

# 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.



## THE SPIRIT OF THE SEASON

# A Special Christmas Message

*Most beautiful "cave".*

*The coming of the Savior.*

*Why did Jesus become one of us?*

*What does this mean to you, to me, to us all?*

*Why is He called the Savior?*

*Why is He called the Son of Man?*

*Why is He called the Son of God?*

God & people lived together since the Creation, and God appointed us in charge of all Creation. We enjoyed peace, good health, every need was abundantly available and death or diseases didn't exist (people did not get sick nor died). Life was continuous. The source of life is Jesus.

Jesus was born from the Virgin Mary to become the Son of Man; to serve every human being who accepts Him as their Lord & Savior, to save us from eternal



*The child of the Manger is the Creator of all that exists, the way to the Father, the Truth and the Life.*

death. Jesus said, "Whoever obeys my commands, I shall come with my Father and abide with him, and we become his children. Father God wants a relationship with those who love and obey Him. These relationships get stronger the more we obey and do His will; the more we become like Him, merciful, loving, caring, helping, patient and kind, humble, gentle, serving... This is God's character, and we inherit it from him. The moment we allow God to come to our life, the Holy Spirit comes as well and overshadows us and distributes His gifts according to His wishes. The one most important gift is to be "born again." Thus, we inherit God's nature through Jesus Christ who is the Son of Man and also the Son of God. At this stage, the Holy Spirit continues His work in us to enable us to become as close as possible to Jesus in character and deeds. As an example, we see many miracles in our lives, and we become "Saints" through our Lord and Savior, Jesus Christ.

The child of the Manger is the creator of all that exists, the way to the Father, the Truth and the Life. He said I am the Alfa and Omega. Soon I am coming back to put an end to wars, hunger, diseases, calamities, violence, abortions, greed, etc. The evil one will be in the lake of fire and Jesus puts an end to DEATH!

Halleluia, Amen, Amen and Amen.

George C. Cherfan

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For the fourth consecutive year, the Naji Cherfan Foundation celebrates with music!

### Eating Healthy During the Holidays

You can eat healthy during the holidays by following these simple steps!

### Christmas Mission 2013

NCF toured hospitals in Beirut to celebrate the birth of Jesus with those unable to celebrate at home!

### Road Safety

This holiday season, and all year, keep safety in mind when you're on the road.



For the fourth consecutive year, the Naji Cherfan Foundation celebrates Christmas with **Christmas Caroling for a Cause** at two separate events, both with a core interreligious theme to promote peace and tolerance. On December 14, accompanied by the Youth Symphonic Band of LeBam, directed by Serghei Bolun, **Christmas Caroling for a Cause** took part in the Christmas Festival of Dhour Shweir "Dhour Shweir chante Noel." Surrounded by snow and a freezing weather, the harmonic music and voices of the participants rejoiced to fill Saint Savior's Greek Catholic Church in the village's main square with heart-filled Christmas spirit. The concert was followed by the lighting of the Main Square Christmas tree, complemented with an instrumental drumroll conducted by Serghei Bolun and performed by LeBam members.

On January 9<sup>th</sup> 2014, **Christmas Caroling for a Cause** made its second appearance with a Christmas concert in collaboration with the Lebanese Order of Physicians at Beit el Tabib in Beirut. They were accompanied by the National Youth Harmonic Band of the Lebanese Band Association for the Promotion of Music, LeBam, conducted by Serghei Bolun and with a special appearance by the Mabarrat Charity Association Children's Choir. The concert was a full house despite the country's security situation and the bomb explosions which occurred earlier in the week, killing many innocent people including one young female member of the Mabarrat choir.

**Christmas Caroling for a Cause** is the initiative of Patricia Cherfan, co-founder of the Naji Cherfan Foundation and organizer of events relating to social and community development promoting interreligious and intercultural dialogue and peace building.



*Pictured above is Sergei Bolun, conductor of the LeBam choir, and the Christmas Caroling for a Cause Choir at the Holy Savior Greek Catholic Church — Dhour Choueir.*



## HEALTH BENEFITS



# Healthy Holidays!

During the holidays, you may often be tempted to eat baked goods, junk food, sweets, or drink alcoholic beverages while you celebrate or attend holiday festivities. But you can eat healthy during the holidays by following these simple steps!

- 1** Eat meals and snacks regularly throughout the day instead of skipping meals. When you skip meals, you will more likely overeat during your next meal, or be tempted to over-indulge in unhealthy foods due to extreme hunger.  
Eat breakfast, lunch, and dinner daily, and snack on healthy foods such as fruits, nuts, and granola in between meals.
- 2** Eat a full meal before attending a holiday event or party. When you arrive to a holiday event with a full stomach, you will less likely overeat or over-indulge in sweets, alcohol, and other unhealthy foods.
- 3** Bring healthy dishes to parties you attend. Vegetable platters, fruit cocktails, and mixed nuts are examples of healthy dishes you can bring to parties to avoid having to resort to eating junk food and other unhealthy snacks.  
If you are not required to bring a dish to a party, bring small bags of healthy snacks with you instead to help curb your cravings. For example, bring a bag of carrot sticks or almonds.
- 4** Serve yourself using plates or bowls so you can manage the amount you eat. Using plates will help you keep track of the amount of food you eat in one sitting; especially since eating finger foods and community dishes (such as chips and dip) can cause you to lose track of the amount of food you eat.
- 5** Eat smaller amounts of sugary foods and junk food. You can still enjoy your favorite sweets during the holidays if you eat smaller portions to avoid weight gain. For example, eat one cookie instead of three, or cut a slice of cake or pie in half.  
Substitute your favorite sweets or sugary snacks with low-fat alternatives when possible. For example, consume real fruit instead of sugary, fruit-flavored snacks, or eat a small piece of dark chocolate instead of milk

Watch, O Lord, with  
those who wake,  
or watch, or weep  
tonight, and give  
your angels charge  
over those who  
sleep.  
Tend your sick ones,  
O Lord Christ.  
Rest your weary  
ones.  
Bless your dying  
ones.  
Soothe your  
suffering  
ones.  
Pity your afflicted  
ones.  
Shield your joyous  
ones.  
And for all your  
love's  
sake. Amen.

—PRAYER FOR  
SAINT AUGUSTINE

chocolate.

- 6** Drink fewer amounts of alcohol, or use low-fat alcohol brands. Alcoholic beverages such as wine or beer are often high in calories and can cause you to gain weight when consumed excessively. For example, buy a specific brand of beer that contains a fewer amount of calories, or drink one glass of wine instead of two or three.
- 7** Stop eating when your stomach feels full. Sometimes, you may be tempted to overeat when you linger by the food table at holiday parties, or if you become bored or restless at certain events.

Drink additional glasses of water if you feel like you want to keep eating after you are full, or eat healthy snacks such as fruit or vegetables when you want to continue snacking or eating.

Source: <http://www.wikihow.com>

## NUTRITION

# The Tasty Health Benefits of Chestnuts

When most people think of nuts, they think hot roasted peanuts, honey roasted cashews, or tasty pecans; but there's another nut which deserves consideration for both its taste and health benefits—the chestnut. Why?

## *They're lower in calories than other nuts*

While 100 grams of walnuts have 691 calories, chestnuts have only 170. If you're watching your weight and can't keep your hands out of the nut jar, the solution may be to fill the jar with chestnuts instead.

## *They're high in fiber*

Chestnuts are a surprisingly good source of fiber with around six to eight milligrams of insoluble fiber in a 100 gram serving.

## *They're lower in fat than other nuts*

Chestnuts are one of the lowest fat nuts around with only around two grams of fat per 100 gram serving. Compare this to other common nuts where the fat content can range from thirty to seventy-five grams per 100 gram portion. They're also cholesterol free and have received the approval of the American Heart Association as a low fat food.



## *They're high in vitamin and mineral content*

Chestnuts are the only nuts that are a significant source of vitamin C. In fact, three ounces of chestnuts supplies almost half of your daily vitamin C requirement. They're also a good source of the B vitamins, folate, magnesium, manganese, and copper.

## *One caveat*

Chestnuts are higher in carbohydrates than most nuts at around 34 grams per 100 gram serving, although they're high in complex, low glycemic carbs, they may not be suitable if you're on a strict, low carb diet. Also keep in mind that their calorie count goes up when they're boiled.

Source: voices.yahoo.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 all ages, both those who are healthy and those with health problems, and those with brain injury of any kind, resulting from accident, stroke, etc, 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!

*It is Christmas every time you let  
God love others through you. Yes, it is  
Christmas every time you smile at your  
brother and offer him your hand.*

—Mother Teresa

# Christmas Mission 2013

For the 5th consecutive year, volunteers of the Naji Cherfan Foundation toured hospitals in Beirut on December the 25th on one important mission: Celebrate the birth of Jesus with those unable to celebrate it at home!

Father Joseph Soueid led the group consisted of 30 members! Larger than any year! Consisting of the choir of St. Takla Church Sed El Boucheriyei, along with volunteers from the parish, from the Naji Cherfan Foundation and from Foi Et Lumiere charity.

"While patients were our first priority: we were surprised to see the emotions of the medical team of nurses and doctors, tears of joy - they also could not celebrate with their families and needed to welcome the birth of Jesus with cheers!" said Houeida Gerges from the Naji Cherfan Foundation team.

"We felt we were in heaven touring its streets" said Father Soueid while describing the joy of announcing the birth of Jesus to the world!

Prayers of St. Augustine were distributed and prayed in every room - please check the prayer in the prayer corner of this edition!

**Merry Christmas!**



*Clockwise from top left: A hospitalized priest prays for NCF | Santa Claus holding the St. Augustine prayer. | The Christmas hospital tour in action. | A newborn baby gets a blessing from Father Soueid.*

## OUR DAILY BREAD

# God Waiting

*During the Christmas season we wait. We wait in traffic. We wait in checkout lines to purchase gifts. We wait for family to arrive. We wait to gather around a table filled with our favorite foods. We wait to open presents lovingly chosen.*

*All of this waiting can be a reminder to Christians that Christmas is a celebration of waiting for something much more important than holiday traditions. Like the ancient Israelites, we too are waiting for Jesus. Although He already came as the long-awaited Messiah, He has not yet come as ruler over all the earth. So today we wait for Christ's second coming.*

*Christmas reminds us that God also waits . . . He*

*waits for people to see His glory, to admit that they are lost without Him, to say yes to His love, to receive His forgiveness, to turn away from sin. While we wait for His second coming, He waits for repentance. What seems to us like God's slowness in coming is instead His patience in waiting (2 Peter 3:9).*

*The Lord is waiting to have a relationship with those He loves. He made the first move when He came as baby Jesus and the sacrificial Lamb. Now He waits for us to welcome Him into our lives as Savior and Lord.*

*God patiently keeps His promises.*

*Source: oodb.org*



# Stay Safe this Holiday Season

Join us for  
daily news and  
inspirational messages!  
Like our Facebook page!



[www.facebook.com/  
najicherfanfoundation](http://www.facebook.com/najicherfanfoundation)



This holiday season, and all year, keep safety in mind whenever you're on the road.

Tips from CDC's Injury Center on motor vehicle safety can help you protect yourself, your passengers, and your family and friends. Whether you're headed around town, out of town, or out to celebrate, we wish you a safe holiday season.

## *Protect Your Passengers*

When it comes to protecting children from road-traffic injuries...Whenever you're on the road this holiday season, remember to always buckle up. Wearing your seat belt can reduce your risk of dying in a crash by about half. Also, make sure your young passengers are buckled into appropriate safety seats. The safest place for children of any age to ride is properly restrained in the back seat. Data show that child safety seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to four.

## *Celebrate Safely*

Handing over car keys during the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips can help you stay safe:

- Plan ahead. Always designate a non-drinking driver before any holiday party or celebration begins.
- Take the keys. Don't let friends drive if they are impaired.
- Be a helpful host. If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all of your guests leave with a sober driver.

## *Know That Parents Are the Key*

This holiday season, and throughout the year, talk with your teen about the dangers of driving—and keep the conversation going. Take these steps to help keep your teen driver safe:

- Extend your teen's supervised driving period.
- Set the rules of the road.

Discuss your rules of the road with your teen. Talk about why they are important to follow, as well as consequences for breaking the rules.

Source: *Centers for Disease Control and Prevention*,  
[www.cdc.gov](http://www.cdc.gov)

# NCF Christmas Theater Activities

As in years past, the Naji Cherfan Foundation (NCF) teamed up with the Christian Association of Hadath to bring a Christmas Theater to more than 600 vulnerable children in Hadath. "Le Theatre d'Anna" in its Christmas version and messages entertained the children who danced and sang to Christmas Carols along with their parents. "There is nothing more gratifying than seeing the smile of the needy children" said the president of the Christian Association of Hadath.

In other regions, the NCF teamed up with the Orthodox Archdiocese of Tripoli and Koura and The Urban Renaissance Society Charity in Amyoun; as well as The General Secretariat of The Catholic Schools, and the Saint Charbel Dispensary in Sed El Boucheryei - to bring a beautiful Christmas story about "the most beautiful manger!" Our own dedicated volunteer Joyce Abou Jaoudei wrote and directed the play, Father Fadi Touk wrote the melodies, and 13 teenagers from Sunday school performed on stage. "Bringing the true meaning of Christmas for young children was my biggest satisfaction in this play and thank God for this opportunity to speak His name" said Joyce Abou Jaoudei, writer and director.



*Top: Lots of faith-filled people attended the event including Father Boutros Azar, Sana Cherfan, and Father Joseph Abdel Sater*

*Above: George Cherfan addresses the audience with a Christmas message.*

*Left: Theater participants in action.*



## 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 people of all ages, those who are healthy and those with health problems, and those with brain injury of any kind, resulting from accident, stroke, etc.

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)

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