

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.



NCF ACTIVITIES

“Let Your Light Shine” Concert

A space between Greece and Lebanon.

For the second year, The Naji Cherfan Foundation organized this extraordinary concert based on the vision written by Naji Cherfan: People are Born to Shine.

The event was marked by the musical diversity of the Greek international, performed by the mezzo-soprano Alexandra Gravas, along with the Nea Smyrni Lyceum Youth Choir led by Katerina Vassilikou and Olivia Garcia from the UK. The proceeds of this unique evening will be made available to the Eliza Society for the Prevention of Cruelty to Children and the Pammakaristos Children’s Foundation.



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The ceremony was attended by politicians, diplomats, artists, academics and businessmen. A large crowd narrowed the room.

The concert took place on Monday November 20, 2017—the birthday of Naji George Cherfan—at The Megaron Athens Concert Hall in the Dimitris Mitropoulos Hall.

This amazing evening was dedicated to children with a purely charitable goal. Alexandra Gravas presented a program which included songs by prominent Greek composers, as well as songs from her rich journey through an international repertoire. A lyrical, melodious journey including songs from Greece, Mexico, China, Lebanon, France, and Germany, with the well-travelled artist uniting different civilizations and cultures with her voice.

“We organized this charitable evening in honor of Naji Cherfan, who passed away in 2008 due to complications from a 1996 motorcycle accident in Greece. For twelve

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Emotional Development

Throughout her second year, your child will swing back and forth constantly between fierce independence and clinging to you.

Overactive Bladder

The use of natural herbs and supplements is encouraged in patients with an overactive bladder.

Global Status Report on Road Safety

A snapshot of the road safety situation globally, highlighting the gaps and the measures needed to best drive progress.

Talking About the Environment

When it comes to taking care of the earth and the environment, start the conversation.

www.najicherfanfoundation.org

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Emotional Development: One Year Old

Throughout her second year, your child will swing back and forth constantly between fierce independence and clinging to you.



Now that she can walk and do things for herself physically, she has the power to move away from you and test her new skills. But at the same time, she's not yet entirely comfortable with the idea that she's an individual, separate from you and everyone else in the world. Especially when she's tired, sick, or scared, she'll want you there to comfort her and fend off loneliness.

It's impossible to predict when she'll turn her back on you and when she'll come running for shelter. She may seem to change from one moment to the next, or she may seem mature and independent for several whole days before suddenly regressing. You may feel mixed reactions to this, as well: While there are moments when it feels wonderful to have your baby back, there are bound to be other times when her fussing and whining is the last thing you need. Some people call this period the first adolescence. It reflects some of your child's mixed feelings about growing up and leaving you, and it's absolutely normal. Remember that the best way to help her regain her composure is to give her attention and reassurance when she needs it. Snapping at her to "act like a big girl" will only make her feel and act more insecure and needy.

Brief separations from you may help your toddler become more independent. She'll still suffer some separation anxiety and perhaps put up a fuss when you leave her—even if it's just for a few minutes. But the protest will be brief. Chances are, you may be more upset by these separations than she is, but try not to let her know that. If she believes her fussing has a chance of getting you to stay, she'll continue to fuss with similar occasions in the future. As tempting as it might be to quietly "sneak" away, she might actually become more clingy because she then never knows when you're going to disappear next. Instead, leave her with a kiss and a promise to return. And when you do come back, greet her enthusiastically and devote your full attention to her for a while before moving on to other chores or business. When your child understands that you always return and continue to love her, she'll feel more secure.

Source: American Academy of Pediatrics)

Stop an Overactive Bladder

with herbs and supplements

Guidelines developed by the American Urological Association call for lifestyle and behavioral changes as primary treatments for an overactive bladder. People with an overactive bladder should opt for natural remedies such as dietary changes and fluid management. Patients may also try learning bladder control techniques such as scheduled, delayed, and double-void urination. The guidelines also recommend weight management, smoking cessation, and health counseling. The use of natural herbs and supplements was also encouraged in patients with an overactive bladder.

Having an overactive bladder is one of the most common urinary conditions that affects 33 million people in the U.S. According to the Urology Care Foundation (UCF), an overactive bladder in itself is not a disease, but rather a group of urinary symptoms. The most common symptom of an overactive bladder is a sudden and uncontrollable urge to urinate. According to the UCF, 40 percent of women and 30 percent of men in the U.S. suffer from overactive bladder symptoms.

However, the foundation estimates that cases of overactive bladder could actually be higher, as many people who have the condition do not seek medical attention. According to the foundation, some patients are embarrassed, while others do not know how to discuss the condition with their health care specialists. Some patients are also not aware of available treatments for an overactive bladder.

An overactive bladder can be a red flag for other underlying conditions such as diabetes, Parkinson's disease, kidney disease, and multiple sclerosis. The condition can also be linked to other factors such as surgery, childbirth or medication.

Source: naturalnews.com

GOSHA-JINKI-GAN

This blend of traditional Chinese herbs



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was found to inhibit bladder activity in an animal study. As part of the research, scientists examined 42 female rats that were classified into two groups: the Gosha-jinki-gan group and the controls. The study revealed that bladder contractions were fewer and less frequent in the treatment group compared with the controls. The findings were published in the *Journal of Urology*.

CORN SILK

Corn silk has long been used in traditional medicine to relieve bladder irritation and nighttime incontinence.

PUMPKIN SEED EXTRACTS

These extracts are known to be beneficial in the management of an overactive bladder and nighttime urination. In fact, a study published in the *Journal of Traditional and Complementary Medicine* revealed that the extracts helped improve urinary symptoms in participants following 12 weeks of supplementation.

VITAMIN D

Higher Vitamin D levels may reduce the risk of pelvic floor disorders such as bladder leaking in women, a 2010 study showed. A study published in the *European Journal of Clinical Nutrition* also found that Vitamin D levels influenced the onset of bladder leaking in older patients.

CAPSAICIN

According to a study in the *Journal of the Medical Association of Thailand*, this chili-based compound could serve as an efficient and inexpensive option for treating an overactive bladder.

GANODERMA LUCIDUM

This herbal extract hails from East Asia. A study found that the supplement was effective in improving symptoms in men with urinary tract issues. In addition, the researchers found that the extract did not

Global Status Report on Road Safety



Made possible through funding from Bloomberg Philanthropies, this report is the third in the series, and provides a snapshot of the road safety situation globally, highlighting the gaps and the measures needed to best drive progress.

Source: who.int

The Global Status Report on Road Safety 2015—reflecting information from 180 countries—indicates that worldwide the total number of road traffic deaths has plateaued at 1.25 million per year, with the highest road traffic fatality rates in low-income countries.

In the last three years, 17 countries have aligned at least one of their laws with best practices on seat belts, driving while impaired or intoxicated, speed, motorcycle helmets and child restraints.

While there has been progress toward improving road safety legislation and making vehicles safer, the report shows that the pace of change is too slow. Urgent action is needed to achieve the ambitious target for road safety reflected in the newly adopted 2030 Agenda for Sustainable Development: halving the global number of deaths and injuries from road traffic crashes by 2020.

Prayer Corner

Hail Holy Queen,
Blessed Virgin of Fatima,
Lady of Immaculate Heart,
our refuge and our way to
God!
As a pilgrim of the Light
that comes to us from
your hands,
I give thanks to God the
Father, who in every time
and place
is at work in human history;
As a pilgrim of the Peace
that, in this place, you
proclaim,
I give praise to Christ, our
peace, and I implore for
the world
concord among all peoples;
As a pilgrim of the Hope
that the Spirit awakens,
I come as a prophet and
messenger to wash the
feet of all,
at the same table that
unites us.

—Pope Francis in Fatima

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 at +961 (0)4 522221.

info@najicherfanfoundation.org

Quotable!

“Joy makes us want to invest more deeply in the people around us.”

—Shawn Achor

Five Ways to Begin a Dialog About the Environment

YOU DON'T NEED TO BE AN EXPERT TO CARE ABOUT THE EARTH

Earth has given mankind many blessings. The interaction is a rocky and beautifully orchestrated dance. However, there has been more taking than giving by humans. In recent history we have begun to see the damage, destruction and influence humans have on the environment.

Extinction rates are high. We are degrading lands and forests at epic proportions. Humans are also destroying freshwater systems, adding to greenhouse gases through the uses of chemicals and other toxins.

Man is responsible for many disasters that have impacted the environment as well. The Tennessee coal ash spill, the BP oil spill in the Gulf of Mexico, and the Gulf War oil spill are just some of the environmental disasters that have eroded a healthy environment.

The information is overwhelming, but you don't need to be an expert on the environment to make an impact. Discussions are an excellent way to help motivate and foster collaborations. When it comes to taking care of the earth and the environment here are five ways to start the conversation.

Start a Group at School

If you are a student, start a group at school. It does not matter if you attend high school or college. School can be a great platform to reach people, and to become active in conservation groups.

Volunteer

Spend time in making the earth beautiful and enlist people you know or don't know. Volunteer to clean the bay, clean up litter or plant trees. There are many ways to volunteer to support the environment, like raising money to help endangered species, or donating resources to help non-profits remain open.

A Clean Environment Helps Us Live Well

If you want to live well and be healthy, a clean environment is important. When you pose the issue this way, it opens up the conversation and people listen. You can bring up the toxins we absorb from the environment



through topical cleaners, cars and from factories. Chemicals are in our foods since much of the soil is loaded with fertilizers. Sometimes the water the crops are watered with is polluted. By tackling it from a health angle, this could open up the eyes of people. Back it up with research. Many of these issues cause diseases like cancer, asthma and upper respiratory infections.

Talk About the Future

We have a habit of thinking of the present and not thinking of the future we are leaving for the next generation. This undermines the future of our children if we leave them with an earth that is depleted, polluted and destroyed.

Pollution Costs Money

If you want to get people to listen, tell them that pollution costs money. All the plastic swimming in the ocean that is killing wildlife is costing an estimated \$13 billion a year. 20 million tons of plastic enter the oceans every year.

Many in society are unmoved by the impact humans have on the environment. Our economy and the future of our society depend on the changes we make now. You can't make everyone feel as passionate about environmental damage, but you can keep the conversations going.

Source: www.beliefnet.com

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induce harmful side effects in patients. The results were published in the Asian Journal of Andrology.

MAGNESIUM HYDROXIDE

A small study has shown that these supplements improved urinary incontinence symptoms in more than half of female participants. The findings were published in the British Journal of Obstetrics and Gynaecology.



The Greek Mezzo Soprano Alexandra Gravas with guest soloist Olivia Garcia and the Nea Smyrni Lyceum Youth Choir led by Katerina Vassilikou

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years, Naji fought for his life, and his absence has left a great void in the lives of his family and friends. The Naji Cherfan Foundation was founded to honor his memory.” said Naji’s father, George Cherfan during his speech to the audience.

“The Foundation’s core values are based on Naji’s life priorities of Christian faith, improving health and strengthening education. The Naji Cherfan Foundation’s main objective is to improve the quality of life of children, adolescents and adults,

and especially those affected by brain injuries as a result of car or motorbike accidents.” he added.

The ceremony ended with warm applause from the audience, who left with magnificent memories.

God Help Me

The Holy Gospel says, “He was dead, then He lived.” What does this mean?

The Gospel also says, “Father of all...” What does this mean?

BODY and SOUL—seen and unseen—means that man has two natures (physical and spiritual). Invisible (unseen) powers can move the universe and its leaders.

Among the many, many examples are:

1. The Internet: Mover of everything today, it is invisible and not deadly
2. Electricity: Mover of everything today, it is invisible and deadly
3. Wireless: Invisible mover
4. Telecoms: Mover of things, it is invisible and not deadly
5. The Soul: Moves the man and body
6. God: Moves everything, gives everything for free
7. Holy Spirit: Invisible mover
8. Faith: Invisible mover
9. Love: Invisible mover
10. Pain: Invisible mover
11. Sadness: Invisible mover
12. Happiness: Invisible mover
13. Trust: Invisible mover

This invisible power is the mover of all five senses. These senses are invisible.

Result: God is the mover of everything, and through His will, He gives the gift of all that is valuable in life—all talents such as a beautiful voice. Humans call these super stars.

That is why, the body dies, and the soul becomes free and returns to its creator, without the heavy burden of the body, illness, sickness, pain, sadness, and lives freely like a dream outside the boundaries of life and time. Free and not bind by the old ways that followed the living body.

Result: This proves that there is never death of the soul, but a new revival.

—Alfred Bitar

Only By Prayer



My friend called me late one night during her cancer treatment. Grieved by her uncontrollable sobs, I soon added my own tears and a silent prayer. What am I supposed to do, Lord?

Her wails squeezed my heart. I couldn't stop her pain, fix her situation, or find one intelligible word of encouragement. But I knew who could help. As I wept with my friend, stumbling through a prayer, I whispered repeatedly, “Jesus. Jesus. Jesus.”

Her cries quieted to sniffs and whimpers, until her breathing slowed. Her husband's voice startled me. “She's asleep,” he said. “We'll call tomorrow.”

I hung up, weeping prayers into my pillow.

The apostle Mark shares a story of another person who wanted to help his loved one. A desperate father brought his suffering son to Jesus (Mark 9:17). Doubt clung to his plea, as he reiterated the impossibility of their circumstances (vv. 20–22) and acknowledged his need for Jesus to empower his belief (v. 24). The father and son experienced freedom, hope, and peace when Jesus stepped in and took control (vv. 25–27).

When loved ones are hurting, it's natural to want to do the right things and say the perfect words. But Christ is the only One who can truly help us. When we call on the name of Jesus, He can enable us to believe and rely on the power of His presence.

Jesus. Jesus. Jesus. Oh, how we need You, Jesus.

The name of Jesus is the powerful prayer that leads us into His mighty presence.

Everything is possible for one who believes. Mark 9:23

Source: odb.org

How I Remember Naji...

When Naji emerged from a coma, he felt he had been suspended in a state of purgatory. When he looked up the definition of purgatory, it was defined as a place or condition of suffering. He no longer suffered in the same way, but he was not completely happy. In spite of the fact that he had recovered to 80% of his normal condition, he was still very limited physically. This caused him to be limited emotionally and he struggled to find happiness again. Maybe the love and prayers he received from friends and family would create another miracle. It was the issue of purpose that tormented him most and drove him to question why he was alive and what he was meant to do. The following is an email he wrote to his family in Athens:

"When I am away from people I miss them more and I realize how much I love them. If you keep on asking 'Why?', you, and only you, will find the answer. The question you always ask is 'Who am I?' You find this answer by elimination. 'I'm not a body, so what am I? I'm not a soul, so what am I?'

I had to stop taking things for granted, especially my family. If I use my illness to get something, especially from the ones who love me, at one point they will get fed up and just ignore me. I have to consider myself a normal person and not handicapped.

I also think that illusion is the ignorance of reality. It's the confusion of the mind that takes the illusion for reality. My illusion of perfection gave me the incentive for working harder. Illusion is what people take for life.

The key word to life is consciousness or awareness. Awareness of who we are... who we really are. I said that you had to watch your thoughts and observe them, and if you weren't able to observe your thoughts directly, observe what you say or do.

When you say you feel good and you do feel good, it means your thoughts are under control. I know I need to relax and not be controlled by my thoughts. This is called self mastering. I have a lot of frustration, and nobody knows what I'm going through. People and doctors gave me no hope at one time, but I give myself a shorter period of time for full recovery. I know I'm not accepting the fact that I'm not the same old Naji."



In the beginning of his stay in Canada, Naji dealt with "the same old things"—all kinds of therapy and living a life of virtual patience. He was tired of going to different rehabilitation centers. Although he could handle the daily therapy, the thought of neuropsychology made him angry. He believed that he didn't need any help mentally.

When he finally agreed to see a neuropsychologist in Montreal, he realized the benefits of speaking with someone about his concerns and fears. Naji discovered that his old pattern of not appreciating things was negative and destructive to his development. Painfully aware of what he must do to change, he simply could not find the discipline to do it. The desire for independence was an incentive for continuing therapy and he looked forward to one day living on his own. Thinking about how quickly time passes, he was concerned with being physically whole in order to become emotionally happy.

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.

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