

Budds



WITHIN

Sant'Andrea
al Quirinale,
Rome, Italy

ADVENT
CALENDAR

Love's Pure Light





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Sant'Andrea al Quirinale

ROME
ITALY

- JEWEL BENSON » 12 YRS

The Sant'Andrea Quirinale is a Roman Catholic church located on Quirinal Hill in Rome. A place of formation and prayer built by the Jesuits to replace a previous church, it became a living catechism of Christian spirituality. The church was named after St Andrew the apostle, brother of St Peter and the first to be called by Christ. They say that St Andrew was a soul willing to go wherever Jesus Christ went. The feast day of the Sant'Andrea Quirinale is November 30th. We celebrate the Sant'Andrea Quirinale because it's a strong, solid symbol of the Catholic counter-reformation.

The building was designed by artist Gian Lorenzo Bernini. He was an architect, sculptor, and painter. The church possesses a rare oval plan. The entrance is deliberately narrow symbolising the 'narrow gate' that leads to life (Matthew 7:14). The main altar tells the story of St Andrew's martyrdom. The painting beneath depicts the saint on his X-shaped cross, his face serene with faith, while above a sculpture shows his soul rising heavenward. Between these two levels – suffering and glory – lies the Christian mystery of the cross: through death comes life, through surrender comes victory. Bernini used a hidden window high up on the ceiling above the altar

to let in natural light representing the heavenly realm. The construction began in 1658 and finished around 1670. On the sloping incline of the Quirinale hill in Rome, this is one of the most spiritually moving masterpieces of Baroque architecture. At the very top of the gilded dome, a dove representing the Holy Spirit is encircled by putti, symbolising divine grace and inspiration descending from heaven.

The interior contains chapels dedicated to other saints, such as St Francis Xavier and St Ignatius of Loyola. In the chapel of St Stanislaus Kostka, a young Polish Jesuit novice who died in 1568, his incorrupt body rests beneath the altar and many visitors pause here to entrust their children, their vocations and their faith journey to his intercession.

Sant'Andrea al Quirinale, Rome teaches without words that the ultimate pilgrimage leads not to a place but to a person – Christ Himself.



A Pilgrim's Prayer at Sant'Andrea al Quirinale

Lord Jesus Christ, You called St Andrew to leave his nets and follow You. As I stand in this holy place, open my heart to Your call. Teach me to see Your light in the midst of my daily life and to respond with faith and love. May this pilgrimage renew my soul, strengthen my vocation, and draw me closer to You, who live and reign forever and ever. Amen.

Come, follow me, and I will make you fishers of men
(Matthew 4:19).



JESUS BEFORE THE SANHEDRIN

(MATTHEW 26:57-67)

Those who had arrested Jesus took him to Caiaphas the high priest, where the teachers of the law and the elders had assembled.

The chief priests and the whole Sanhedrin were looking for false evidence against Jesus so that they could put him to death. But they did not find any, though many false witnesses came forward.

But Peter followed him at a distance, right up to the courtyard of the high priest. He entered and sat down with the guards to see the outcome.

Finally two came forward and declared.

This fellow said, 'I am able to destroy the temple of God and rebuild it in three days.'

Then the high priest stood up and said to Jesus.

Are you not going to answer? What is this testimony that these men are bringing against you?

The high priest said to him.

I charge you under oath by the living God: Tell us if you are the Messiah, the Son of God.

You have said so.

But Jesus remained silent.

But I say to all of you: From now on you will see the Son of Man sitting at the right hand of the Mighty One and coming on the clouds of heaven.

Then the high priest tore his clothes and said.

He has spoken blasphemy! Why do we need any more witnesses? Look, now you have heard the blasphemy. What do you think?

He is worthy of death.

Then they spit in his face and struck him with their fists. Others slapped him and said.

Prophecy to us, Messiah. Who hit you?

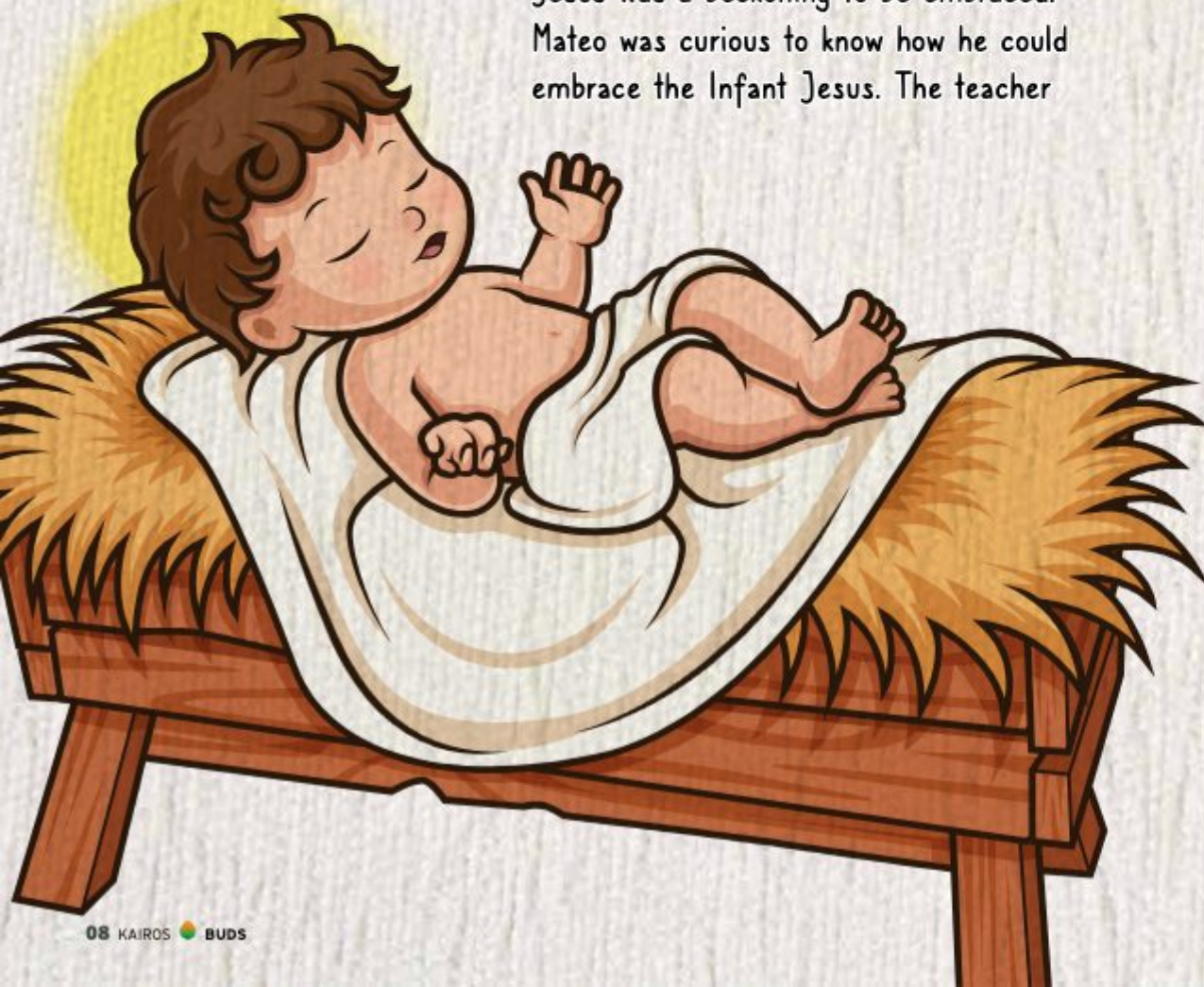
Let us Embrace Infant Jesus

THIS CHRISTMAS SEASON

- FR BITAJU MATHEW O.S.S.T.

At a school Christmas celebration, Mateo, a third-grade student shared something that touched me deeply.

He said, of the nativity scene at school, that what puzzled him most was the figure of Baby Jesus with both arms open wide. On his query about it, his teacher explained that the outstretched arms of Infant Jesus was a beckoning to be embraced. Mateo was curious to know how he could embrace the Infant Jesus. The teacher



further narrated that since God created every human being in his own image and likeness, any time we reach out to anyone in need, it becomes a wonderful way to embrace Infant Jesus. Moreover, she reminded Mateo of the fundraising the school was doing that Christmas for a little girl who had lost her father in an accident,

money to the girl and her mother. Mateo said that when he embraced the little girl and her mother that day, he truly felt he was embracing Baby Jesus.



to support her education and her family. Mateo was overjoyed by the opportunity. He made a plan with his mother, who baked cookies that Mateo sold to his friends, neighbours, family and relatives telling them about his desire to 'embrace the Infant Jesus'. That Christmas season he raised \$1100 for the little girl. Everyone applauded Mateo for his creativity and initiative. On New Year's Eve Mateo presented the



Dear little readers, spend a little time looking at Baby Jesus with outstretched arms in the nativity scene at your home or in your church. Ask the Infant Jesus how you can embrace Him this Christmas. I am sure that the Infant Jesus will inspire you from within or through your parents or teachers to make a plan to 'embrace' Him this Christmas. May the example of Mateo motivate you as well. Merry Christmas!

The Miracle Inside Your Brain When You Pray

- DR MARIA MERIN ANTONY



Have you ever wondered what happens inside you when you pray? When we start to pray, something very special happens, not just in our hearts, but also in our brains! When you decide to pray, your *thinking brain* (the part that helps you make choices) wakes up and says, 'Let's talk to God!' That's the first step. You are choosing to spend time with God, just like you choose to talk to a good friend.

Then, another part of your brain, called the *feeling brain*, joins in. This part helps you feel love, peace, and kindness. When we pray or say the Rosary, this 'feeling brain' sends calm messages through your body. Your heart slows down, your breathing becomes softer, and your body feels warm and relaxed. It's like your whole body is giving you a gentle hug!



a garden of peace inside your head! The more you pray, the more your brain learns to stay calm, even when things go wrong.

And do you know what else?

When you pray every day, especially when you say the Rosary, your brain becomes stronger at feeling thankful and hopeful.

Inside your brain, certain messengers, called dopamine and serotonin, help your body feel calm and your heart happy. These happy messengers help you feel peaceful and joyful when you pray. Scientists have even taken special pictures of people's brains while they meditate or pray, and they observed the parts of the brain that make people feel calm light up, just like tiny stars! When you pray every day, especially when you say the Rosary, your brain becomes stronger at feeling thankful and hopeful. It's like watering

When your brain and heart are calm, your whole body becomes healthier. Your heart works better, you sleep better, and you feel happier. God made our brains this way on purpose, so that talking to Him would bring us peace and love. So next time you hold your rosary, remember: every 'Hail Mary' is not just a prayer, it's also a gift to your mind, your heart, and your body.

Prayer makes you radiant with calm, joy, and love, just the way God wants you to.

ST CATHERINE LABOURE

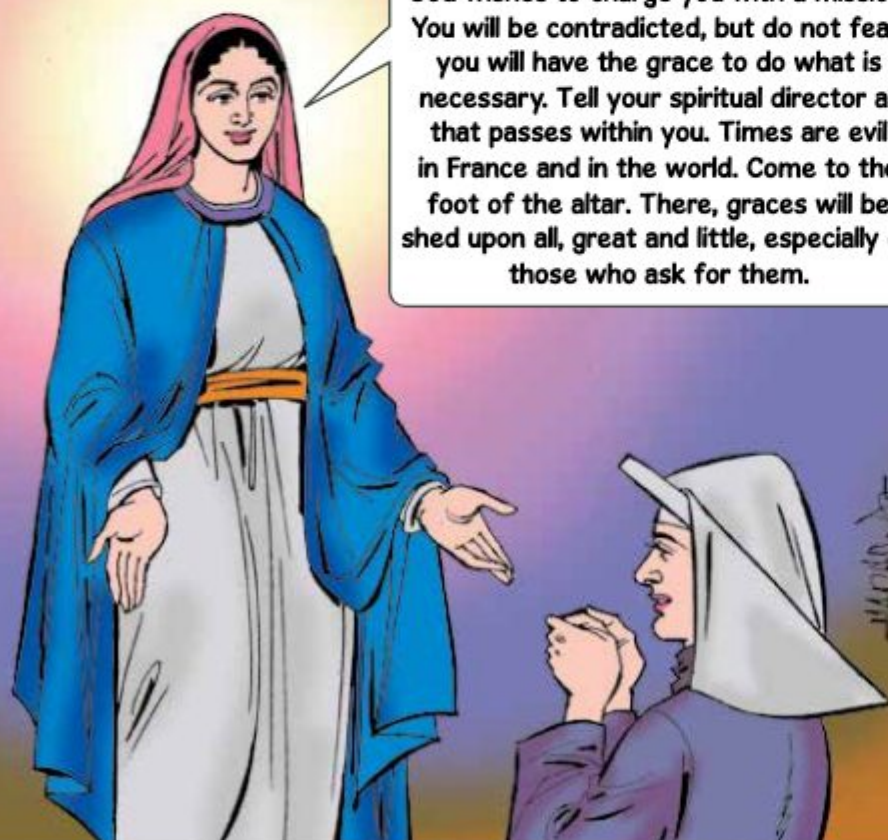
Part 2

In 1830, Catherine joined the Daughters of Charity. Briefly after this happened, God was pleased to grant her many extraordinary visions. On three consecutive days she beheld the heart of Saint Vincent above the reliquary in which his relics were exposed, each time under a different colour. At other times, she beheld the Lord in front of the Blessed Sacrament.



On July 19th 1830, Catherine was woken from her sleep by a child's voice calling her to the chapel, as the Blessed Virgin Mary was awaiting her. As Catherine approached the chapel, the door opened and a brilliant light shone.

God wishes to charge you with a mission. You will be contradicted, but do not fear; you will have the grace to do what is necessary. Tell your spiritual director all that passes within you. Times are evil in France and in the world. Come to the foot of the altar. There, graces will be shed upon all, great and little, especially on those who ask for them.



In November 1830, the Blessed Mother visited Catherine again during evening prayer. She showed herself inside an oval frame, standing upon a globe with rays of light coming from her hands toward the globe. Around the frame were the words, 'O Mary, conceived without sin, pray for us who have recourse to thee.'

All who wear them will receive great graces.



Mother Mary asked Catherine to take these images to her confessor, Father Jean Marie Aladel so they could be placed on medallions. At first, the priest did not believe Catherine. However, after two years, he brought her story to the archbishop. The archbishop ordered 2,000 medals to be made. The medals were distributed so rapidly and effectively it was said to be miraculous.



To be continued...

STORY: STEFFI SIBY ILLUSTRATIONS: MADHU S

ONE DAY AT A TIME

- JOAN JERO DCRUZ » 16 YRS

Dear Diary,

Exams are next week, and my brain feels like it's going to explode. Every time I try to focus on one subject, I start thinking about all the others waiting behind it - math, science, English, history. It feels like a mountain I can't climb.

This morning, I woke up early to study, but instead of reading, I just stared at my notes. My stomach was twisting, and my heart kept racing. What if I forget everything? What if my mind goes blank during the exam? What if I fail?

When Dad saw me pacing back and forth, he handed me a cup of tea and said, 'Jack, you're doing your best, and that's all God asks of you. Remember that verse we read yesterday? "Do not worry about tomorrow." You can only handle today - and that's enough.'

He told me that worrying about tomorrow is like trying to carry two days at once. 'You only have the strength for one day at a time,' he said with a smile. 'God will give you what you need for tomorrow when tomorrow comes.'

That made me stop and think. Maybe I've been trying to do everything on my own, instead of trusting God to help me.

So tonight, I decided to take it slower. I studied one chapter instead of five. I prayed before bed, asking God to help me do my best and stay calm. And for the first time in days, I felt my heart quiet down.

I don't know how I'll do, but I already feel lighter.

Maybe trusting God isn't about pretending everything's easy - it's about knowing He's already in tomorrow, so I don't have to be afraid of it.

One step, one day, one prayer at a time.

That's enough for now.



Do you have a faith experience you'd like to share for this page? Send it to us at kairosbuds@jyjkairosmedia.org with your full name, age and complete postal address.

Do not worry about tomorrow, for tomorrow will worry about itself.

-(Matthew 6:34)

Do not worry about tomorrow, for tomorrow will worry about itself.

Do not worry about tomorrow, for tomorrow will worry about itself.

Do not worry about tomorrow, for tomorrow will worry about itself.

Do not worry about tomorrow, for tomorrow will worry about itself.

Do not worry about tomorrow, for tomorrow will worry about itself.

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Do not worry about tomorrow, for tomorrow will worry about itself.

Advent Calendar

Starting on 30th November, colour, cut out, and stick one picture onto the Advent Calendar (Page 18-19) for each day of Advent. Remember to also say the Advent prayer (back page) including the virtue for each day.



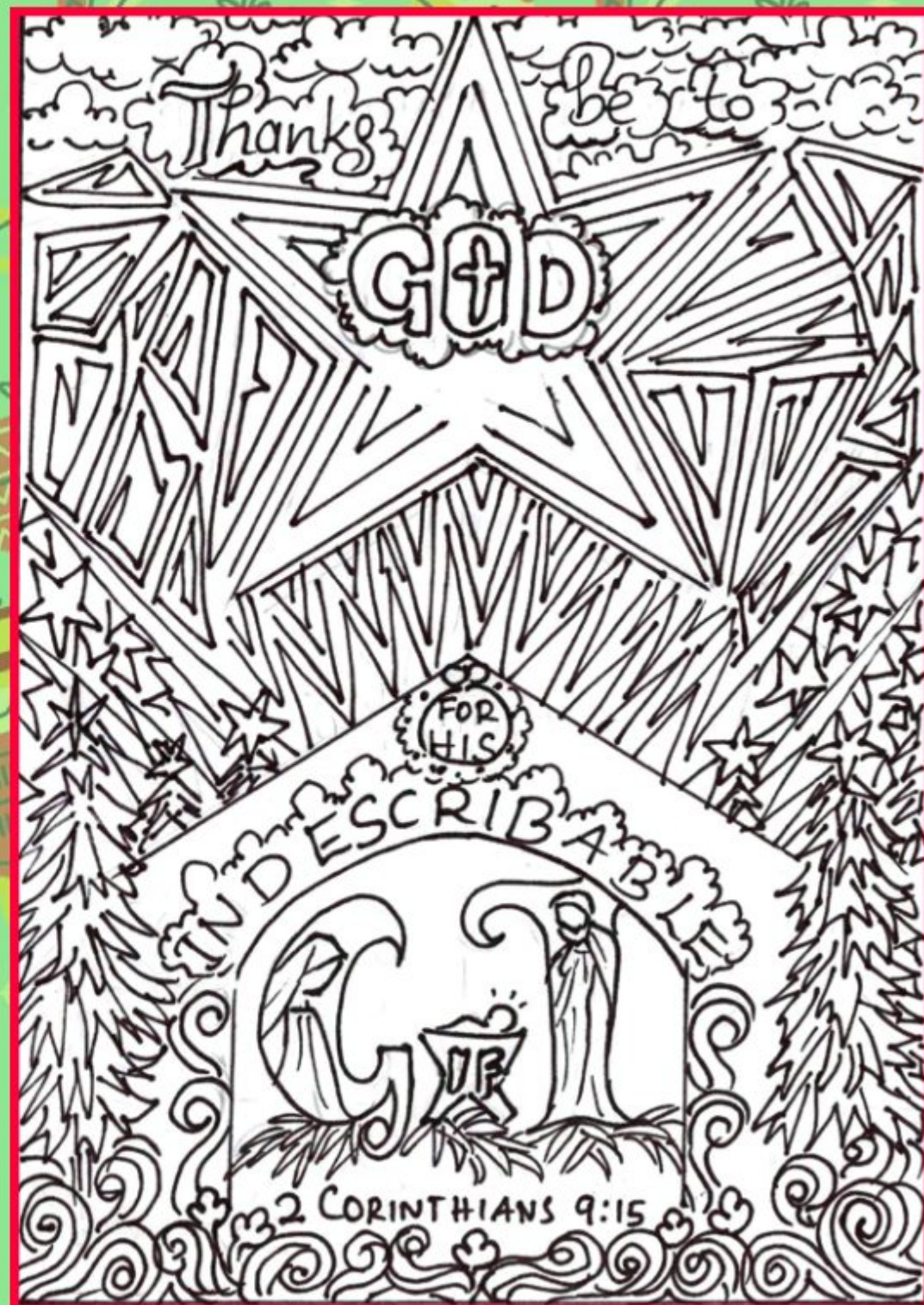
Continued on page 21

WORD OF LIFE

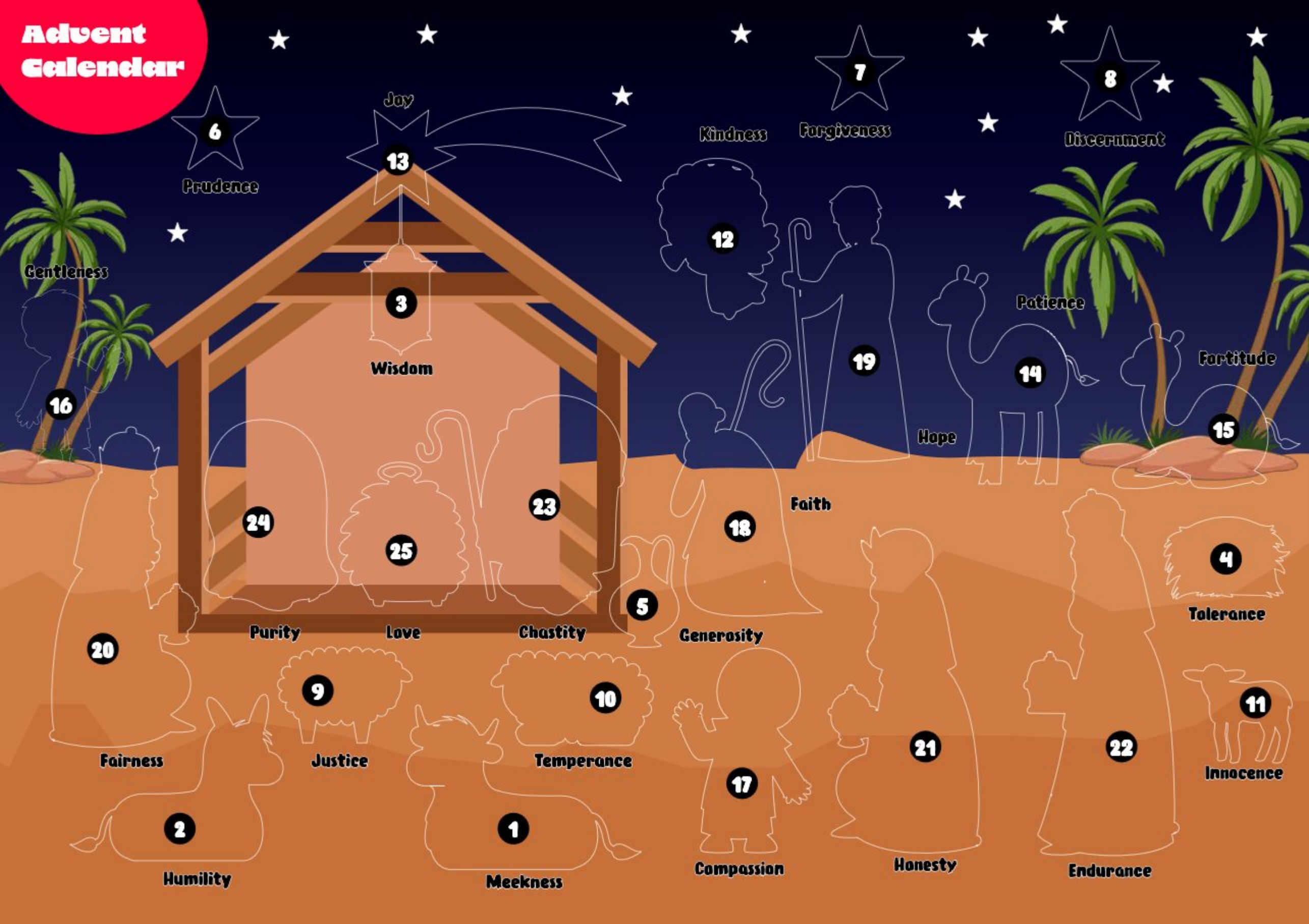
'Learn and Colour'

Thanks be to God for his indescribable gift!

2 Corinthians 9:15



Advent Calendar



LITTLE MASTERS



AIMER CHRISTY MATHEW » 11 YRS
» KOTTAYAM



HANNA JINO » 12 YRS
» DUNEDIN, NEW ZEALAND

ISAIAHS SHIBU » 12 YRS
» CHERTHALA, INDIA



ESTHER JINO » 9 YRS
» DUNEDIN, NEW ZEALAND



JIYA THOMAS » 12 YRS
» BHARNANGANAM, INDIA



RUTH JINO » 5 YRS
» DUNEDIN, NEW ZEALAND



EPHREM BEN » 11 YRS
» ADELAIDE, AUSTRALIA



RONAN C TAURO » 13 YRS
» BANGALORE, INDIA



Advent Calendar

Colour, cut out, and stick one picture onto the Advent Calendar for each day of Advent. Remember to also say the Advent prayer (back page) including the virtue for each day.



18



19



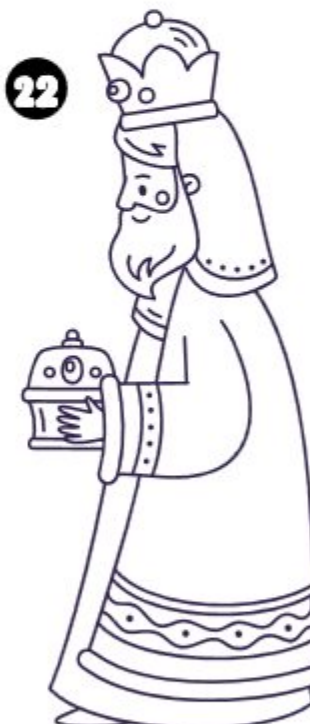
20



21



22



23



24



25



Advent Wreath

- ROSE MARY TOM

© @potterandhisclay



MATERIALS

- 1 paper plate (for the wreath base)
 - 1 Purple and 1 pink colour A4 size paper or 4 toilet paper rolls (for the candles)
 - Paints or coloured paper: purple & pink (for candles), green (for leaves)
 - Yellow & orange paper or paint (for flames)
 - Glue or double-sided tape
 - Scissors
 - Pencil or pen
- Optional: glitter, ribbon, markers, or stickers for decoration



STEPS

Step 1: Prepare the Base

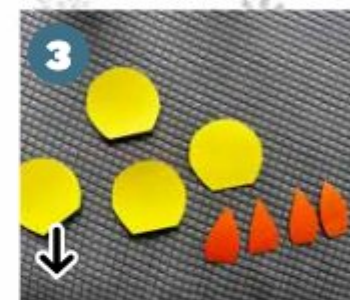
Cut out the center of the paper plate, leaving the outer ring (like a donut shape).

Paint or cover the ring with green paper to look like evergreen leaves.

You can also cut small leaf shapes from green paper and glue them around the ring for a textured look.

Step 2: Make the Candles

Fold and cut the A4 size paper to 4 equal pieces, roll each piece into a cylindrical shape and fix it with glue or tape. Alternatively, take 4 toilet paper rolls. Paint or wrap 3 in purple paper and 1 in pink paper.



These represent the 4 Advent candles:
Purple - Hope, Faith, and Peace
Pink - Joy

Step 3: Attach the Candles

Glue or tape the 4 rolls upright onto the wreath base (spaced evenly around the circle).

You can glue them directly onto the paper plate or on small paper 'stands' for extra support.

Step 4: Create the Flames

Cut small flame shapes from yellow and orange paper. Optionally, glue them to toothpicks or small rolled paper stems so they can be inserted each week.

Each Sunday of Advent, you can 'light' a candle by adding its paper flame.

Step 5: Decorate the Wreath

Add small paper berries (red dots), bows, or stickers.

Note: You may add a white paper roll candle in the center of the wreath for Christ's candle. (on Christmas Day).

Christmas

Living Life Fully!

- DR JOSEPH SEBASTIAN

Hey guys – all set for Christmas?
I'm slowly building up myself, and writing
this note is helping me get there too.

What if we saw CHRISTMAS not just
as a season, but as *living life fully*?
Not just surviving the rush, but
actually living it – as Jesus says in
John 10:10, *I came that they may have
life, and have it to the full.*

CHRISTMAS means **C**hoosing joy, leading with **H**earth, taking **R**isks, being
Intentional, fuelling your **S**oul, valuing **T**ime, **M**oving forward, staying **A**live,
and **S**hining your light. Take a little time – read, reflect, plan, and act!



CHOOSE

Your mindset.
Your energy. Your
people.
Life's full of noise
– but you get
to choose what
matters and what
doesn't.
**What will you
choose this
season?**



HEART

Live from it.
Protect it. Share it.
Your heart isn't
weak – it's where
the good stuff
lives.
Don't lose touch
with it.
**How will you
keep your heart
strong and
open?**



RISK

Say yes. Try new
things. Be brave.
A ship is made
for the sea – even
when the waters
get rough.
Growth happens
when you step
out.
**Are you ready
to sail out into
the deep?**



INTENTIONAL

Don't just exist –
live on purpose.
Spend your time
like it's precious
currency.
Invest in what fills you,
not what drains you.
**What are your
intentions for this
season?**



SOUL

More than just
good vibes – real
depth.
Feed your soul
with music,
nature, prayer,
and conversations
that matter.
**Are you your
real self in all
spaces?**



TIME

Use it. Don't lose
it.
You can't rewind,
but you can be
present – right
here, right now.
This moment
matters; it shapes
your next one.
**Are you aware
of how today
impacts your
tomorrow?**



MOVE

Emotionally.
Mentally.
Physically.
Get unstuck.
Forgive. Dream.
Dance. Heal.
Movement = life.
**Are you ready
to move with
the Child
Jesus?**



ALIVE

Feel it all – don't
numb it.
Joy, pain, laughter,
awkwardness –
everything has its
place.
God created us to
feel fully and live
fully.
**Can you
embrace
both joy and
struggle with
grace?**



SHINE

Not to impress –
but to express.
You were made
to glow – not for
clout, but because
the world needs
your light.

Christmas isn't just about a day.

It's a reminder to live deeply, love fully, and show up honestly, every single day.
Let the Child Jesus remind you: you were made to live fully alive.

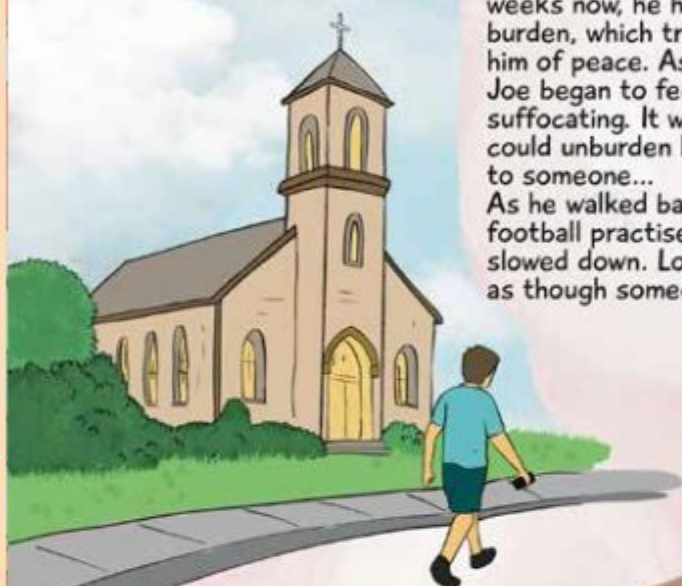
Merry Christmas



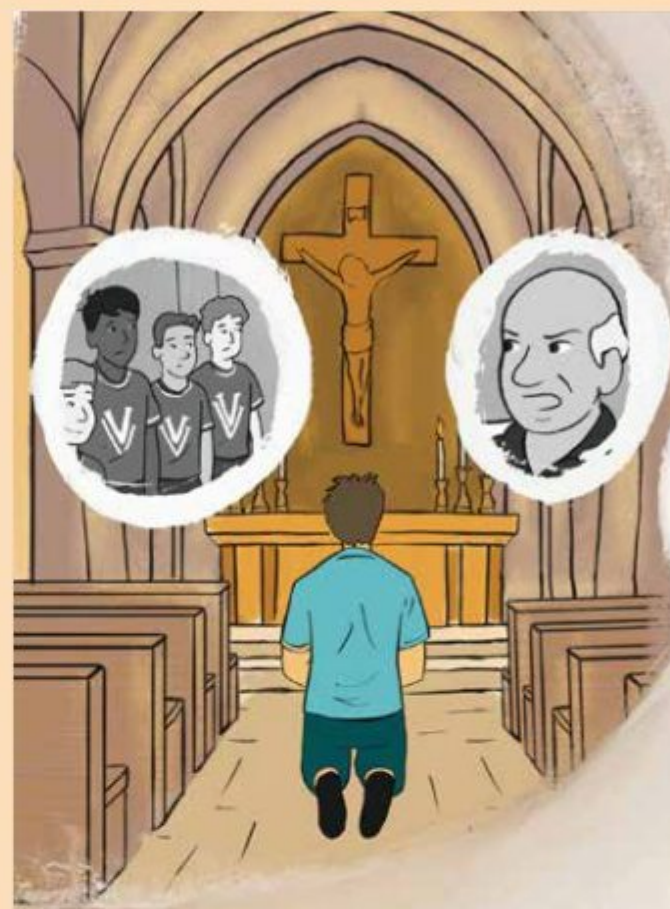
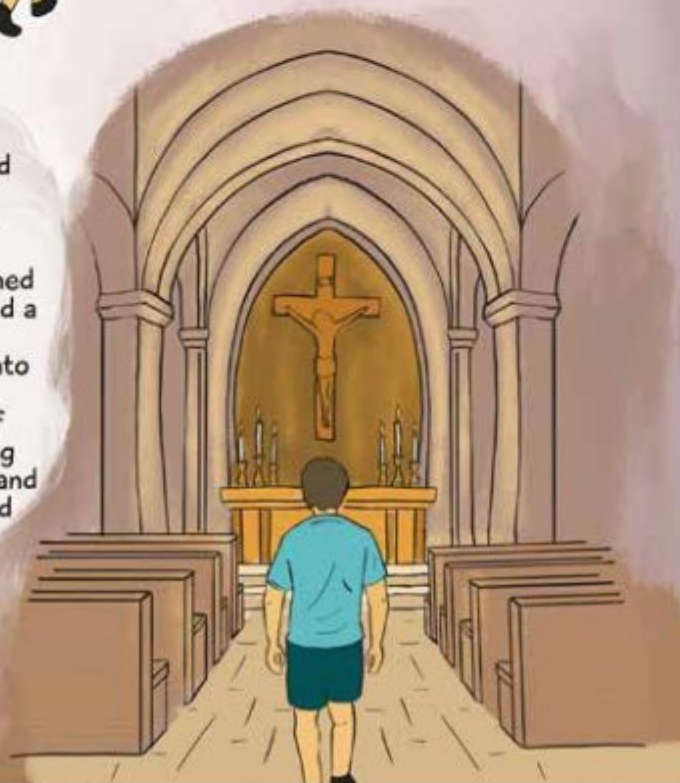
Someone to Talk to

Exactly a week before the Coach Ramsey Memorial tournament was to start, Joe Terry, the captain of Verdant Victors found that he could not bear with the stress anymore. For weeks now, he had been carrying this heavy burden, which troubled his mind and robbed him of peace. As the tournament drew near, Joe began to feel a dread that was almost suffocating. It was just too much. If only he could unburden himself. If only he could talk to someone...

As he walked back home one evening after football practise, he passed a church and slowed down. Looking across the lawn, it felt as though someone was calling him inside.



With a deep sigh, he turned and walked towards the entrance. As he entered the church, Joe felt a calming peace enter his heart. Lights from candles burned in the front beside the altar and a faint smell of incense rose to meet him as he made his way into one of the aisles in the back. Other than he, only a couple of other people were there praying silently in the front. Joe knelt and made the Sign of the Cross and sat back into the bench.



'O Lord, help me!' Joe prayed silently, looking at the crucifix on the altar. 'Coach Morgan expects me to encourage the team to play foul during the tournament... I can't do that, Lord. I just can't...' Then remembering a verse he had learnt long ago, he prayed quietly,

'O Lord be not far from me. O my help, hasten to aid me.'

'Hello son,' said a voice from behind. Turning, Joe saw an old priest behind him. 'Good Evening, Father.' 'Is there something troubling you, son? Looks like there's something weighing on your mind... or your conscience. Would you like to talk about it?' That startled Joe. How did the priest know, he thought to himself. 'Er... Um...' The old priest shuffled his way into Joe's aisle and sat beside him. 'Take your time, son. I'm right here.'



To be continued...

THE CHRONICLES OF NARNIA

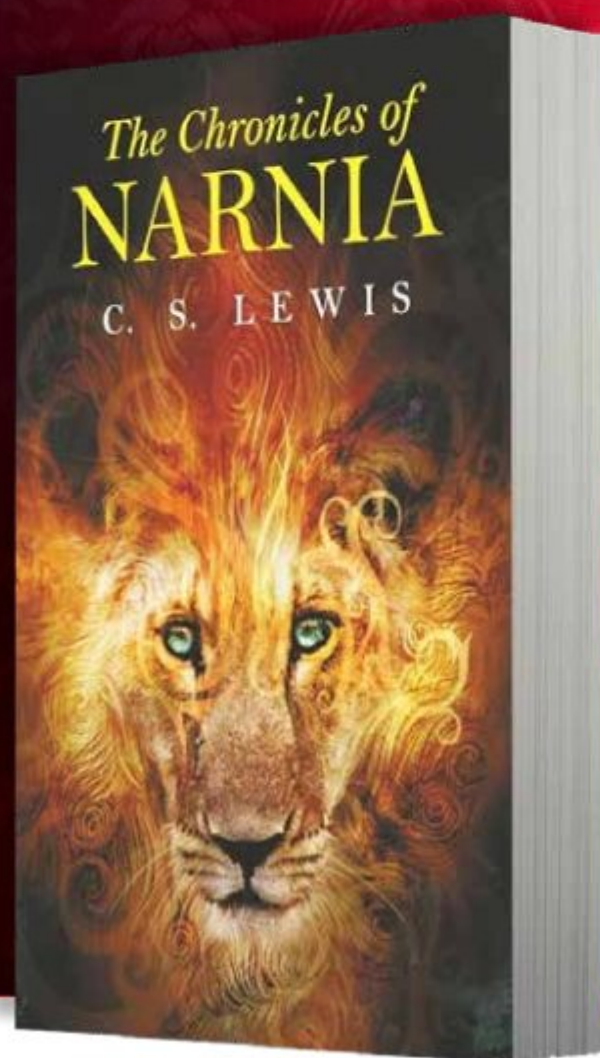
- ANNA-CLAIRE ANTHRAPER » 13 YRS

Most of us have heard of, if not read, *The Chronicles of Narnia*, one of the greatest children's fantasy novels of all time, written by the well-known author, speaker, and professor, CS Lewis. For the few who have not, *The Chronicles* are composed of seven books, detailing the creation, rise, and fall of Narnia, a magical world similar yet different to ours. Enchanted by Lewis' enticing writing style, and humorous conversations, millions of children and adults alike have been transported to the land of talking animals, witches, and Puddleglums, all finding a home in the wondrous stories.

Narnia holds such original ideas and concepts, that one would wonder where CS Lewis drew his inspiration from for the diverse characters within the books. During the Second World War, CS Lewis opened his large, Oxford country home to many refugee children, fleeing from cities. As the story goes, the children loved to explore the large house and its rambling grounds, and one especially imaginative girl asked Lewis a question that would seal his reputation as an author forever; a simple question that went along the lines of, 'Can I go inside [a wardrobe] and see if there's anything behind it?' This question sparked something in Lewis, as he remembered the days of his own

childhood when he and his brother would play in imaginary worlds, known only to them. And very soon he sat down to create Narnia, unknowingly shaping a masterpiece with which children would be transported from this world into another.

Narnia itself has a long and troubled history.



But, most interestingly are the parallels with our world and the Bible. In fact, there are so many, one must assume Lewis could not have thought them all up, and proof that the Holy Spirit was truly working through him. Book one, *The Magician's Nephew* explores the creation of Narnia, and the entrance of evil into it, at the hands of the White Witch, who, in following years, takes over the land in a dictatorship, causing it to be 'Always winter, and never Christmas.' This eternal cold is broken by the four Pevensie siblings, as they reclaim the thrones held forever by the sons of Adam and daughters of Eve, as is described in *The Lion, The Witch, and The Wardrobe*. *The Horse and His Boy*, *Prince Caspian*, and *The Silver Chair* follow the paths of children in Narnia, defeating evil time and time again. *The Last Battle* brings the endless push-and-pull to an end, with the ending of the world. From the creation of man (or animals) to the fall at the hands of the anti-Christ (or ape), to life eternal in heaven, Narnia bears all the troubles of the real world, though in a different sense.

A recurring figure in all of the books is Aslan, and well, I don't know where to start describing him. He is the Son of the Emperor-Over-The-Sea, the creator of Narnia, King above all kings, a massive lion, and many will say a representation of Jesus Christ. Through

the books Aslan proves himself sinless, and forgiving time and time again, though also fierce and protective. To quote one of His subjects: 'He's wild you know. Not like a tame lion.' Aslan is the sort of character each reader has his or her own special relationship with, and each person has their own interpretation of his actions.

It being the wondrous Christmas season right now, I thought it may be interesting to dive into the winter months in Narnia. As previously mentioned, while the White Witch ruled Narnia, it was constantly winter with snow and ice covering everything, and, due to the Witch's power, Father Christmas was forced to stay away from Narnia to the distraught of the Narnians. Over the course of *The Lion, The Witch, and The Wardrobe* this eternal winter is broken, and Christmas comes once again, yet this seemingly insignificant plot detail may have more to it. Without Christmas winter is harsh, cold, and unforgiving. Yes, beauty can be found in the ice, but it is a cruel beauty, which is only warmed by the assurance that spring will come. Yet Christmas, set in the middle of winter, gives one hope; hope that the world will become green again, hope that a Saviour is born for us, hope that we will be saved, and the Narnia series perfectly captures this aspect.

So, if you've never read *The Chronicles of Narnia*, I heartily encourage you to allow yourself to be transported, through CS Lewis' writing to a wonderful and magical world. And, if you have already discovered Narnia, maybe take another look, for with every new read, something different is revealed.

KID CATHOPEDIA

Catholic Encyclopedia for kids!

- MARIA TERES SEBASTIAN

BIBLE

Greek: 'Biblia' Βιβλία
MEANING: BOOKS

The Bible is the holy book of Christians, made up of two parts – the Old Testament and the New Testament. It contains God's teachings, stories, and guidance for living a faithful life. It was written over many centuries by many different authors, but all of it shares one message: God's love for His people.



Interesting Facts:

- » The Bible was the first book ever printed
- » It is the best-selling book of all time
- » It has been translated into over 3,000 languages
- » It was written over 1,500 years by more than 40 authors

Personal Application :

Just like we need food to stay healthy, we need God's Word to grow in faith. Reading even a small part of the Bible each day can help us make wise choices and stay close to God.

Try out this Bible Trivia

- 1 Name the first book in the Bible? _____
- 2 Name the last book in the Bible? _____
- 3 Which is the shortest verse in the Bible? _____
- 4 Which is the longest chapter in the Bible? _____
- 5 How many Psalms are there in the Bible? _____

Puzzle

Can you find the below objects in the picture?



THE NEW KING OF LIKES -PART 2

Though the bells have rung for the Annual Parish Feast's concluding Mass, only a few have gathered inside the church.

Why is no one here? Isn't it supposed to be the heart of the feast here?

Something seems to be troubling Sean.

Meanwhile, the much-awaited Parish Musical Fest is about to start. And the crowd is waiting expectantly.

After Mass, as the friends join the crowd outside, Sean realises a veil has been lifted from his eyes...

But for Sean, this opportunity to gather in likes doesn't seem to matter anymore...

Tony notices the change in Sean.

You seem... quieter than usual!

I was the same. Too busy posting. I forgot why the feast even exists.

Everyone was outside church, chasing food, games, even me... I didn't see anyone care about the blessing inside.

That's instant gratification. It feels sweet, but fades fast. What lasts is what no one chases anymore.

I don't want to be that shallow anymore.

'Why spend money on what is not bread, and your labour on what does not satisfy? Listen, listen to me, and eat what is good, and you will delight in the richest of fare!'

STORY: ANEESH SUNNY THOMAS ILLUSTRATIONS: SANISH DIVAKARAN


Clues and Christmas Cheer!

Can you guess these Christmas words from the clues?

 Deer caught in the rain


 Selling tins?

 ABCDEFGHIJKLMNOPQRSTUVWXYZ

 You'll love this log!

 Last ember of the year

 Let's mix Holy and Holler


 These messengers don't use gel!


 Right now!


 Partly rude dolphin?!


 Carol went singing

 No claws on him!

 Stare all you want without e

 The saint who came in the nick of time!

 I lost you in the jungle

 Is it simply sugarcane?



Christmas Pun!

What do gingerbread men use when they break their legs?

Candy canes



How do sheep say Merry Christmas to each other?

Fleece Navidad



What do they sing at a snowman's birthday party?

Freeze a jolly good fellow!

What did the wise men say after they offered up their gifts of gold and frankincense?

Wait, there's myrrh.





Advent Prayer

**Heavenly Father,
We praise and thank you for the greatest gift
you have given us – your beloved Son Jesus.
Help me this advent to prepare my heart to welcome Jesus.
Grant me the grace to grow closer to Him,
love Him and follow Him each day.
O Lord, today I pray that my heart, mind and soul be filled
with the virtue of
In your mercy,
may my whole life be guided by this virtue.
Come, Lord Jesus into our hearts and our homes.
Come and dispel the darkness of the world
with the light of your love.
Amen.**

