

# 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.



## LIFE LESSONS

# 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 really be 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



It is with great pleasure that the NCF has been bringing to you inspiring stories from around the world in each edition of 'People Are Born To Shine.' We continuously search many sources to bring you the most touching stories of hope and encouragement, and we want to thank you all for your continuous support. We are committed to bringing you more and more inspiring stories full of love, giving and sharing in the coming year.

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

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## *In this issue*

### **So Many Uses for Lemon Peels**

When life gives you lemons, make lemonade. But what to do with all those lemon peels?

### **Eczema Tips for Children**

One out of every 10 kids develops eczema. But the good news is that more than half will outgrow it by the time they're teenagers.

### **Tips for Pedestrians**

When crossing the road, be attentive and on the lookout for oncoming vehicles.

### **Natural Insect Pest Control**

More natural, non-toxic ways to control household insect pests.

## NUTRITION

# So Little Time, So Many Uses for Lemon Peels

When life gives you lemons, make lemonade. But what to do with all those lemon peels? Don't toss them, put them to work. Lemons juice is about 5 to 6 percent citric acid and has a pH level of between 2 and 3. This low pH acidity makes lemon juice a great ally in breaking down rust and mineral stains, but gentle enough to not dull finishes. There is generally sufficient juice left in used lemon halves to tackle small tasks, and it all comes with its own applicator (the rind itself). Plus, the oil in the peel is perfect for clever culinary applications, and not bad in the beauty department either. Here's what you can do:

## *Clean greasy messes*

Greasy pans? Splattered stove tops? Messy counters? If your kitchen has been the victim of some sloppy sautéing, try using lemon halves before bringing out possibly toxic chemical cleaners. Sprinkle some salt (for abrasion) on a juiced lemon half and rub on the greasy areas, wipe up with a towel. (Be careful using lemon on marble counter tops, or any other surface sensitive to acid).

## *Clean your tea kettle or coffee pot*

For mineral deposit build up in your tea kettle, fill the kettle with water, add a handful of thin slices of lemon peel and bring to a boil. Turn off heat and let sit for an hour, drain, and rinse well. For coffee pots, add ice, salt and lemon rinds to the empty pot; swish and swirl for a minute or two, dump, and rinse. Hello, sparkly.



## *Clean your microwave*

All it takes is one exploding bowl of food to render the interior of your microwave officially gunned. Rather than using strong chemical cleaners, try this: Add lemon rinds to a microwave-safe bowl filled halfway with water. Cook on high for 5 minutes, allowing the water to boil and the steam to condense on the walls and tops of the oven. Carefully remove the hot bowl and wipe away the mess with a towel.

## *Deodorize the garbage disposal*

Use lemon peels to deodorize the garbage disposal

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## Will You Further NCF's Work?

The Naji Cherfan Foundation was founded after the passing away 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](mailto:info@najicherfanfoundation.org)

## Quotable!

"What can you do to promote world peace? Go home and love your family."

—Mother Teresa

# Eczema Tips for Children



About one out of every 10 kids develops eczema. Typically, symptoms appear within the first few months of life, but the good news is that more than half of the kids who have eczema today will grow out of it by the time they're teenagers.

Children who get eczema often have family members with hay fever, asthma, or other allergies. Some experts think that children may be genetically predisposed to get eczema, which means characteristics have been passed on from parents through genes, making a child more likely to get it.

About half of the kids who get eczema will also someday develop hay fever or asthma. Eczema is not an allergy, but allergies can trigger eczema. Some environmental factors (such as excessive heat or emotional stress) can also trigger the condition.

Here are some tips to help your children relieve eczema conditions.

## *Bathing Tips*

- 1- Bathe your child in warm—not hot—water.
- 2- Limit your child's time in the bath to five or 10 minutes.
- 3- Use cleansers only when needed, and make sure the cleanser is mild and fragrance-free. Do not use bubble bath.
- 4- If your child's eczema is frequently infected, weekly bleach baths may be

○ my God! I offer Thee all my actions of this day for the intentions and for the glory of the Sacred Heart of Jesus. I desire to sanctify every beat of my heart, my every thought, my simplest works, by uniting them to Its infinite merits; and I wish to make reparation for my sins by casting them into the furnace of Its Merciful Love.

○ my God! I ask of Thee for myself and for those whom I hold dear, the grace to fulfill perfectly Thy Holy Will, to accept for love of Thee the joys and sorrows of this passing life, so that we may one day be united together in heaven for all Eternity.  
Amen.

—A MORNING PRAYER  
WRITTEN BY ST. THERESA

*Prayer Corner*

beneficial. Discuss this option with your child's dermatologist and/or pediatrician.

- 5- If your child has medicine that you apply to the skin, apply medicine when your child's skin is almost dry and use the medicine as directed.
- 6- Apply moisturizer on top of the

**ECZEMA** continued on page 5



## OUR DAILY BREAD

# Can't Do Everything

*When God gives an assignment, it comes with His enablement.*



Let each one examine his own work, and then he will have rejoicing in himself alone, and not in another.

—Galatians 6:4

Four-year-old Eliana was helping her mom pick up some of Eliana's things before bedtime. When Mommy told her to put away the clothes on her bed, Eliana hit her limit. She turned around, put her little hands on her hips, and said, "I can't do everything!"

Do you ever feel that way with the tasks God has called you to do? It's easy to feel overwhelmed with church involvement, witnessing, and raising a family. We might sigh in exasperation and pray, "Lord, I can't do everything!"

Yet God's instructions indicate that His expectations are not overwhelming. For instance, as we deal with others, He gives us this qualifier: "As much as depends on you, live peaceably with all" (Rom. 12:18). God understands our limitations. Or this: "Whatever you do, do it heartily, as to the Lord" (Col. 3:23). He's not asking for perfection that we might impress people, but simply to honor Him with the work we do. And one more: "Let each one examine his own work, and then he will have rejoicing in himself alone, and not in another" (Gal. 6:4). We are not doing our work as a competition with others, but simply to carry our own load.

In wisdom, God has equipped us to do just what He wants us to do—and that's certainly not everything!

*He gives me work that I may seek His rest,  
He gives me strength to meet the hardest test;  
And as I walk in providential grace,  
I find that joy goes with me, at God's pace.* —Gustafson

Source: by Dave Branon via odb.org

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(and make your kitchen smell awesome at the same time).

## Polish chrome

Mineral deposits on chrome faucets and other tarnished chrome make haste in the presence of lemon-rub with a squeezed lemon half, rinse, and lightly buff with a soft cloth.

## Polish copper

A halved lemon dipped in salt or baking powder can also be used to brighten copper cookware, as well as brass, chrome, or stainless steel. Dip a juiced lemon half in salt (you also use baking soda or cream of tartar for

the salt) and rub on the affected area. Let it stay on for 5 minutes. Then rinse in warm water and polish dry.

## Clean a stainless sink

Use the same method described to polish chrome, applied to any stainless sink.

## Keep insects out

Many pests abhor the acid in lemon. You can chop of the peels and place them along thresholds, windowsills, and near any cracks or holes where ants or pests may be entering.

Source: care2.com

# Tips for Pedestrians

Always cross the road at designated pedestrian or zebra crossings.

Always use footpaths where they are available.

Do not cross at bends in the road where you cannot see the danger of oncoming vehicles.

If you are walking in a group, walk in single file facing oncoming traffic.

When crossing the road, be attentive and on the lookout for oncoming vehicles.

Source: seychelles.travel

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medicine, and to the rest of your child's skin. Try to keep your child's skin moisturized to prevent redness and irritation.

## Choosing a Moisturizer

- 1- Some children do better with fragrance-free products, so consider petroleum jelly—an inexpensive, fragrance-free product that works well for many children.
- 2- When selecting a product, “trial and error” sampling of different types may help to identify the best moisturizer for your child.
- 3- Check ingredients on moisturizing products before purchase. Consult with your dermatologist and/or pediatrician for chemicals and ingredients to stay away from.

## Skin Care Tips

- 1- Apply moisturizer at least twice a day (morning/night.) Keeping your child's skin moisturized will prevent dryness and cracking, which can decrease the need for eczema medications in the future.
- 2- If your child has severe itching, and the products are not providing relief, ask your child's dermatologist and/or pediatrician about wet wrap therapy.
- 3- Keep your child's fingernails short and smooth. Long nails can scratch or puncture eczema wounds; plus dead skin and bacteria can get underneath your child's nails causing infections.
- 4- Keep temperature and humidity levels comfortable. Avoid dry air that will cause your child to sweat. Sweating is the most common trigger of the itch/scratch cycle for

people suffering from eczema.

## Laundry Tips

- 1- Using a laundry detergent made for sensitive skin is beneficial. Scented fabric softener or dryer sheets may contribute to irritation.
- 2- Check labels and ingredients for chemicals that can flare eczema or other skin irritations.
- 3- Only use the recommended amount of detergent and use enough water for rinsing.
- 4- Wash your child's new clothes before wearing. This will remove excess dyes and fabric finishers that can cause irritation.
- 5- If your child is suffering from eczema, wash their clothes separately from those of other family members. This includes bath towels that your child has used or will use.

Source: beliefnet.com





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

It may mean 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. 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.

## *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.

## *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?" 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.

## *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.

## *Communicating is more than just talking.*

To communicate better and more effectively in your relationship, you can communicate through your actions, and nowadays, electronically too (through email, Facebook, blogs, texting or Twitter). Your actions also speak loudly. Keeping in touch throughout the day through email or other electronic means also reminds the person you're thinking about them and how important they are in your life.

*Read more: Beyond Blue, Beliefnet.com*

# Natural Insect Pest Control



Insect pests are an intimate part of every home.

In the air, carpet, counter or cupboard, every home shares its resources with these tiny, often unseen invaders. Pesticides are available for most common household insect pests, but these potent chemical compounds may be more harmful to you and the environment than the pests.

Here are some natural, non-toxic ways to control household insect pests.

## Mosquitos

The first line of defense against mosquitos is to seal their point of entry. Mosquitos are most active in the early morning and early evening. They seek areas of still air because they are hampered by breezes. Close windows and doors on the side of your house which are opposite the breeze. Then try:

- The most important measure you can take is to remove standing water sources. Change birdbaths, wading pools and your pet's water bowl twice a week. Keep your eaves-troughs clean and well-drained. Remove yard items that collect water.
- Campers often report that the very best mosquito repellent is Herbal Armor, a nontoxic DEET-free repellent which is also recommended by *National Geographic*.
- If you're using a barbeque, throw a bit of sage or rosemary on the coals to repel mosquitos.
- For an effective, natural bug repellent, mix one part garlic juice with five parts water in a small spray bottle. Shake well before using. Spray lightly on exposed body parts. Its effects should last five to six hours. Strips of cotton cloth can also be dipped in this mixture and hung in areas such as patios as a localized deterrent. Commercially available garlic-based, all-natural mosquito repellent and larvae killer will repel mosquitoes up to four weeks.
- Neem oil is a natural vegetable oil extracted from the Neem tree in India. The leaves, seeds and seed oil of the Neem tree contain sallanin, a compound which has effective mosquito repelling properties. Neem oil is a natural product and is safe to use.

- Planting marigolds around your yard works as a natural bug repellent because the flowers give off a fragrance bugs and flying insects do not like.
- Safe, nontoxic pheromone-based mosquito traps are now commercially available.
- For outdoor mosquito control, bat houses are effective. Some bat species can eat 500-1000 mosquitoes each per night.
- For broad application outdoor mosquito control, electric mosquito traps are commercially available. These traps do not use chemicals or propane gas.
- If you're stung, *Ditch the Itch* is a non-toxic cream that takes the itch out of bites.

## Thai lemon grass

(*Cymbopogon citratus*) is a natural and effective mosquito repellent. It contains the natural oil citronella, which is safe and effective. In fact, lemon grass citronella is considered more effective than true citronella as an insect repellent.

You can buy Thai lemon grass at garden centers and supermarkets, and it grows readily into a clump about 15" across and about 2ft tall.

To use as a mosquito repellent, break a stalk off from the clump, peel off the outer leaves, until you find the scallion-like stem at the base. Bend the stem between your fingers, loosening it, then rub it vigorously between your palms - it will soon become a pulpy, juicy mass. Rub this over all exposed skin, covering thoroughly at least once. You can also make a tincture using alcohol, for spray applications.

Plantings around the patio will also help repel mosquitoes.

Source: [eartheasy.com](http://eartheasy.com)

## How I Remember Naji...

### LITTLE BOOK OF INSPIRATIONAL THOUGHTS & WRITING

(Time During Recovery)

"We are all born to shine..." With this statement, Naji closes this book containing thoughts and writings that inspired him as he recovered from a traumatic brain injury. Courage, faith and determination motivated him to filter information gathered through experience in order to share what he learned with others. This is one person's message of hope and encouragement to anyone who passes through those difficult times that change our lives.

**Download Little Book of  
Inspirational Thoughts and  
Writings in: English, German,  
Greek, Spanish, Portuguese,  
Arabic and French  
from our website:**

[www.najicherfanfoundation.org](http://www.najicherfanfoundation.org)

### RELATIONSHIP TO GOD

God reminds us of our worthiness, of our great value in His eyes. He challenges us to pull our attention away from our own worldly worries and desires and to direct it toward the "unseen," the kingdom of heaven within us; this place within our soul where all is just so certain.

Time exists in space, and space exists in time. Both exist in human beings. When we take Christ into our own heart we no longer exist as man but as a reflection of the God who made man. Time is a measurement of space toward an ending. We do not end. In eternity, there is no time. When you reach heaven, you have no doubt, no worry, and no problems. You are so happy, so quiet, and so ecstatic that all the rest seems like nothing. Zero. Dust. Foolishness...

We people living on earth make such a big fuss about nothing. We are all nuts...busy running after time that does not exist. When you reach this special place within, it is like everyone on earth is on drugs, man. The best part is that they are serious about it. Whether you choose to do



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right or wrong, people don't care. This is right. This is wrong. This is the way to do it. They say, I don't have time; I am pressed by time; the time will come. Are we supposed to listen to all this nonsense? I think it's enough... if there is time, let it be the wake up time.

—Naji Cherfan

## 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.

The NCF would like to recognize the devoted work of its volunteers mainly Isabelle Boghossian, Marianne Debs, Me. Kamal Rahal, Me. Harold Alvarez, Zeina Costantine, Joyce Abou Jaoude, Rita Kassis, Marleine Nassrany, Diala Ghostine Nassrany, Dima Rbeiz, Father Joseph Abdel Sater, Father Joseph Soueid, Reine Kassis, Nabil Khoury, Roland Khoury, Father Elia Chalhoub, Valéria de Proença, Athena and Christina Georgotas, Violette Nakhle, Sawsan Bechara, Leopoldine Theophanopoulos and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments...etc.

For subscriptions, please sign up through our website: [www.najicherfanfoundation.org](http://www.najicherfanfoundation.org)

Publisher: CCM Group; Editorial Consultant: George C. Cherfan; Editor in Chief: Christina A. Bitar; Layout: Art Department, CCM Group, USA; Contributors: Sana Cherfan, Kelley Nemitz, and Patricia B. Cherfan.

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