

# 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

# Full Circle

## Hand of Hope's Recent Medical Outreach Brought Me Back To A Place I Love

Nairobi, Kenya. I had this trip circled on my calendar.

Every year, *Hand of Hope*, Joyce Meyer Ministries World Missions conducts free medical/dental clinics around the world. And as one of their medical outreach coordinators, I've gotten a chance to travel far and wide... and watch God work miracles in the lives of people who desperately need help.

But for me, this outreach was going to be special.

You see, Nairobi is my home town. Well, actually, my family is from Louisiana. But from the time I was young, my parents—Don and Amy Matheny—have

My heart's desire was to someday come back to Nairobi with a skill and serve the people there...

been independent missionaries in Kenya. In fact, about twenty-five years ago, they founded Nairobi Lighthouse Church.

The oldest of six children, I returned to the United States when I was 18 to attend Bible school...then eventually nursing school. My heart's desire was to someday come back to Nairobi with a skill and serve the people there like my parents have for so many years.

But life has a way of surprising you. Through a series of events, I stayed in the U.S. and began volunteering for Joyce Meyer Ministries' medical/dental outreaches. That is where I found my calling. One thing led to another, and today I am privileged to work on these outreaches full time. And in the summer of 2013, my work led me back to a place very close to my heart...

*"It takes so little."*

My dream of being a nurse in Kenya was fulfilled in a way I could have never imagined. Here I was leading a *Hand of Hope* medical/dental team, working

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Do you know how beneficial almonds are for your health?

### Sunburn

You can prevent sunburn and related conditions by protecting your skin.

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Basic but important cycling requirements when sharing your ride with the general traffic.

### Renewable Energy

Renewable energy is clean, affordable, domestic, and effectively infinite.

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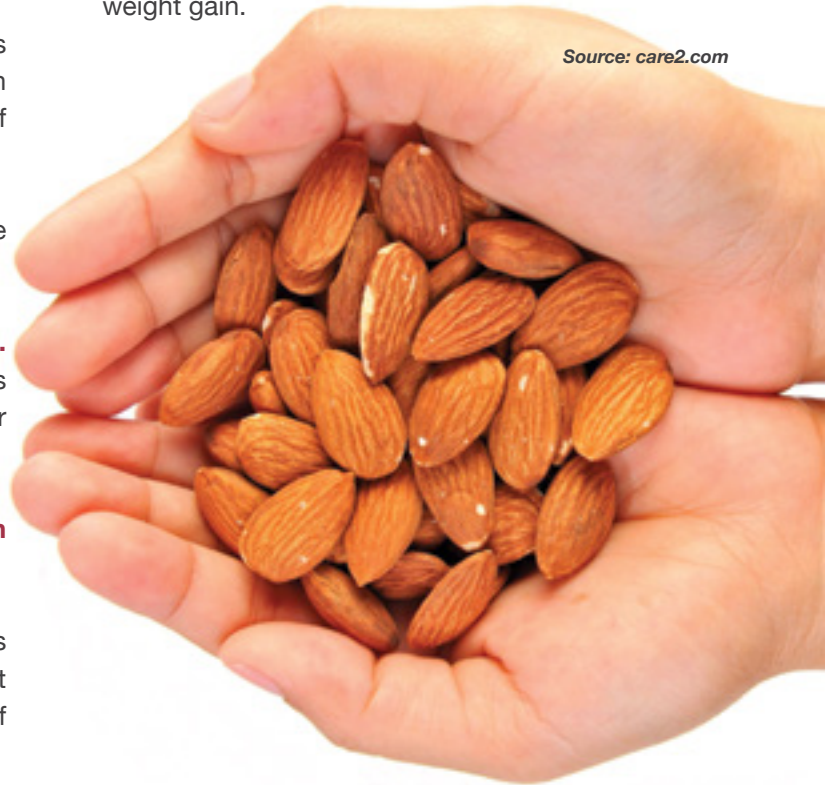
## NUTRITION

# Do you know how beneficial almonds are for your health?

## *Health Benefits of Almonds*

- 1. They reduce heart attack risk.** Those who consume nuts five times a week have about a 50 percent reduction in risk of heart attack according to the Loma Linda School of Public Health.
- 2. They lower 'bad' cholesterol.** Almonds added to the diet have a favorable effect on blood cholesterol levels.
- 3. They protect artery walls from damage.** It was found that the flavonoids in almond skins work in synergy with the vitamin E, thus reducing the risk of heart disease.
- 4. Almonds help build strong bones and teeth.** The phosphorus in almonds helps make this possible.
- 5. They provide healthy fats and aid in weight loss.** Although nuts are high in fat, frequent nut eaters are thinner on average than those who almost never consume nuts.
- 6. Almonds lower the rise in blood sugar and insulin after meals.**
- 7. They help provide good brain function.** Almonds contain riboflavin and L-carnitine, nutrients that boost brain activity and may also reduce the risk of Alzheimer's disease.
- 8. They nourish the nervous system.** According to Ayurveda, almonds help increase high intellectual level and longevity.
- 9. They alkalize the body.** Almonds are the only nut and one of the few proteins that are alkaline forming. When your body is not alkaline enough, you risk osteoporosis, poor immune function, low energy and weight gain.

Source: care2.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](mailto:info@najjicherfanfoundation.org)

## *Quotable!*

“A society which abandons children and the elderly severs its roots and darkens its future.”

—Pope Francis

# Sunburn



## DEFINITION

**Sunburn** — red, painful skin that feels hot to the touch — usually appears within a few hours after too much exposure to ultraviolet (UV) light from sunshine or artificial sources, such as sunlamps. Sunburn may take several days or longer to fade.

Intense, repeated sun exposure that results in sunburn increases your risk of other skin damage and certain diseases. These include dry or wrinkled skin, dark spots, rough spots, and skin cancers, such as melanoma.

You can prevent sunburn and related conditions by protecting your skin. This is especially important when you're outdoors, even on cool or cloudy days.

## PREVENTION

Use these methods to prevent sunburn, even on cool, cloudy or hazy days. And be extra careful around water, snow, ice and sand because they reflect the sun's rays. In addition, UV light is more intense at high altitudes.

**Avoid sun exposure between 10 a.m. and 4 p.m.** The sun's rays are strongest during these hours. Limit the length of time you're in the sun.

**Cover up.** Wear tightly woven clothing that covers you, including your arms and legs, specially designed to provide sun protection. Also wear a broad-brimmed hat which protects you better.

**Use sunscreen frequently and generously.** No matter what your skin type is, use a broad-spectrum sunscreen with an SPF of 15 or greater. Apply sunscreen generously, and reapply it every two hours.

**Wear sunglasses when outdoors.** You offer your eyes the best protection outdoors by choosing the highest UV protection-rated sunglasses.

**Don't expect a base tan to protect.** Some people think getting a base tan prevents sunburn. The idea is that a few sessions of indoor tanning will protect them from burning in the sun. Research doesn't support this. A base tan is no substitute for good sun protection.

"Truly I say to you, if you have faith and do not doubt, you will not only do what was done to the fig tree, but even if you say to this mountain, 'Be taken up and cast into the sea,' it will happen. And all things you ask in prayer, believing, you will receive."

—MATTHEW 21:22

Prayer Corner

## LIFESTYLE AND HOME REMEDIES

Once sunburn occurs, you can't do much to limit damage to your skin. But the following tips may reduce your pain and discomfort:

**Take a pain reliever.** Over-the-counter pain relievers may help control pain until redness and soreness subside.

**Cool the skin.** Apply to the affected skin a cool compress — such as a towel dampened with cool tap water. Or take a cool bath or shower.

**Apply moisturizer.** Aloe vera lotion or gel, or hydrocortisone cream to the affected skin. A low-dose (0.5 to 1 percent) hydrocortisone cream may decrease pain and swelling and speed healing.

**If blisters form, don't break them.** They contain your natural body fluid (serum) and are a protective layer. Also, breaking blisters slows the healing process and increases the risk of infection. If needed, lightly cover blisters with

**SUNBURN** continued on page 4

OUR DAILY BREAD

# Way Out



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daily news and  
inspirational messages!  
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[www.facebook.com/  
najicherfanfoundation](http://www.facebook.com/najicherfanfoundation)

While in London recently, I decided to take the underground train to my destination. So I paid my fare and descended into the depths of London to catch my train. But getting out of the station can be a scary experience for someone who is unfamiliar with the system. If you don't find the exit, you can quickly get lost in the tunnels.

Being alone in a sparsely populated underground tunnel is an unsettling feeling, so believe me; you don't want to get lost. Needless to say, I was glad when I spotted the sign that says, "WAY OUT" and followed it to safety.

Paul reminds us that when we are vulnerable to falling into sin, "God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out" (1 Cor. 10:13 niv). It's easy to assume that God is not with us when we are tempted to sin. But this verse assures us that He is present and not just standing idly by. Rather, He is actively providing a way out so we can endure it.

So, the next time you feel tempted; remember that you are not helpless. There is a divinely provided "way out"! Look for the sign, and follow it to safety.

*Lord, keep us mindful that Your presence with us in times of temptation means that we need not fall. Give us the desire to seek Your way out so we can know the joy of living a life that is pleasing to You. God is actively working to keep you from the danger of getting lost in sin.*

Source: [odb.org](http://odb.org)

## SUNBURN continued from page 3

gauze. If blisters break, gently clean the area with mild soap and water, apply an antibacterial cream, and cover with a wet dressing.

**Drink plenty of fluids, especially water.** Sun exposure and heat can cause fluid loss through your skin. Drinking helps your body recovers.

**Treat peeling skin gently.** Within a few days, the affected area may begin to peel. This is simply your body's way of getting rid of the top layer of damaged skin. While

your skin is peeling, continue to use moisturizing cream.

**Protect your sunburn from further sun exposure.** Stay out of the sun or protect yourself from sunlight when you go outside.

**Avoid applying "-caine" products, such as benzocaine.** Such creams may irritate the skin or cause an allergic reaction.

Source: [mayoclinic.org](http://mayoclinic.org)

# How to Ride a Bike Safely



Riding your bike can be a great deal of fun, and it's a brilliant way to keep fit. Nevertheless, bike riding has its hazards, especially when you're sharing the road with motorized traffic. To keep safe, it is important to have a bike in top condition and to pay attention to some basic but very important cycling requirements when sharing your ride with the general traffic.

## CHECKING YOUR BIKE

- 1 Check your cycling equipment. Ensure that your bike is roadworthy and safe.
- 2 Check the brakes. Do they work, are they clean?
- 3 Check the bike's tires. Are your tires inflated adequately?
- 4 Check the chain. Is it clean, free of debris, and able to turn with no problems?
- 5 See if the bike is the right height for you.

## DRESS APPROPRIATELY

- 1 Wear bright clothing, a reflective vest, or have flashing lights.
- 2 Wear comfortable shoes. Tuck in laces.
- 3 Use trouser elastics or ties. They will hold back long pants that are threatening to flap into the wheel spokes.
- 4 Don't tie clothing around your waist. It could unexpectedly come loose and wrap around your wheel.
- 5 Wearing a helmet is always a good idea when cycling to augment your safety. Head injuries are the most common fatal injuries sustained in bike accidents.
- 6 Wear eye protection. Dirt, pebbles, or even bugs can fly into your eyes, causing temporary vision difficulty.

## BE SEEN AND BE CLEAR

*Follow these steps to avoid being overlooked:*

- 1 Use appropriate lighting. Motorcycles are smaller and harder to see than other vehicles.
- 2 Use visible lane positioning. Riding a few feet one way or the other might not seem like it should make a big difference in terms of being seen since you should be in someone's field of view either way.
- 3 Take care at night. Go slower than you would in the daytime, as you still need enough time to react to danger.
- 4 Use hand signals properly. This is especially important for left turns, because they involve crossing traffic.
- 5 Give adequate warning. When you are passing pedestrians or other cyclists, it is essential that you warn them of your presence. Not only is this polite, but it reduces the chance of collisions.
- 6 Watch for parked vehicles. When riding past parallel-parked vehicles, leave enough room for the vehicle door to swing completely open just as you are about to pass. Getting "doored" can cause serious injury and even death.

## IMPROVE YOUR CHILDREN'S BIKE SAFETY

- 1 Teach your children how to ride safely in a completely safe place.
- 2 Ensure that children always wear a helmet when riding.
- 3 Explain to older children that riding at high speed could seriously hurt them.
- 4 Find safe places for children to ride for fun, and safe routes to school and other places.

Source: [wikihow.com](http://www.wikihow.com)



### DREAM continued from page 1

in partnership with my family and Nairobi Lighthouse Church to help so many people in need.

For one week, we treated patients in Nairobi's Huruma Slums. Each day, the number of people increased. As word spread, we began seeing patients who traveled from miles away in the countryside.

When baby Anne arrived at the clinic, she was running a 104° fever and hadn't eaten in days. Her mother was very scared. We immediately gave her medicine and fluids to lower her temperature, then administered a simple test which confirmed she had malaria. Left undetected, little Anne likely would have died. But we caught it in time... and gave her lifesaving medication to fight the disease.

No matter how many times I do this, I'm always amazed at how little it takes to save a life. So many in the slums can't afford a doctor, and many times the local physicians don't even have access to proper medications or testing devices.

THE DAY WE MET BABY MOSES on the fourth day of this outreach, something happened that I will never forget... One of our first patients was a two-week-old Kenyan baby. A woman found him abandoned in a nearby field. She appropriately named him Moses...then brought him to us because she had run out of diapers and baby formula.

Other than a slight eye infection, Moses was healthy and strong. The woman wanted to continue caring for him, so we connected her with a clinic in the area that will follow up on them. We also introduced her to an orphanage affiliated with Nairobi Lighthouse Church—

just in case her situation becomes unmanageable.

But Moses really struck a chord with me... Eighteen years ago, a German family attended my parents' church. They held in their arms a baby who was abandoned in these same Huruma, Nairobi slums. They loved and cared for him, but they were returning to Germany and, without the appropriate papers, they couldn't take the child with them.

That day, my parents made a decision that would affect all of our lives forever. They accepted responsibility for the baby—the child who would eventually become my adopted brother, David.

When David came home with us, he was only seven weeks old...

and he's been a part of our family ever since. After having five girls of their own, he was the boy my parents never had. He is truly my father's African son.

To me, David's whole life is just a glimpse of the heart of God...that He cares enough to reach us wherever circumstances may take us.

The day Moses came to the clinic I ran out to find David and said, "You have got to see this!" David was so touched, and he immediately went out to buy Moses some diapers and formula...then sat and held him in his arms while he fed him.

As his sister, it was such a precious moment. It was like stepping back in time and seeing David rescued all over again. That day we prayed for Moses and spoke blessings over his life. It is something I will always treasure.

## Over 5,000 "Served"

By the end of the week, our team treated 5,169 patients in all. We also had the chance to pray for thousands, with more than 265 people giving their lives to the Lord! And it goes far beyond the numbers...

I believe our acts of love—our serving these people—will have a greater effect than we ever realize.

For me, my experience in Nairobi brought me full circle, back to the place where it all began. And this fall—in September—our medical teams will return to Kenya again. It's a chance to reach even more people with the love of Christ.

And it's another chance for me to serve the people and the place I love so dearly.

BY LAURA MATHENY

Source: *Hand of Hope* - [joycemeyer.org](http://joycemeyer.org)

# Benefits of Renewable Energy

## *Wind and Solar Energy*

### *Why Renewable Energy?*

Renewable energy is clean, affordable, domestic, and effectively infinite. It produces no emissions and results in cleaner air and water for all. Renewable power creates jobs and generates revenue for local communities. Revenue from solar and wind farms helps stimulate local economies that need new roads, schools, libraries, and hospitals.

Wind energy is now one of the most cost-effective sources of new generation, competing with new installations of coal, gas and nuclear power. Its cost has dropped steadily over the past few years, as wind turbine technology has improved. Currently, over 400 American manufacturing plants build wind components, towers and blades.

Wind and solar energy are reliable sources of electricity that can diversify our nation's energy portfolio.

### ABOUT WIND ENERGY

Wind is air in motion caused by natural factors like the uneven heating of the earth's surface by the sun, the rotation of the earth and the irregularities of the earth's surface. Wind energy has been used for centuries to move ships, pump water and grind grain. In the twentieth century, windmills were commonly used across the Great Plains to pump water and to generate electricity.

### HOW WIND ENERGY IS PRODUCED

Wind turbines that are typically 200 feet or more above ground are used to harness the wind and turn it into energy. When the wind blows, it turns the turbines blades. The blades are connected to a drive shaft that moves with the blades. The shaft is attached to a generator, which creates electricity. The electricity created is in the form alternating current.

### BENEFITS OF WIND ENERGY

Wind turbines do not release emissions that pollute the air and they do not require water for cooling. Not only does wind power provide a clean source of

electricity, it helps keep electric rates low and protects consumers against fossil fuel price volatility.

### ABOUT SOLAR ENERGY

Solar Panel Energy most renewable energy comes either directly or indirectly from the sun. Solar energy can be used for generating electricity, and for hot water heating and solar cooling. Solar energy is produced when the sun is shining during the day and is complementary to wind energy, which tends to reach its highest production at night.

### HOW SOLAR ENERGY IS PRODUCED

Concentrated solar power uses mirrors to reflect and concentrate sunlight onto receivers that collect the solar energy and convert it to heat. This thermal energy can then be used to produce electricity via a steam turbine or heat engine driving a generator.

### BENEFITS OF SOLAR ENERGY

Using solar energy produces no air or water pollution and no greenhouse gases. Solar energy is predictable and is most efficient when utility rates are the highest.

Source: [www.cleanlineenergy.com](http://www.cleanlineenergy.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)

### THE LIGHT

When I discovered the light within, I let it grow. Now I've come to understand what Jesus said. "Put your faith in the light", meaning that all this time the actual light is, was and always will be Jesus.

We need a balance...the ability to see reality without deluding ourselves. We are made of the body, mind and soul. The soul is the most beautiful, although you cannot see it. The mind needs to be developed in order to send messages which become actions and behaviors. The result is the formation of your character. By knowing God, you find yourself. Even though the body is temporary, it provides a physical manifestation for our lives. "For it is God who is at work in you, both to will and to work for His good pleasure". (Philippians 2:13)

I show my Christian faith by the example of my life, not just by identity. Counting my blessings, not just my failures, helps me move forward instead of always having to make sense out of everything. Having something I want to achieve



*"For it is God who is at work in you, both to will and to work for His good pleasure".  
(Philippians 2:13)*

encourages me to be organized and make good decisions.

"Yesterday is history, tomorrow is mystery, but the present is a gift".  
(Source, unknown.)

—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 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, 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.

For subscriptions, please sign up through our website: [www.najicherfanfoundation.org](http://www.najicherfanfoundation.org) or call us at +961 (0)4 522 221.

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