

People Are Born To Shine!

A newsletter rooted in the Christian faith created to inspire and support all people, irrespective of nationality, race, and religion.



ACTS OF KINDNESS

The FEED Project— Save the World One Bag at a Time

FEED began in 2006 when acclaimed model and activist Lauren Bush designed a bag to benefit the *United Nations World Food Programme's* (WFP) School Feeding program. As a WFP honorary student spokesperson, Lauren visited countries around the world where WFP is operating—Asia, Latin America and Africa—and was inspired by the plight of the people she met on her travels. She took a special interest in WFP's School Feeding program, which feeds and educates hungry children.

"I was really inspired to support their School Feeding program, which gives free school lunches to kids in 62 of the poorest countries," she said. "It's not

"It's not only ensuring kids would have one nutritious meal a day, but it gets kids to go to school and stay in school."

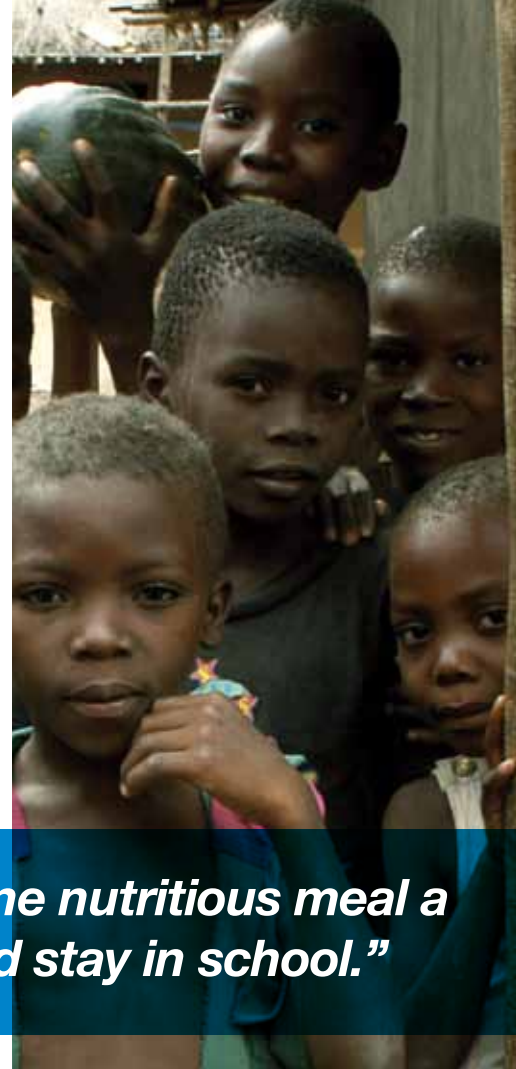
only ensuring kids would have this one nutritious meal a day, but it gets kids to go to school and stay in school."

Lauren first created the FEED 1 bag, a reversible burlap and organic cotton bag reminiscent of the bags of food distributed by WFP, to help raise funds and awareness around these school feeding operations. It was stamped with "FEED the children of the world" and the number '1' to signify that each bag feeds one child in school for one year. And in 2007, FEED Projects, LLC was founded by Lauren Bush and Ellen Gustafson to produce and sell these bags.

To date, FEED has been able to raise enough money through the sale of products to provide over 60 million school meals to children around the world through WFP. FEED has also partnered with the US Fund for UNICEF, raising much-needed funds for their Vitamin A and micronutrient supplements program, and providing over 46,000 children with essential nutrients.

Check out the FEED bags and products and buy one to support! We stand behind our brand and the organizations and humanitarian programs each FEED product supports. Ultimately, we believe that everyone has the right to basic human necessities, such as healthy and nutritious food. FEED is proud to help FEED the world, one bag at a time.

Source: Feedprojects.com



IN THIS ISSUE

The Grapefruit Effect and Your Drugs

Many people taking medications have learned to be leery of grapefruit and its juice

Steps to Better Communication

You can improve your relationship today, right now, by putting into practice some of these tips for improving the communication in your relationship.

Six Things Better Left Unsaid to Someone with Breast Cancer

Six common sayings to avoid, along with suggestions for what to say instead.

How I Remember Najj...

Najj had this strong will and desire for life. He was full of life; he wanted to live fully.

NUTRITION

The Grapefruit Effect and Your Drugs

Many people taking medications have learned to be leery of grapefruit and its juice—which is too bad, since grapefruit is not only delicious, but also heart-healthy and nutritious. Here's what you need to know.

Grapefruit and its juice raise blood levels of certain drugs, and the effect can be dangerous. This occurs because grapefruit contains substances that disable an enzyme (known as CYP3A4) in the small intestine that would otherwise help break down the drugs. The interaction happens fast and can last 24 hours or longer—the time it takes for your body to make new enzymes—though it trails off. On the other hand, grapefruit juice can also lower blood levels of a few drugs by reducing absorption.

These effects can vary from person to person—and even from grapefruit to grapefruit. This makes the scenario highly unpredictable.

The drugs include many cholesterol-lowering statins, as well as certain calcium channel blockers (for high blood pressure), tranquilizers, antihistamines, antidepressants, and HIV drugs. Many drugs now carry a warning label if there's an interaction with grapefruit—but the absence of a warning doesn't mean there is no interaction. If you take medication and consume grapefruit, check with your doctor or pharmacist.

WHAT YOU CAN DO

- Switch to other juices. There is some evidence, however, that Seville oranges (which are sour, like grapefruit) may have an effect similar to grapefruit, as may tangelos and pomelos.
- Switch to another drug in the same category. This isn't always possible—your doctor or pharmacist



should be able to give you advice. For example, the blood pressure drug nifedipine (such as Procardia) is affected by grapefruit, but you might take diltiazem (such as Cardizem) instead. Your prescription for Lipitor or Zocor might be changed to rosuvastatin (Crestor), which does not interact with grapefruit or its juice.

- Keep in mind, the main concern is regular consumption of the fruit or its juice. A glass of juice on rare occasion should pose little or no risk—especially if you drink it in the morning, say, and take your drug in the evening.

Source: berkeleywellnessalerts.com

Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing of the beloved Naji Cherfan. Our main goal is to praise the Lord through community work. The foundation works to improve the quality of life of the poorest of the poor of people, especially those affected by brain injury, while promoting Christian values.

If you like the work NCF is doing and wish to participate, we invite you to become a member of our Board. The goal is to share our inspiration and activities in your country. Please contact us for more information.

info@najicherfanfoundation.org

Quoteable!

Give, but give until it hurts.

– Mother Teresa

Steps to Better Communication



The most popular myth about communication in relationships is that since you talk to your partner, you're automatically communicating. Well, you may not be really communicating about the important stuff!

Communication either makes or breaks most relationships. You can improve your relationship today, right now, by putting into practice some of these tips for improving the communication in your relationship.

Stop and listen.

How many times have you heard someone say this or read this in an article about communication skills? How hard is it to actually do when you're "in the moment?" It's harder than it sounds. We're often so afraid of not being heard, we rush to keep talking. Ironically, such behavior makes it all the more likely we won't be heard.

Force yourself to hear.

You've stopped talking for the moment, but your head is still swirling with all of the things you want to say, so you're still not really hearing what is being said. Laugh all you want, but therapists have a technique that works very well that "forces" them to really hear what a client tells them—rephrasing what a person has just said to them (called "reflection".)

Be open and honest with your partner.

Some people have never been very open to others in their life. But to be in a

PRAYER CORNER

LORD, WHEN...

*Lord, when I am hungry,
give me someone who
is in need of food. When I
am thirsty,
send me someone who
is in need of a drink.
When I am cold,
send me someone to warm.
When I am grieved, offer
me someone
to console.
When my cross grows
heavy,
let me share the cross of
another.
When I am found in
poverty,
lead me to someone
who is in deeper need.
When I feel as though I
have
no time, give me someone
to whom I can give help
even for a
little while.
When I am humiliated,
let me
have someone whom I can
praise.
When I am disheartened,
send me someone to
encourage.
When I need the
understanding of people
around me, give me
someone
who needs my
understanding.
When I want to be looked
after,
send me someone to care
for.
When I think only of
myself,
draw my thoughts and
concerns to another.
Lord, make us worthy,
to serve our poor and
hungry brothers and
sisters
around the whole world.*

—Mother Theresa

OUR DAILY BREAD

A Place For You

If I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

—John 14:3

BIBLE IN A YEAR: JOB 11-13

A couple who brought their elderly aunt to live with them were concerned that she would not feel at home. So they transformed a room in their house into an exact replica of her bedroom at the home she left behind. When their aunt arrived, her furniture, wall hangings, and other favorite things felt like a special “Welcome home!” to her.

In John 13:36–14:4, we read that at the Last Supper Jesus spoke to His disciples and tried to prepare them for His death. When Simon Peter asked, “Where are you going?” Jesus replied, “Where I am going you cannot follow Me now, but you shall follow Me afterward” (13:36). Jesus was still speaking directly to Peter (and also meant it for all of His followers) when He said, “In My Father’s house are many mansions [rooms]; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also” (14:2-3).

Heaven is a family gathering of believers from every tribe and nation, but it is also our Father’s house—and in that house He is preparing a room just for you.

When you arrive in heaven and Jesus opens the door, you’ll know you’re home.

Source: rbc.org

**I have a home in heaven above
From sin and sorrow free—
A mansion which eternal love
Designed and formed for me. —Bennett**

**For the Christian,
heaven is spelled H-O-M-E.**





Five Things

Better Left Unsaid to Someone with Breast Cancer

Experts caution that when caring for someone with breast cancer, there are six things caregivers often say—in an attempt to be sympathetic, supportive, or encouraging—that can have just the opposite consequence, shutting down communication and making her feel worse.

Psychiatrist Jeffrey Knajdl, director of psycho-oncology services at Creighton University in Omaha, Nebraska, points to these six common sayings to avoid, along with suggestions for what to say instead:

“Everything is going to be all right.”

You have no way of knowing if it will be or not, says Knajdl, and such a statement ends up sounding like an empty platitude—plus you establish a sense of mistrust. “It doesn’t make her feel better,” says Knajdl, “because she knows it’s not necessarily true and just makes her feel dismissed and not heard.”

What to say instead: What a woman with breast cancer really

wants to hear is that you’re going to be there for her through the good times and the bad, and that she’s not going to go through breast cancer treatment alone. There will be days when it does feel like everything’s going to be all right, and you’ll be there to celebrate that with her, but there will be days when discouraging test results come in or she’s in pain—and you’ll be there for that, too. “When you talk to patients, their two big fears are that they won’t make it through treatment, and that they’ll be alone and in pain,” says Knajdl. “Just keep telling her that you’ll be there with her and you’ll make it through this together.”

“I know how you feel.”

This is almost an automatic response for many of us when someone is sad or upset. We say it out of the best of intentions, to demonstrate our compassion, our sympathy, our sense of having been there. The problem is, it has the unintended effect of shutting

the other person down, says Knajdl. “When you say, ‘I know how you feel,’ the unspoken second part of the thought is, ‘and therefore you don’t have to go into any detail about it,’” Knajdl says. “It increases the patient’s sense of isolation, because it’s like telling her you don’t want her to talk about it.”

Unless you’ve been treated for the same type of breast cancer, have undergone exactly the same treatment, and had the same response, you really don’t know how she feels. “We have no idea what it’s like, and it’s upsetting to the patient when we act like we do,” says Knajdl.

What to say instead: A better approach, according to Knajdl, is to ask something like, “How are your mood and spirits holding up through this?” If the person you’re caring for is anxious or sad, this gives her a chance to tell you how she feels, which can be a big relief to someone who’s trying to pretend she’s doing just fine. And even if she answers that she’s holding up pretty well, she’ll still feel better that you asked.

COMMUNICATE continued from page 3



relationship is to take a step toward opening up your life and opening up yourself.

Being open means talking about things you may have never talked about before. It means being vulnerable and honest with your partner; it means opening yourself up to possible hurt and disappointment. But it also means opening yourself up to the full potential of all a relationship can be.

Pay attention to nonverbal signals.

Most of our communication with one another in any friendship or relationship isn't what we say, but how we say it. Nonverbal communication is your body language, the tone of your voice, its inflection, eye contact, and how far away you are when you talk to someone else. Learning to communicate better means that you need to learn how to read these signals as well as hear what the other person is saying. Reading your partner's nonverbal signals takes time and patience, but the more you do it, the more attuned you will be to what they're really saying, such as:

- Lack of eye contact may mean they're not really interested in what you're saying, are ashamed of something, or find it difficult to talk about something.
- A louder, more aggressive tone may mean the person is escalating the discussion and is becoming very emotionally involved. It might also suggest they feel like they're not being heard or understood.

And while you're reading your partner's nonverbal signals, be aware of your own. Make and maintain eye contact, keep a neutral body stance and tone to your voice, and sit next to the person when you're talking to them.

Stay focused in the here and now.

Sometimes discussions turn into arguments, that can then morph into a discussion about everything and the kitchen sink. To be respectful of one another and the relationship, you should try and keep the discussion (or argument) focused to the topic at hand. If the argument is

ostensibly about who's making dinner tonight, keep it that topic. Don't veer off down the country road of who does what in the house, who's responsible for child rearing, and by the way, who cleans the kitchen sink.

Try to minimize emotion.

Nobody can talk about important, big matters if they feel emotionally vulnerable or charged-up and angry. Those are not the times to talk about the serious issues (like money, getting married, the kids, or retirement). You might think it impossible, nonsensical or even contradictory to talk about an emotional topic like getting married or having children without emotion. And yet, these discussions need to keep a foothold of rationality to them in order to not gloss over the realities that they bring.

Be ready to cede an argument.

How many times do we continue to argue or have a heated discussion because we simply want to be "right?" We've talked about this sense of needing to "win" arguments more than once. Why? Because so many of couples' arguments revolve around one party thinking they're "right" and the other party not willing to cede the point or back off. In fact, though, both parties need to back off.

By doing this, are you giving up a piece of yourself by compromising and not insisting on how right you are? Well, that's something only you can decide. It just comes down to your priorities — if being "right" is more important to you than your partner's happiness, then perhaps you have not found the right partner.

Humor and playfulness usually help.

You don't have to be funny in order to use humor and playfulness in everyday conversations. You just need to use the sense of humor you do have and try and inject it into more of your communications with your partner. Humor helps lighten everyday frustrations and helps puts things into perspective more gently than other methods. Playfulness reminds us that even as adults, we all have a side to us that enjoys fun and taking a break from the seriousness of work and other demands made on us.

It is more than just talking.

To communicate better and more effectively in your relationship, you don't only have to talk. You can communicate in other ways—through your actions, and nowadays, electronically too (through email, Facebook, blogs, texting or Twitter). All too often, couples focus only on the talking aspect of their relationship, but your actions also speak loudly. Keeping in touch throughout the day or week through email or other electronic means also reminds the person you're thinking about them and how important they are in your life. Even if such communications are mainly playful or inconsequential, they can help lighten your partner's day and improve their mood.

Source: *Beyond Blue, Beliefnet.com*

“Try to keep positive and avoid stress. It can help you heal.”

Cancer patients hear endless variations on this “mind over body” theme. There are going to be days when she doesn’t feel positive at all, and you certainly don’t want her worrying that she’s sabotaging her own chances of recovery. And what if she has a stressful job, or is a type A personality who reacts easily to stress—do you want her feeling guilty or worrying that her high-strung personality or tendency toward anxiety either “caused” or will worsen her cancer?

Unfortunately, an awful lot of the literature conveys, in one way or another, the underlying message to breast cancer patients that they may have “caused” cancer through stress, worry, or a negative attitude, and that they could heal the cancer if they’d only develop a mellow outlook or sunny disposition. All that really happens is that they feel even more anxious about trying not to be anxious, or they feel guilty for not feeling happy. Even some visualization techniques can make cancer patients feel a sense of defeat, Knajdl says, if the focus is on healing but healing doesn’t seem to be happening.

What to say instead: Suggest specific solutions. When she’s tense or anxious, ask her to identify what’s stressing her out and how you can help her put the worries to rest. In other words, instead of saying “relax,” help her relax by eradicating the stress trigger. For example, try refocusing any visualization she’s doing toward a concrete and reasonably accessible goal, such as comfort or sleep. Instead of trying to visualize eradicating a tumor, suggest that she visualize falling into a deep sleep in a quiet, safe, pleasant place. Sometimes you can help eradicate stress with a concrete act of assistance—by offering to help solve a specific problem that’s making her feel anxious, for example.

“Now, now, don’t get yourself all worked up.”

The person you care for is scared, angry, or in tears, and you want her to feel better. But unfortunately, a statement like this makes it sound as if you want her to put her feelings, which are natural and unavoidable, under wraps. “In this situation, it’s okay to get worked up, and it’s okay to vent,” says Knajdl. “We have this fear of feelings getting out of control. But people need opportunities to cry or get angry or get upset, and if you can help her express these feelings and get them out, in the end she’ll feel better.”

What to say instead: If you don’t know what to say, it’s okay not to say anything at all, Knajdl says. Just offer the comfort of your presence, a hug, or an arm around the shoulders. Allowing some silence without rushing to fill it gives her a chance to say what’s on her mind in her own time. Perhaps she’s afraid of pain, afraid of letting you down, or frustrated by feeling incapacitated by her illness.

“Congratulations, you’re done with chemo!”

As a caregiver, you’ll feel thrilled when a course of treatment is finished, but your loved one’s feelings are likely to be much more mixed. During treatment, she’s taking action. That can be empowering because the focus is on a solution, either a cure or progress in pushing back the cancer. When treatment is finished, it can feel like there’s nothing more for the patient to do but wait, and naturally she may feel anxious and uncertain. “Often, people don’t feel like celebrating. Instead they think, ‘Now what do I do? Just wait for the cancer to come back?’” says Knajdl.

No matter how relieved you are, try to keep it to yourself. “It’s really common to say something like, ‘Boy, am I glad that’s over,’ but that implies two things: that the treatment has been a burden on you, and that you want her to be happy about it when maybe she’s not feeling happy,” Knajdl says.

What to say instead: Give her a chance to express how she’s feeling. Try asking an open-ended question, such as, “How are you feeling now that you’re finishing up the chemo?” This way, you allow her to control the response. She might say, “I know we were talking about throwing a party when I finished chemo, but I really don’t feel like it.” The bottom line is, whatever she’s feeling is okay, and your job is to make it clear you’re ready to listen.

Source: Melanie Haiken, senior editor - Caring.com



HOW I REMEMBER NAJI...

Dear Readers...

Well, there are many ways to remember Naji, but I will have to summarize some of his remarkable peculiarities.

Naji had this strong will and desire for life. He was full of life; he wanted to live fully. He would not waste time. He had a lot of plans for his future and a hectic agenda. But even having all those activities all day, he enjoyed sports (mainly water sports), and he also knew how to take care of and pamper himself sometimes. He loved to be pampered!

That almost always called my attention because most of the people I know after a trauma do not have the same behavior and attitude Naji had. Most of them lose interest in life, but he was always happy. I never saw Naji unhappy. I would see him with any other kinds of feelings, but never upset or depressed over something, and even if he had sometimes these kinds of negative feelings, he would try anything to fix the problem. He would call his friends, he would talk to people. He was a very sociable person and he loved to be around different people. He would start a conversation with a kid, an adult or with an elderly person. It did not matter who the person was or where they came from.

He used to tell stories or tell a joke,

but he would never start a 'regular' conversation such as talking about the weather forecast. Nothing was just plain with Naji.

The other most prominent of Naji's attributes was that he had this incredible ability to laugh at himself and others. He could turn a normal situation around by making a funny remark or observation about it, especially when someone was doing wrong or something went wrong. He could get details from a situation that most people would not and turn that into a big laugh!

He would start a conversation with a kid, an adult or with an elderly person. It did not matter who the person was or where they came from.

So...I wish he could have spent more time here because I believe we could be sharing a lot about Christianity nowadays.



I can not forget to mention that it was Sana, George and Naji that started to bring me back to reality and to try to make me understand that there is only one merciful and loving God, his son Jesus and his devoted mother Mary, and to the Cherfan's I can only say thank you for giving me the opportunity to spend some time with you all, getting to know Jesus and your wonderful family. Miss you so much... forever...

Every morning we should wake up and address our words to Jesus and say:

Lord, I am here, What do you want from me today? How can I please you today?

Because just as Naji was, we never know when we are going to be called by HIM.

And for you, dear Naji... I hope you are happy and laughing in heaven. See you...

By Valéria de Proença, Sao Paolo, Brazil

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Naji Cherfan Foundation focusing on spirituality and health. The objective of *People are Born to Shine* is to raise awareness among our readers on health challenges and disease prevention, while inspiring them to live a fuller, more abundant life guided by Christian values. This newsletter is dedicated to those affected by brain injuries including the injured as well as their family members, caregivers and friends.

The content has been carefully selected from internet sources considered reliable and accurate to bring you good news of health and spiritual well being, however The Naji Cherfan Foundation assumes no responsibility for inaccurate information.

For subscriptions and comments, please contact us: info@najicherfanfoundation.org

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