

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.



FAMILY & PARENTING

Couples Who Pray

Five minutes of prayer everyday can boost your love life and enhance intimacy, trust and respect according to Squire Rushnell and Louise DuArt, authors of *Couples Who Pray* (Thomas Nelson, 2007). Research has shown that the fear of divorce is dramatically decreased when couples pray together, because it opens the way for positive, loving feelings while talking to the Creator. Here are some tips for praying with your partner:

Prayer is the most intimate act between a man and woman.

— Squire Rushnell

More prayer, more power!

The more you pray the more power you will experience in your life as a couple. Praying is simply talking to God. Do this so He can light up your lives with love, encouragement and understanding. Praying together will help build a strong foundation for your marital life.

Make time to pray

Make five minutes of prayer a daily routine. Find a time that suites you both and stick to it. If you live in separate countries, pray on the phone!

Be grateful

Count your blessings individually and as a couple. Present your thanks for specific blessings like your children, your health, your home, your job and your loving family. Don't be afraid to be vulnerable and put your life in His hands.

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Several recent studies have shown significant potential health benefits from drinking pomegranate juice.

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Natural Home Cooling

Suggestions for free, or low-cost, ways to cool your home with less impact on the environment and your energy bill.

www.najicherfanfoundation.org

NUTRITION

Health Benefits of Pomegranate Juice



Several recent studies have shown significant potential health benefits from drinking pomegranate juice. Here are some important ones to follow:

Fights breast cancer

Studies show that pomegranate juice destroys breast cancer cells while leaving healthy cells alone. It may also prevent breast cancer cells from forming.

Lung cancer prevention

Studies in mice show that pomegranate juice may inhibit the development of lung cancer.

Slows prostate cancer

It slowed the growth of prostate cancer in mice, and kept prostate-specific antigen (PSA) levels stable. In a study of 50 men who had undergone treatment for prostate cancer, 8 ounces of pomegranate juice per day kept PSA levels stable, reducing the need for further treatment such as chemotherapy or hormone therapy.

Protects the neonatal brain

Studies show that maternal consumption of pomegranate juice may protect the neonatal brain from damage after injury.

Prevention of osteoarthritis

Several studies indicate that pomegranate juice may prevent cartilage deterioration.

Protects the arteries

It prevents plaque from building up in the arteries and may reverse previous plaque buildup.

Alzheimer's disease prevention

It may prevent and slow Alzheimer's disease. In one study, mice bred to develop Alzheimer's disease were given pomegranate juice. They accumulated significantly less amyloid plaque than control mice and they performed mental tasks better.

Lowers cholesterol

It lowers LDL (bad cholesterol) and raises HDL (good cholesterol).

Lowers blood pressure

One study showed that drinking 1.7 ounces of pomegranate juice per day lowered systolic blood pressure by as much as 5 percent.

Dental protection

Research suggests that drinking pomegranate juice may be a natural way to prevent dental plaque.

source: healthdiaries.com

Will You Further NCF's Work?

The Najji Cherfan Foundation was founded after the passing of the beloved Najji 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 at +961 (0)4 522221.

info@najjicherfanfoundation.org

Quotable!

“Grant that Your grace may guide the thoughts and actions of husbands and wives for the good of their families and of all the families of the world..”

—Pope John Paul II

10 Ways to Ease Rheumatoid Arthritis Pain



There are many medications for rheumatoid arthritis (RA), but painful flare-ups are still a fact of life. The good news is there are many things you can do to reduce, and even prevent, pain.

Here are 10 techniques to help ease the pain of rheumatoid arthritis.

1 Protect your joints

Always be aware of your joints, even when doing the smallest tasks, and even if you are currently symptom-free. Instead of lifting a heavy pot, slide it across the counter; use a shoulder to open a door rather your hand; and hold books in the palm of your hands, not with your fingers.

2 Exercise

Exercise can be a key component in keeping joint pain at bay. It can also give you more energy and improve your mood.

Walking, cycling, swimming, and light weight training done three times a week for 30 minutes can offer these benefits, but check with your doctor to make sure they are safe for you.

Other tips: Don't exercise when joints are inflamed; take a break if you feel pain, and alternate positions periodically when performing tasks such as gardening or cooking.

3 Stretch it out

Assuming you are pain-free, you should try to stretch all of your joints each day to the extent that it does not cause you pain.

A physical therapist or other physician can help tailor a stretching program

PRAYER FOR OUR FAMILY

Heavenly Father, you have given us the model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace and joy reign. May it be deeply contemplative, intensely eucharistic, revived with joy.

—MOTHER TERESA

Prayer Corner

for your needs.

People with RA tend to feel stiffer in the morning than at other times of the day, so take a shower to warm up your joints, and then stretch to help loosen you up for the rest of the day.

4 Give it a rest

Getting enough rest is important.

Taking a break can relax your mind, ease pain in your joints, and help reduce the fatigue that is often associated with the disease.

5 Take a warm shower

Moist heat in particular seems to penetrate well and provides relief from rheumatoid arthritis pain.

Additionally, moist heating pads, available at most pharmacies, can be applied for 10 to 15 minutes at a time to provide temporary pain relief.

6 Try hot wax

If you have pain in the joints of the hands or feet, a hot wax bath can ease inflammation. (This is a

ARTHRITIS continued on page 5

Baptism is an Invitation to Heaven



Baptism is the entrance to the Church and the gateway to the other sacraments.

The basin of baptism marks the beginning of our spiritual birth, our knowledge of the Creed and our observance of the rites. Baptism is thus the start, and every righteous start should be marked by baptism. Baptism is also the destination we are bound to head back to, for it is the womb of the Church where all the children of God are born.

Heavenly homeland, and urges us not to hold on much to this world.

Jesus Christ's immersion in water is a symbol of His death and burial, and His ascent out of water is a symbol of His resurrection. Paul the Apostle explains that through baptism, the faithful are united with Christ in a death like his, but also in his Resurrection. "We were therefore buried with him through baptism into death in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life. For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his". (Romans 6: 4-5)

Baptism, a sacrament given to us in childhood is not to prosper and flourish unless we are always hand in hand with Christ and leading a life of virtue.

Just as Jesus Christ was revealed to the public, we who are baptized in His name shall also reveal Him to others. We are baptized but once, but our baptism is renewed with every good deed we make, every identification with the poor, and every deep and thorough reading of the Bible. With every good deed, we renew our baptism, put away our sins and live with Christ. We are thus able to testify, like John, that Christ is the son of God. When the priest sprinkles holy water in our

homes, it is a pledge to dedicate our homes to the Holy Spirit. When we drink holy water, we voluntarily accept to maintain the sanctity of our spirit and body. It is a renewed commitment to Christ to be forever clothed with him. It is indeed heartwarming to sing in this blessed season: "All of you who were baptized into Christ have clothed yourselves with Christ, Halleluiah"

Translated from the Arabic version written by Fr. Fadi Barkyl



Let us, dear brothers, ponder the great miracle that took place right after our Savior was baptized. That miracle was a prelude to what was to happen. Heaven was opened. Why? Jesus wants us to know that even if it is unseen, the exact same happens during our own baptism when God extends to us an invitation to our

Driving Distractions and Staying Safe on the Road

Driving distractions have existed since the first cars hit the road, but the growing use of technology has created more problems.

There are three main types of driving distractions: **Manual** (taking your hands off the wheel); **Visual** (taking your eyes off the road); and **Cognitive** (taking your mind off driving). And these distractions endanger driver, passenger and bystander safety. The most common driving distractions are:

- Texting
- Using a cell phone or smart phone
- Eating and drinking
- Talking to passengers
- Grooming
- Reading
- Using a navigation system
- Watching a video
- Adjusting a radio, CD player, or MP3 player



Undistracted Driving

Follow these tips for undistracted driving:

- Make sure all passengers are buckled-up properly.
- Be well-rested and in the appropriate mindset to drive. Driving while you are upset or angry can be dangerous.
- Don't tailgate (drive too closely behind another vehicle).
- Allow sufficient time to reach your destination.
- Ensure your vehicle is properly maintained.

Source: source.southuniversity.edu
Author: Darice Britt

ARTHRITIS continued from page 3

classic technique used for sports-related injuries.) It can work better than a heating pad because, as with soaking in a warm water bath, the heat works its way completely around the fingers or toes.

7 Try a cane

A lot of people think a cane signifies disability, but if it helps reduce joint pain, who cares?

Canes are easy to find and can take up to 20% of your body weight off of your legs, hips and ankles.

8 Lose weight

Being overweight can place excessive stress on, and adversely affect, your weight-bearing joints like

the knees, back, and hips.

Studies have shown that fat tissue may produce chemicals that can increase inflammation, something rheumatoid arthritis patients need to avoid.

9 Use special tools

Certain types of equipment can help make everyday tasks less painful. Pens, knives, can openers, zipper pulls and additional products are available to help you protect your joints.

10 Plan carefully

It is difficult to tell when a flare-up may occur, making your joints become stiff and swollen, or when you will overdo it when exercising.

Because you can't foresee these events, it's a good idea to be prepared and plan for problems before they arise.

Break chores up into sections—plant one garden bed one day and the second another day instead of tackling them all at once. And when exercising, it's not necessary to do 30 minutes at once; try three 10-minute increments throughout the day.

source: health.com
Living with (RA) Rheumatoid Arthritis By
Tammy Worth



to hear what comes out from your heart, not from your words.

Pray for your marriage

Focus on the two of you and not on each other's mistakes. Use loving words about each other. Thank God for each other. Ask Him to show you ways in which you can love and support each other more.

Pray for others and for yourself

Perhaps this is the easiest thing to do since praying for others is how we all learned to pray. This is important, but do not forget to pray

for yourselves.

Expect God to answer your prayers

Ask, believe, and receive is what God asks us to do. Pray and have the certainty that God is hearing your prayer and will be working hard to make your wishes come true. It may not be exactly the way you wish or on the schedule you want, but have faith that God is working on it. It's in the waiting that God does the work. And in the waiting He's building your faith.

AND WE KNOW THAT IN ALL THINGS GOD WORKS FOR THE GOOD OF THOSE WHO LOVE HIM. — ROMANS 8:28

Source: beliefnet.com

COUPLES continued from page 1

Request forgiveness for your mistakes

Ask God to forgive your mistakes, especially the ones you make toward each other. Don't own it anymore. Give it all to Him. Let God carry your baggage.

Pray out loud

Pray together and pray out loud. Maybe one of you will speak in the beginning, but you will learn to state your concerns and requests with practice. Praying is like exercise; the more you do it, the more natural it becomes and the more indispensable it is in your life.

Keep it short

Take turns and each of you speak for one or two minutes. Prayers do not need to be long to reach God.

Use everyday language

God does not require a sophisticated lexicon. Imagine sitting down with a loving father who listens carefully and is waiting for you to express your wishes so he can provide a solution and answer your prayers. God wants

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Natural Home Cooling



According to the U.S. Department of Energy, heating and cooling systems emit over a half billion tons of carbon dioxide into the atmosphere each year, adding to global warming. They also generate about 24% of the nation's sulfur dioxide, a chief ingredient in acid rain.

Much of the cost of cooling your home can be saved by passive cooling techniques which don't require expensive retrofits or professional installations. Here are suggestions for free, or low-cost, ways to cool your home with less impact on the environment and your energy bill.

Blocking the heat

The most effective ways to block heat from entering your home are insulation, reflective barriers and shading.

Insulation: Insulating, caulking and weather stripping are essential to keeping your home warm in cold climates, but they also help keep your home cool in hot weather.

Reflective Barriers: An important consideration in passive cooling is house color. Dark-colored home exteriors absorb 70% to 90% of the radiant energy from the sun that strikes the home's surfaces. Some of this absorbed energy is transferred into your home by way of conduction, resulting in heat gain. In contrast, light-colored surfaces effectively reflect most of the heat away from your home

Shading: Shading is the simplest, most effective way to cool your home and reduce energy consumption.

Landscaping: Trees, vines and shrubs can be used to shade your home and reduce your energy bills. Trees or shrubs can also be planted to shade air conditioning units, but they should not block the airflow.

Drapes and Blinds: Drapes and curtains made of light-colored fabrics reflect much of the sun's rays and help reduce heat gain.

Shade Screens: Exterior shade screens, also called

“sun screens” “shade cloths” or “solar shields,” prevent sun from entering a window.

Removing interior heat

Thermal Chimney: Open the lowest windows on the side from where the breeze is coming. Leave interior doors open, and open the upstairs windows on the opposite side of the house.

The warm air in your house will draw upwards and out the upper window, an effect called ‘thermal siphoning’. This is most effective when the inside temperature is higher than the outside temperature.

Roof Vents: Ventilating your attic greatly reduces the amount of accumulated heat which otherwise radiates down into your house.

Ridge Vent: For even more effective attic ventilation, a continuous ventilation system, Coolvent, can be installed along the ridge, beneath the ridge shingles. Coolvent is lightweight and durable, and it eliminates the need for turbines or louvered vents. It's also designed to keep out bugs and wind-driven rain.

Ceiling Fans: Ceiling fans are efficient and use little electricity, less than 1/10th the wattage of air conditioners.

Programmable Thermostats: You can save as much as 10% a year on your heating and cooling bills by turning your thermostat back 10% to 15% for 8 hours per day. You can do this automatically without sacrificing comfort by installing a programmable thermostat.

Source: eartheasy.com

How I Remember...

Dear friend, great leader, Gaby's father and Huguette's beloved, Dany's father and Elie's pal.....

Thousands of greetings to you.

I never imagined that I would write about you words that would fade with ink and paper, and would wear out in the drawers of the days without me knowing if your senses desire to hear or read these words.

Why and how did you leave? I do not know.

Why and how did you fall into eternal sleep? I do not know.

Was it the hand of treason or the hand of fate or the mistake of doctors? I do not know.

My dear friend, I know that you have crossed the path of this perishing life quickly, leaving without permission, leaving those whom you loved and those who loved you remembering...

...Remembering the head of the

*I will only ask of you
what you are capable of
doing now, words of
longing and kisses
of love to the one who
left before you and is
happily waiting for you...*

family who worked hard to make his family happy in all material and moral means.

...Remembering the work in which you were every member's friend.

...Remembering the scout leader who never tires, the leader who started the Maronite scout regiment—Deek El-Mehdi—leading it to the highest ranks amongst other regiments.

My dear friend, the friend of my angel and beloved Rita... I will always remember you and remember what



you accomplished in my daughter's wedding.

My dear friend, the friend of my angel and beloved Rita... I will only ask of you what you are capable of doing now, words of longing and kisses of love to the one who left before you and is happily waiting for you, and I am sure that heaven is getting ready for crazy projects that you two will do together.

My dear friend, the friend of my angel and beloved Rita... Everybody is devastated by your absence...

You made me cry, man.

—**Brigadier General Kamil Msan**

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Najji 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 Najji 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, Roly Lakeman, Cristina Monfeli and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments, etc.

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