

KAIROS

VOLUME 4 » ISSUE 43

Buds

A CATHOLIC MAGAZINE FOR CHILDREN



RIPPLES OF Compassion & Reconciliation

WITHIN

*Basilica of
Our Lady,
Walsingham*
.....

Learn a
Prayer



Jesus Youth

A Missionary Movement at the Service of the Church

WITHIN

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The Catholic National Shrine and Basilica of Our Lady, Walsingham, UK

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EDITORIAL



Acts of Mercy

Do you know the song 'God is watching, watching over you'? I hope most of you would, if not, you can search for this song on YouTube. I heard this song for the very first time some years ago, during a teens retreat for which I was a volunteer. A member of music ministry introduced this action song which created a great excitement in the group and everyone thoroughly enjoyed the song and the actions alike. Ever since, a strong image was imprinted in me of our God watching over us every day, every hour, every minute, every second. He's watching everything too.

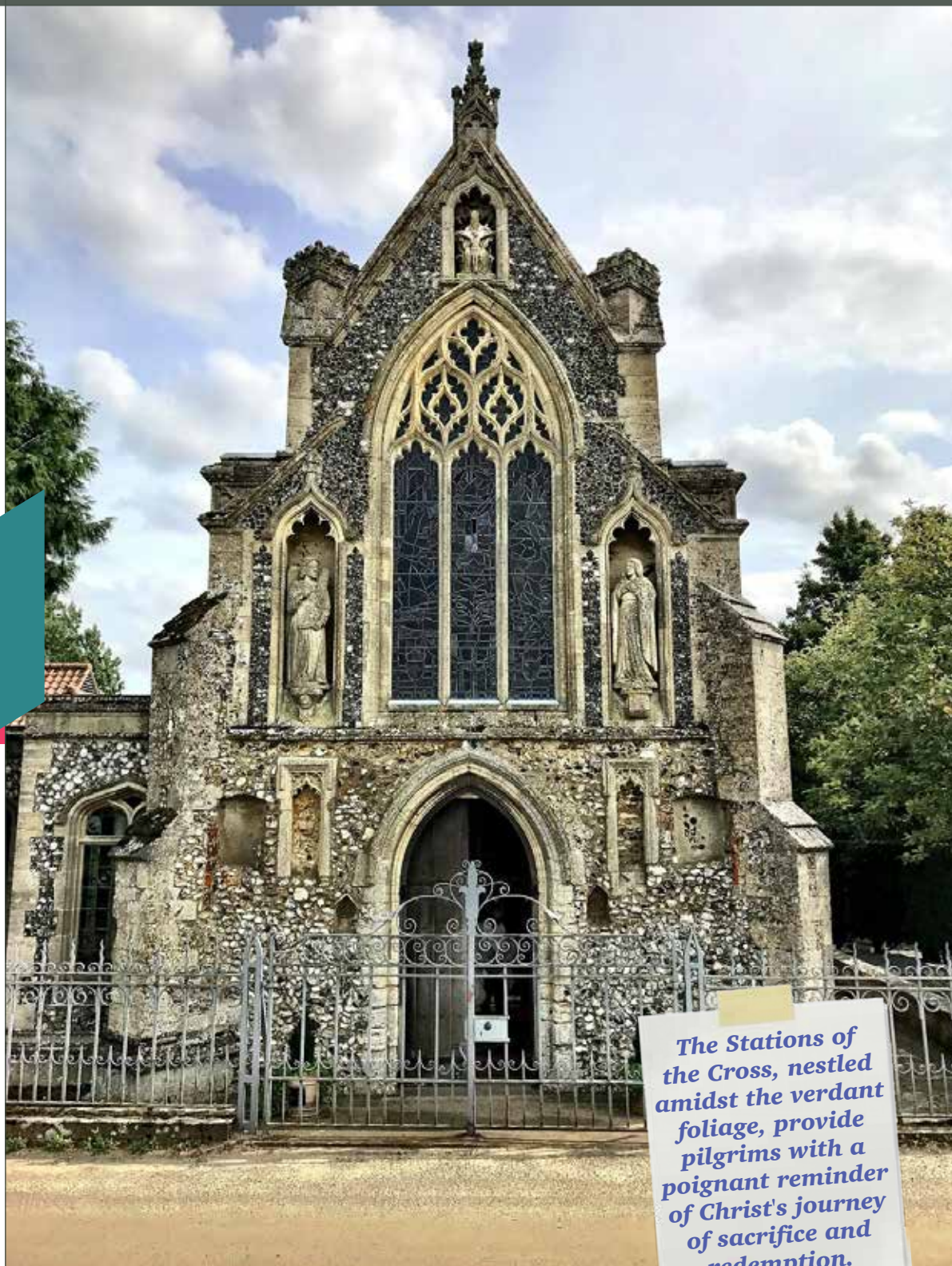
I was blessed to attend a leadership training programme more than a decade ago. A participant from Australia used to serve everyone water during meals, without anyone asking him to. It made me wonder what prompted him to do so such small gestures of mercy without expecting anything. His actions eventually inspired others to do the same. Acts of mercy are contagious, be it small or big. Bonus is, God is watching all these things!

While writing this on a long bus journey, my bus broke down and we had to wait very long for another bus to fetch us. While reflecting on mercy, I was inspired to be patient and gentle rather than complaint to the bus staff for the long wait for alternative arrangements.

Life gifts us everyday opportunities to practice mercy. Why not extend a helping hand to your busy mom with household chores, assist a friend who requires extra support in their studies, or swiftly attend to a friend's minor injuries during playtime? I hope you will gain wisdom from this edition of *Kairos Buds* to practice the fifth beatitude, *Blessed are the merciful, for they will receive mercy* (Mathew 5:7).

Thank you.

Nobin Jose, Singapore
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The Stations of the Cross, nestled amidst the verdant foliage, provide pilgrims with a poignant reminder of Christ's journey of sacrifice and redemption.

The Catholic National Shrine and Basilica of Our Lady in Walsingham, informally known as the Slipper Chapel or the Chapel of St Catherine of Alexandria, is a Catholic basilica in Houghton Saint Giles, Norfolk, England. Walsingham became a pilgrimage site when, as it was said long ago, Richeldis de Faverches saw the Virgin Mary in the eleventh century and was inspired to build a duplicate of the Holy House of Nazareth. Since then, people from all over the world have come to this holy location, sometimes known as the 'Nazareth of England,' in search of comfort, recovery, and spiritual refreshment.

The basilica, a magnificent architectural masterpiece, serves as the focal point

foliage, provide pilgrims with a poignant reminder of Christ's journey of sacrifice and redemption.

Next to the shrine, the museum houses a fascinating collection of artifacts and relics, offering insights into the rich history and heritage of Walsingham. Pilgrims can explore exhibits showcasing the shrine's origins, as well as relics associated with its miraculous history. Meanwhile, the quaint village surrounding the shrine boasts charming shops, cafes, and accommodations, providing pilgrims with ample opportunities for rest.

Yet, possibly the most profound aspect of a pilgrimage to Walsingham is the sense of community and fellowship that permeates

The Catholic National Shrine and Basilica of Our Lady, Walsingham, UK

- SAVIO SABU » 12 YRS

of worship and reverence, hosting daily Masses and liturgical celebrations. Its soaring spires and intricate detailing inspire awe and reverence in all who behold it. Within the basilica's sacred walls, pilgrims are invited to participate in the rich tapestry of Catholic devotions, including the Rosary, Eucharistic adoration, and the sacrament of reconciliation.

Outside the basilica, the shrine's tranquil gardens offer pilgrims a serene retreat for prayer and contemplation. The gentle rustle of leaves and the fragrance of flowers create an atmosphere conducive to spiritual reflection. The Stations of the Cross, nestled amidst the verdant

the entire experience. Pilgrims from all walks of life come together in prayer and solidarity, forging bonds of friendship and spiritual kinship. In the shared journey of faith, they find strength, comfort, and inspiration to continue their pilgrimage of life.

In a world marked by uncertainty and disruption, the Catholic National Shrine and Basilica of Our Lady in Walsingham stand as a beacon of hope and faith, inviting pilgrims to embark on a sacred journey of discovery and transformation. Within its sacred precincts, souls find respite from the trials of life, cradled in the eternal embrace of divine love and grace.

My Encounter with Jesus in the Holy Mass

- DELON ROJES » 13 YRS

THE MASS, the Pope said, is prayer – or rather, it is ‘the prayer of excellence, the highest, the most sublime, and at the same time, the most “concrete” ... it is an encounter with the Lord.’

I started going to daily Mass when I was two, I only vaguely remember because I was so young. We were in India then, and every day my parents would go for the 6:15 am Mass with me, even though I probably slept through it. It must’ve been a struggle for them to get me dressed and to leave

at 5:45 am to reach Mass on time, but they did it. When we get out of our comfort zone to worship and proclaim the lord, **God will generously provide all you need. Then you will always have everything you need, and plenty left over to share with others** (2 Corinthians 9:8).

We went to Mass every day until I was 8, after that God brought us to Australia. We didn’t ask for this blessing, but God always gives in abundance when we pray.

In Australia, we quickly found a church nearby that had daily Mass at 7:00 am, it was a real blessing to be able to go there every day. Going to mass here at 7:00 was even harder than going to mass in India at 6:15 because the temperature in Australia reaches 2 degrees during the winter and getting out of bed was hard, but with God’s help, I conquered that.

After some years of living in a rental house, we began to pray for a house of our own. My parents had only one criterion: a house where we all could go for daily Mass. After almost 6 months, we were blessed with a beautiful house, within 5 minutes’ distance from 3 churches and a 24-hour adoration chapel. Our house also had lots of places to play and we got a bonus gift from God – a swimming pool. God is abundant in giving if

we ask, **Ask and you shall receive.**

Going to Mass every day and fighting my comfort zone has also helped me physically as well. By God’s grace, for the last 13 years I have never been to the doctor’s except for vaccinations. I have always been under his protection and the Eucharist became my doctor. This goes for even my two younger brothers.

Mass wasn’t always like this for me, it wasn’t as exciting or as meaningful as it is now. A few years ago, Mass used to be an activity for 30 minutes of my life every day, except I didn’t have a choice. My dad would drag me up at 5:30 every day, in the middle of winter, when I could be sleeping in my quilt. At Mass, I would partly sleep during all the prayers and responses.

This went on until I started serving at the altar. My dad signed me up for altar serving. A clever plan it was, I must agree. So the next Sunday, we got to church early and I went into the room behind the altar. There were many other boys, some of whom I knew. They all looked excited and ready, which was exactly the opposite of how I felt. My dad had helped me learn all the prayers, but I still wasn’t that confident. I was about to say I didn’t want to do it... but it was too late. So there I stood, next to the altar, in my white robe, saying all the prayers with my friends. ‘Not too bad... Actually, I kind of like it,’ I thought, as the song played and marked the beginning of Mass.

Ever since then I have always served at the altar, it is something I love doing. I started to attend every Mass with devotion and awe. I listened during the readings and even the homily, all thanks to my dad’s ‘clever plan’ and God’s intervention, of course.

After learning to appreciate Mass, I started making small changes in my life, inspired by the readings and the homilies. Slowly, these small changes piled up into a huge change in my personality, studies, and my

relationship with God. Before appreciating Mass, I used to be poor at studies and my test results were always bad; I used to be stuck at average and occasionally the 10% more than average. After I started paying attention at Mass, I started to pray to God more often, especially before my exams. I used to read the Bible and contemplate its message. Ever since my marks have greatly improved, and I even got into the top 3 in my class. It’s all about prayer, and it took me this long to realise. Thank God for coming up with that clever plan to make my dad sign me up for altar serving.

I encourage you to approach Mass with an open heart and mind. Though it may not always be easy, trust that in the Mass, we find not only solace but also strength for the journey ahead. Let us embrace this gift with gratitude and reverence, knowing that in the Mass, we are truly encountering the Lord.



Ever since then I have always served at the altar, it is something I love doing. I started to attend every Mass with devotion and awe.





JESUS HEALS SIMON'S MOTHER-IN-LAW AND MANY PEOPLE

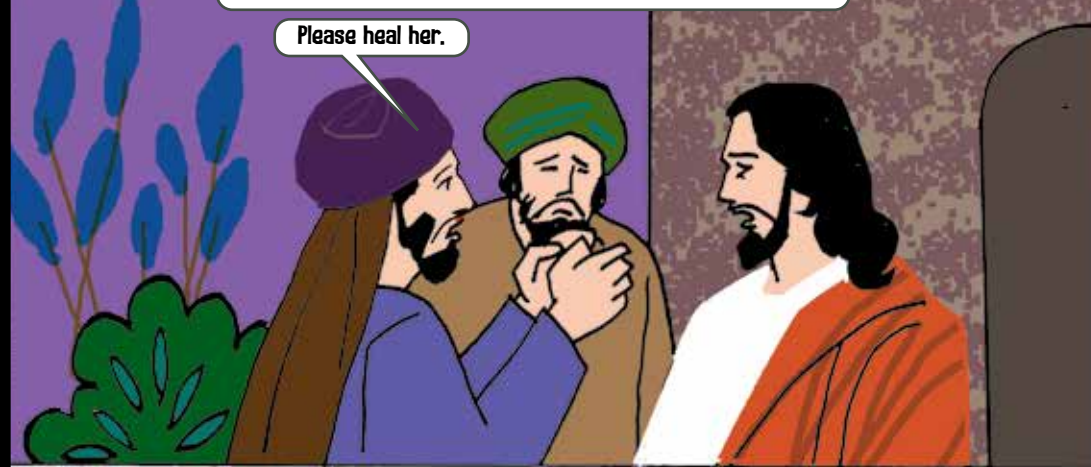
(Lk 4:38-39)

Jesus left the synagogue and went to the home of Simon.

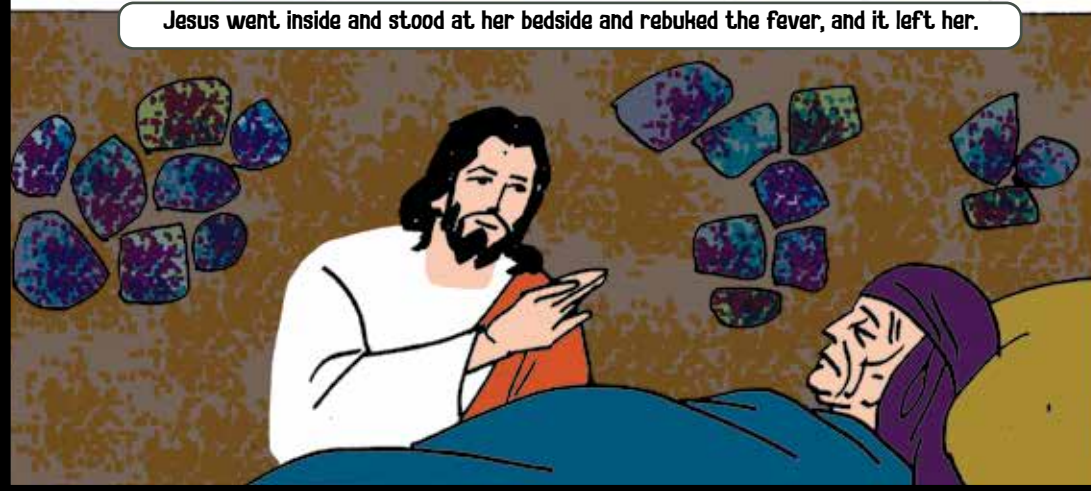


Simon's mother-in-law was suffering from a high fever.

Please heal her.



Jesus went inside and stood at her bedside and rebuked the fever, and it left her.



She got up at once and began to wait on them.

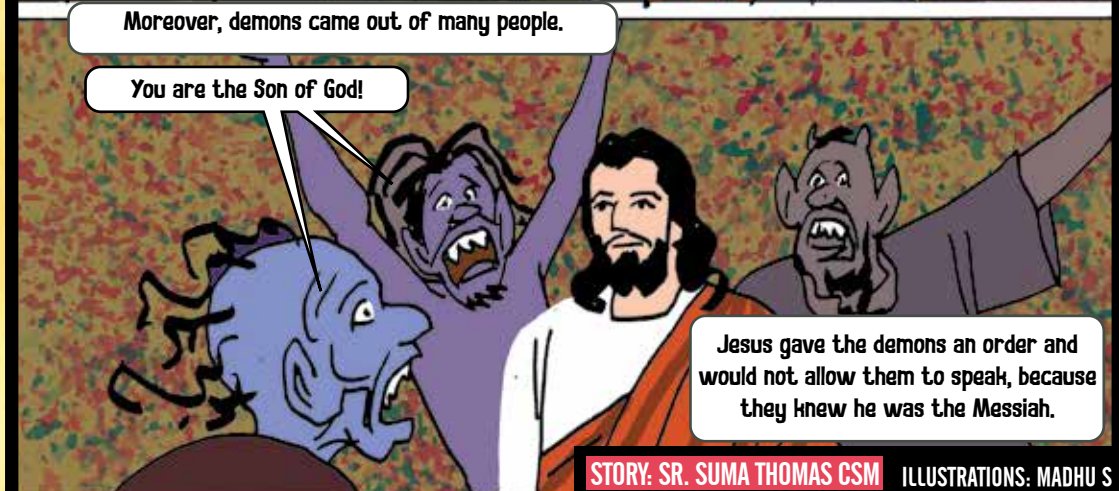


At sunset, the people brought to Jesus all who had various kinds of sickness, and laying his hands on each one, he healed them.



Moreover, demons came out of many people.

You are the Son of God!



Jesus gave the demons an order and would not allow them to speak, because they knew he was the Messiah.

STORY: SR. SUMA THOMAS CSM ILLUSTRATIONS: MADHU S

Mercy Blesses Both Ways

- CHRISTO BENZ

What if I told you that the biggest heroes aren't those who win battles, but those who win hearts with forgiveness and love? Let's dive into the stories of Joseph (Genesis 37-50) and the prodigal son (Luke 15:11-32).

Imagine two stories connected across time, both reflecting the timeless virtue of mercy. From the colourful coat of Joseph in ancient Egypt to the rough roads of a distant land where a father eagerly awaits his lost son's return. Joseph, betrayed by his brothers, rises from the depths of hopelessness to

Joseph, betrayed by his brothers, rises from the depths of hopelessness to become a symbol of forgiveness and mercy.



This father, representing boundless mercy, celebrates the return of his lost child, teaching us that forgiveness is a gift that both heals and restores.

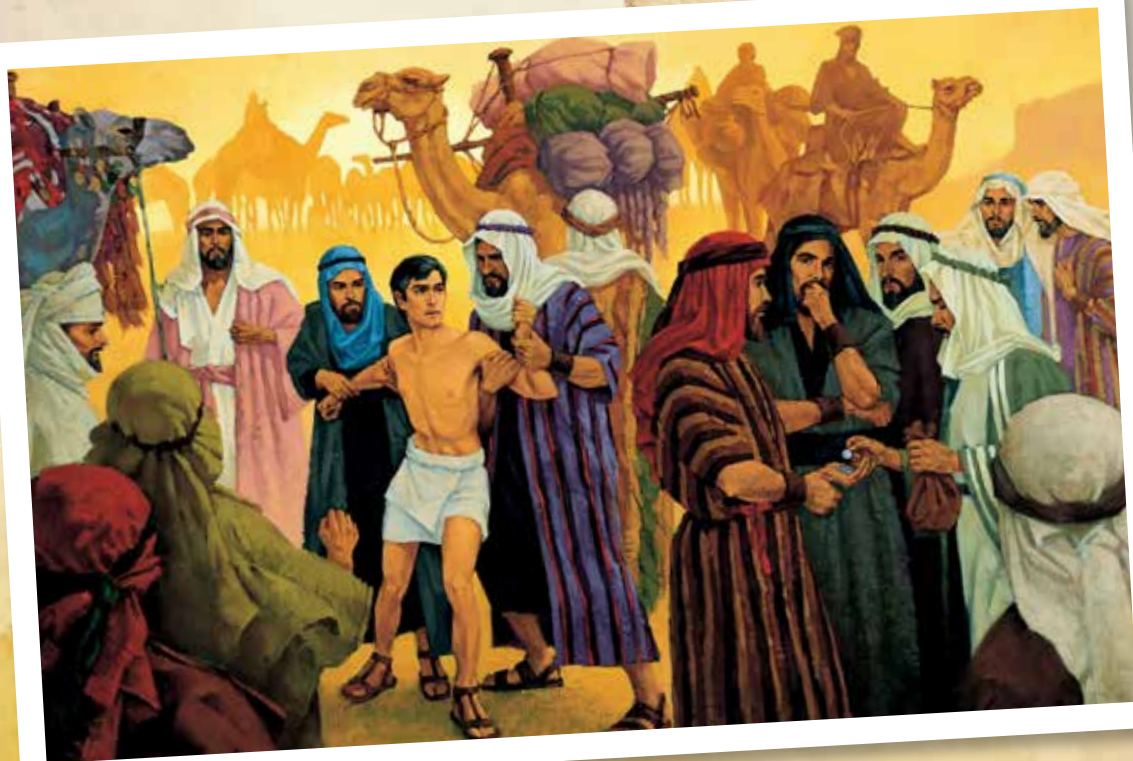
become a symbol of forgiveness and mercy. Instead of seeking revenge, he embraces his brothers, understanding that their actions led not only to his rise but also to the survival of his family during famine.

In a parallel narrative, the prodigal son loses his share of wealth but is met with open arms by his father upon his return. This father, representing boundless mercy, celebrates the return of his lost child, teaching us that forgiveness is a gift that both heals and restores.

Connecting these stories, we find significantly a valuable lesson: mercy is a two-fold act. It blesses both the giver and the receiver, creating impacts of compassion and reconciliation. Joseph and the prodigal son's father demonstrate that true strength lies in forgiving and understanding the

imperfections of others.

These narratives remind us that mercy is not just an act but a way of life. By expressing mercy, we open our hearts to healing and unity, proving that love triumphs over all adversities. Let us be inspired to spread kindness and forgiveness, for 'Blessed are the Merciful; for they shall obtain mercy' indeed.



ST. PHILIP NERI

PART 2

In Rome, Philip was given basic accommodation by a customs official Galeotto Caccia. In return, Philip taught his two small sons. They made great progress in many ways and their mother was very grateful. Philip had a natural talent for bringing out the best in people.



Nothing helps a man more than prayer. The fruit we ought to get from prayer, is to do what is pleasing to the Lord.

He wanted to re-evangelise Rome. He would visit the poor, hospitals, shops, warehouses, banks and public places. He gathered others to accompany him. He was very warm and had a great sense of humour which attracted people to him.



Well, brothers, when shall we begin to do good?

He was praying on the eve of Pentecost, 1544 when he had a profound experience. A globe of fire appeared to him and entered his mouth. He felt a dilation of his heart and was filled with an outpouring of divine love. He later discovered a swelling by the side of his heart but it never caused him pain. Doctors who examined his body after death found that his heart had enlarged and two ribs had been broken to make room for it. From the time of the miracle, his heart would palpitate when he performed spiritual actions.



To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

For God is the king of all earth;
sing praises with a psalm. (Psalm 47:7)

Befriending Tommy the Terror

- JOAN JERO D'CRUZ » 15 YRS

Dear Diary,

Today was a really good day! At Sunday school yesterday, our teacher read us a Bible verse that I really liked. It goes like this: *Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you* (Ephesians 4:32).

After we talked about the verse, I thought about how I could be more kind and forgiving. At school, there's a boy named Tommy who isn't always nice to me. He sometimes says mean things and it makes me sad. But today, I decided to be kind to him just like the verse says.

During break time, I saw Tommy sitting alone. Usually, I would stay away from him because I don't want him to be mean to me. But today, I remembered the verse and walked over to him. I asked if he wanted to play soccer with me and my friends. At first, he looked surprised, but then he smiled and said yes.

We had so much fun playing together! Tommy was really good at soccer and even helped me score a goal. After the game, he thanked me for inviting him to play. I felt really happy!

Our teacher says that being kind and forgiving is like showing God's love to others. I think she's right because when I was kind to Tommy, it made both of us happy!



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



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(Ephesians 4:32).

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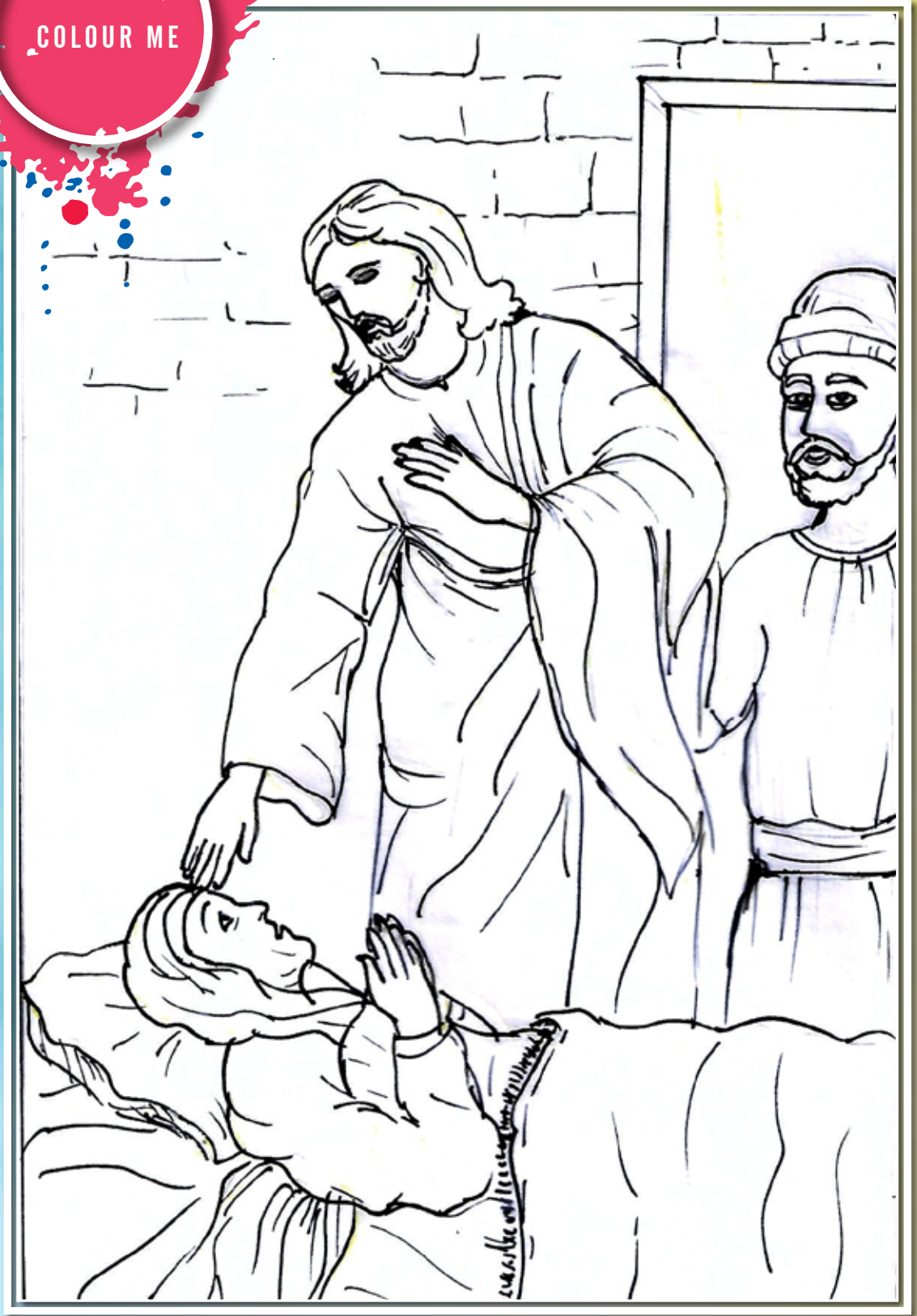
Be kind to one another, tender-hearted, forgiving one another, as God in Christ forgave you.

Colour. Arrange. Frame (Part 4)

In this section, a picture is divided into 4 parts, one for each issue. Children can colour each part, and when the picture is complete it can be glued together and framed.



COLOUR ME



All About St Maria Goretti



PATRON SAINT OF

Forgiveness, chastity, temptations to impurity, teenagers

ST MARIA GORETTI

BORN:

16 October 1890

PARENTS' NAMES:

Assunta Goretti, Luigi Goretti

LIVED IN:

Italy

DIED:

6 July 1902

CANONISED:

24 June 1950 by Pope Pius XII

FEAST DAY:

8 June

Prayer to St Maria Goretti

O St Maria Goretti, beautiful model of purity, you defended your virginity unto your death. Even at the age of 11, you held dear to your heart what is dear to our Lord's heart: your purity. Pray for me that I may do the same, especially when I am tempted.

Please pray that God will give me the strength to avoid sin and say, 'yes' to a life which will lead to eternity in Heaven with you and our Lord. Amen.

FACTS ABOUT ST MARIA GORETTI

- Maria Goretti was born a poor peasant child in Italy, the third of seven children. When she was nine, her father died of malaria.
- Thereafter, she took on the role of taking care of her siblings, while her mother worked in the fields.
- Through all the difficulties, Maria did her best. When people would give Maria a treat, she would take it home to share with her brothers and sisters. Cheerful and intelligent, Maria was also beautiful. Despite her lack of literacy, she was very devout. She prayed the Rosary every night for her father's soul.
- Where her father died, they moved to another place to work in the farm, sharing the house with the Serenellis – Mr Serenelli and his son Alessandro.
- During this time, Alessandro made at least three sexual advances toward her. Each time she refused him.
- On July 5, 1902, Alessandro ordered Maria to mend one of his shirts. As Maria sat mending, Alessandro burst in and motioned Maria into a bedroom. He demanded that she submit to him, she fought him and screamed, 'No! It is a sin! God does not want it!' She ran for the door, but Alessandro caught her and stabbed her fourteen times in the neck before running out of the house. She was taken to the local hospital where Maria survived for only a day.
- On her deathbed, she told the Chief of Police that it was Alessandro who attacked her and added, 'I forgive him, and I want him with me in heaven!' She died the following day.
- At her funeral, many said of her, 'A saint has died!'
- Since Alessandro was young, he was sentenced to thirty years in prison rather than for life. During his first several years in prison, Alessandro refused to repent for his sins.
- Around that time, Alessandro had a dream in which he saw Maria coming to him and handing him lilies. When he took the lilies, they burnt his hands and turned to dust. This made him repent and confess his sins. He then became a lay Franciscan brother, working as a gardener until his death at the age of eighty-seven.

Blessed are the merciful,
for they shall be shown mercy.

Matthew 5: 7



Colour by Numbers



- 1. Green 2. Light Blue 3. Orange 4. Brown
- 5. Light Green 6. Red 7. Yellow
- 8. Pink 9. Black



The month of July is dedicated to the Precious Blood of Jesus, when we remember how Jesus shed his blood for our salvation. Let us learn a prayer to the Precious Blood of Jesus. Try and pray this every morning in July, and then every day.



Prayer to the Most Precious Blood of Jesus

O Jesus, In union with your Most Precious Blood poured out on the Cross and offered in every Mass, I offer you today my prayers, works, joys, sorrows and sufferings for the praise of your Holy Name and all the desires of your Sacred Heart; in reparation for sin, for the conversion of sinners, the union of all Christians and our final union with you in heaven.

Amen.

Colour and pray

MY CANVAS

ALWIN THOMAS » 11 YRS » KANJIRAPALLY, INDIA



JESNIYA JAISON » 10 YRS » MUSCAT, OMAN



IVAN MATHEW » 14 YRS » ABU DHABI, UAE



JOAN MARIA VICTOR » 11 YRS » KOTTAYAM, INDIA



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

Blessed are the MERCIFUL!

- DR JOSEPH SEBASTIAN



If you recollect, you will realise that we have been following the Beatitudes from Jesus' Sermon on the Mount – from Matthew's Chapter 5. We have completed 4 of them (poor in spirit, those who mourn, the meek, and those who hunger). In this article, we look at the fifth Beatitude, *Blessed are the merciful, for they will be shown mercy* (Matthew 5:7). The meaning of being merciful is to show forgiveness and compassion to those in need. In the Our Father, we pray: *Forgive us our trespasses, as we forgive those who trespass against us.* (Matthew 6:12). We see in almost all parables Jesus' merciful heart. Showing mercy is the Trinity's nature. The fact that God the Son died on the cross for all of us is the highest embodiment of God's mercy to humankind. And this is primarily because of his LOVE for us. In Matthew 9:13, Jesus instructs the Pharisees, *Go and learn what this means: 'I desire mercy, not sacrifice.'* For I have not come to call the righteous, but sinners. And in the previous verse (12), Jesus says, *Those who are well have no need of a physician, but those who are sick.*

Meaning, we are shown mercy not because we deserve it but because of God's love for us – his children. So in the normal scheme of things, we deserve punishment for what we have committed (or omitted), but God in his love withholds a just punishment. John 3:16-17: *For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God sent the Son into the world, not to condemn the world, but that the world might be saved through him.* And John 10:10: *Jesus says I came that they may have life and have it abundantly.*

We are blessed if we are merciful because mercy is something God himself displays. The question is, do we show mercy in our actions and words?

Few suggestions for you to consider as Acts of Mercy

- 1. Forgive Others:** If someone has wronged you, take the first step to forgive them, even if they haven't apologised. Holding grudges only hurts you more. Remember, God forgives us despite our faults, and we are called to do the same.
- 2. Help Those in Need:** Look for opportunities to assist those who are struggling, whether it's helping a friend with homework, volunteering at a local charity, sharing your lunch box or simply offering a listening ear to someone who is going through a tough time.
- 3. Be Kind and Compassionate:** Show kindness in your daily interactions. This can be as simple as smiling at someone, offering a compliment, or being patient and understanding when others make mistakes.
- 4. Stand Up Against Bullying:** If you see someone being bullied or treated unfairly, stand up for them. Showing mercy means protecting those who cannot protect themselves and advocating for kindness and respect.
- 5. Pray for Others:** Take time to pray for those who are suffering, whether they are friends, family, or even people you don't know personally. Prayer is a powerful way to express mercy and bring others into God's light.

I would love to hear from you too – the acts of mercy that you do or know about. Please share at josastin@gmail.com.

KID CATHOPEDIA

Catholic Encyclopedia for kids!

COMPILED BY MARIA TERES SEBASTIAN

ABORTION

Abortion is derived from the Latin word, *aboriri* meaning 'to perish.' Abortion is medically used to denote the deliberate termination of a pregnancy. The Catholic Church teaches that human life begins at conception (CCC 2270), and deserves respect from that very moment. Therefore, deliberate termination of a pregnancy is seen as morally wrong. However, the Church acknowledges the complexities of pregnancy—if a medical procedure aims to help the mother, but the foetus unfortunately cannot survive outside the womb (referred to as indirect abortion), the Church considers it morally allowable.



ASCETIC

Ascetic comes from an ancient Greek word *askesis* meaning 'exercise' or 'training.' In a religious sense, asceticism refers to the practice of self-discipline and denial of some pleasures. The practitioners of asceticism are called 'ascetics,' and they try to focus their minds and hearts on God by minimising their attachment to worldly pleasures and comforts. They can be found in any religion; in Catholicism, asceticism is practised by the followers of Christ through acts like fasting (giving up food for a time), praying more, or simplifying their possessions.



ASSYRIA

Assyria, a powerful Mesopotamian empire (present-day Iraq), figures prominently in the Old Testament. This military giant clashed with Israel and Judah. The Bible portrays Assyria conquering Israel in the 8th century BC and threatening Judah in the 7th. Interestingly, some prophets saw Assyria not just as a political force, but as God's tool to punish disobedience. Yet, the Bible emphasises God's control. Even while using Assyria for judgment, God showed mercy by saving Jerusalem. Assyria's story offers a window into ancient Israel's complex relationships and highlights themes of divine justice, mercy, and God's ultimate power.



★ The Mystery of the Missing Monstrance

Dear Diary,

We're back home! Our 7 months in Akanya went by so fast! We made new friends, tasted new food, and came to know and love a totally different country and culture. One of the things I like about Akanya is that life there is much quieter, and there is no hurry.

And yet, during our last week there, something unexpected happened!

After morning Mass one day, Fr Timothy asked us if we would like to accompany him the following day to a nearby village to visit the sick and arrange Adoration. So the next day, Dad, Kevin and I accompanied Fr Timothy. The plan was to reach the village by 10 in the morning, have Adoration throughout the day, visits to the sick and Mass in the evening.



The village did not have a church building, rather it was a small chapel with thatched roof - similar to the huts people lived in. After spending some time in the chapel, we went along with Fr Timothy to visit the sick.



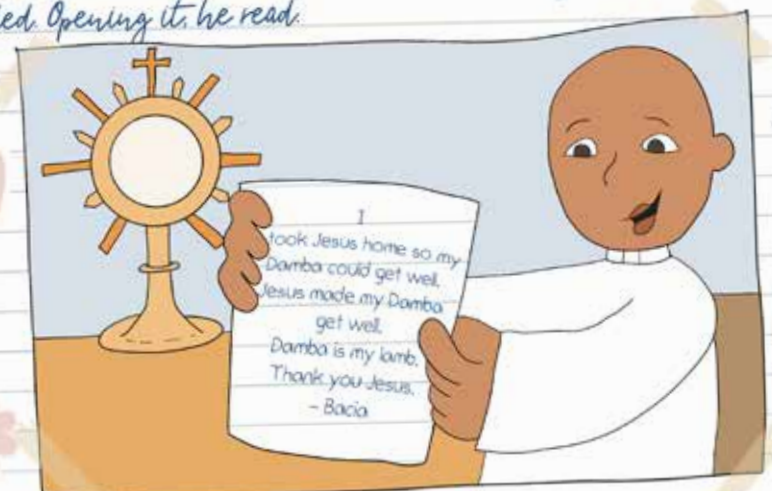
Since we had to visit quite a few sick and elderly people whose houses were far apart, we reached back just before Mass was supposed to begin. But when we arrived, there was a small crowd of people standing outside the chapel. When they saw that Fr Timothy had returned, they ran towards him talking loud and excitedly.



Father was shocked to hear what they said. Quickly he told us that the monstrance holding the Eucharist was missing. Few hours after we had left, when some of the villagers came for Adoration, they found it missing. It was getting time for Mass so Fr Timothy spoke to everyone gathered there. He asked everyone to pray especially during Mass that the monstrance be found. With that, all of us went into the chapel to attend Mass. When Mass got over, no one left the chapel. Everyone sat quietly praying.



Around twenty minutes later, as some of the people got up to leave, we heard gasps. Turning around we saw the missing monstrance at the chapel's entrance, returned just as it was! Fr Timothy rushed to the door. Just as he lifted it up, he noticed a wedge of paper beneath, hastily folded. Opening it, he read:



I took Jesus home so my Damba could get well. Jesus made my Damba get well. Damba is my lamb. Thank you Jesus. - Bacia

Traffic Light Craft

- SEBASTIAN EMMANUEL » 17 YRS

MATERIALS REQUIRED

- Craft Paper: red, green, yellow, black and white
- Pencil
- Sketch pens
- Glue
- Twine

METHOD

Step 1: Take black chart paper, cut a rectangle of 18x7 cm.

Step 2: Make 5 cm diameter circles each from red, yellow and green chart papers and carefully cut it out.

Step 3: Write STOP on the red circle, and 'Listen to God' below that.

Step 4: Write SLOW on the yellow circle, and 'Make time for God' below that.

Step 5: Write GO on the green circle, and 'God is with you' below that.

Step 6: Cut out a circle from the white paper and write 'I am the way and the truth and the life. John 14:6'.



Step 7: Punch a hole on top of the white circle and paste it to the black card.

Step 8: Paste the circles on the black card, one below the other to form the traffic lights – red, yellow, green.

Step 9: Tie the card with a twine and hang on the door of your room.



Q. CAN MY THOUGHTS BECOME MORTAL SINS?

ANS: First of all what is a mortal sin? A mortal sin is defined as a grave action that is committed in full knowledge of its gravity and with the full consent of the sinner's will. So there are three ingredients in a mortal sin: (1) grave matter, (2) full knowledge, and (3) deliberate consent. And the *Catechism* is clear that all 'three conditions must together be met' (1857). But how do we know if it is grave or not? The *Catechism of the Catholic Church* gives a list of some of these, including the Ten Commandments (1858), but the list can go on and on. The right question here is this: is this the kind of behaviour that places something else above God or turns me away from God? If so, it is grave matter. The next thing is, you should have full knowledge of what you are doing and that the consent for such a thing should be from you.

Now what about thoughts? Jesus speaks about harbouring evil in our minds in Matthew 5:22 (anger and murder), 5:27-28 (lust) and 9:4 regarding evil thoughts. But sometimes we face thoughts unbidden. So, when does a thought become sinful? Every thought is not willed. But a thought purposefully willed is active and is an act. So, there is suggestion, delight and consent.

Suggestion is that first bad thought, which is not a sin and when rejected becomes a merit even. When the person stops to consider this thought, which is pleasing in appearance, taking delight but is resisted - this is a venial sin. When the delight easily obtains the consent of the will, it is the cause of mortal sin. Here the person clearly knows that the object is mortally sinful, and embraces it perfectly with the will.

Therefore, one can commit a mortal sin through one's thoughts, when the matter of thought is grave/sinful, is delighted in by the person, consent given for it and is entertained in the thought actively and wilfully. Thus God speaks in Jeremiah 4:14

...wash the evil from your heart and be saved. How long will you harbour wicked thoughts?

Rather than asking when an act or thought becomes sinful or mortal sin, let us ask, does this take me away from the love of God and his grace? Is this against holiness? Do Jesus want me to do this or think like this? Our aim should be to grow in holiness and in the love of the Lord rather than being legalistic.



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



Guess Who?

From these clues, can you guess the name of the saints, all of whose feasts are celebrated in July?

1. She is one of the youngest saints of the Church, was injured violently but forgave her attacker.

2. His initial unbelief earned him a 'nickname'.

3. We all wear or carry his medal, especially on the rosary.

4. We celebrate this feast of Our Lady because of a little 'cloth'.

5. After his resurrection, Jesus appeared to this person first.

6. They were the most 'blessed grandparents' in all of history.

7. People from all over the world walk the pilgrimage way to this apostle's tomb.

8. These three were siblings and dear friends of Jesus.

9. India's first saint.

10. He wanted to be a soldier but became the founder of a great order.

FRANK'S FAN BASE

Continuation of previous story

After having saved Frank from falling headlong, Sean talks to him while they walk to fetch milk.

Frank, this can't continue like this ...

Huh? What do you mean?



Your gaming has started to get to you.

No, it's not! I don't spent that much time on it.



Alright! I know that I might be getting a bit addicted to gaming, but quitting is not so easy.

Sadly, that's true!



Really? So who's the Champ in CONQUEST around here?

Someone else...?!



As they walk Frank asks Sean about his friend, a popular influencer.

Hey, are you still in touch with Dashing Danny? Man, I really love his stuff! It's amazing how he comes up with all of it!

Well, I haven't seen him in a while, but we're in touch. He's sort of cutting down his online presence.

But why? He's one of the coolest guys I have seen!



He might be all that, but the pressure's started to get to him. The subscriptions, the likes, the comments, the changing YouTube algorithms ...



True, but none of that can compete with the fan base you get ...



Well about your fan base... I think there is something we can do ...



Many days later. Frank looks busy ...



Taking Sean's advice seriously, Frank has started DIY workshops for younger children.
















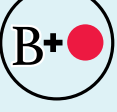





Turn away from evil and do good. Search for peace, and work to maintain it.



STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN

REBUS PUZZLES

Can you guess the words from these clues?

- 1  +  = _____
- 2  +  = _____
- 3  = _____
- 4  +  = _____
- 5  +  = _____
- 6  +  = _____
- 7  +  = _____
- 8  &  = _____
- 9  +  = _____
- 10  +  = _____

Lumber-some!

A carpenter went to confession. Sheepishly, he told the priest, 'I stole some lumber.' When the priest asked what he had done with it, the man said, 'I built a birdhouse.' Thinking that was all the man stole, the priest told the man to say a Hail Mary. And then asked if there was anything else.

The man went on, 'With the lumber left over from the birdhouse, I built a kennel.' So the priest tells the man to say three Our Fathers and three Hail Marys. And asked if there was anything else. 'With the lumber left over from the birdhouse, I build myself a deck,' the man confessed. The priest tells him to do penance



of praying two Rosaries. And asks if there is anything else. 'With the lumber left over from the deck, I built myself a garage.' Just then, the priest interrupts him and asks, 'Do you know how to make a novena?' The man replies, 'No, Father. But if you have the plans, I have the lumber!'



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INDIA'S MARCH FOR LIFE, 2024



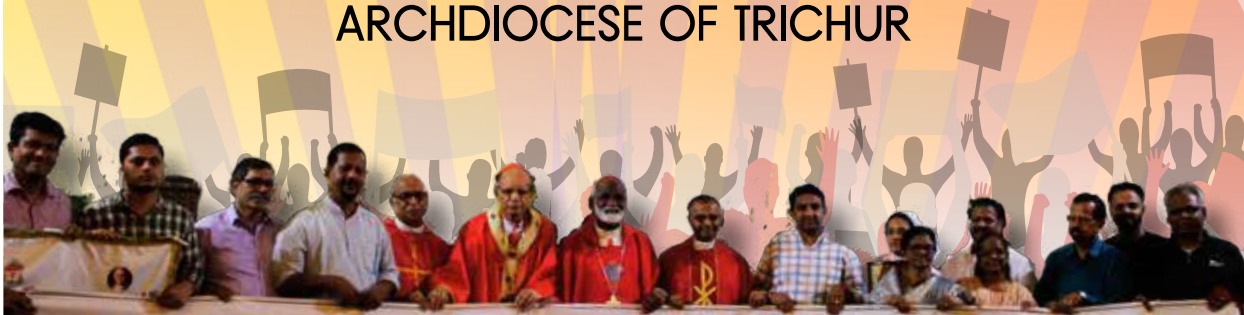
JOIN US IN DEFENDING THE SANCTITY OF LIFE

10TH
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AT TRICHUR,
KERALA



HOSTED BY JOHN PAUL PROLIFE SAMITHI,
ARCHDIOCESE OF TRICHUR



INDIA'S MARCH FOR LIFE



TOGETHER, WE MAKE A DIFFERENCE!