply,



Which of the two do you want me to release to you?

When Pilate saw that he was getting nowhere, but that instead an uproar was starting, he took water and washed his hands in front of the crowd.

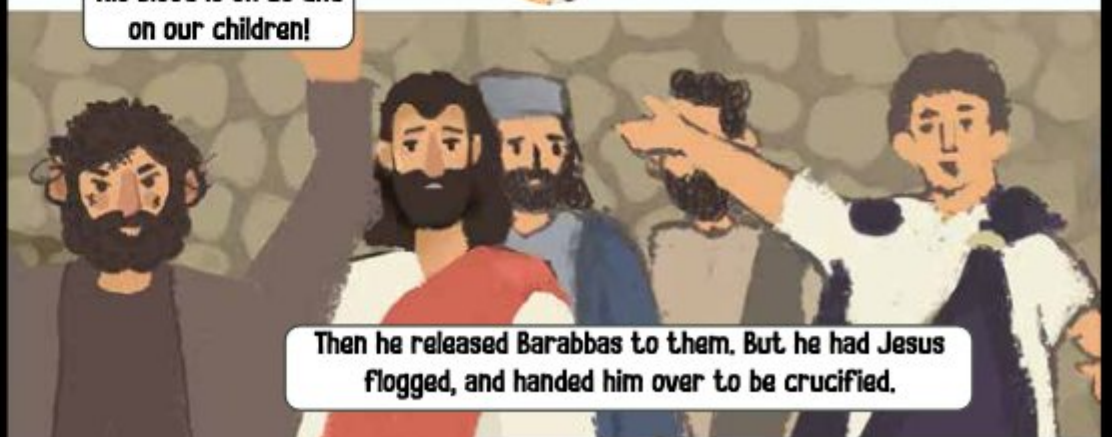


Barabbas.

Barabbas.

I am innocent of this man's blood. It is your responsibility!

His blood is on us and on our children!



Then he released Barabbas to them. But he had Jesus flogged, and handed him over to be crucified.

Hello buddies,
Let us continue learning about Mass. This time we look at the various elements of the Holy Mass and their meaning. We have already seen that the Holy Mass consists of the Liturgy of the Word and the Liturgy of the Eucharist. In a general sense, the Mass can be divided into: The Introductory Rite, the Liturgy of the Word, the Liturgy of the Eucharist and the Concluding Rites.

The Introductory Rites have a twofold purpose: to bring the faithful together as a community, to help prepare themselves to listen to God's Word and celebrate the Eucharist properly.

The Eucharist Explained

ELEMENTS OF THE MASS

- FR JUSTIN JOSEPH PANACHICKAL MSFS

What is one of the first things we do when entering a Catholic church? We dip our fingers in the holy water font and make the Sign of the Cross. This recalls the baptismal washing of the faithful, the sacrament through which we entered into God's family, the Church. By blessing ourselves with holy water, we recommit ourselves to living holy lives in fidelity to Christ, and we prepare ourselves to participate fruitfully in the Holy Mass.

After entering the Church, the first thing we do is to genuflect when the Eucharist is present in the sanctuary. Basically, we touch our right knee to the floor to honour



Jesus, who is really present in the tabernacle! In Eastern rite this is usually a deep bow, bending our backs and not merely head-butting Jesus (keep that in mind next time you bow). Genuflection is 'a reverence made by bending the knee, especially to express adoration of the Blessed Sacrament'. By genuflecting or bowing deeply in a spirit of prayer and as a sign of adoration of the Lord, 'we express our faith in the real presence of Christ under the species of bread and wine' (CCC 1378). To honour the true presence of Jesus Christ, all who pass before the Most Blessed Sacrament outside of Mass, as well as when entering or leaving the church, should genuflect/take a deep bow. It's basically to say hi to Jesus and to honour him.



involves the body and soul even more than speaking. When we sing, we use our whole being to praise God. The Christian faithful who come together as one in expectation of the Lord's coming are instructed by the Apostle Paul to sing together Psalms, hymns, and spiritual canticles (Colossians 3:16). Singing is the sign of the heart's joy (Acts 2:46). Don't forget, 'Whoever sings well, prays twice'. The Entrance Hymn or Antiphon helps us to 'get into' what we are about to do; it helps us set aside everything else going on in our lives and prepare our hearts to praise God and participate in the Mass.



Entrance Antiphon or Hymn

- Here we have the procession of the priests and the altar servers, and we start the entrance song. The priest dressed majestically represents Christ the King (Revelation 1:12-13). We stand as the music begins, as a sign of greeting and welcoming Christ. Singing is one of the most fitting praises for God, since it

What if you are bad at singing...? Because your voice is terrible?

God gave you the voice you have, even if you feel it's terrible; praise God with what He gave you and offer it to Him. So don't be shy...let us raise our voices in song!



I think that's enough for this time. We have more in store! Stay tuned.

ST FRANCES XAVIER CABRINI

Part 2

When Frances was twenty-four, the bishop asked her to help at a girls' orphanage. At the age of twenty-seven, God granted Frances her desire and she finally made her religious vows along with five other women. She chose the name Xavier in honour of the great Jesuit missionary Francis Xavier.



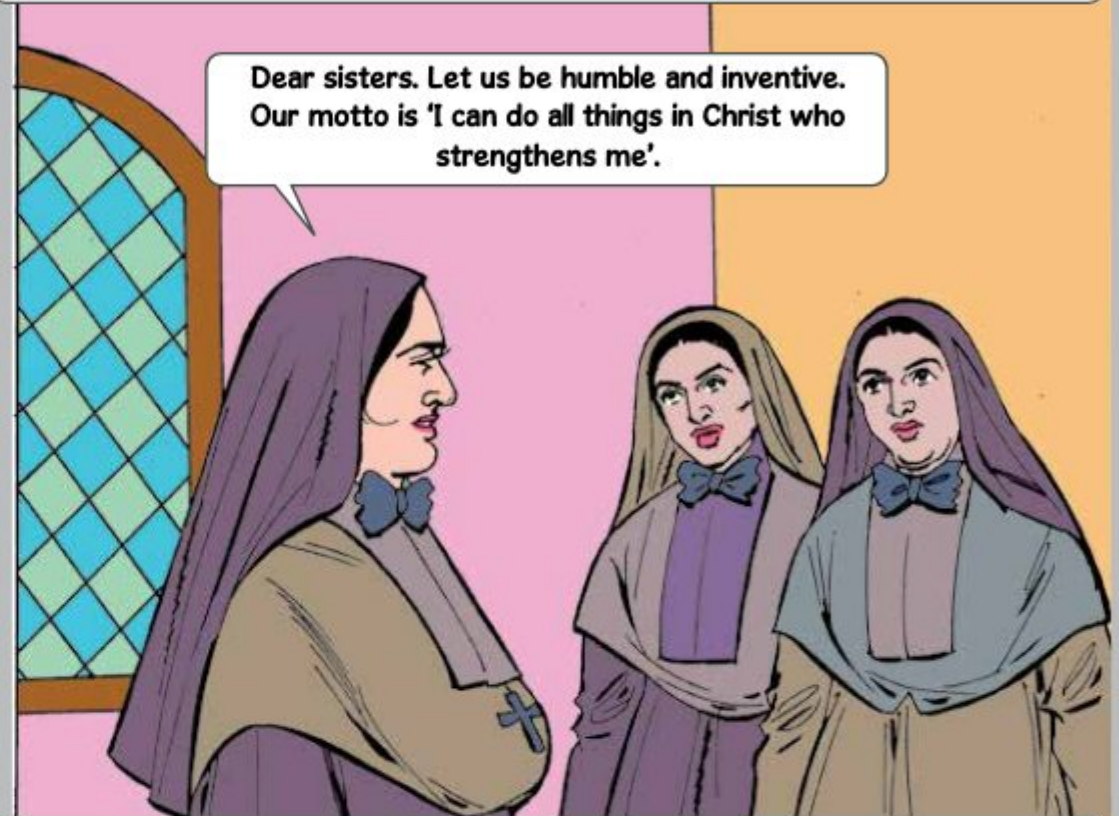
Frances encountered difficulties at the orphanage due to jealousy and mistreatment from others. She was asked by the bishop to form a new missionary convent which became the Institute of the Missionary Sisters of the Sacred Heart of Jesus.

If you are in danger, if your hearts are confused, turn to Mary; she is our comfort, our help; turn towards her and you will be saved.



Mother Cabrini was humble and devout as well as determined and hardworking. She quickly organised the convent and under her guidance, they opened schools, orphanages and a hospital. The sisters cared especially for abandoned children and the poor. Within five years, seven convents were established.

Dear sisters. Let us be humble and inventive. Our motto is 'I can do all things in Christ who strengthens me'.



Mother Cabrini's dream was to do missionary work in China. In September 1887, she travelled to Rome to request the Pope's permission for this. Instead, Pope Leo XIII instructed her to serve in the United States.

Not to the East, but to the West!

I will go anywhere and do anything in order to communicate the love of Jesus to those who do not know Him or have forgotten Him.



To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

JESUS SAID, 'THE KINGDOM OF HEAVEN MAY BE LIKENED TO A MAN WHO SOWED GOOD SEED IN HIS FIELD. WHILE EVERYONE WAS ASLEEP HIS ENEMY CAME AND SOWED WEEDS ALL THROUGH THE WHEAT, AND THEN WENT OFF.'

WEEDS AMONG THE WHEAT

- BRENI PORTALES

Oh no! Weeds are plants that take away nutrients from good plants, like wheat.

Jesus continued by saying that both the crops and the weeds grew together. Then the man's servant asked him 'Where did these weeds come from? Should we pull them out for you?' But the man replied, 'No, don't do that because you might hurt the wheat while trying to pull out the weeds. Let them grow together until harvest and then we can pick and burn the weeds and collect the wheat into my barn.'



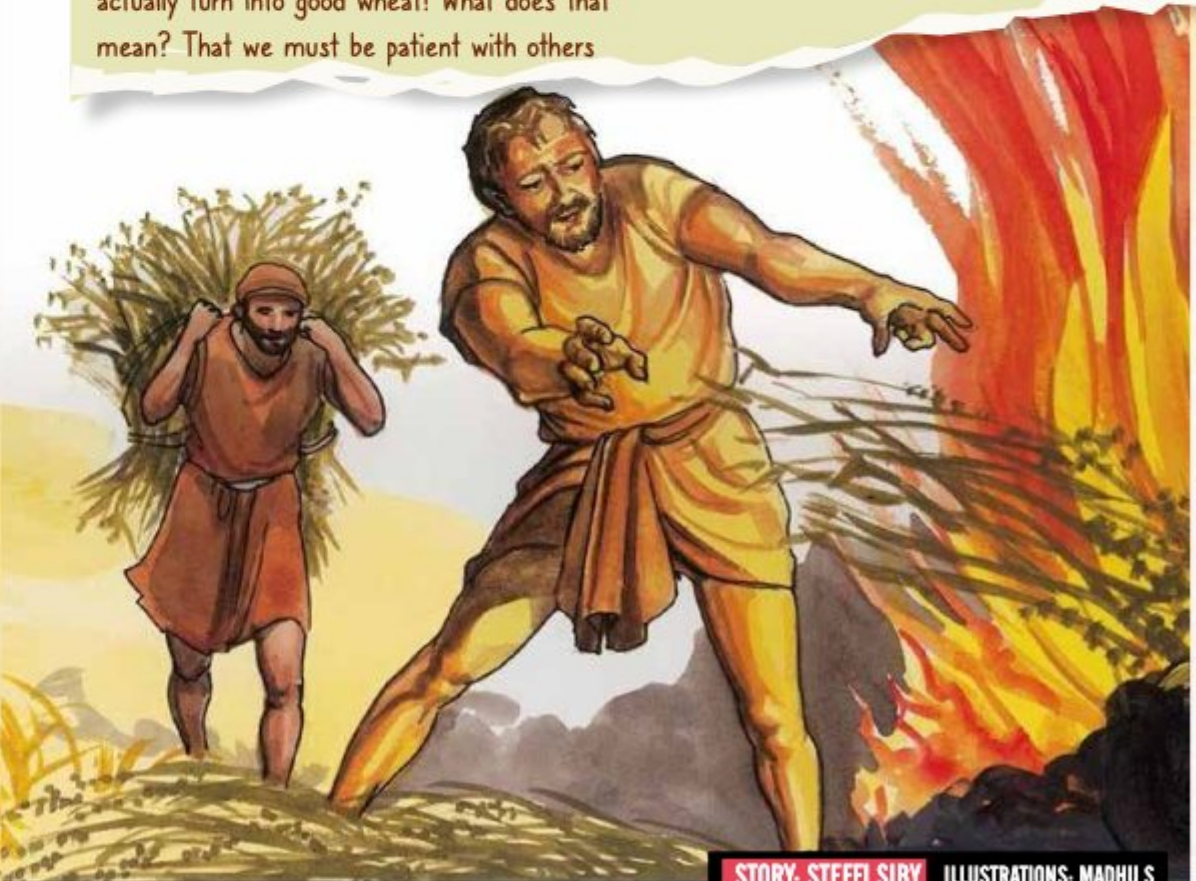
WHAT IS JESUS TRYING TO TELL US ABOUT THE KINGDOM OF HEAVEN IN THIS PARABLE?

Pope Benedict XVI explained this parable in a beautiful way. The Holy Father explained that the field with good seed is the state of grace in our souls, on the day of our baptism. When we are baptised, our soul is like that beautiful field, ready to receive good seeds and grow wheat. We have to take care of our faith so that no evil, or weeds, can take root.

Pope Benedict XVI, Angelus (17 July 2011).

In the parable however, weeds do take root and grow amongst the good seed. What did the man in the parable do? Did he order the weed to be taken out? No, he was patient. St Augustine says that if we are patient with those who do evil – the weeds – they can actually turn into good wheat! What does that mean? That we must be patient with others

and with ourselves. If at times, we don't see the good seed in us or in those around us, let us be patient and pray that the Lord transforms us into good wheat, so that when the time of harvest comes, we may go to His 'barn,' that is to say, to Heaven!



GOD IS MY PRAISE!

- TREASA MARY SHINE » 13 YRS

Dear Diary,

Today was a hard day. I woke up feeling really sick. My head hurt, my body felt weak, and all I wanted to do was sleep. Mom came into the room, checked my temperature and told me to rest. It made me feel sad, like the world was moving on and I, stuck in bed. I tried to be brave, but couldn't stop the tears from coming. I felt lonely and scared, and didn't know when I would feel better.

Dad came into my room this afternoon and sat beside me. He didn't rush or say much at first. He just stayed with me, and that helped. Then he opened his Bible and read a verse to me. He said it was a prayer we could say together.

Heal me, O Lord, and I will be healed; save me, and I will be saved, for You are my praise (Jeremiah 17:14).

When he read it, something changed inside me. I closed my eyes and whispered the words back to God. I realised that even though I felt weak, God is strong. Even though I'm sick, God is the One who heals. Dad reminded me that it's okay to ask God for help and to trust Him, even when things hurt.

I'm still sick, and I'm still sad, but I don't feel alone anymore. God is with me in this bed, in this pain, and in this quiet room. Tonight, I'm choosing to praise Him, just like the verse says, because He is my praise.



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.

VERSE-IVE WRITING

Heal me, O Lord, and I will be healed; save me, and I will be saved, for You are my praise. - (Jeremiah 17:14)

Heal me, O Lord, and I will be healed; save me, and I will be saved, for You are my praise.

Heal me, O Lord, and I will be healed; save me, and I will be saved, for You are my praise.

Heal me, O Lord, and I will be healed; save me, and I will be saved, for You are my praise.

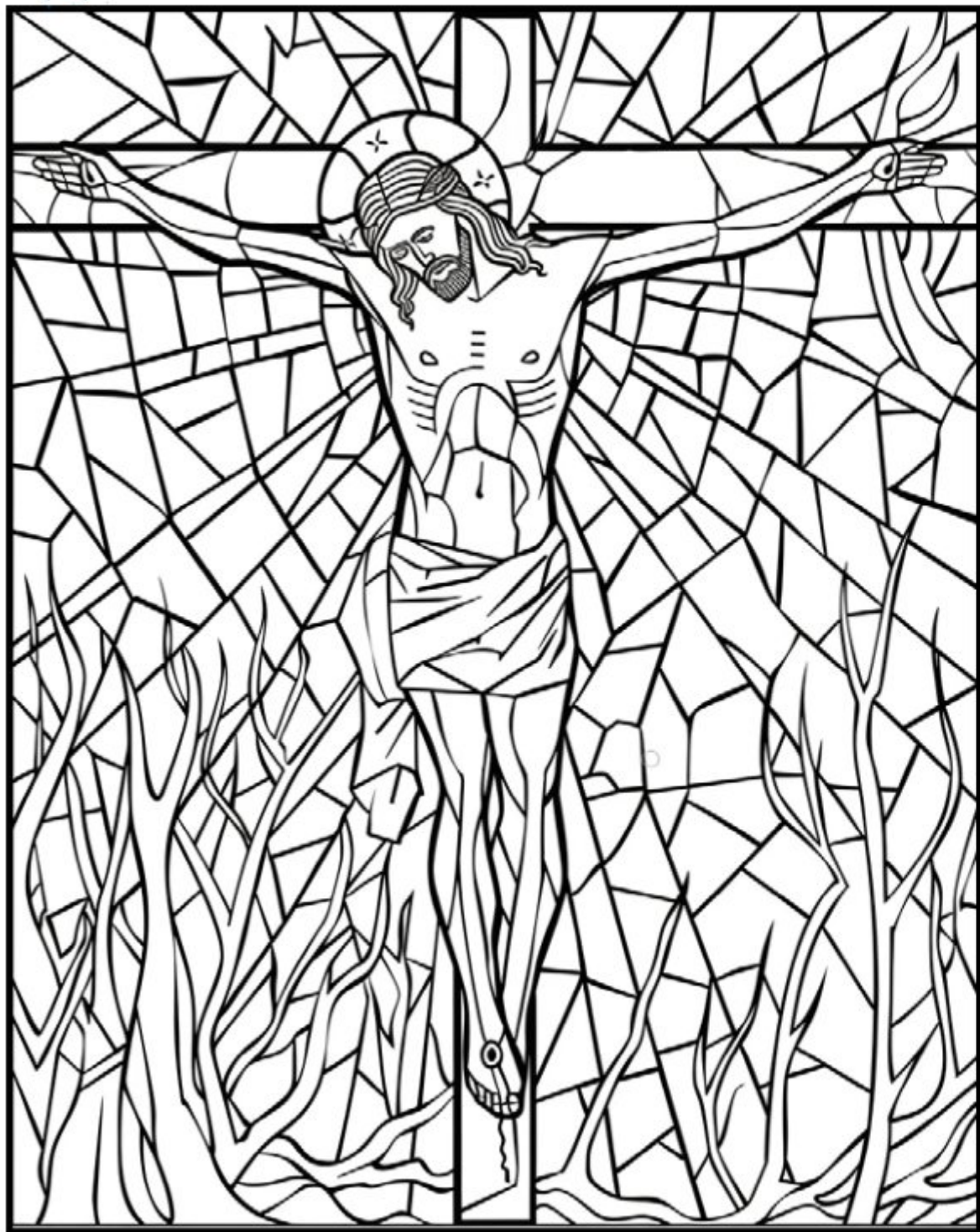
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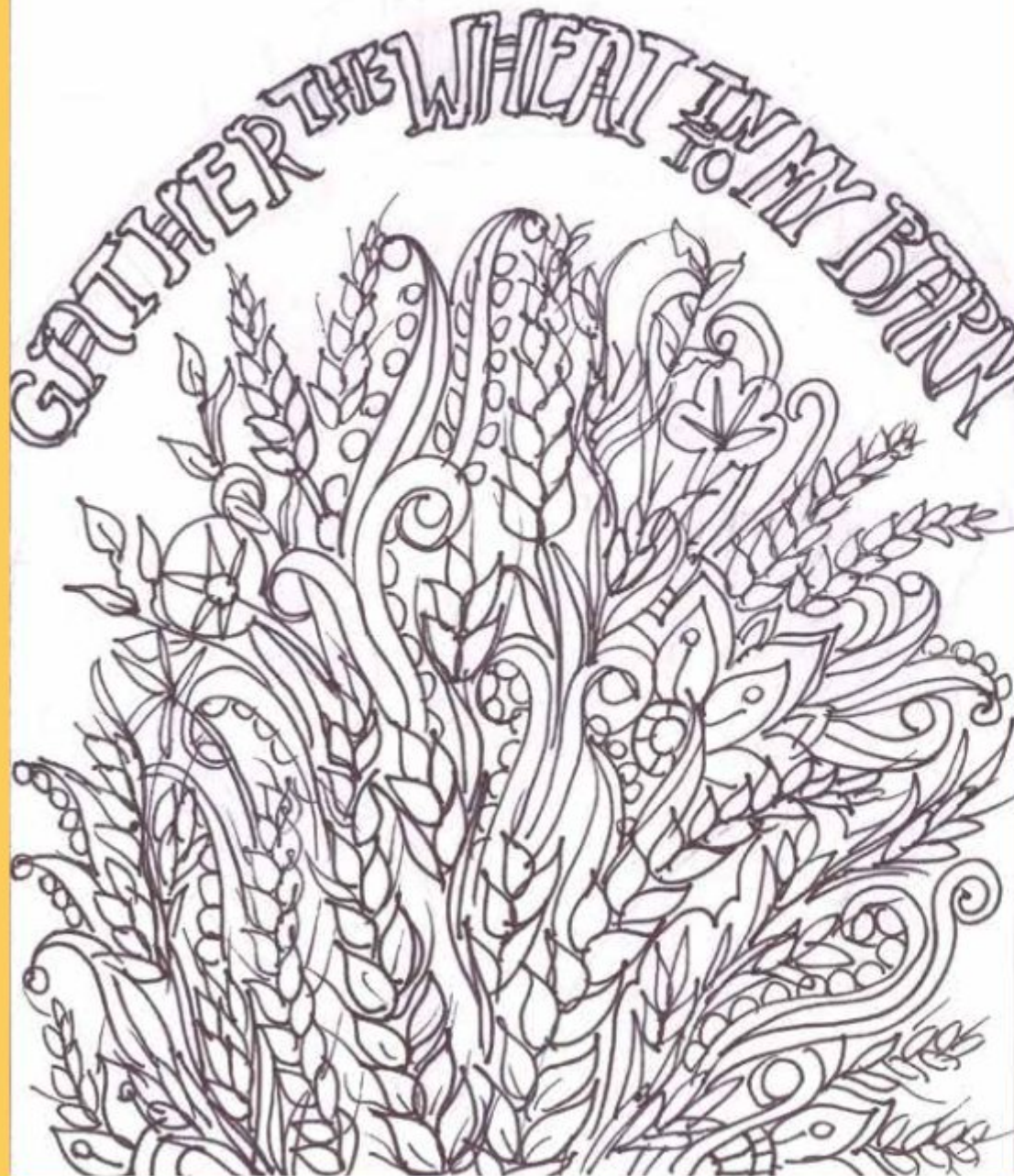
St. Óscar Romero



'Learn and Colour'

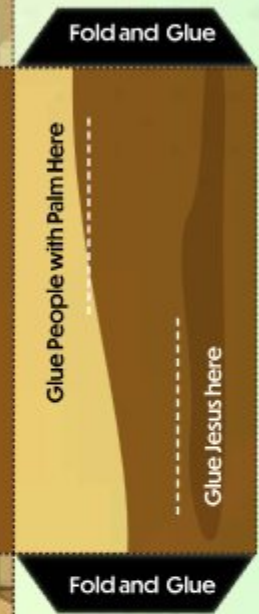
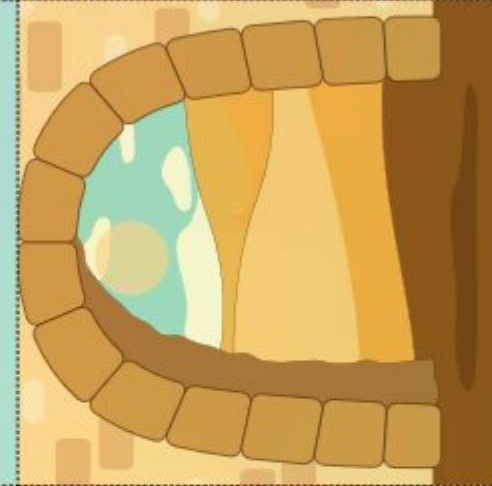
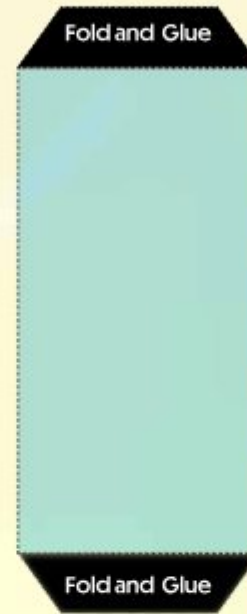
'First gather together the tares and bind them in bundles to burn them, but gather the wheat into my barn.'

Matthew 13:30



3D Bible Book

Fold, paste and make your own 3D Bible book.
Build your collection too from upcoming issues of Kairos Buds!



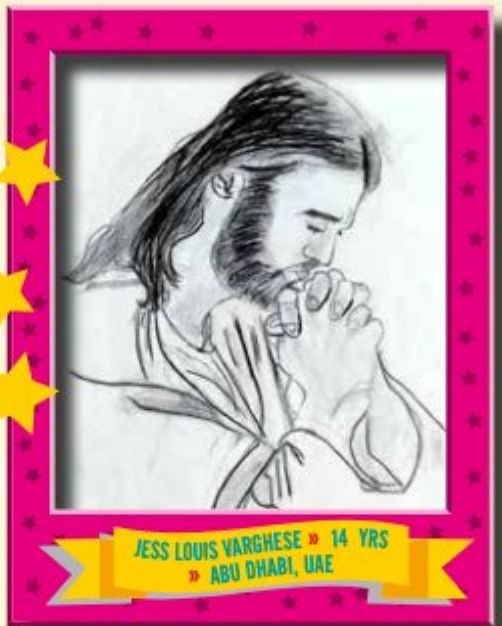
Fold and Glue



On the next day, when the great crowd that had come to the feast heard that Jesus was coming to Jerusalem, they took palm branches and went out to meet him, and cried out: 'Hosanna! Blessed is he who comes in the name of the Lord, the king of Israel.'

- John 12:12-13

LITTLE MASTERS



JESS LOUIS VARGHESE » 14 YRS
» ABU DHABI, UAE

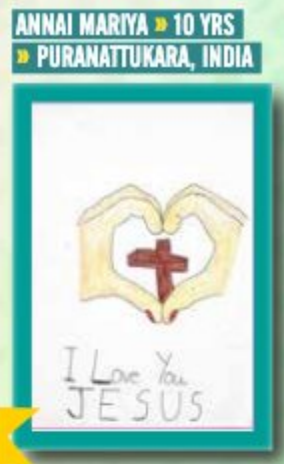
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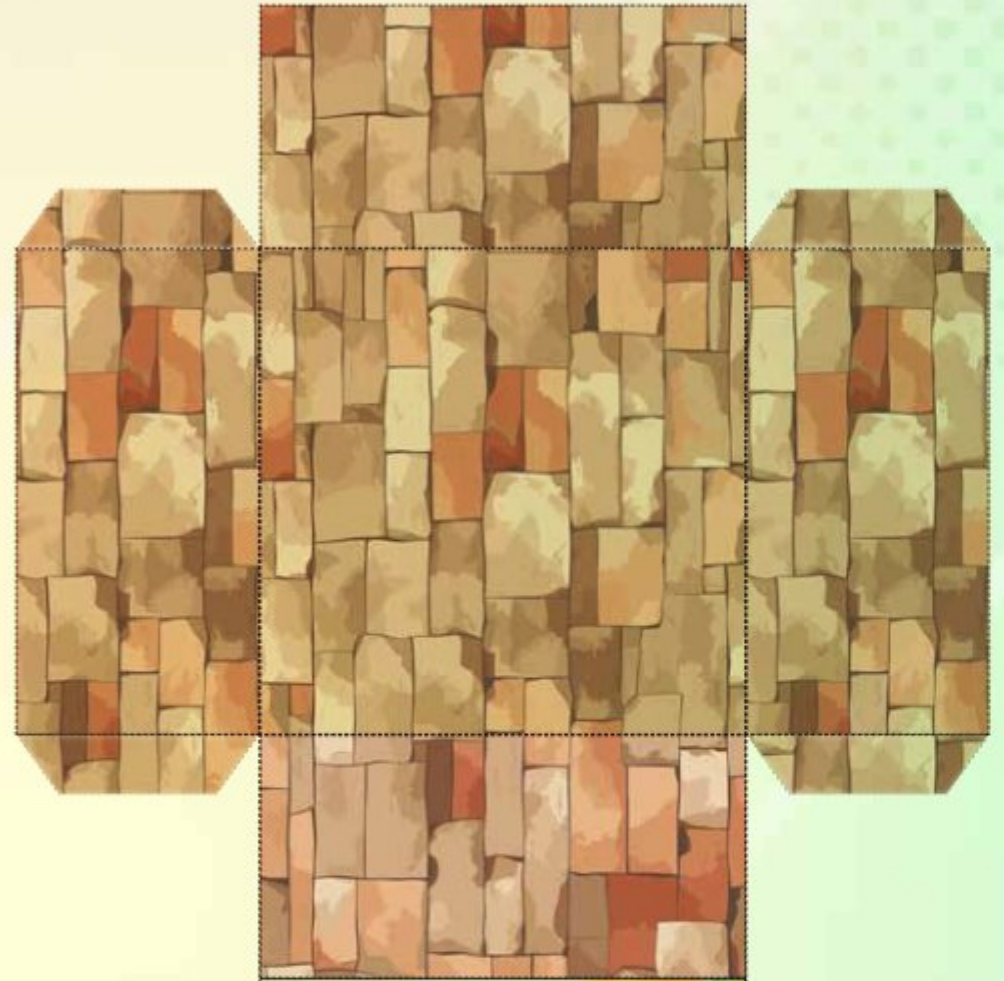


THERESA MARIA ANTO » 5 YRS
» KANJANY, INDIA

IMMANUEL JOSEPH JOMON » 7 YRS
» VAIKOM, INDIA



NOEL GILS » 10 YRS
» OXFORD, UK



Jesus' Entry into Jerusalem

St Patrick's Breastplate & Shamrock Craft

- ROSE MARY TOM @potterandhisclay



MATERIALS

- Two A4 size papers (1 white, 1 green)
- Green sketch pen
- Pencil • Scissors
- Glue
- Plastic/paper/cloth bag (for the breastplate)



STEPS

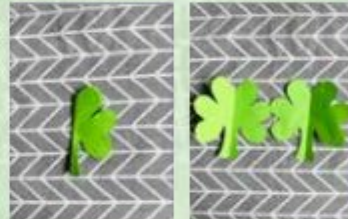
A) MAKING THE BREASTPLATE

1. Take the plastic bag and cut the bottom horizontally. Make sure the bag is big enough for the child to wear.
2. Glue the white paper onto the plastic bag. Keep aside to dry.

B) MAKING THE SHAMROCK (THREE LEAF CLOVER)

1. Take the green paper, fold it vertically, and then horizontally.
2. Using a pencil, draw half of a shamrock on the folded paper (as shown in the picture).
3. Cut it out.
4. You will now have two shamrocks.

On each petal of the first shamrock, write:
The Father, The Son, and The Holy Spirit



St Patrick used shamrock to explain the Holy Trinity to the pagans in Ireland in the 5th century.

FINAL STEPS

1. On the white paper of the breastplate, write the St Patrick's Breastplate prayer (you may alternatively print the prayer and paste). Leave some space at the top left and bottom right corners.
2. Stick the shamrock written upon on the top left corner.
3. Stick the plain shamrock on the bottom right corner.

YOUR ST PATRICK'S BREASTPLATE IS NOW READY!

Celebrate St Patrick's feast on March 17th. You can wear it, recite the prayer, and use its lines as an ejaculatory prayer each day to remember that Christ is our shield.



**BECOMING
WHOLE, NOT
PERFECT!**

- DR JOSEPH SEBASTIAN



Jesus tells a strange story in the Gospel: A farmer sows good seed in his field. But realises that weeds are also growing with the wheat. When workers ask if they should pull out the weeds, the farmer says something unexpected: *No. If you pull up the weeds, you might uproot the wheat*



along with them. Let both grow together (Matthew 13:29-30).

Why would a farmer allow weeds to grow?

Because the farmer knows something important: not everything that looks bad should be pulled out immediately. Sometimes, trying to fix everything at once can do more harm than good.

Weeds and Wheat in Us

This parable is not just about the world, it's about us. Each of us has wheat: our gifts, talents, call, good desires, and fruits God wants to grow in us. And each of us also has weeds: weaknesses, limitations, habits we don't like, wounds from our past, and struggles we didn't choose. Being human means carrying both.

The danger is this: sometimes we become so focused on our weeds that we forget our wheat. We spend all our energy fixing what is wrong, and we neglect what God is trying to grow.

Whole Persons, Not Broken Projects

God does not see us as broken projects that need constant fixing. He sees us as persons – whole, loved, and called. Yes, some things in us need correction – especially sin. Sin must be named, resisted, confessed, and healed. But not everything that feels like a flaw is a sin.

Some things are simply part of our nature:

- Our temperament
- Our sensitivity
- Our slowness, or intensity
- Our past wounds
- Our limitations

TRYING TO 'WEED OUT' THESE PARTS FORCEFULLY CAN DAMAGE THE GOOD GROWING BESIDE THEM. THAT IS WHY THE FARMER WAITS.



'My Grace Is Enough for You'

St Paul begged God to remove his weakness. God did not. Instead, God said, *My grace is sufficient for you, for my power is made perfect in weakness* (2 Corinthians 12:9). Sometimes God doesn't remove the weeds, not because He approves of it, but because He knows the wheat needs time, patience, and grace to grow. Grace does not mean ignoring sin. Grace means learning how to grow without hating ourselves.

Growing Together as a Whole

Christian life is not about becoming flawless. It is about becoming fruitful.

WE ARE CALLED TO:

- Nurture our gifts
- Respond to our calling
- Work on what needs healing
- Accept what must be carried
- Trust God's timing

God is a patient farmer. He knows what He planted. He knows when to prune, when to correct, and when to wait. So don't rush the harvest. Let the wheat grow. Let grace do its quiet work.

In God's field, becoming whole matters more than becoming perfect.

REFLECT

A wheat (gift, calling, or good fruit) that God is inviting me to nurture more intentionally right now?

A weed in me that I may need to accept with patience and grace, trusting God's timing rather than forcing change?

A weed (sin or harmful pattern) that clearly needs urgent action and correction, with God's help, starting now?



Joseph Most Faithful, Pray for Us!



Mummy read us the story of how Jesus got lost in Jerusalem, and that you and Mamma Mary went looking for him. You're always carrying Jesus in your arms, why did you put him down, St Jophus?! Don't you know how quick we kids are when we run...?

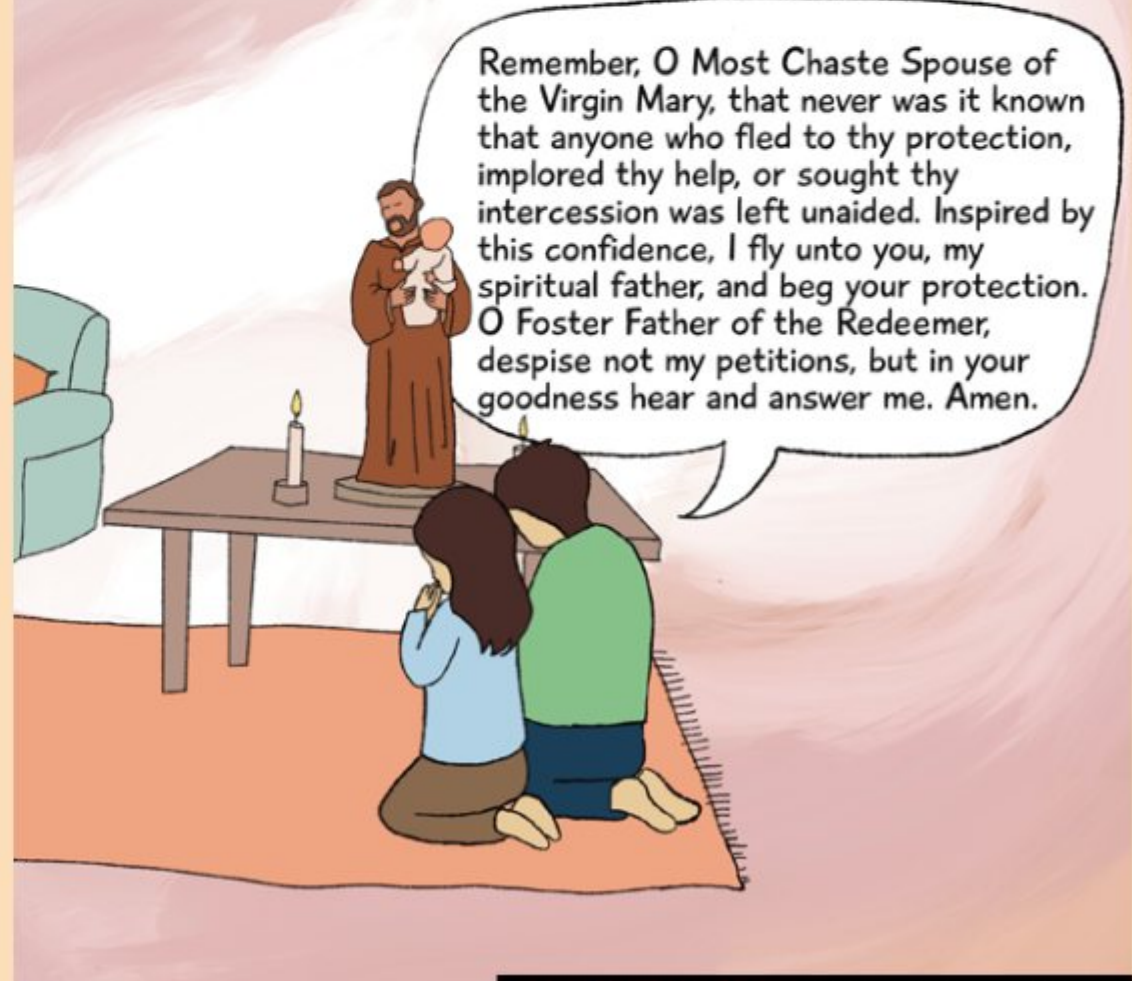
You're the 'Terror of Demons...' But why do we still have Maths?! Still, St Joseph, please pray for me to get through today's Maths exam. Er... can you terrorise Algebra out of it though?



Crazy dream last night... that I gave up all screens for a month! Could I actually do that...? What do you think, St Joseph? You've had some pretty crazy dreams too.



She's supposed to know me best – my twin! But she still can't say JOSEPH properly! Hm... Now where did I put Mamma Mavvy?



Remember, O Most Chaste Spouse of the Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired by this confidence, I fly unto you, my spiritual father, and beg your protection. O Foster Father of the Redeemer, despise not my petitions, but in your goodness hear and answer me. Amen.

BABEL

Hebrew: לְבַב לְדַגְמָה

Meaning: Confusion

Root: Book of Genesis, 11:1-9

World's first skyscraper.



Biblical historians say that considering the timeline of events, Noah might've been alive when the tower of Babel was built.

Before Babel, all people spoke the same language!

After the great flood in Noah's time, people came to the land of Shinar and agreed to build a city and a tower tall enough to reach heaven.

God, seeing their pride, disrupted their plans by giving them different languages. The tower's construction thus stopped midway and humanity became scattered.

Personal Application :

The story of Babel is a lesson on the need for humility and obedience to God.

The tower of A E , rising up to the clouds, scattered men because of their pride.

On the C_0_ in Calvary, Jesus, rising up to the clouds, united mankind through His obedience and Love.



Look carefully at the pictures below that show the Holy Spirit coming upon Jesus' followers. Circle 10 differences you find in the pictures!



Missing Treasure

On their quest for Fr Dominic's rosary, Tony and friends had spent the previous day scouring the Mission Warehouse, where they learned about the homeless man. Today, Anna, Tony and Tina have set out, determined.

Today... we find him.

And we talk gently. No chasing.

And as directed, they find him in the park by the lakeside. Tony immediately lets Fr Dominic know.

They ask around the neighbourhood about the homeless man.

He sits by the lakeside... always alone.

They carefully walk up to him, hoping not to scare him away.

Hello Sir... Please don't be alarmed. We're not here to frighten you. We're looking for something that got lost, and were told you might have it.

The gentleness in Tina's voice makes the man lower his guard.

I found the coat... and then the beads. They... brought me peace.

Something about the man moves the friends, and they want to learn more about him.

Did someone hurt you?

Fr Dominic quietly comes up to the group. Seeing the priest, the man is startled.

I didn't steal, I promise.

Overwhelmed by the kindness, the man tries to return the rosary. But Fr Dominic places it firmly in the man's hands.

I would like you to keep them.

But their quest was for Fr Dominic's rosary...

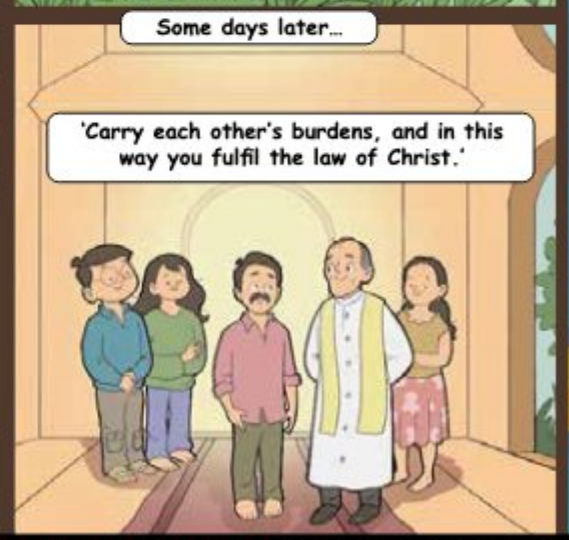
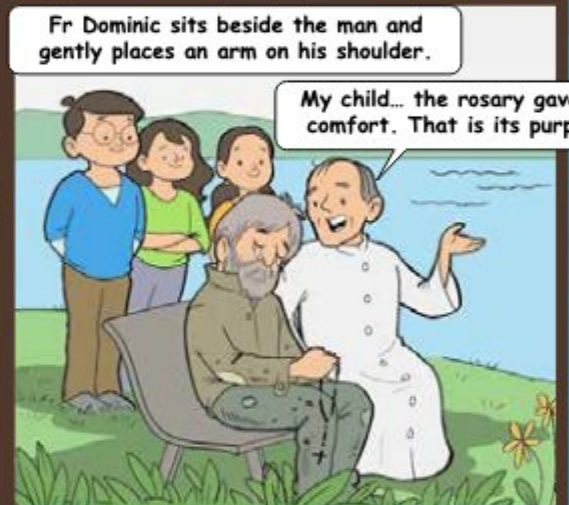
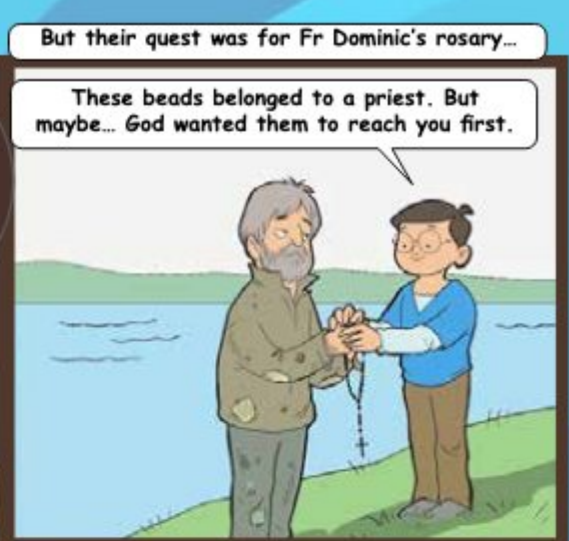
These beads belonged to a priest. But maybe... God wanted them to reach you first.

Fr Dominic sits beside the man and gently places an arm on his shoulder.

My child... the rosary gave you comfort. That is its purpose.

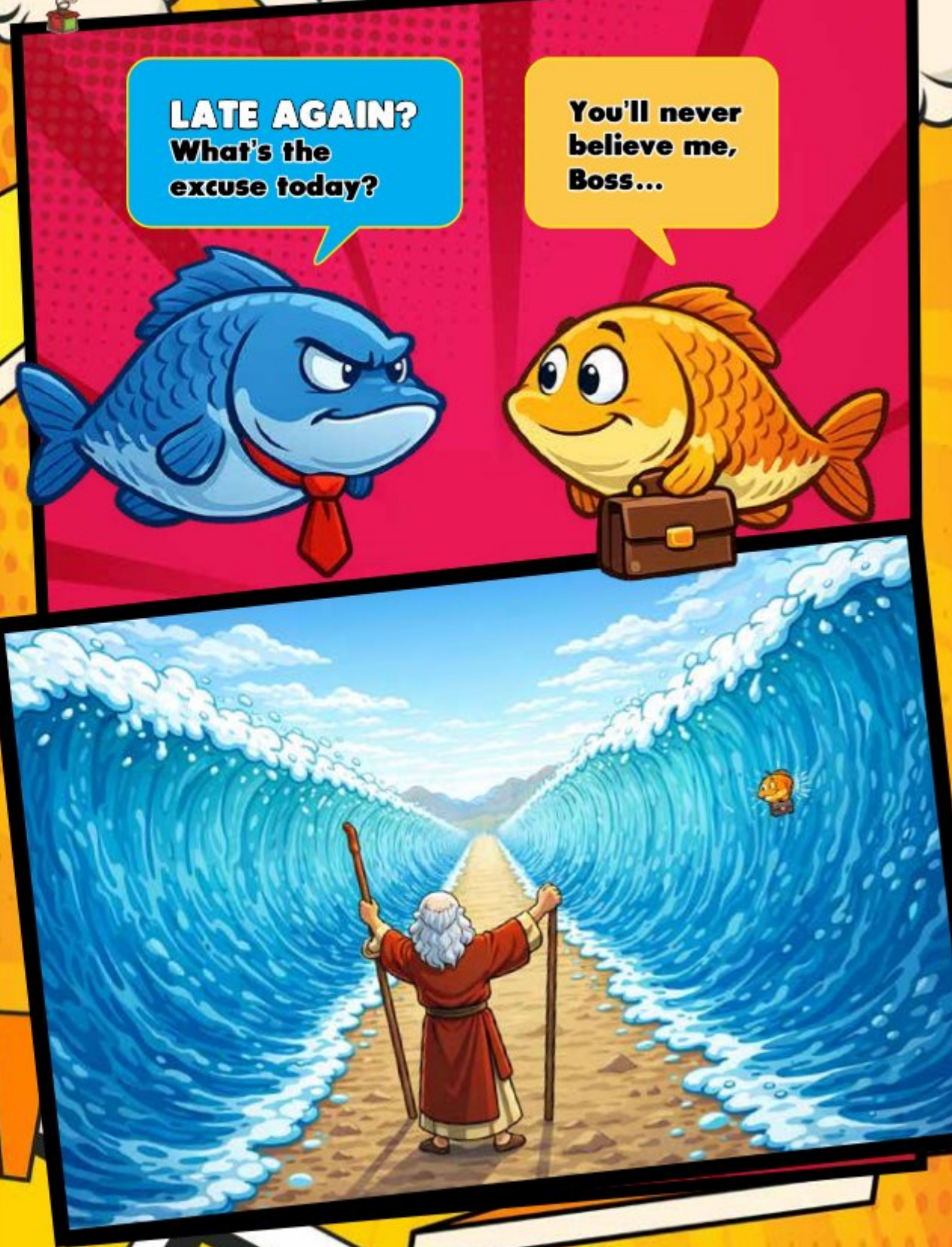
Some days later...

'Carry each other's burdens, and in this way you fulfil the law of Christ.'



Search and Colour

In the Parable of the Weeds among the Wheat, the servants come and tell the master of the weeds growing among the good crop. Do you know what the master tells them? The first word is highlighted for you. Connect the rest of the words. (Hint: Matthew 13).





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