

# 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

# Things I've Learned from Having Four Kids

Being a mother is a native female instinct, and one of the most holy blessings that a woman can carry out on earth. The mother is the uniter of a family. She's the tie that binds.

**"I give and give and give. And yet I can honestly say that I'm more blessed now than I've ever been."**

The Naji Cherfan Foundation uplifts mothers and their focus on family bonding. Here is an article we found interesting, outlining some steps to succeed at motherhood.

### ARTICLE EXCERPT (Source: [Beliefnet.com](http://Beliefnet.com))

Changing a diaper faster than a NASCAR pit crew is a good life skill. Distinguishing between a real cry and fake cry within the first two seconds, another thing I've learned, compliments of my four kids. On a more serious note though, here are some impactful lessons having four kids have taught me.

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## *In this issue*

### CHRISTMAS MISSION 2016

For the seventh consecutive year, volunteers from The Naji Cherfan Foundation toured hospitals in Beirut and Mount Lebanon.

### Why Family Dinners are Important

There is a problem with the lack of time we spend as a family unit. We are missing out.

### Early Signs of Alzheimer's

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia.

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

NCF CHRISTMAS ACTIVITIES

# Christmas Mission 2016

For the seventh consecutive year, volunteers from The Najji Cherfan Foundation toured selective hospitals in Beirut and Mount Lebanon on December 17th, 22nd, 24th and 25th with one important mission—to celebrate the birth of Jesus with those unable to celebrate at home.

Patients and their families, nurses and doctors and all the medical care teams working during Christmas had the chance to celebrate with cheers, prayers and joy!

The Najji Cherfan Foundation teamed up with Father Milad Soukayem from the Parish of the Cross and the Chapel of Saint JeanPaul II, Father Joseph Soueid of St. Takla Church in Sed El Bauchrieh, Father Valentino Ghoul and with the Christian Association Hadath.

Several hospitals were filled with Christmas caroling, prayers and hope! During the visits, prayers, along with chocolates and sweets were distributed to patients and their families celebrating Jesus' birth.



“Patients and nurses were so happy to see us. We took our time, staying and chatting in each room and in each department, making our visit even more wonderful and joyful.” said Father Soueid.

“It was one of the most beautiful days of this season, and I wish I could live this experience everyday!” said Houeida Gerges from The Najji Cherfan Foundation team.

**Merry Christmas!**





# Why Family Dinners are Important

*Having a meal together is more beneficial than previously thought.*



## *Farewell to the Family Dinner?*

These days, it's getting harder and harder to fit in family gatherings like family dinners because of work, obligations, distance or other concerns.

The Najj Cherfan Foundation believes that the family unit is key to building self-esteem, trust, conversation and forging meaningful relationships. Read on to learn how important family dinners really are and how to ensure you incorporate them into even the busiest lifestyle.

### ARTICLE EXCERPT (Source: [Beliefnet.com](http://Beliefnet.com))

What does a family dinner look like today? The image that comes to mind is not one of warm conversation while passing grandma's antique bowl filled with mashed potatoes. Sorry, it's not a scene from Norman Rockwell, either. Today's family time during dinner is different from decades ago. Children today spend time in their rooms fiddling on their cell phones and tablets. Moms and dads are catching up on social media with a fork in one hand, and an iPhone in the other.

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Lord, make me an  
instrument of your  
Peace;  
Where there is Hatred,  
let me sow Love;  
Where there is Injury,  
Pardon;  
Where there is Doubt,  
Faith;  
Where there is Despair,  
Hope;  
Where there is  
Darkness, Light;  
Where there is  
Sadness, Joy;  
O Divine Master,  
Grant that I may not so  
much seek  
To be consoled as to  
console;  
To be understood as to  
understand;  
To be loved as to Love.  
For it is in giving that  
we receive;  
It is in pardoning  
That we are pardoned;  
And it is in Dying  
That we are born to  
Eternal Life.

—Pope Francis

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 online sources to bring you the most touching stories of hope, encouragement and health, 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 2017.

## OUR DAILY BREAD

# Free Indeed

Olaudah Equiano (c. 1745–1796) was only 11 years old when he was kidnapped and sold into slavery. He made the harrowing journey from West Africa to the West Indies, then to the colony of Virginia, and then to England. By the age of 20 he purchased his own freedom, still bearing the emotional and physical scars of the inhumane treatment he had experienced.

Unable to enjoy his own freedom while others were still enslaved, Equiano became active in the movement to abolish slavery in England. He wrote his autobiography (an unheard of achievement for a former slave in that era) in which he described the horrific treatment of the enslaved.

## THE PRICE OF OUR FREEDOM FROM SIN WAS PAID BY JESUS' BLOOD.

When Jesus came, He fought a battle for all of us who are enslaved and unable to fight for ourselves. Our slavery is not one of outward chains. We are held by our own brokenness and sin. Jesus said, "Everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed" (John 8:34–36).

Wherever such a freedom seems unheard of, His words need to be declared. We can be liberated from our guilt, shame and hopelessness. By trusting Jesus, we can be free indeed!

Thank You, Lord Jesus, for making the sacrifice that has secured my freedom and eternal life. May I learn to love You in a way that honors the love You have shown me.

The price of our freedom from sin was paid by Jesus' blood.

Source: odb.org

REPRINTED WITH PERMISSION FROM OUR DAILY BREAD.

Our Lord's conversation with religious leaders who opposed Him reveals the contrast between man-made legalism and God's truth. Christ says, "If you hold to my teaching, you are really my disciples. Then you will know the truth, and the truth will set you free" (John 8:31–32). Human beings were made to have fellowship with God, but our rebellion resulted in our being enslaved by sin. Accepting the truth of God's Word and yielding to Him breaks this bondage. The religious people who opposed Christ clung to their heritage as descendants of Abraham for their spiritual foundation, but only Christ can free us from our sinful, self-centered preoccupation.



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## 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@najicherfanfoundation.org](mailto:info@najicherfanfoundation.org)

## Quotable!

There is no salvation for the soul  
But to fall in love....  
Only from the heart  
Can you reach the sky.

—Rumi

## PHYSICAL HEALTH

# Early Signs Of Alzheimer's

Alzheimer's Disease creates many challenges for the people who suffer the memory loss and confusion associated with it, and the caregivers who must watch their loved one deteriorate day after day.

The Naji Cherfan Foundation is dedicated to helping people of all ages through knowledge, prayer and love. Here's a list of early signs of Alzheimer's that may help identify the impending onset of the disease, so you can get the help you need sooner.

### ARTICLE EXCERPT (Source: alz.org)

Memory loss that disrupts daily life may be a symptom of Alzheimer's or another dementia. Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. There are some early warning signs and symptoms. Every individual may experience one or more of these signs in a different degree. If you notice any of them, please see a doctor.

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## ROAD SAFETY

# Texting and Driving – A Sure Way to Have an Accident

Road safety is one of the cornerstones of the NCF's efforts. In every issue of People Are Born To Shine, we highlight a danger facing drivers and pedestrians. One of the most dangerous factors on the road today is texting while driving. We are spotlighting this reckless practice in hopes of changing people's habits, and bringing awareness to this very serious safety issue.

### ARTICLE EXCERPT (Source thesafetybloke.com)

Texting while driving or talking on your mobile (cell) phone while driving is all so common place. We see it all the time and sometimes we're the ones doing it. Why? What is so important that it can't wait? Has the need to be available 24/7 so pervaded our societies that we put our lives at risk just for the sake of being contactable?

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# How I Remember Naji...

THE FOLLOWING IS THE RECOMMENDATION FROM THE CENTER AND NAJI'S DAILY SCHEDULE FOR REHABILITATION, AS WRITTEN BY THE NEUROLOGIST DR. A. VOSS:

Naji Cherfan should have a regular daily program starting in the morning with a break during lunch time for about two hours. Goals are the training of cognitive and motoric deficits and treatment of the behavioral problems. The program should consist of cognitive and motoric exercises.

**9:00-9:45 a.m.** Training of gait and postural reactions. Beginning with stretching the tendons of the legs especially those of the feet. Treadmill training over 15 minutes and then jumping with one or both feet. Training to stand on one leg.

**10:00-10:45 a.m.** Cognitive training: The best would be to repeat the lessons of the last school year, to read newspapers and to report the main points at lunch time. By reporting the coordination of breathing and speaking should be trained.

**11:00-11:45 a.m.** Training of the left hand and arm. There are some photocopies given to you by the occupational therapist and some material to use for this purpose. Mrs. Pilgermann showed you the exercises with the material and without material. The single finger movements can be trained by working with computers or playing electric piano. The left hand should be used in normal daily activities as eating with fork and knife, making some shakes, clean windows and so on.

**12:00-14:00 p.m.** Break

**14:00-15:00 p.m.** Go for a walk through the town. Correct your gait during walking. Try to walk fluently and with rhythm. Let the left arm hang down. Find out by yourself, which is the right speed for you. Coming at home do some exercises in changing the position of your body. From sitting to standing, from laying to sitting and standing. Try to relax your left arm and let down.

**15:15-16:00 p.m.** Cognitive training as in the morning. Three times a week it would be good for you to go to swim in the afternoon. Swimming trains your muscles and smoothens them and makes the movements more fluent. In the afternoon it would be good to have three times a week the possibility to get in contact with the neurologist or with the psychotherapist to speak about the rehabilitation process and to develop coping strategies.

Dear Naji,

I know that a program like this one demands a lot of power and engagement from you. But I think that you have the energy and the possibility to do this. After a certain time you will see the good results of your own doing. It is your responsibility for yourself that will bring you the success. On weekends you can repose and meet friends. I think one night you can come home later than normally. For example: Saturday night. You can sleep longer on Sunday. But within the week the best would be for you to go to bed between ten and eleven o'clock pm.

Yours, Dr. Voss

## 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 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, and all the field volunteers who are supporting NCF in spreading the words of Jesus through their institutions, churches, hospitals, establishments, etc.

This issue is available in Arabic, English, Greek, Dutch, French, Spanish and Portuguese. The NCF management and staff are very grateful for the efforts of the Chief Editors who are volunteering to translate and edit the Newsletter into several languages namely, Isabelle Boghossian for the Greek language, Myriam Salibi & Rita Abou Jaoude for the French language, Professor Lydia & Ambassador Alejandro Diaz for the Spanish language, Roly Lakeman for the Dutch language, Rita Abou Jaoude & Julie Abi Nader for the Arabic language.

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Publisher: CCM Group; Editorial Consultant: George C. Cherfan; Editor in Chief: Christina A. Bitar; Layout: Art Department, CCM Group USA & Rita Abou Jaoude (NCF Lebanon); Contributors: Sana Cherfan and Kelley Nemitz.

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