

Birds



COURAGE
IS TRUSTING HIM, WHO
IS ALWAYS WITH ME

WITHIN

Cathedral of the
Assumption,
Gozo, Malta

**COURAGE ON THE
CAMINO**



WITHIN

KAIROS
Buds



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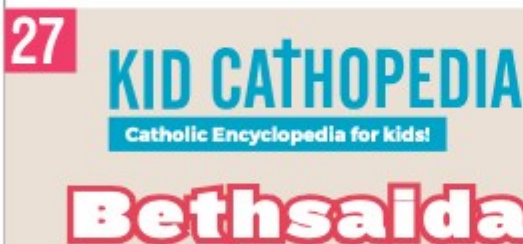


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EDITORIAL

HEY LITTLE SAINTS



One Sunday morning a few weeks ago, my two little girls and I were walking to Church, which is very close to our home. While crossing the road, I called out to them, 'Hey little girls!' Right away, my elder daughter smiled and said, 'Papa, Marcam calls us "Hey Little Saints!"'

Oh wow! That made me stop for a moment. Yes, that's the truth. We are not just little boys and girls... we are *little saints in progress!* Jesus is calling each one of us to be holy and happy children of God.

After Mass, I kept thinking about what my daughter said. It reminded me how much of an impact Marcam has made on my 7- and 4-year-old.

Now, you may be wondering: **Who is Marcam?** Marcam is a fun, live-action Catholic show for kids. We watch it on **FORMED**, a beautiful Catholic streaming app full of saint stories, movies, songs, and lessons that help us grow closer to Jesus. Marcam always calls children 'Little Saints,' because that's who we are meant to be!

Dear children, many of you love cartoons and YouTube videos. But what if you asked your parents to show you *Catholic shows, saint movies, and good programmes* that help your soul shine brighter? These can make you stronger and joyful on your journey to heaven.

And don't forget - reading is very important too! Read books and magazines like *Kairos Buds*. Then, share them with your friends so they too can love Jesus more. Together, we can walk this path of holiness - hand in hand - *as little saints for Jesus.*

With love and prayers,

NOBIN JOSE, SINGAPORE

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Cathedral of the Assumption

- ABEL SKARIA • 14 YRS

GOZO,
MALTA



cathedral in September of 1864. The church is Baroque-style and has a foundation in the shape of a cross. The church also has several chapels. One is dedicated to relics; in there you'll find relics of Saints Lucida and Ursula. Another is dedicated to St Philip Neri and has an altarpiece by Ġużeppi D'Arena that depicts St Philip Neri meditating on the Nativity. One holds the body of a Roman martyr, St Fortunatus. Another has an image of Our Lady of Solitude. Lastly, one is dedicated to the Immaculate Conception, which has an altarpiece related to it.

Even today, the Cathedral of the Assumption in Gozo is significant as the highest-ranking church in the archipelago, serving as the seat of the Roman Catholic Diocese of Gozo, and holds immense spiritual and administrative importance for the island's Catholic community.

The Cathedral of the Assumption (Gozo Cathedral) is a church located in the Cittadella on the island of Gozo, Malta, in the Mediterranean Sea, near Italy. The Cittadella was initially a settlement and later a Roman temple dedicated to Juno. Following the Christianisation of Malta,

the temple was converted into a church dedicated to the Virgin Mary.

The church was damaged by an earthquake in 1693, after which a new church was constructed at the site. Designed by the Maltese architect and sculptor Lorenzo Gafà, it was built in the 16th to 17th centuries. The church was converted into a



The interior of the cathedral features tall pilasters, frescoes, paintings, colourful stained-glass windows, a rich multi-coloured marble floor, and a trompe l'œil. A trompe l'œil is a painting that creates the illusion of a dome but is actually a flat ceiling. The cathedral also houses a statue of Mary, called Santa Marija, which is a beautiful Baroque-style statue representing the Assumption of Mary. The statue was sculpted in Rome in 1897 but was donated to the cathedral in 1956. The High Altar (Main Altar) is made of Carrara marble and inlaid with malachite. Above the High Altar is an altarpiece depicting the Assumption of Mary, painted by Michele Busuttil in 1791.



JESUS PREDICTS PETER'S DENIAL AND THE AGONY IN THE GARDEN

(MATTHEW 26:31-46)

After the Passover festival, Jesus and his disciples went to the Mount of Olives.

This night all of you will have your faith in me shaken, for it is written: 'I will strike the shepherd, and the sheep of the flock will be scattered.' But after I have risen, I will go ahead of you into Galilee.

Peter said to him in reply.

Even if all fall away, I will not.

Truly, I tell you, this very night before the rooster crows, you will deny me three times.

Even if I have to die with you, I will never deny you.

And all the others said the same.

Jesus and his disciples then went to a place called Gethsemane.

Sit here while I go over there and pray.

He took Peter, James and John along with him.

Jesus was deeply distressed and troubled. Speaking to the three, he said.

My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch.

Going a little farther, Jesus fell prostrate in prayer.

Abba Father, everything is possible for you. Take this cup from me. Yet not what I will, but what you will.

Then he returned to his disciples and found them sleeping. And Jesus spoke to Peter.

Couldn't you keep watch for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.

Once more he went away and prayed. When he came back, he again found them sleeping, because their eyes were heavy. He left them and withdrew again and prayed a third time. Returning, he said to them.

Are you still sleeping and taking your rest? Behold, the hour is at hand when the Son of Man is to be handed over to sinners. Get up, let us go. Look, my betrayer is at hand.

STORY: SR. SUMA THOMAS CSM

ILLUSTRATIONS: SOOSANNA JAXON

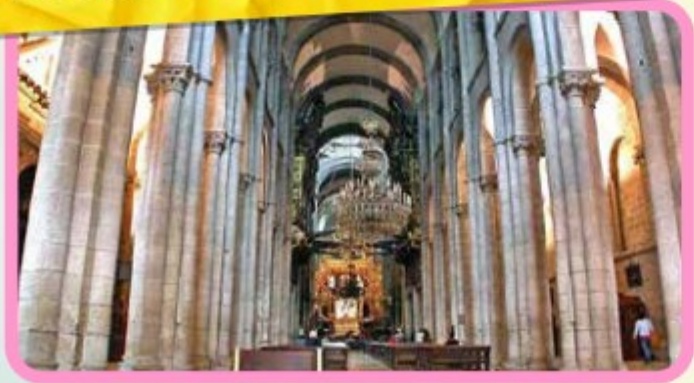


The Apostle St James the Greater took seriously the command to spread the gospel to the ends of the earth (Acts 1:8). To teach about Jesus, St James travelled from Jerusalem all the way to the coasts of Spain and Portugal (what many people in his time thought was the end of the known world). To go so far and face fear in times of pain, danger, uncertainty, and intimidation, St James was a courageous follower of Christ. Since the 8th century, pilgrims have hiked through northern Spain on paths known as the Camino de Santiago to visit the relics of St James at the Cathedral of Santiago de Compostela. Many pilgrims faced

dangers like getting lost, running out of food, or getting robbed and beaten by thieves. Thankfully, it is safer these days. For my first time walking 100 km of the Camino, I wanted to show courage like St James by carrying all of my things in a big bag on my back and trekking the distance with ease.

On my first day of walking, I strained a muscle in my

To go so far and face fear in times of pain, danger, uncertainty, and intimidation, St James was a courageous follower of Christ.



right leg, and my Camino became very different. For the rest of the trip, I had to leave my pack at our hotels. I walked slowly and near the back of our group every day. I had to tell my friends when I was struggling and in a lot of pain.

When I shared honestly, everyone was quick to offer help like sharing a walking stick or a cream for pain. As I limped through each day, I was well aware of my weakness. I prayed that God would bring me through to the finish and He did! On the Camino, God taught me that it takes a lot of courage to be humble, honest, and to ask for help. Courage doesn't always have to be shown in grand acts or in easy strength. Courage often looks like daily moments of trusting that God will help you through His Holy Spirit and His helpers in your life. We are all pilgrims travelling to heaven, and I'm so glad God gives us courage for our journey!

Courage doesn't always have to be shown in grand acts or in easy strength. Courage often looks like daily moments of trusting that God will help you through His Holy Spirit and His helpers in your life.



ST ALOYSIUS GONZAGA

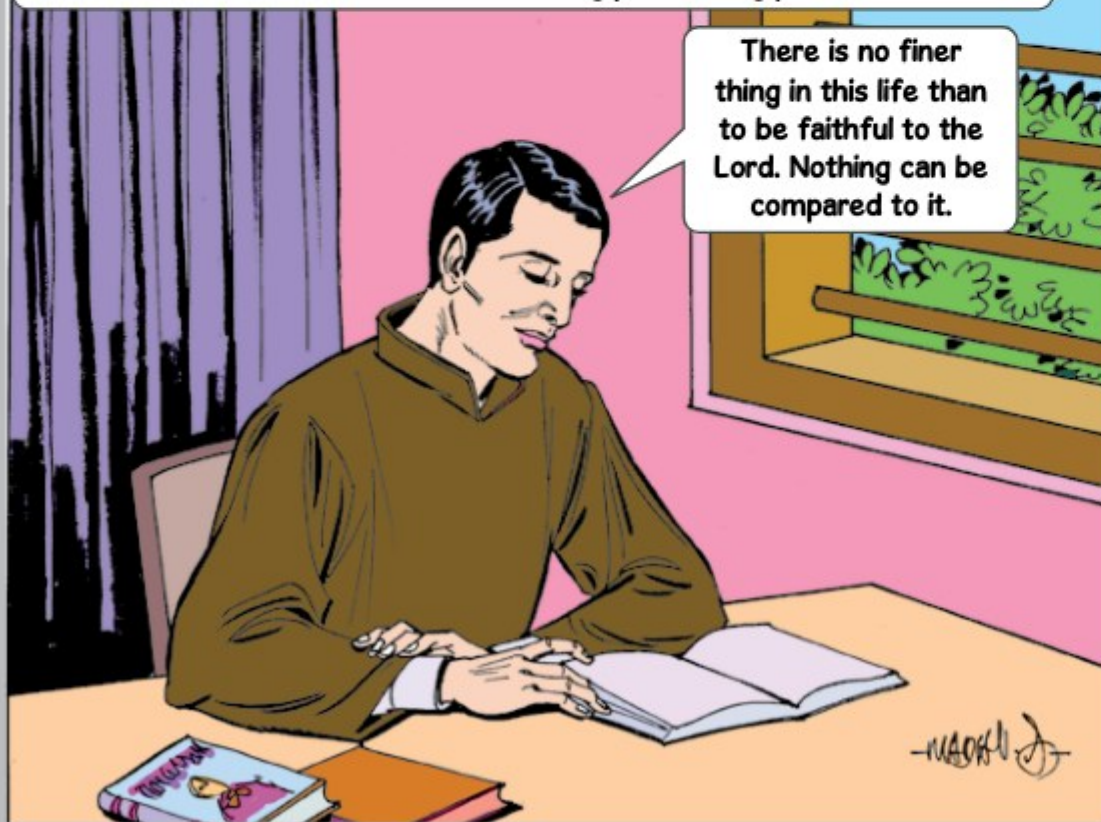
Part 2

On November 1585, Aloysius Gonzaga gave up the rights to his inheritance which meant he left behind all his worldly possessions. Due to his noble birth, he was able to go have a conversation with the Pope at the time, Pope Sixtus V. He was accepted into the Society of Jesus, the Jesuit order and so was able to pursue his passion to become a priest.



Aloysius struggled with his health throughout his seminary studies. He suffered from kidney disease, skin disease, chronic headaches and insomnia. It is said that he received a vision in which the Archangel Gabriel told him that he would die within a year. However, Aloysius carried out his studies and duties willingly and lovingly.

There is no finer thing in this life than to be faithful to the Lord. Nothing can be compared to it.



In 1591, a plague broke out in Rome and Aloysius volunteered to work with the sick. He begged alms for them, carrying the dying from the streets into a hospital founded by the Jesuits and cared for them there. He told his confessor that he found it difficult to do this but persevered with it.

What is it to serve God and to go to Heaven? Nothing else but to love.



Many Jesuits had become infected with the plague so his superiors dissuaded him from working with the infected patients. But Aloysius requested permission to carry on because he was so devoted to serving the sick. He was moved to another hospital where he became infected and died several weeks later at the age of 23. He was named the patron saint of young people and a patron of plague and AIDS victims.



STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

Courage

Doing the Right Thing Even When It's Hard

- DR JOSEPH SEBASTIAN



Courage comes in different forms. There's **physical courage** – stepping forward to help someone in danger. There's moral courage – standing up for what's right, even if you stand alone. There's **social courage** – being yourself when everyone else is trying to fit in. And there's **spiritual courage** – holding on to your faith when it's easier to compromise. Acquiring each is directly proportionate to the inner strength you are able to garner, meaning the stronger your inner conviction, the easier it becomes to live courageously.

Courage is not about being fearless. Courage is choosing to do the right thing even when it's difficult, unpopular, or scary. And most often these happen even as your knees are shaking.

The Bible tells us in Joshua 1:9: *Be strong and courageous; do not be frightened or dismayed, for the Lord your God is with you wherever you go.* That's the secret – courage is not about how strong you are, but about trusting the One who is always with you.



Why does courage have to matter so much for you as a teen?

Because every day you face choices that test your heart. Peer pressure can make it hard to say 'no' to things you know are wrong. Fear of judgment can keep you silent when you should speak up. Sometimes, courage is simply being honest, asking for help, or including someone who's left out.



Here's the truth:

you're not born with courage - you grow it. And these will help in the process:

- **Start small**
- **Pray before making a tough decision**
- **Remind yourself of God's promises**
- **Surround yourself with friends who encourage you to do what's right.**

And learn from the stories of people who followed God's call – like David facing Goliath, Esther risking her life to save her people, or Peter boldly preaching after being afraid to even admit knowing Jesus.



ONE IMPORTANT THING TO REMEMBER:

Courage and failure often walk together. You might step out in faith and still not succeed the way you hoped. That's okay. God doesn't measure courage by the outcome, but by the obedience of your heart. As Mother Teresa says – we are not called to be successful but to be faithful.

This week, challenge yourself to do one thing that scares you a little but honours God. It could be speaking to a new person at school, apologising to someone you hurt, or sharing your faith.

Remember, courage isn't about being the hero in your own strength – it's about trusting that the true Hero, Jesus, is with you every step of the way.

STRONGER THAN ANY STORM

- JOAN JERO DCRUZ » 16 YRS

Dear Diary,

Last night, the storm outside was terrifying. The rain pounded against my window like thousands of little drums, and lightning lit up my room so brightly it felt like daytime. My heart was racing, and I wished I could just hide until it was over.

Then, I heard the door creak open. Dad stepped into my room. He must have noticed the light under my blanket. He sat on the edge of my bed and said, 'Jack, are you scared?' I nodded without even peeking out.

Dad gently pulled the blanket back and said, 'How about we read a Bible verse, Jack?' He opened his Bible right there and read: 'I have given you authority to walk over snakes and scorpions and to overcome all the power of the enemy so that nothing shall harm you.' Then he prayed with me: 'Jesus, thank You for Your power and Your protection. Thank You that no storm, no fear, and no enemy can harm Jack, because You are with him.'

As he prayed, I felt a calm settle over me. The thunder was still rumbling outside, but it didn't sound so big anymore. I leaned against Dad's shoulder, and for the first time that night, I felt safe.

When Dad kissed my forehead and left the room, I whispered one more prayer: 'Thank You, Jesus, for protecting me.' Then I closed my eyes and drifted off to sleep, knowing God was stronger than any storm.



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

I have given you authority to walk over snakes and scorpions and to overcome all the power of the enemy so that nothing shall harm you.

- (Luke 10:19)

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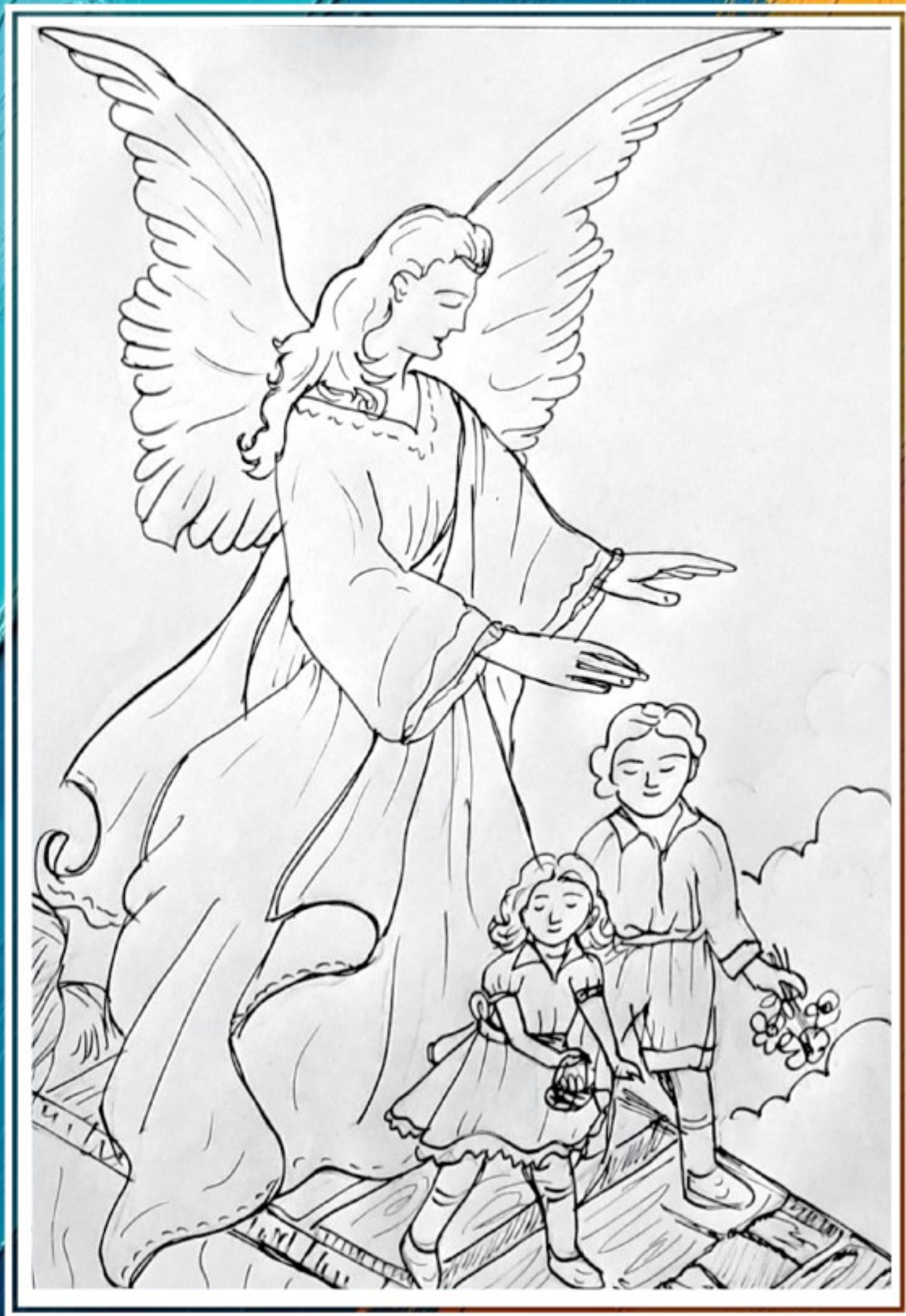
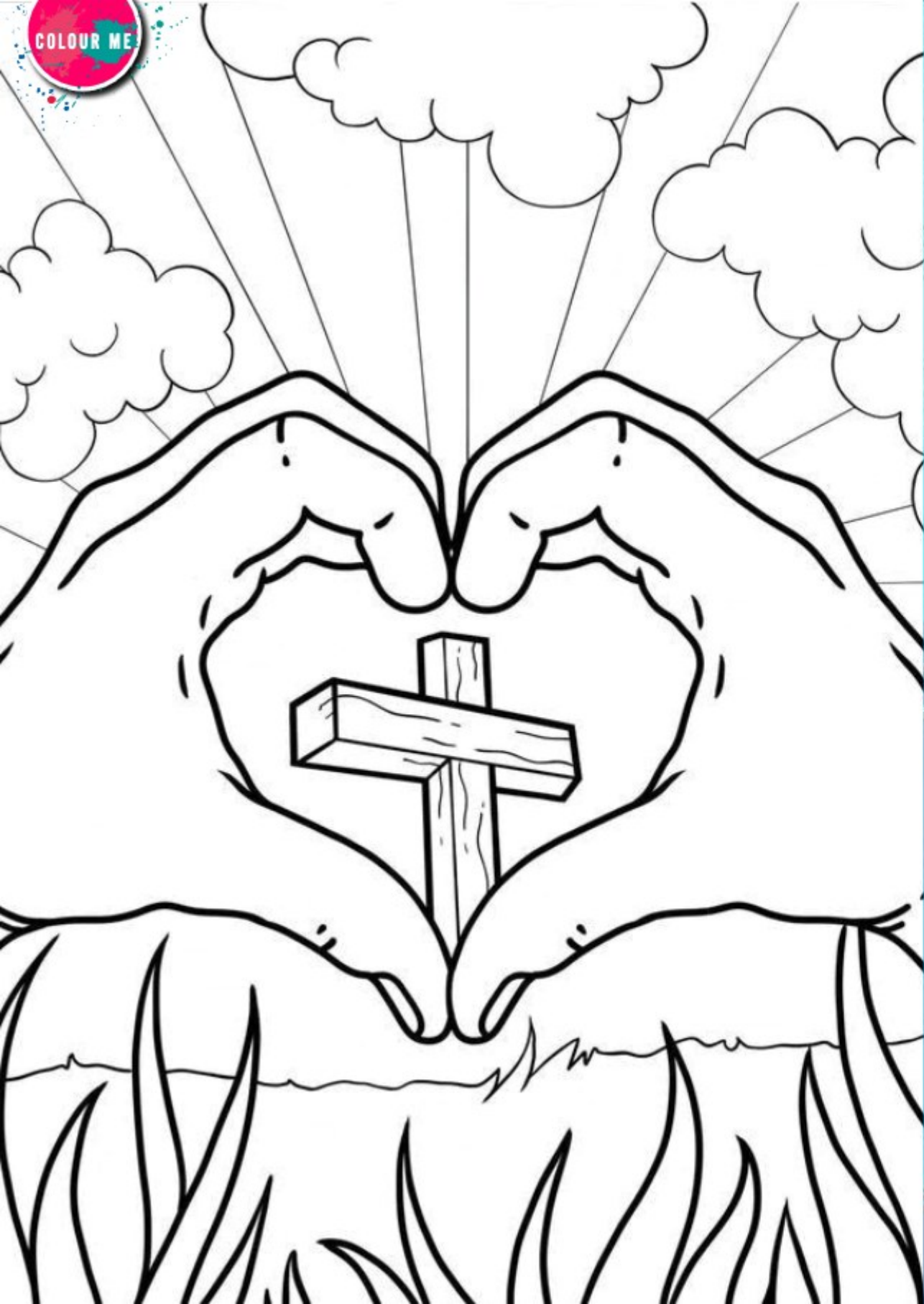
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The Last Judgment

BY MICHELANGELO

- DR GINTO POTTACKAL

Have you ever imagined the moment of Jesus' Second Coming? What would it be like to face Jesus when He arrives in all His glory? What emotions might stir among resurrected souls when Jesus pronounces His final judgment?



The Church invites us to experience this profound vision of the end of ages through art: Michelangelo's masterpiece fresco, *The Last Judgment*.

The painting adorns the altar wall of the Sistine Chapel in the Vatican City. Pope Clement VII commissioned the painting in 1536 and it was completed under Pope Paul III in 1541. The painting emerged as a powerful response to various challenges faced by the Church at the time, including the Protestant Reformation, and the violent Sack of Rome. Measuring approximately 14 meters in height and 12 meters in width, this masterpiece is renowned for anatomical accuracy, emotional intensity, and complex composition.

Michelangelo Buonarroti (1475–1564) was a renowned artist from Caprese, Italy. He showed remarkable artistic talent in drawing, painting, sculpture, and even designing buildings from his childhood days! His most famous works include the Pietà – a tender scene of Mother Mary holding Jesus, David, a giant statue of the brave young man, and the Sistine Chapel paintings including *The Last Judgment* and *The Creation of Adam*. Additionally, he was appointed as the chief architect of St Peter's Basilica in Rome. He was a devout Catholic who adopted a monk-like lifestyle. He once said: 'I live and love in God's peculiar light...The true work of art is but a shadow of the divine perfection.'

According to the Catholic faith, there are two judgments for a departed soul: the particular judgement (occurs at a person's death) and the final judgement (occurs at the end of time). The painting portrays the second coming of Jesus followed by His final judgement where He separates the good from the evil. *Do not marvel at this; for the hour is coming when all who are in the tombs will hear his voice and come forth, those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of judgment* (John 5:28–29).

The central figure of the painting is Christ the Judge, delivering the verdict at the final judgment. Here, Christ is depicted as a powerful muscular figure full of energy and command. Christ's raised hand shows judgment, and His lowered hand reflects mercy. This indicates a balance of divine justice in the final judgement. There are around 300 figures including saints and angels spiralling around Christ, indicating His centrality and emphasising divine omnipotence.

The painting is divided into two: the saved souls are ascending to heaven and the damned ones are falling into hell. The saints in heaven are welcoming the saved souls. However, the perished souls depicted on the right are pushed down by the demons to eternal damnation. The bottom of the painting shows the dead rising from graves and the dispute between angels and demons for claiming the bodies. What a dramatic visualisation of the Final Judgment!

The central figure of the painting is Christ the Judge, delivering the verdict at the final judgment. Here, Christ is depicted as a powerful muscular figure full of energy and command. Christ's raised hand shows judgment, and His lowered hand reflects mercy. This indicates a balance of divine justice in the final judgement.

Numerous angels and saints surround Christ, some can be identified from their characteristics and symbols. We can recognise St Bartholomew (carrying his flayed skin), St Sebastian (holding arrows), St Catherine, St Lawrence, and St John the Baptist. St Peter is carrying two keys and stretches them towards Christ. This

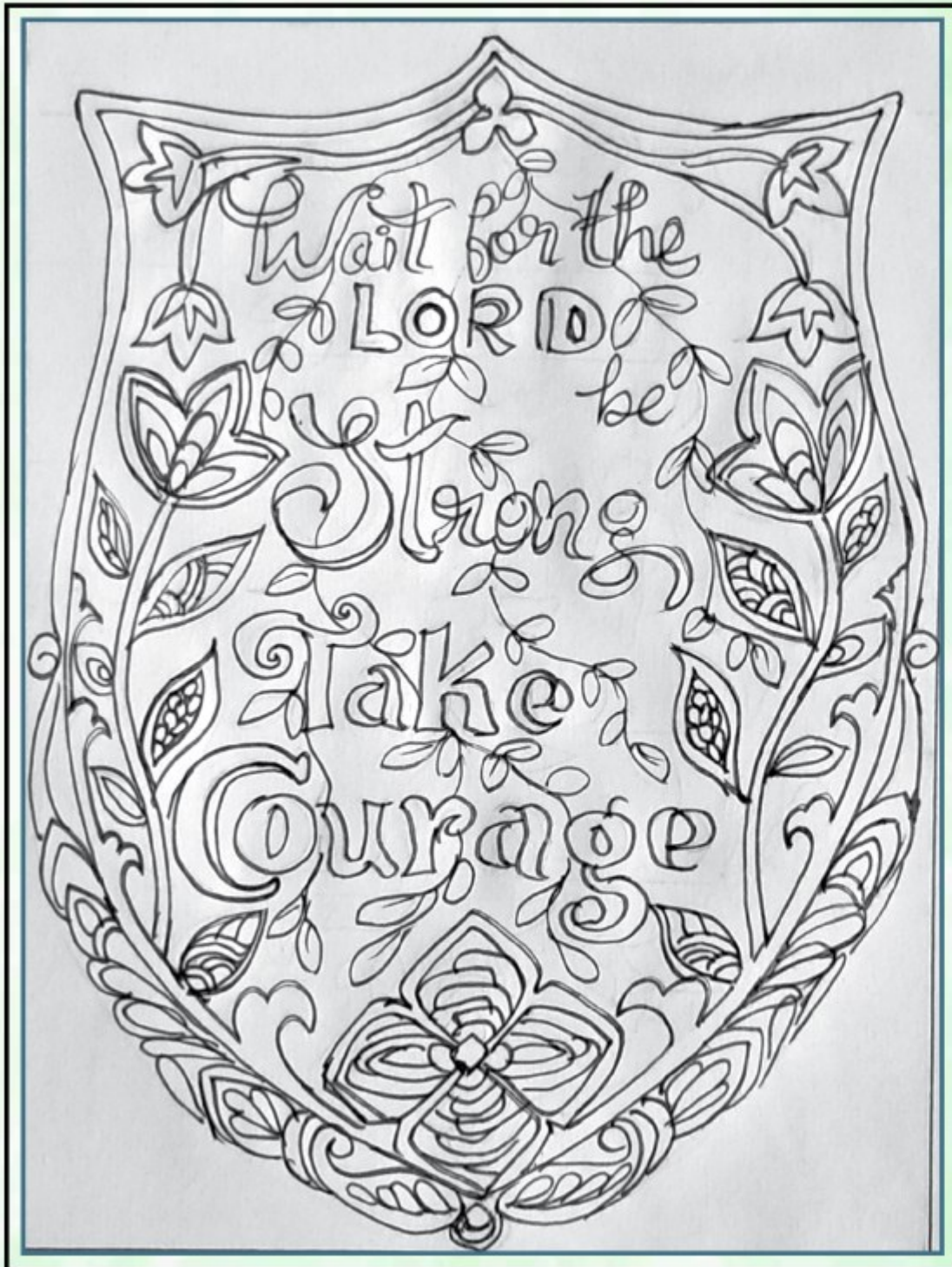
indicates that they are no longer needed after the final judgement since the gates of heaven are now open to everyone!

The painting invites us not only to admire its beauty but also to prepare our own hearts for the final day of judgment. Let us always remain prepared for the moment we shall see Jesus face to face. *Be vigilant at all times and pray that you have the strength to escape the tribulations that are imminent and to stand before the Son of Man* (Luke 21:36).

'Learn and Colour'

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

Psalm 27:14



LITTLE MASTERS



THERESA MARIA ANTO » 5 YRS
» KANJANY, INDIA



EPHREM BEN » 11 YRS
» ADELAIDE, AUSTRALIA

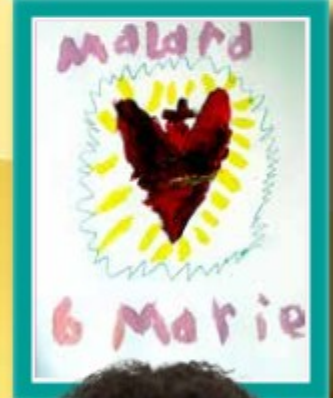
CLARE BEN » 6 YRS
» ADELAIDE, AUSTRALIA



RUTH JINO » 5 YRS
» DUNEDIN, NEW ZEALAND



MARIE MALARD » 6 YRS
» SAULT SAINT MARIE, CANADA



RACHEL K ANOOP » 7 YRS
» CANADA



Art and articles can be sent by email to kairosbuds@jyukairosmedia.org.
Please include full name, age, place/country.

PADRE PIO'S SUN CATCHER

- ROSE MARY TOM

@potterandhisclay



MATERIALS REQUIRED

- 1 Piece of cardboard
- 1 Square piece of craft/A4 paper
- Scissors • Pen knife
- Clear wide sticky tape
- Sketch pens
- Twine
- Small dried or fresh flowers/leaves

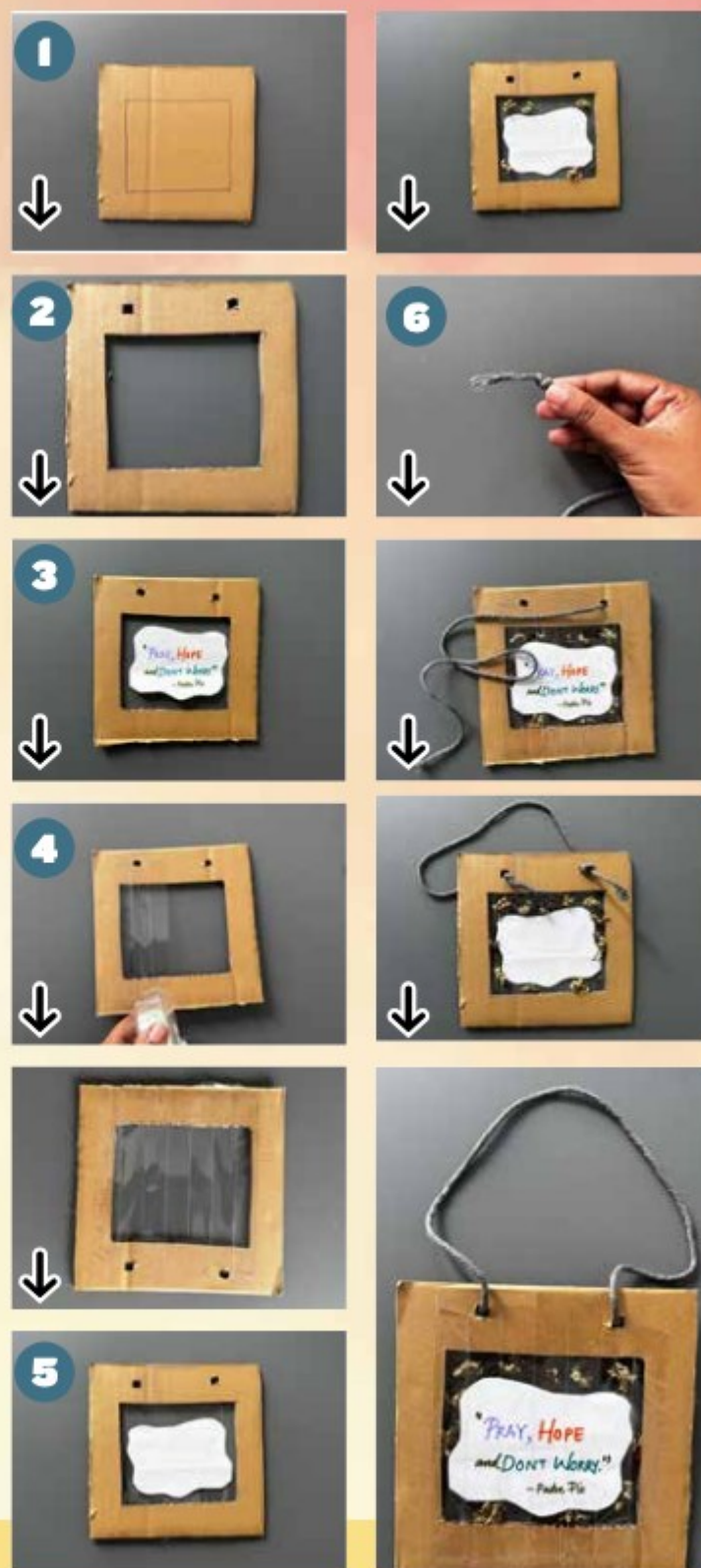
STEPS

Step 1: Draw a small square on the cardboard and cut it out.

Step 2: Cut out two small holes at the top of the cardboard.

Step 3: On A4 or craft paper, write the quote: 'Pray, Hope, and Don't Worry' - Padre Pio. Use different coloured sketch pens, then cut it out into your desired shape.

The cut-out size should fit within the square opening on the cardboard paper.



Step 4: Cover one side of the cardboard square with clear, wide tape.

Step 5: Place the written quote (facing downwards) onto the sticky side of the tape. Then arrange flowers or leaves around the quote. You may flip the cardboard to adjust the position as needed.

Step 6: Take a piece of twine, tie a large knot at one end, and insert it from the back through one of the holes. Bring it out through the second hole and tie another large knot to secure it. This forms the hanger.

Hang your sun-catcher on a window where sunlight shines through and enjoy the beautiful effect and a daily reminder from a great saint to not worry, pray and have hope in the Lord!



The Battle for Faith

- JOAH PAUL » 12 YRS

Once upon a time, there was a three-headed dragon who wore a ruby crown. No ordinary dragon was this for it had an evil power. It could tempt people away from faith and then make them suffer.

Isaac and Max

Isaac was a young boy who kept God's commandments and repented if he made mistakes. God was very pleased with Isaac and blessed him with good grades at school and a lot of amazing skills. One day, while walking to school, he met a boy named Max. Max was



in the same grade as Isaac and they were both Catholics. Max also followed God's commandments and practiced the faith. Both of them became good friends that very day.



The Temptation

The dragon, looking to tempt those with strong faith in Jesus, found out about Max and Isaac and pursued them. He got his chance to tempt them both one Saturday morning when Isaac went to Max's house to pray. After the prayer in Max's room, there suddenly appeared a state-of-the-art gaming console right before

them. The boys had been wanting this forever, but seeing it in Max's room was odd because none of their parents had allowed them to get it. In a flash, the dragon emerged from the gaming system and asked the children, 'I will give you all of this if you disobey God's commandments and move away from the faith.' The boys immediately answered, 'We shall not step away from what we have learned and practiced from the moment we were born. We will never obey you and do not want anything from you.'

The dragon, angry and shocked, went back to where he belonged. The boys had prevailed in this fight, but what about the next one?

The Eucharist and the Great Ban

Isaac and Max were devoted to Jesus in the Holy Eucharist. Every day they went for Mass and received Jesus and spent time in Eucharistic adoration, which made them remain closer to Him. They truly loved Jesus. Now, the government of their country was against Catholicism, so they proposed to their leader to have the Great Ban. This was a unique law that banned people from receiving the Holy Eucharist. The leader, filled with the evil of the dragon, allowed this to happen, causing chaos



among the faithful. Isaac and Max however, knew that this was the dragon's doing and asked their priest to give them communion in secret. They went to church every day and secretly received Jesus.

The Two Martyrs

Seeing that the boys were still keeping the faith and receiving Jesus, the dragon was furious. 'I will end the Catholic faith for good. I will destroy the Church and take away the knowledge which the people have of God. This will definitely put an end to the boys.'

The churches were destroyed and people forgot about God. But even with all of this, the boys still had their strong faith, which somehow, the dragon could not destroy. The dragon, infused with rage, decided to kill the boys himself. It



turned out that someone had spotted the boys receiving Jesus in secret. He reported it to the government officials, who got hold of the boys and killed them. Thus, the boys became martyrs.

The End of the Dragon and the Recreation of the Church

Suddenly, Heaven opened and Jesus came down with His army of angels. The wrath of God rained down on the dragon and the crown on its head was destroyed. St Michael, the prince of the heavenly host, drew His sword and slayed the dragon. Never again would the Church be tormented by it. God refreshed the minds of His people. He rebuilt the Church and the people could receive Jesus again. Isaac and Max went to heaven and were rewarded with eternal life. Thus what St Paul had achieved was also granted to Max and Isaac.



I have fought the good fight, I have finished the race, I have kept the faith. Now there is in store for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day—and not only to me, but also to all who have longed for his appearing (2 Timothy 4:7-8).

KID CATHOPEDIA

Catholic Encyclopedia for kids!

- MARIA TERES SEBASTIAN

Bethsaida

Aramaic: Bêth-Saidâ (ܒܝܬܝܨܝܕܐ)

MEANING: HOUSE OF FISHING OR HOUSE OF THE FISHERMAN

A fishing village near the Sea of Galilee, Bethsaida is famous in the Bible as the hometown of Peter, Andrew, and Philip, three of Jesus' disciples. Jesus performed many miracles here, including healing a blind man and feeding the five thousand.



Interesting Fact :

Archaeologists believe they have discovered the remains of ancient Bethsaida, but its exact location is debated. Some suggest it was later renamed Julias, after a Roman emperor's family member!

Personal Application :

Miracles and blessings surround us, just like they did in Bethsaida. But do we recognise them and grow in faith? Instead of ignoring God's presence, let's open our hearts and believe!

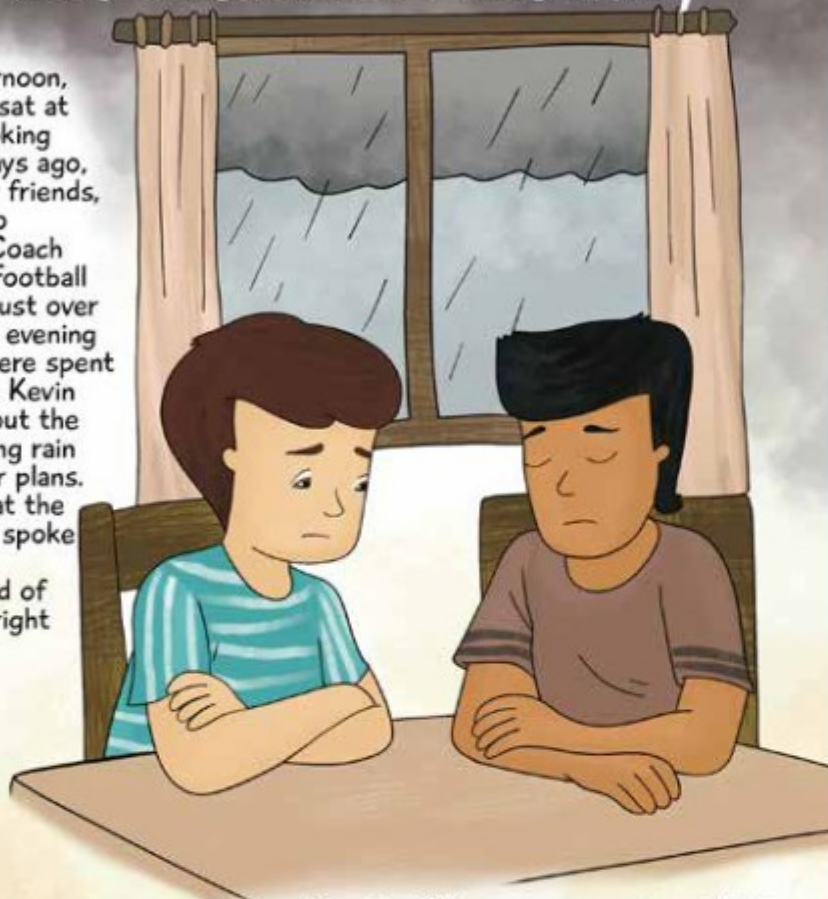
Game Read each clue and fill in the word ladder

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.....

- ▶ A group of houses and buildings in a rural area
- ▶ To steal from a place/person, especially during war
- ▶ An optical illusion produced by very hot air
- ▶ An extraordinary event though to be caused by God

When Rains Washed the Plans Away

One Saturday afternoon, Kevin and Mathias sat at the dining table looking glum. Only a few days ago, together with their friends, they had decided to participate in the Coach Ramsey Memorial Football Tournament. With just over a month left, every evening and all weekends were spent on practise. But as Kevin and Matty looked out the windows, the pouring rain had dampened their plans. 'At least let's look at the bright side,' Matty spoke eventually. 'Huh? With this kind of rain, where's the bright side?' Kevin said morosely.

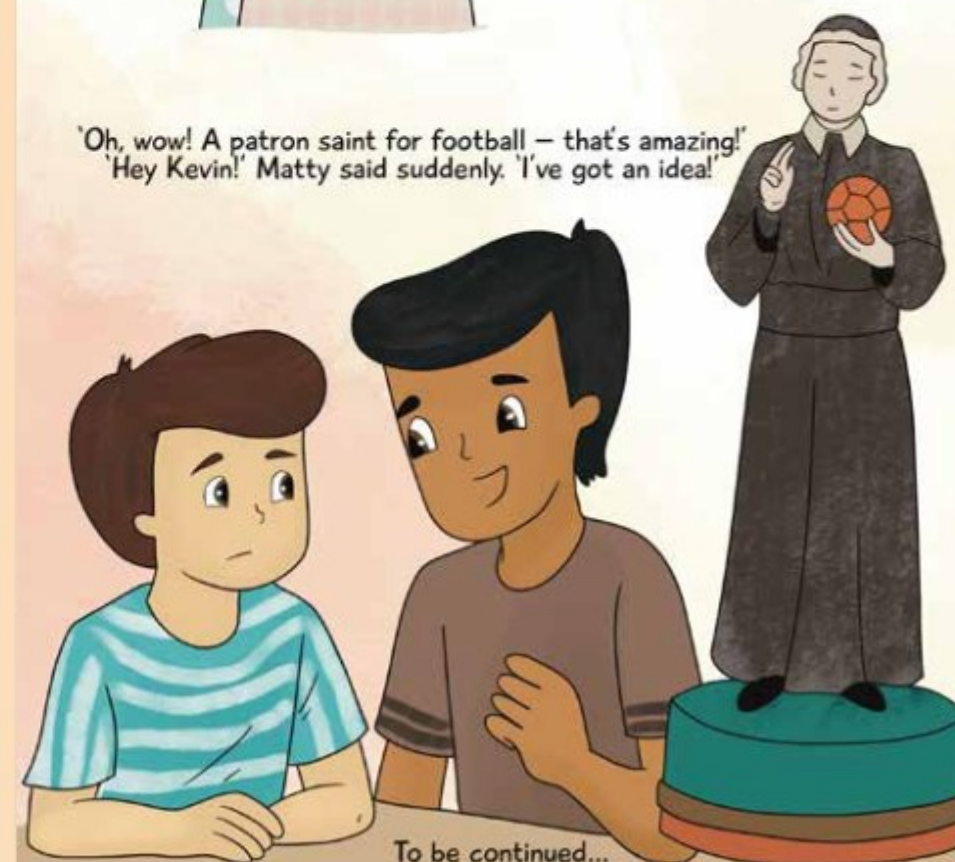


'Imagine if there were no rains... Right now, Akanyo is facing a severe summer,' replied Matty about his African hometown. 'Oh! Sorry to hear that Matty. Is the summer always like that?' 'No, but it looks bad this year. When I spoke to my father yesterday, he said that they are planning to build a rainwater harvesting system this year so we will be prepared for droughts in the future. 'Will that take long?' asked Kevin. 'It will depend upon the funds Akanyo can raise. You know our village, right Kev.' 'Yes,' said Kevin remembering the month his family had spent on mission there.



A little while later, Mom walked in from the kitchen. She had been busy getting an order of her cakes and cookies ready. 'Boys! Why the sad faces? Don't let the rains bother you.' 'We've lost three hours of practise today, Mom! That's a lot of time gone down the drain.' 'Pray and ask St Luigi Scrosoppi,' Mom said. 'Who?!' Matty and Kevin asked in unison. 'St Scrosoppi is the patron saint of football! He was a priest who lived in the 19th century, and dedicated his life to helping the poor, especially orphans and prisoners. He used to encourage young people to play sports, especially football. Pope John Paul II canonised him in 2001.'

'Oh, wow! A patron saint for football – that's amazing!' 'Hey Kevin!' Matty said suddenly. 'I've got an idea!'



To be continued...

FAITH & SCIENCE AGREE:

Joy is God's Gift

- DR MARIA MERIN ANTONY

One day, St Paul wrote a letter to his friends. He told them something very important:

Rejoice in the Lord always; again I will say, rejoice!
(Philippians 4:4)

Now, you might think: Always rejoice? How is that possible? What if I'm sad or scared?

But Paul didn't mean we must smile every minute. He meant something deeper, that no matter what happens, we can choose joy because **God loves us and never changes.** Think of it like this: Imagine holding your dad's

hand when crossing a busy street. Even if cars are zooming by, you feel safe because you know he's strong and watching over you. That's what it's like with God our Father, we can rejoice, even in hard times, because He's holding us.

And here's something amazing: **Science has discovered that joy doesn't just make our hearts happy, it makes our bodies**

healthy too! When we're joyful, our **stress goes down.** The 'stress chemical' called cortisol gets lowered, so we don't feel worn out. Joy makes our **immune system stronger**, so our bodies can fight colds and flu better. Deep inside our cells, we have little 'caps' on our DNA called **telomeres.** They're like the tips of shoelaces that keep them from unravelling. Joy helps keep these telomeres longer, which means we **age more slowly!** And when we do get sick or hurt, people who stay positive and hopeful often **heal faster.** Isn't that incredible? God made us in such a way that **rejoicing in Him makes both our souls and our bodies stronger.** Faith and science agree: **Joy is like a gift** that God tucked inside us, a medicine for our heart, mind, and health. So when St Paul says, *Rejoice in the Lord always*, he's really saying: Trust God's love, Be thankful for His blessings. And let your joy in Him shine because it will keep both your spirit and your body full of life.



UNLIKELY DEBATERS - PART 2

On her first day back at school, shy and reserved Mabel is teamed up with Sean for the upcoming debate competition. On his part, Sean has been trying to help Mabel out to some success

I think we should start with a story... not facts. People listen to stories.

Girl, now that's what I'm talking about!



Gradually Mabel finds her voice and a passion.

The day of the debate finally arrives, and Mabel gets a feel of the competition and the audience she will face.



Sean notices her unease and comes over to encourage her.

And they are onstage! But Mabel is suddenly distracted by what she hears from the front row.

It's just us talking like usual. Pretend they're pineapples or something.



That home-schooled girl's doing the debate?

Hope she doesn't freeze.

It is their turn now, and Sean is doing the introduction.

My debate partner might look quiet but her ideas are louder than a fire alarm!

THANKS.. I THINK?



As she speaks, she grows stronger. Her voice is firm, her words heartfelt. Sean watches with a proud smile.

A hush falls over the room as Mabel takes the stage to present her part.

When I was home-schooled, I read everything but never spoke. Not even to my mirror...



The debating teams wait for the judges to tally results, while the audience buzzes.

Did I really just...?

ROARED like a lion!



It is a tie with the previous year's champions! But Mabel's story becomes the talk of the school.

And Mabel? She's not that shy new girl anymore!



Let the redeemed of the Lord tell their story.

STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

Do You Know the Fruits?

Can you find the fruit of each mystery from the jumble below?

Adoration, Desire for holiness, Conversion, To Jesus through Mary, Openness to the Holy Spirit, Grace of a happy death, Devotion to Mary, Wisdom, Hope, Faith, Sorrow for our Sins, Patience, Courage, Mortification, Obedience to God's Will, Devotion to Jesus, Purity of Heart and Body, Poverty, Love of Neighbour, Humility

JOYFUL MYSTERIES

The Annunciation

The Visitation

The Birth of Jesus

The Presentation in the Temple

The Finding of Jesus in the Temple

SORROWFUL MYSTERIES

The Agony in the Garden

The Scourging at the Pillar

The Crowning with Thorns

The Carrying of the Cross

The Crucifixion of Our Lord

GLORIOUS MYSTERIES

The Resurrection

The Ascension

The Descent of the Holy Spirit

The Assumption

The Coronation of Mary

LUMINOUS MYSTERIES

The Baptism at Jordan

The Wedding at Cana

The Proclamation of the Kingdom of God

The Transfiguration

The Institution of the Eucharist

Some Fish-n-Chips!

A man goes for a drive one night. An hour later, a heavy thunderstorm strikes and the man decides to seek shelter. Seeing a light up ahead, he approaches it. He runs to the building and knocks on the door, not knowing that it is a monastery. When the porter answers the door, the man explains his predicament and requests shelter. The porter smiles, welcomes him inside and asks, 'Have you had dinner?' The man, not wanting to trouble the porter, says, 'I only need a place to sleep tonight.' But the porter replies, 'We just finished eating. It won't be a problem to warm you some food.' And he takes the man to the dining room and serves him fish and



chips. It turns out to be the best fish and chips the man has ever eaten. When he finishes, he asks to meet the cook. Two brothers enter the dining room from the kitchen. The man says, 'That was the best fish and chips I have ever eaten. Who made it?' One of the brothers raises his hand and says, 'Well, I'm the fish FRIAR.' The other says, 'And I'm the chip MONK.'



SCAN ME

Holy Habits

An All Saints' Day Challenge to
dress up as your *Favorite Saint*



1 Dress Up

Dress up as your
favorite saint.



2 Shoot

Click a photo or
record a short video.



3 Upload

Submit at:
tinyurl.com/Holy-habits



4 Share

Share the Buds IG post
with friends and family

Submissions: Oct 28 – Nov 3

Prizes: 5 Little Saints with most likes
(photo & reel)

Open for kids 14 & below

