

Budds

WITHIN

Wawel
Cathedral,
Krakow, Poland

YOU CAN BE
A SAINT TOO!

**CALLED
TO BE HOLY**



WITHIN

KAIROS
Buds



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Buds

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EDITORIAL

BE A SAINT LIKE CARLO!



Dear Little Buds,

November is special! We celebrate All Saints' Day - a day to thank God for all the holy men and women who loved Jesus. Guess what? You too are called to be saints!

Let me tell you about St Carlo Acutis. He was born in Italy in 1991. Carlo loved soccer, video games, and friends - just like you! But he loved Jesus most of all. He called the Eucharist his 'highway to heaven.'

Carlo used his computer skills to share about Eucharistic miracles. He wanted the world to know Jesus truly alive in the Eucharist. One of his sayings was:

☞ 'All people are born as originals, but many die as photocopies.'

Carlo died at only 15, but today he is a saint in heaven, cheering us on!

Dear Buds, you don't need to wait to be holy. Start today!

🙏 Pray every day.

💖 Love your family and friends.

🌍 Use your talents for good.

👤 Stay close to Jesus.

If Carlo could be a saint, so can you! Are you ready to say yes to Jesus?

Nobin Jose

NOBIN JOSE, SINGAPORE

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Wawel Cathedral

KRAKOW.
POLAND

- SAVIO SABU » 13 YRS

High on Wawel Hill in the city of Kraków stands one of Poland's most treasured landmarks, the Wawel Cathedral. Officially called the Cathedral Basilica of Saints Stanislaus and Wenceslaus, it has been at the centre of Poland's faith and history for almost one thousand years. To step inside is to feel both the power of a nation's story and the quiet strength of its spirituality.



The history of Wawel Cathedral stretches back to the tenth century. Over the years, it has been built, rebuilt, and reshaped by different rulers, each leaving their own mark. Because of this, the building does not belong to one single style. Instead, it is a blend of Romanesque, Gothic, Renaissance, and Baroque. This mixture creates a space that feels both ancient and timeless, where every chapel and dome tells a story from a different century.



Among the cathedral's most famous features is the Sigismund Chapel. With its shining golden dome, it has been called one of the finest Renaissance buildings north of the Alps. Visitors from around the world are drawn to its beauty. Standing before it,

one feels the weight of history and the brilliance of Polish craftsmanship. Inside the cathedral, the air is heavy with memory. The tombs of kings, poets, and national heroes line its chapels. King Casimir the Great, who strengthened Poland in the fourteenth



The bell is only rung on special occasions, such as great national holidays or times of mourning. Its voice is said to bring hope, unity, and a reminder that Poland endures.

Bell. Cast in 1520, the bell weighs nearly thirteen tons and is one of the largest in Europe. It requires a team of men to swing it into motion. When it tolls, its deep sound rolls like thunder across the city. The bell is only rung on special occasions, such as great national holidays or times of mourning. Its voice is said to bring hope, unity, and a reminder that Poland endures.

Although Wawel Cathedral is rich with history, it is not frozen in the past. It continues to be a living, breathing place of worship. Masses are still celebrated, pilgrims still light candles, and visitors still bow their heads in prayer. Every year, thousands of tourists come to see its beauty, but many also leave touched by something deeper. To visit Wawel Cathedral is to encounter the heart of Poland itself. It is a place where art, history, and faith are woven together. It

is where the struggles and triumphs of a people are remembered in stone and song. For anyone standing inside, whether Polish or not, the cathedral offers more than a history lesson. It offers a sense of belonging to something greater than oneself.

century, rests here. Tadeusz Kościuszko, a leader in the fight for independence, is also buried within these walls. Even Adam Mickiewicz, Poland's beloved poet, finds his final resting place here. The cathedral is not just a house of God. It is also a mausoleum of Poland's spirit. No less legendary is the great Sigismund





THE ARREST OF JESUS

(MATTHEW 26: 47-56)

While Jesus was still speaking with the disciples in Gethsemane, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people.

The betrayer Judas had arranged a signal with them.

Judas went at once and kissed Jesus.

The one I kiss is the man; arrest him.

Greetings, Rabbi!

Do what you came for, friend.

Then the men stepped forward, seized Jesus and arrested him.

One of Jesus' companions reached for his sword, drew it out and struck the servant of the high priest, cutting off his ear.

Put your sword back in its place, 'for all who draw the sword will die by the sword.'

Jesus continued.

Do you think I cannot call on my Father, and he will at once put at my disposal more than twelve legions of angels? But how then would the Scriptures be fulfilled that say it must happen in this way?

Then Jesus said to the crowd.

Am I leading a rebellion that you have come out with swords and clubs to capture me? Every day I sat in the temple courts teaching, and you did not arrest me.

But this has all taken place that the writings of the prophets might be fulfilled.

Then all the disciples deserted him and fled.

STORY: SR. SUMA THOMAS CSM

ILLUSTRATIONS: SOOSANNA JAXON

You Can Be a Saint Too!

- ELEASHA A » 18 YRS

Did you know that being a saint isn't just for a few special people? It's a **gift** from God that He wants **everyone** to receive - even you!

Sometimes life can feel hard. You might feel pressure from school, tests, friends, or even from your parents. I feel it too! I'm 18-years-old and studying hard to become a doctor. I try my best in everything, but I always remind myself of one very important thing:

Being called Saint is even better than being called Doctor.

The saints were people just like us. Some went to school. Some worked simple jobs. Some were moms, dads, kids, or students. They didn't stop doing everyday things - they just **offered them to God** with love.



Saint Joseph was a carpenter who worked with his hands and cared for his family.

Mother Teresa helped the poor and said, 'Do small things with great love.'

That's what being a saint means: **loving God and others in everything you do.**

You don't need to be perfect to be a saint. Saints made mistakes too. But they loved God, and when they messed up, they tried again. They **prayed**, they **kept going**, and they tried to become the person **God created them to be** with his help.

And here's something cool:

Saints are original. That means they were just themselves - not trying to copy anyone else.

You don't need to be like anyone else.

Just be you - the amazing, wonderful you that God made and loves so much!

There was a boy named **Carlo Acutis** who loved Jesus and computers. He died when he was only 15, and he is now a saint!



He once said:

All people are born as originals, but many die as photocopies.

So be **you**, the real **you**, and live your life for God, whether you're **playing, studying**, or **spending time with your family**. Being **you** doesn't mean placing yourself and your needs above others. Being you means **being the person God has called you to be** so that you can serve Him and love Him as He intended it for you. This involves selflessness and small sacrifices in accordance with His will.

Pray. Love.

Try your best. And remember:

God sees your heart, and He will help you become the saint He made you to be.



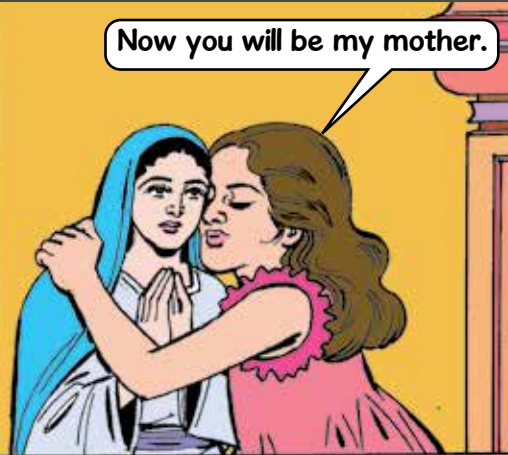
ST CATHERINE LABOURE

Part 1

Having lost her mother at an early age, she had a profound love for the Blessed Virgin Mary. At her mother's funeral, Catherine picked up a statue of the Blessed Virgin Mary and kissed it proclaiming her to be her mother.

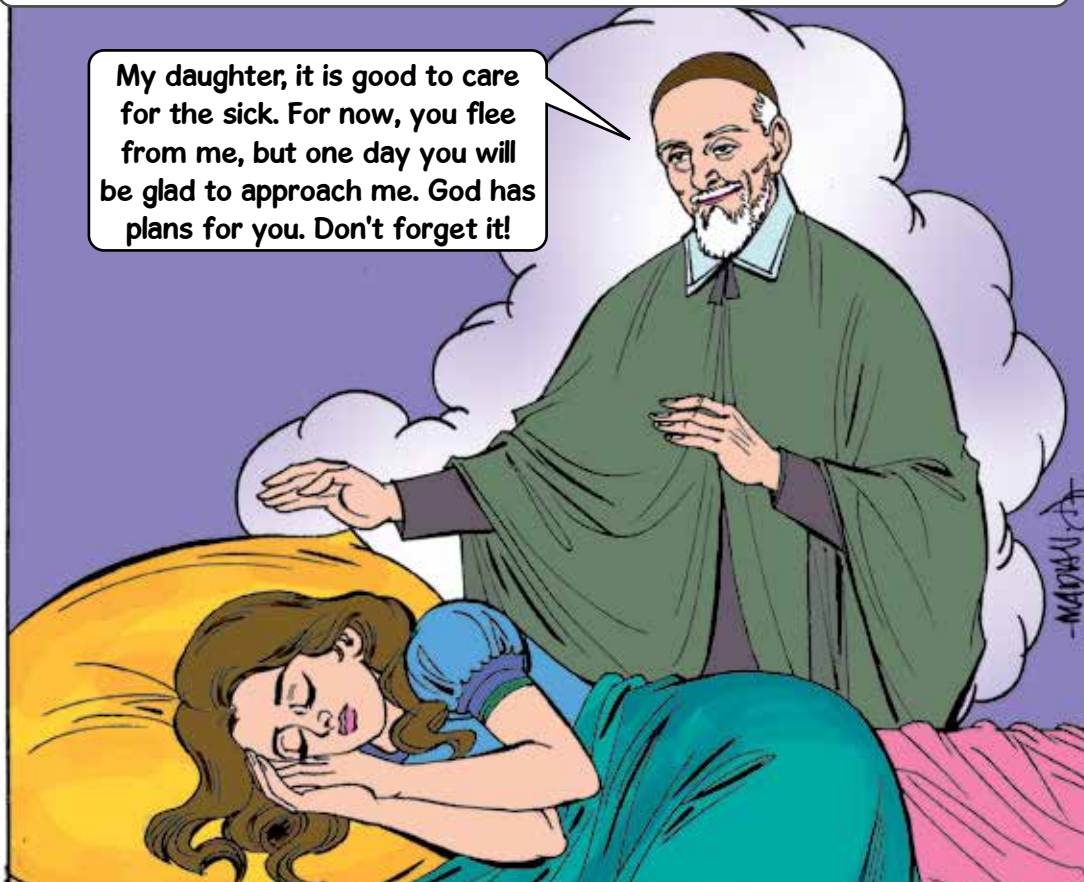
Catherine Labouré was born on 2nd May 1806, in the Burgundy area of France to Madeleine Louise Gontard and Pierre Labouré who was a farmer. She was the 9th of 11 living children. Her mother died on 9 October 1815, when Labouré was just nine.

Now you will be my mother.



Catherine and her sister Marie Antoinette moved to their aunt's house at Saint-Rémy, a village 9 kilometres from their home. Whilst there, Catherine had a dream of a priest appearing to her with a message.

My daughter, it is good to care for the sick. For now, you flee from me, but one day you will be glad to approach me. God has plans for you. Don't forget it!



On 25th January 1818, Catherine received her First Holy Communion. From then onwards, she woke up every morning at 4 am and walked several miles to church so she could assist at Mass and spend time in prayer.



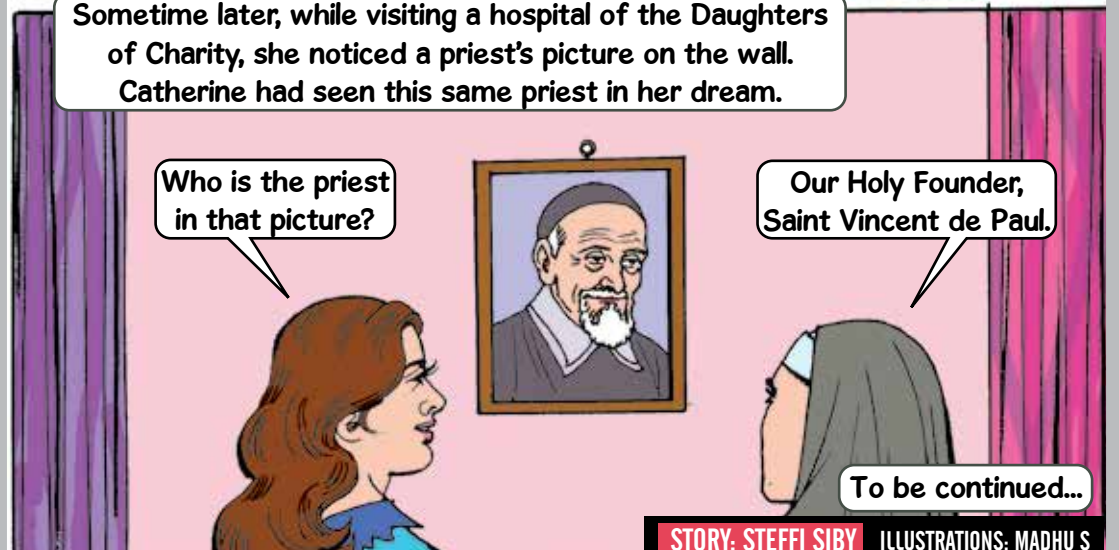
At the age of 12, Catherine returned to her father's farm and helped to care for her family. Her father wanted to prevent her from pursuing religious life so he sent her to Paris to work in his brothers' eating establishment for poor workers. Catherine was moved by their suffering and continued to desire a life as a nurse with the Daughters of Charity.



Sometime later, while visiting a hospital of the Daughters of Charity, she noticed a priest's picture on the wall. Catherine had seen this same priest in her dream.

Who is the priest in that picture?

Our Holy Founder, Saint Vincent de Paul.



To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

REBECCA OF SUNNYBROOK FARM

- ANNA-CLAIRE ANTHRAPER » 13 YRS

Many of us have heard of the *Anne of the Green Gables* series, however, few know that it was loosely based on the book, *Rebecca of Sunnybrook Farm* by Kate Douglas Wiggin. It tells the story of Rebecca Randall, one of the seven Randall siblings, and how her life, and the lives of many others, are turned upside-down when she is sent to live with her two old aunts, Miranda and Jane Sawyer. However, Rebecca's life is not nearly as changed as those of the people she meets and talks with.

When Rebecca first arrives at Riverboro, the small town where her aunts live, she meets Mr Cobb, the local stage driver. Though he at first thinks her nosy and too dreamy, Becca quickly enchants the cranky old man with her positive, imaginative attitude, different from anything he has seen in anyone else before. The same can be said for his wife, the warm, motherly Sarah Cobbs, who takes to Rebecca instantly, though many of the things which whirl in the young girl's head worry and amaze her.

All of Rebecca's schoolmates are just as fascinated with her strong-willed, upbeat look on life. Whether it is having a drink of water, or drawing a map, she manages to make everything odd, but interesting. At the end of most school days, Miss Stacey, the Riverboro teacher, doesn't know whether to laugh or cry at Rebecca's wily and humorous mind, as well as the fantasies it creates.

On the other hand, the young Randall's sense of little decorum and rustic fun shock Miranda Sawyer, who Rebecca describes as old and cranky. However, as time passes, she learns to love her aunt, despite her faults, and Miranda herself grows fond, and moreover proud of the diligent, hardworking girl she helped raise. Docile, and quieter, Aunt Jane on the other hand, is

Docile, and quieter, Aunt Jane on the other hand, is fascinated right from the start by Becca's lilting, joyful spirit, and helps her through many a difficult time.

fascinated right from the start by Becca's lilting, joyful spirit, and helps her through many a difficult time.

The antagonist of the story, and the reason Rebecca arrives at the Sawyer's is not a person, but in fact a mortgage, which hangs precariously over the farm. All seven of the Randall children, from sensible Hannah to baby Mira, with John, Fanny, Jenny, and Frank in between, have a deep wish to get rid of the debt, for ever since the death of their father, Aurelia Sawyer turned Randall has had to take care of the farm all by herself, struggling to put food on the table for her children. In fact, Rebecca described the mortgage as a 'cross between a fiend and an ogre, and [who] held an axe uplifted in his red right hand.' This simple and wholesome aim in

life, gives the children something to work hard for.



Instead of building up to a specific scene, *Rebecca of Sunnybrook farm* is more of a collection of stories and happenings from Rebecca's daily life, which is illustrated wonderfully through her letters, playmates, and various points of view, making this book truly an interesting and comical read.

A SPECIAL PILGRIMAGE

- GIANNA THERESE JOE » 10 YRS

Dear Diary,

Last week, my family and I went on a pilgrimage to a Marian shrine. I didn't know what to expect, but it turned out to be a very special experience.

Before reaching the church, we had to climb a hill while praying the Stations of the Cross. The walk was steep and a little difficult; at different points, there were stations placed inside a cemented structure. It was truly a beautiful experience.

When we finally reached the top, I saw a 20-foot statue of Jesus carved into the rock. I was awestruck at how huge the statue was.

Afterward, we went into the church. During Mass, I got to kiss a crucifix that had a relic of the true cross. I whispered, Thank you, Jesus, for loving me so much.

There was also a statue of Mama Mary. The priest told us how, whenever the village was suffering - from sickness or even during COVID - people carried her statue through the streets, and many were healed. I thought about how I always go to my mom when I need help... and now I realised I can also go to Mama Mary, my heavenly mother, who always listens.

That day I felt very close to her. I promised I would pray the Rosary more often, because I know she will bring all my prayers straight to Jesus.



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

May your name be honoured forever and ever by all the creatures of heaven and of earth.

- (Tobit 8:5-6)

May your name be honoured forever and ever by all the creatures of heaven and of earth.

May your name be honoured forever and ever by all the creatures of heaven and of earth.

May your name be honoured forever and ever by all the creatures of heaven and of earth.

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May your name be honoured forever and ever by all the creatures of heaven and of earth.



***Saint Elizabeth
of Hungary***



Guess the Saints

(Hope the clues are kind!)

AL calls us on the 

ST.

AMB ends with a very beautiful flower 

ST.

AN past tense of draw 

ST.

Angel  with an A

ST.

Ant and 

ST.

Month before September, before INE

ST.

There was a barn  in the land of
ABAS

ST.

Bart's cat HOLO gave a cry

ST.

Holy herb! 

ST.

A venerable bead 

ST.

BEN issued an official order

ST.

The T Bridge  of Sweden

ST.

Happy Face! 

ST.

Her cat INE

ST.

Do 'a small' C

ST.

Beth is younger than Eliza

ST.

A PET between PER and UA, and the city of
FELI STS.....

F + past tense of run + CIS

ST.

GERT was not kind

ST.

A fowl named RY

ST.

HIPPO  ly (ed) to US

ST.

A lot of the Jam E

ST.

JE before the city of Rome 

ST.

A fort  on a mountain

ST.

What you get for answering correctly 


ST.

Something relating to schools 

ST.



ST.

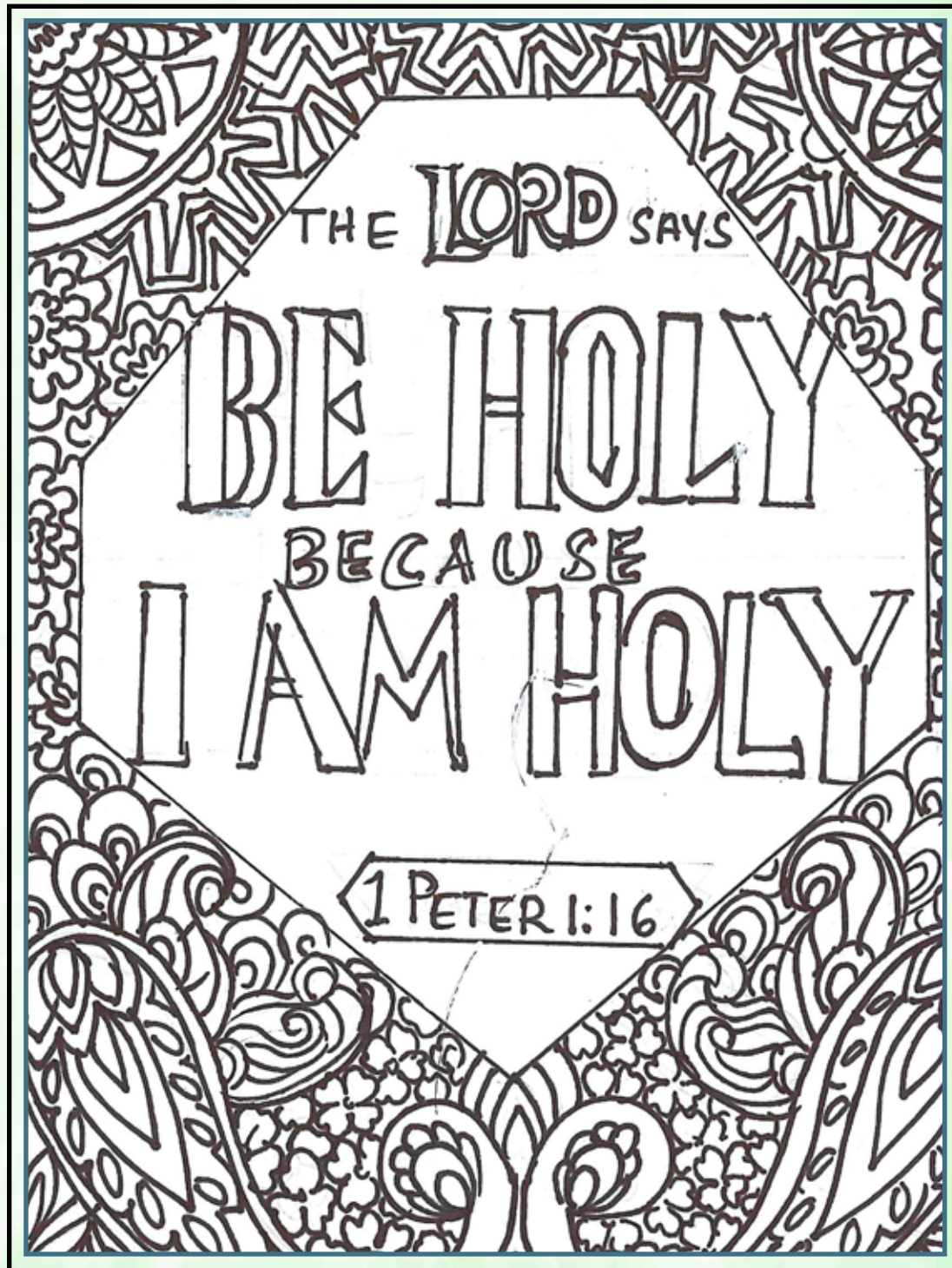
VIN & a hundredth of a dollar 

ST.



But, as he who called you is holy, be holy yourselves in every aspect of your conduct, for it is written, 'Be holy because I am holy.'

1 Peter 1:15-16



YASHFEEN SHARLEEZ » 9 YRS
» ABU DHABI, UAE



ISAIAHS SHIBU » 12 YRS
» CHERTHALA, INDIA

ESTHER JINO » 9 YRS
» DUNEDIN, NEW ZEALAND



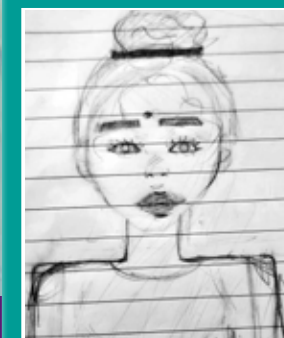
ETHAN ANTONY JOHN
» BHARNANGANAM, INDIA



ISABELLA GRACE L » 6 YRS
» COVENTRY, UK



OLIVIA GILS » 7 YRS
» OXFORD, UK



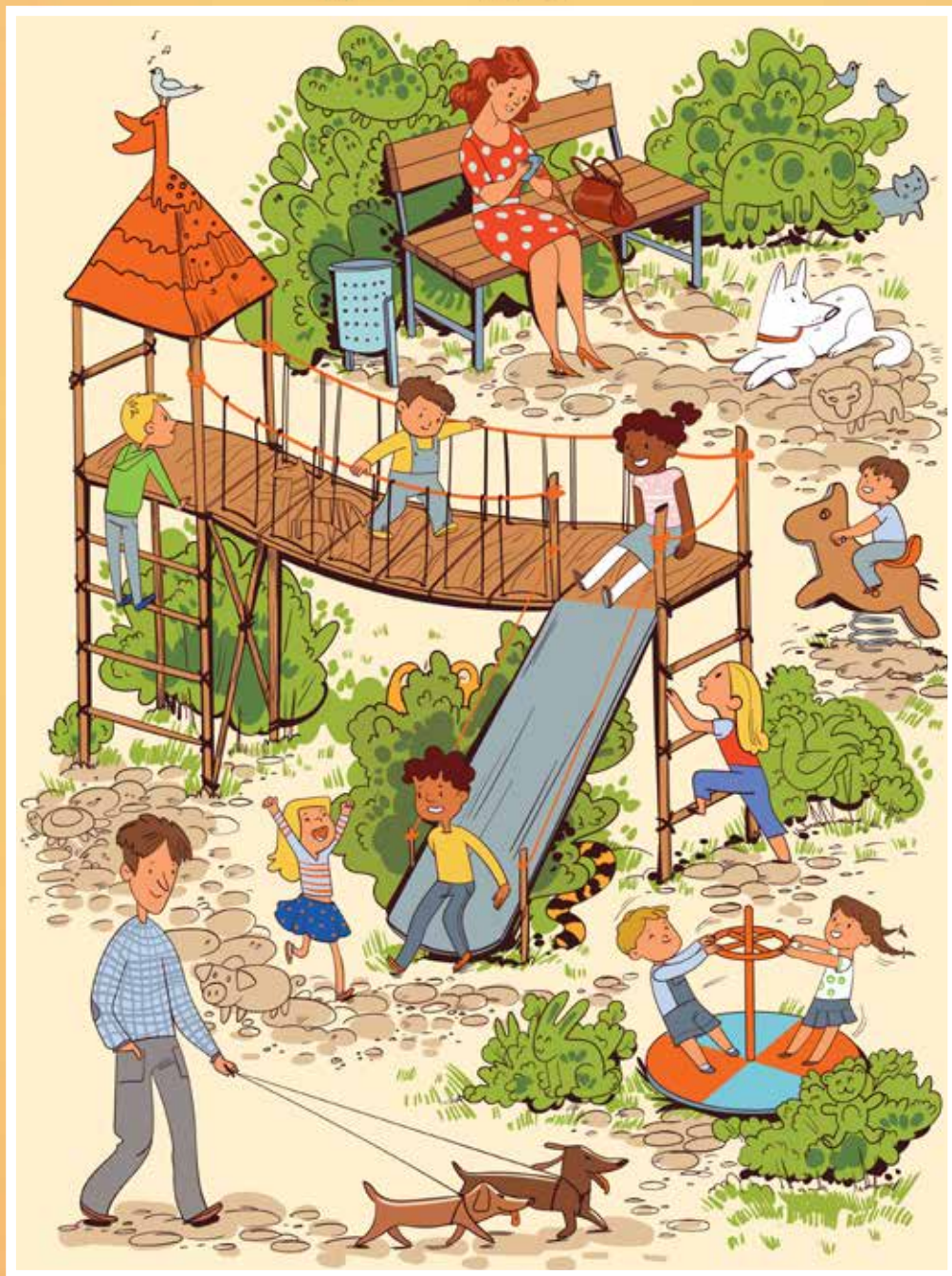
SOLOMON SANTHOSH » 8 YRS
» TEXAS, USA



LIDIYA MARIYA JOMON » 10 YRS
» KOTARAPALLY, INDIA



Can you find the below animals in the picture?



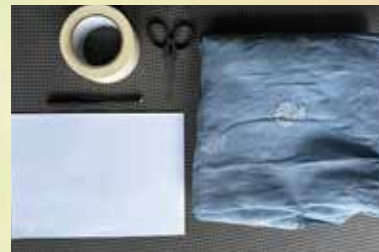
Spot the 12 Differences



UNDER MAMMA'S CARE CRAFT

- ROSE MARY TOM

@potterandhisclay



MATERIALS REQUIRED

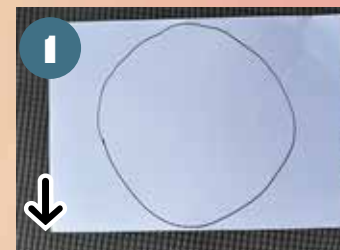
- 1 Long stole/shawl (any colour or pattern)
- A piece of craft/A4 paper
- Scissors
- Black sketch pen
- Double-sided/ sticky tape

STEPS

Step 1: Draw a circle on an A4 sheet of paper. Inside the circle, draw the hair, eyes, and mouth (as shown in the picture) to form the face of Mother Mary.

Step 2: Cut out the face.

Step 3: Take the shawl and, using double sided tape or sticky tape, fix it on a wall or door of your house (or any place you prefer).



Step 4: Now take the face cutout and tape it inside the shawl, as shown in the picture.

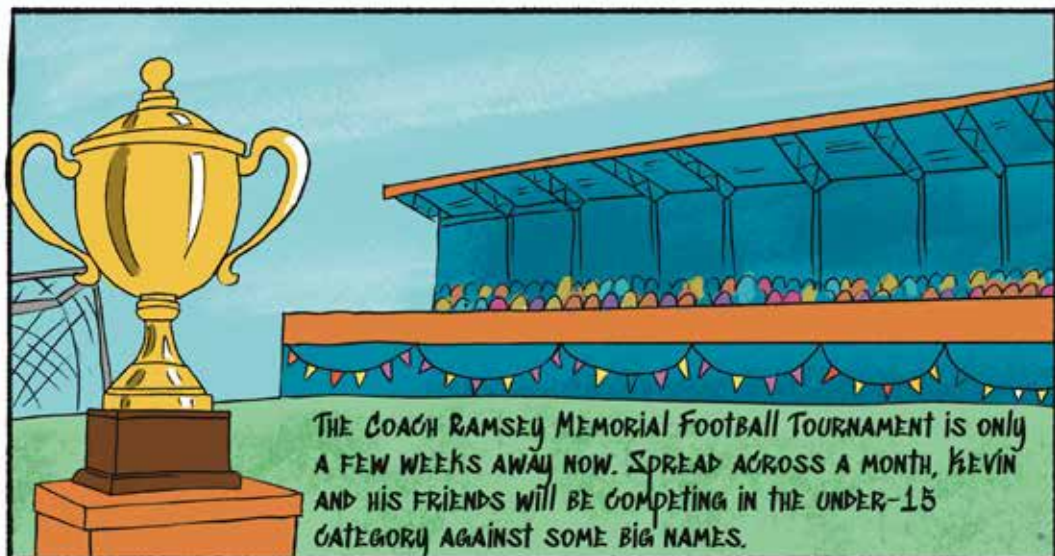
Step 5: Using the remaining piece of A4 paper, make a small crown for Mother Mary. You may use your creativity by adding stickers, flowers, glitter, or sparkling paper to decorate it.

Step 6: Paste the crown over the head, as shown in the picture.

Your Mamma Mary's Mantle is now ready!

Note: Parents can remind the kids that Mother Mary protects and cares for us under her mantle whenever we seek her intercession. Alternatively, you can set up the whole craft on a hanger, so it can be carried around to different places.

The Tournament Looms Near



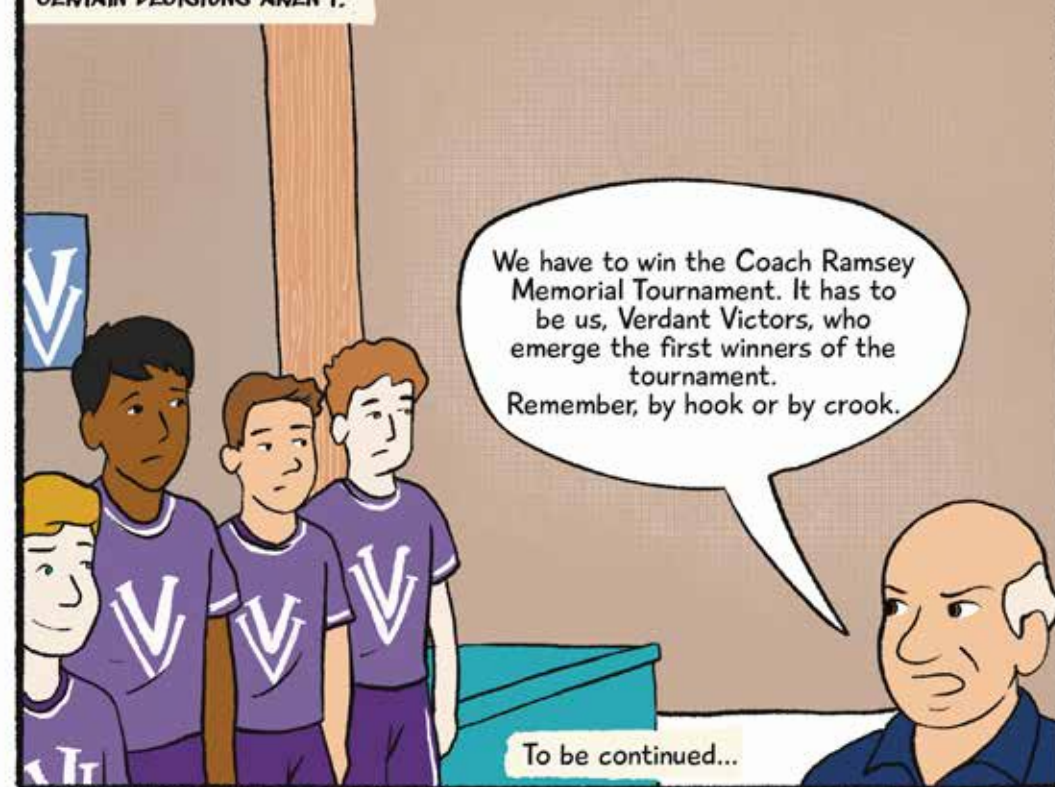
GIVEN COACH RAMSEY'S POPULARITY WHEN HE WAS ALIVE, THE FIRST TOURNAMENT IN HIS HONOUR HAS BECOME A MUCH-AWAITED EVENT. AND WITH SOME OF THE BEST TEAMS PARTICIPATING, EVEN THE SUPPORT STAFF AT THE HOST STADIUM ARE TALKING ABOUT IT.



MEANWHILE, AS SOME DECISIONS ARE MADE FOR GOOD...



CERTAIN DECISIONS AREN'T.



STORY: TANIA ROSE JOSUN ILLUSTRATIONS: STEFFI ANDRAT FARIA

Salvator Mundi

BY LEONARDO DA VINCI

- DR GINTO POTTACKAL

Think about a painting of Christ that sold for 450.3 million dollars at an art auction! Yes, it was the 16th century painting *Salvator Mundi*, by the Renaissance master artist Leonardo da Vinci.



The painting is based on a theme of Christ as the *Salvator Mundi* (Latin for 'Saviour of the World'). In this painting, Jesus is portrayed holding a globe, indicating his majestic divine power over the earth. The transparent globe also represents the cosmos, over which Christ has complete dominion and authority. His raised right hand shows a gesture of spiritual blessing.

This painting is considered as a masterpiece of Renaissance art and revered as a religious icon across the world. The painting's mystic style and serene expression leads viewers into a deeper contemplation of the saving mission of Jesus.

The painting was believed to be lost for a long time and misattributed to other artists. It was later rediscovered in 2005

Leonardo was a man of faith. He acquired a solid understanding of religious symbolism and contemporary Catholic teaching.

by art historians and restored over several years of work. However, some historians dispute the originality of the painting and question whether it can truly be attributed to Leonardo.

Leonardo da Vinci was born on 15 April 1452, in the Italian town of Vinci. He started learning art at the age of 14 under the guidance of one of the leading painters of his time. Renowned for his mastery in diverse disciplines – including art, anatomy, botany, geology, optics, and

mechanics – he is revered as one of the greatest polymaths (expert in multiple areas) in history. He created detailed sketches of the human body and designed inventions such as flying machines, tanks, and hydraulic systems. Leonardo kept extensive notebooks filled with detailed illustrations of his inventions and anatomical studies. His well known masterpieces are *The Last Supper* (1490s) and *Mona Lisa* (1503). Leonardo died in France on 2 May 1519 at the age of 67.

Leonardo was a man of faith. He acquired a solid understanding of religious symbolism and contemporary Catholic teaching. He was successful in applying these faith elements in his art. His biographer confirms that, 'he earnestly resolved to learn about the doctrine of the Catholic faith.' Moreover, he received Catholic rites at the end of his life, including a confession, the Last Rites, and a Catholic funeral.

Salvator Mundi showcases Leonardo's unique ability to blend his expertise in science, art, and spirituality in a painting. Upon close examination, we can recognise the unique features of Leonardo's signature techniques, including *sfumato* (soft blending of colours and edges) and intricate detail in the face and curls of hair. The orb's transparency and refractive qualities indicates da Vinci's in-depth scientific understanding of optics.

This is the most expensive painting ever sold. In 2017, the painting was sold at an auction for a record price and it was purchased by the crown prince of Saudi Arabia. After the record-breaking sale, the painting has not been seen publicly, and its whereabouts remain unknown at present.

Q POPULAR MEDIA SAYS THAT ADAM'S FIRST WIFE WAS LILITH, WHO REBELLED AGAINST GOD AND BECAME THE MOTHER OF DEMONS. AS A CATHOLIC, SHOULD I BELIEVE THIS?

ANS: First of all, we should be careful while listening to popular theories/stories especially through media. The most important thing is to cross reference it with gospel and Church teachings. Lilith is not found in Sacred Scripture or in the Church's tradition, and so stories about her being Adam's wife can safely be described as myths.

The term or name Lilith does appear in the OT but it is not clear as to what it refers to. In Isaiah 34:14 we see this name in some translations as a night creature but never as the wife of Adam or anywhere close to it. Lilith is not a figure found in Sacred Scripture or the authentic tradition of the Catholic Church. She appears only in Jewish folklore and later non-canonical writings, such as the Dead Sea Scrolls and the Babylonian Talmud, where

Lilith is not found in Sacred Scripture or in the Church's tradition, and so stories about her being Adam's wife can safely be described as myths.

she is described as a demon. The medieval 'Alphabet of Ben Sira' – [700-1000 AD, way later than the Bible itself] even calls her Adam's wife, but this is a myth without biblical foundation. The Church teaches that the first woman is Eve, created by God from Adam's rib (Genesis 2:21-23). Stories about Lilith are outside the deposit of faith and have no place in Catholic doctrine (*Catechism of the Catholic Church*, 65). That idea comes from later Jewish folklore, and is not based on Scripture or Christian tradition.

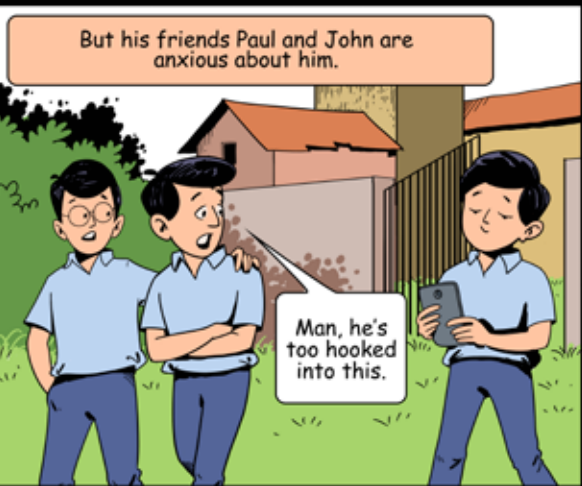
In simple terms, it is just a story and we do not pay any heed to it. It is not at all biblical or faith related. It was popularly circulated on the internet as a mockery and to create a certain 'bad-bold-girl' image.

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

THE NEW KING OF LIKES



One morning before classes, Sean, the 'New King of Likes' is showing off photos from his recent trip.



But his friends Paul and John are anxious about him.

Man, he's too hooked into this.



Comments on social media fill him with pride.

FIRE BRO!
COOL PIC!

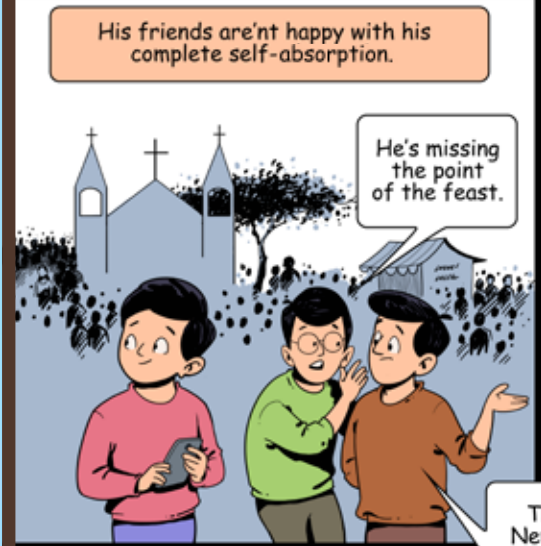


Not only that, Sean has also become the popular guy these days. And everyone wants to hang around him. Sean is soaking all this in.



It is the Annual Parish Feast and the three friends are also present.

While Paul and John are focused on the feast itself Sean is busy with minute-by-minute posts on social media.



His friends aren't happy with his complete self-absorption.

He's missing the point of the feast.

That's the, New n Popular Sean!

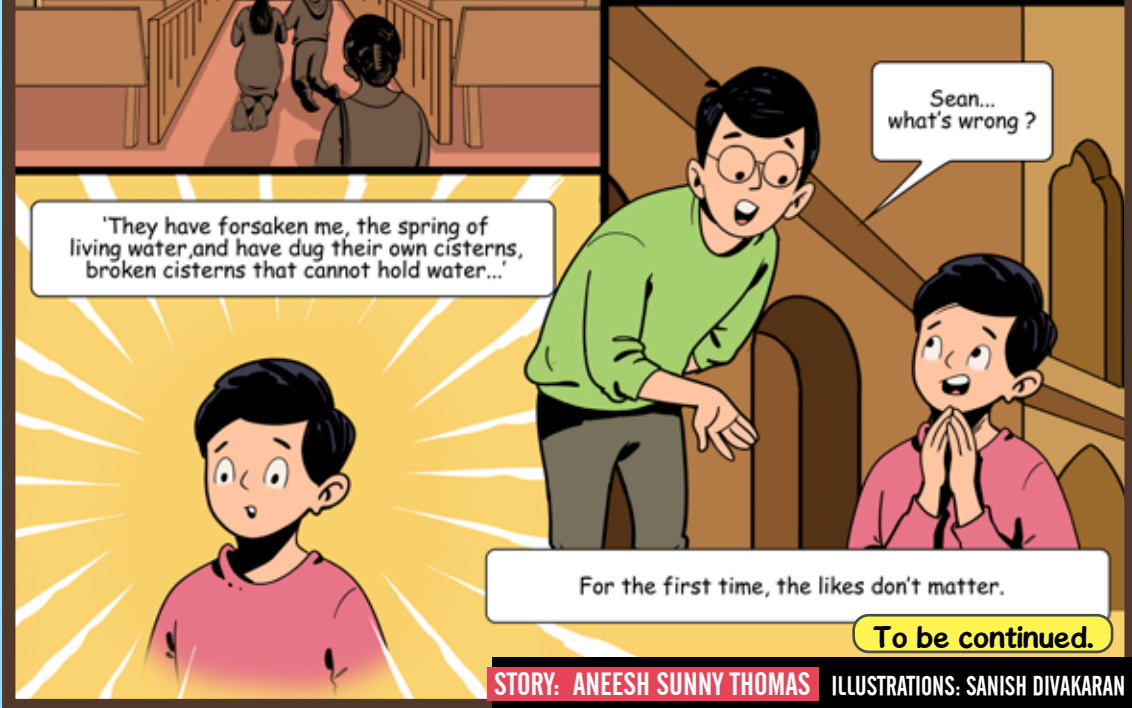


'My people have committed two sins...'

'They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water...'



Church bells announce the final Holy Mass marking the end of the feast.



Sean... what's wrong?

For the first time, the likes don't matter.

To be continued.

STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

Bilhah

Hebrew: בִּלְהָא

MEANING: TIMID OR BASHFUL

Bilhah was a servant of Rachel and later became one of Jacob's wives. She was the mother of two of Jacob's sons, Dan and Naphtali.

Interesting Fact :

Bilhah's sons were fathers to two of the twelve tribes of Israel, but their tribes had very different futures. Dan's tribe later struggled with idolatry (Judges 18:30), while Naphtali's land became a place where Jesus would one day perform miracles (Matthew 4:13-15).

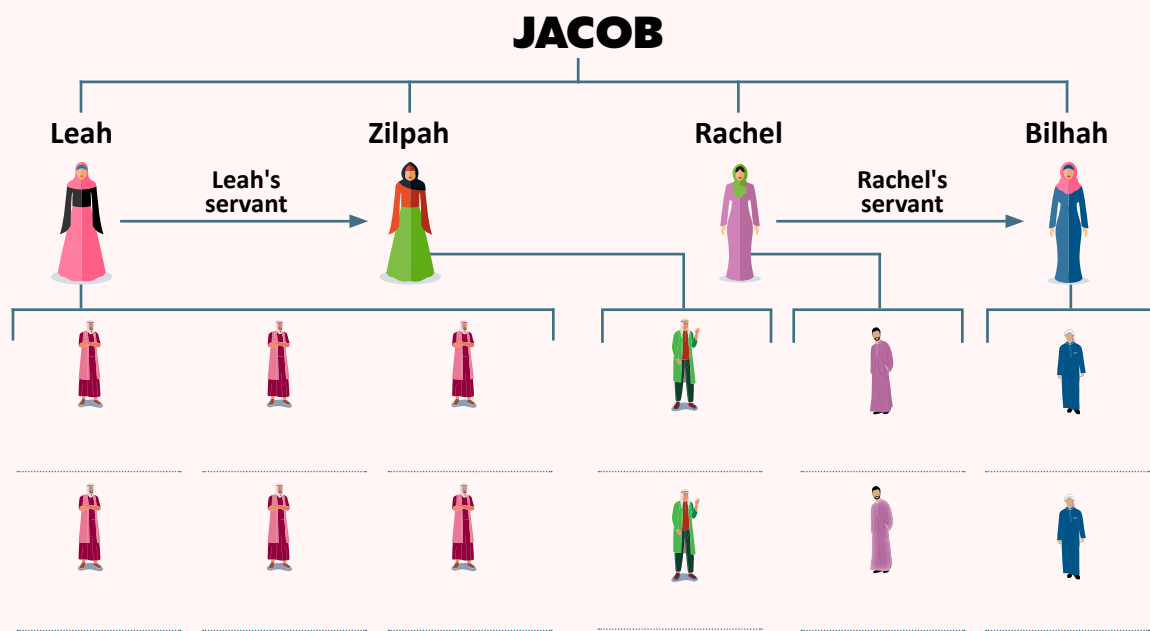


Personal Application :

Dan and Naphtali were brothers, but their tribes took very different paths because of the decisions they made. In the same way, we should strive to make good choices, follow God's guidance, and live in a way that honours Him.

Jacob's Family

Read Genesis 29, 30 & 35. Fill in the names of Jacob's sons corresponding to their mothers (Reuben, Simeon, Levi, Judah, Issachar, Zebulun, Joseph, Benjamin, Dan, Naphtali, Gad, Asher)



HOLY HUMOUR

No Interrupting!

Two men were very high up on a scaffolding painting the ceiling of a church. They look down and see a little old lady right below them kneeling in prayer. One of the men decides to have a little fun and in a deep voice says, 'This is Jesus speaking.' But nothing happens. So he tries again



saying, 'Woman, this is Jesus speaking to you.' The old lady, still looking straight ahead says, 'Be quiet! I'm talking to your mother!'

PRAYER OF

St Gertrude

THE GREAT

***Eternal Father,
I offer Thee the most
Precious Blood of
Thy Divine Son,
Jesus, in union
with the Masses
said throughout the
world today, for
all the Holy Souls
in Purgatory, for
sinners everywhere,
for sinners in the
universal Church,
those in my home
and within my
family.***

Amen.

