

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

Three Lessons From Joseph on Forgiveness

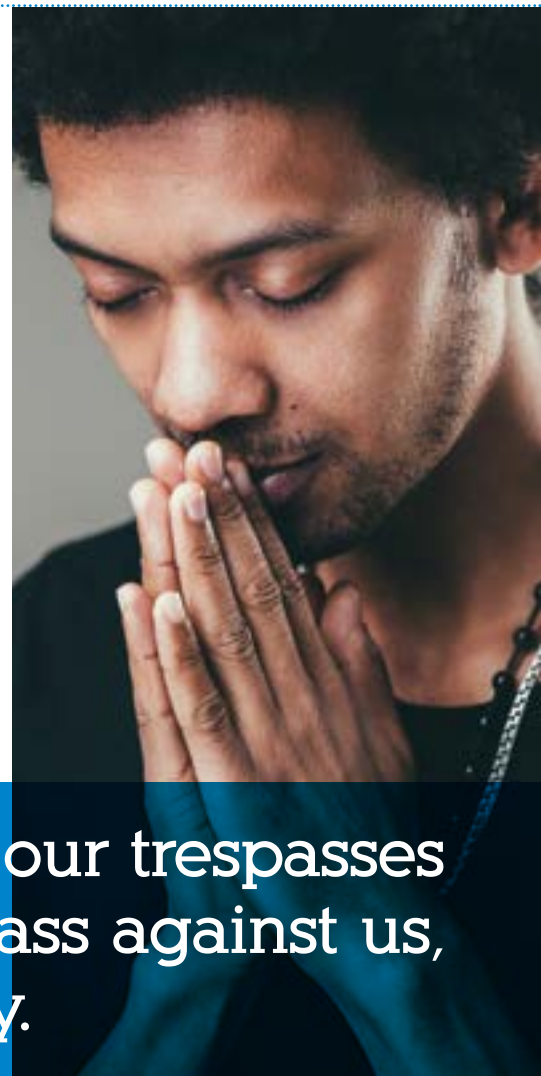
Forgiveness isn't easy but it's worth it in the end.

Joseph's story can be found in Genesis. We know from Scripture that Joseph was the eleventh son of Jacob. We also know that he was greatly loved by his father as he was the first son with his favored wife, Rachel. Genesis 27:30 tells us Jacob "loved Joseph more than any of his other sons, because

If we call on God to forgive us our trespasses as we forgive those who trespass against us, we know that forgiveness is key.

he had been born to him in old age; and he made an ornate robe for him." Joseph's brothers were not happy about the fact that their father favored him and they grew to deeply resent him. Genesis 37:4 says, "But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peacefully to him." It didn't help that Joseph began sharing his prophetic dreams to his family which showed him one day ruling over his family.

The brothers disliked the dream so much that they plotted to kill him in the wilderness. One of the brothers, Reuben objected to murder but suggested they throw him into the a cistern as he was planning to come back and rescue him. Before he could return for his brother, some merchants passed by and suggested they sell him into slavery. The brothers tell their father that he was torn apart by animals and show his bloodied coat to prove it.



In this issue

Marathon of Road Safety

The Naji Cherfan Foundation's fourth consecutive Fundraising Breakfast was aimed at saving lives on Lebanon's roads.

Are You Ready for Marriage?

Before you say your vows, you and your spouse-to-be might want to consider some important things about your relationship.

An Ionizer Can Help the Environment

If each of us eliminated only what we consume out of plastic bottles, we could begin to reverse the damage to our planet.

FORGIVE continued on page 2

www.najicherfanfoundation.org

While in slavery, Joseph is falsely accused of rape. While he is in jail he meets a few people who served Pharaoh. They begin to share their dreams with Joseph and he interprets them. Those dreams go exactly as predicted. Joseph then interprets Pharaoh's dream. Because of his prophetic abilities, Joseph is made second in command of Egypt. Joseph is shown by God that there will be seven good years and famine for seven years. As a result of this, Joseph starts up a governmental food bank.

When the famine comes as he predicts, Joseph's brothers come to Egypt to buy grain. It is then that he encounters his brothers again, now remorseful, along with his father. After all the things the brothers did, many would expect Joseph to hate them, inflict harm on them or at least cast them aside. However, he doesn't respond this way. He sees their change of heart and shows them forgiveness. In fact, he even tells them not to be angry with themselves for what they'd done to him and saying that God had sent him to Egypt in order to preserve them (Genesis 45:4-8). Pretty incredible, right? Here are three powerful lessons from Joseph on forgiveness.

There is a purpose behind our suffering.

Often, we don't know why we experience some of the hardships we do until we go through them. It isn't until we're on the other side of our suffering that we see the true purpose behind it. This is exactly what happened to Joseph. It wasn't until he was toward the end of his life that he was able to see that God used his suffering so that he could help many others. When we take the time to trust that God is using the pain we're experiencing for good, we know that God is working for the better in our lives and we can learn to forgive those who have hurt us.

Forgiveness is a big part of God's plan.

When Joseph finally saw his brothers again, much had changed in his life, so much so that they didn't even recognize him. He was second in command in Egypt and they were in need of food. We see his dreams becoming a reality when his brothers bowed down to him in respect. Many would have chosen revenge in this situation but Joseph chose the opposite. He did this because God planted forgiveness in his heart. His brothers plotted to kill him, put him in slavery and what did Joseph do? He forgave them. On top of choosing forgiveness, he received

his entire family with love. This was always part of God's plan. His brothers likely couldn't have predicted this outcome. This just shows how incredible God is and how impactful choosing forgiveness can be.

It's never too late to forgive.

Again, Joseph encounters his brothers again later in his life. At this point in his life, he is truly able to see God at work, especially in his family's life. When he reveals his identity to his brothers, Joseph spoke of their sin like this, "Do not be distressed and do not be angry with yourselves for selling me here, because it was to save lives that God sent me ahead of you... It was not you who sent me here, but God" (Genesis 45:5, 8). After this, Joseph reassures his brothers, offering them forgiveness saying, "You intended to harm me, but God intended it for good" (Genesis 50:20). God's plan was in place. Joseph and his brothers had all aged and been through many of their own physical and emotional hardships, but it still wasn't too late for Joseph to offer them forgiveness.

Forgiveness is difficult, especially when we've been hurt deeply by those who you love deeply. Joseph loved his family but jealousy, hate and envy initially got in the way for his brothers. Even through all of that he went through, he still forgave them. We all struggle with forgiveness at some point in our lives, but holding on to anger, resentment and thoughts of revenge only cause suffering. When we do this, we become both the prisoner and the jailer. The truth is forgiveness is for our own growth and happiness. Forgiveness helps us to remove pain from our hearts. Forgiveness also allows us to move on without anger, contempt or to seek revenge. There are times when we don't feel like forgiving but the truth is, we can't move forward in our own lives, particularly as Christians, if we are unwilling to forgive. If we call on God to forgive us our trespasses as we forgive those who trespass against us, we know that forgiveness is key.

EXCERPTS REPRINTED WITH PERMISSION.

Source: beliefnet.com



Marathon of Road Safety

Breakfast and Fundraising Event



1 — Mrs. Joyce Atyeh, Colonel Joseph Mousallem, Mr. George Cherfan, Mrs. Rita Abou Jaoude
2 — Mrs. Espérance Bitar, Mrs. Patricia Cherfan, Mrs. Sana Cherfan 3 — Dr. Gaby Doufan, Mr. Hicham Cherfan 4 — Dr. Karim Hajal, Mr. Elie Abou Jaoude, Dr. Fady Abou Jaoude, Mr. Alexy Nehmeh (from the Lebanese Red Cross), Mr. Abdo El Achkar 5 — NCF breakfast attendees



On May 17th at the Le Royal Hotel in Dbayeh, Lebanon, The Naji Cherfan Foundation hosted its fourth consecutive Fundraising Breakfast.

The gathering highlighted the challenges in the fight to save lives on Lebanese roads, and spotlighted and applauded the positive efforts of Lebanese authorities and municipalities to improve the status of roads, spread awareness among young people and help enforce the law.

Lebanese authorities, president and members of municipalities as well as many NGOs were present to support our cause and help reduce death and pain due to road accidents.

“Together, we can reduce traffic fatalities and their tragic impact on the lives of so many loved ones” said Mr. George Cherfan.



Taking the “I” Out of Marriage

We all know there’s no “I” in team. But a new study suggests having too much “I” in a marriage might be a problem as well.

The study, published recently in *Psychology and Aging* by a team of UC Berkeley researchers, looked at more than 150 middle-aged and older married couples; the middle-aged couples had been married for at least 15 years, the older couples for at least 30. The couples, who varied in the level of happiness they reported with their marriage, engaged in a 15-minute conversation about a conflict they’d had. During this discussion, the researchers monitored each spouse’s physiological signals, such as their heartbeat, as well as emotional signs like their tone of voice, facial expressions, and body language.

They also recorded how frequently the spouses used words like “we,” “our,” and “us”—words that previous research has linked to feelings of interdependence, shared responsibility, and partnership. They also looked for “separateness” words like “I,” “me” and “you,” which signify dividedness and a focus on oneself.

The results showed that couples who used “we”-words had interactions with high levels of positive emotional behavior, low levels of negative emotional behavior, and low levels of physiological stress. Interestingly, when one spouse used we-

language, it was the other spouse who felt better.

On the other hand, spouses who used a lot of “me/you” language experienced high levels of negative emotional behaviors and said they were more dissatisfied with their marriages; their partners felt the same way.

What’s more, the researchers found that older couples tended to use more “we” words than the middle-aged couples, but the same amount of separateness words. The researchers explain this finding by proposing that because older couples have been together longer, their many shared experiences have likely fostered a greater sense of joint identity.

“It appears that pronouns,” the authors conclude, “a seemingly innocuous part of everyday speech, provide an important window into the inner workings of intimate relationships, the qualities of the connections between partners, and the ways that emotions are expressed and regulated as couples deal with the inevitable problems that arise in married life.”

Source: dailygood.org

A Water Ionizer Can Help Save the Environment



We've all seen and heard how plastic bottles are clogging our land-fills, washing up to shore in our oceans and endangering our wildlife and planet for years to come. Getting a water ionizer can help you do your part to save the environment... and its healthy for you. If each of us eliminated only what we consume out of these containers, whether it be soda, water or other processed drinks, we could begin to reverse the cycle.

Many families consume bottled water, sodas or a combination of the two at the rate of three per person per day. That's 90 per person per month and 1,080 per year. Over a 15 year period, one person discards approximately 16,200 plastic bottles! A family of four throws away about 64,800 over 15 years. That's astronomical. No wonder we are hearing about it on TV, in newspapers and magazines. It is truly becoming a dangerous crisis.

It is sad to see empty plastic containers wash up on our beaches. The materials they are made of are a threat to ocean life as well as wildlife on shore. Have you ever seen on TV when a shark or whale is cut open how much garbage is in their bodies? And what about that plastic leaching chemicals into their bodies and as they decay in the ocean? Those chemicals get into the seafood that we eat!

We feel upset by spills from oil rigs leaking into the ocean, but we fail to realize it is that same substance (petroleum) that is one of the ingredients in the plastic bottles we buy our drinks in. It is the responsibility of us all to help save the environment, and we can do our part by no longer supporting this industry. Companies continue to make this garbage because the people continue to buy and consume it. If we didn't, they would find a better way to package drinks because they want to continue to make money.

Plastic containers in our landfills leach chemicals into the ground and into our water tables. If we think we live far away from a landfill, think again. It all has a

domino effect and eventually makes it to your tap as well. **Stop buying water and other drinks in plastic bottles.** Get a safe container that is BPA free and at the very least fill it from your tap. There's a ton of research that says bottled water is not any better for you than your tap water anyway. Bottled water has been stripped of all good minerals and is often shipped from countries that don't have enough clean drinking water for their own population.

With so many people turning to healthier lifestyles, learning how to avoid sickness and heal themselves of disease naturally, we are consuming more water than we have in the past 40 years. But we have to stop drinking it from a plastic bottle.

Water is your body's most vital substance, ranking as high as oxygen, so why not drink yours made with an ionizer. Its healthier for you, costs you less money and is one way you can help save the environment.

Source: EzineArticles.com

Salvation

Lord Jesus, what a picture of grace! You come to me, You pursue me, You "stand at the door and knock." You knock, and You wait for me to answer. Thank you, Lord that You came to me. And thank You for working in my heart so that I opened the door. I thank You for the gift of salvation and the gift of spending eternity with You.

~ Jack Countryman

Prayer Corner

ROAD SAFETY

Protect the Ones You Love

We all want to keep our children safe and secure, and help them live to their full potential. Knowing how to prevent leading causes of childhood injuries such as road traffic injuries is a step toward this goal.

Every hour, nearly 150 children between ages 0 and 19 are treated in emergency rooms for injuries sustained in motor vehicle crashes. More children ages 5 to 19 die from crash-related injuries than from any other type of injury. Thankfully, parents can play a key role in protecting the children they love from road traffic injuries.

Install and Use Car & Booster Seats Properly

Install and use car seats and booster seats according to the seat's owner's manual or get help installing them from a certified Child Passenger Safety Technician.

Seat Children in the Back Seat

Buckle all children aged 12 and under in the back seat.

Don't Seat Children in Front of an Airbag

Airbags can kill young children riding in the front seat. Never place a rear-facing car seat in front of an air bag.

Seat Children in the Middle of the Back Seat

Buckle children in the middle of the back seat when possible, because it is the safest spot in the vehicle.

Use Proper Restraints Every Trip

Buckle children in car seats, booster seats, or seat belts on every trip, no matter how short.

Parents Always Wear a Seat Belt

Set a good example by always using a seat belt.

Sign a Driving Agreement

If you're a parent of a teen who is learning to drive, sign a Parent-Teen Driving Agreement with your teen to limit risky driving situations, such as having multiple teen passengers and driving at night.

Helmets can Help.

Children should wear an appropriate helmet any time they are on a motorcycle, bicycle, skateboard, scooter, or skates. For more information, visit the [HEADS UP Helmet Safety page](#).

Source: [cdc.gov](#)



Know the Stages

Make sure children are properly buckled up in a car seat, booster seat, or seat belt, whichever is appropriate for their age, height and weight.

REAR-FACING CAR SEAT THROUGH AGE TWO

— For the best possible protection, infants and children should be buckled in a rear-facing car seat, in the back seat, until age 2 or when they reach the upper weight or height limits of their particular seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.

FORWARD-FACING CAR SEAT AGES TWO TO FIVE AND BEYOND

— When children outgrow their rear-facing seats they should be buckled in a forward-facing car seat, in the back seat, until at least age 5 or when they reach the upper weight or height limit of their particular seat. Check the seat's owner's manual and/or labels on the seat for weight and height limits.

BOOSTER SEAT AGE FIVE UNTIL PROPER FITTING SEAT BELT

— Once children outgrow their forward-facing seat, (by reaching the upper height or weight limit of their seat), they should be buckled in a belt positioning booster seat until seat belts fit properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). Remember to keep children properly buckled in the back seat for the best possible protection.

SEAT BELT ONCE THEY FIT PROPERLY WITHOUT A BOOSTER SEAT

— Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck). For the best possible protection keep children properly buckled in the back seat.

Bowl of Tears

In Boston, Massachusetts, a plaque titled “Crossing the Bowl of Tears” remembers those who braved the Atlantic to escape death during the catastrophic Irish potato famine of the late 1840s. More than a million people died in that disaster, while another million or more abandoned home to cross the ocean, which John Boyle O’Reilly poetically called “a bowl of tears.” Driven by hunger and heartache, these travelers sought some measure of hope during desperate times.

In Psalm 55, David shares how he pursued hope. While we’re uncertain about the specifics of the threat he faced, the weight of his experience was enough to break him emotionally (vv. 4–5). His instinctive reaction was to pray, “Oh, that I had the wings of a dove! I would fly away and be at rest” (v. 6).

Like David, we may want to flee to safety in the midst of painful circumstances. After considering his plight, however, David chose to run to his God instead of running from his heartache, singing, “As for me, I call to God, and the Lord saves me” (v. 16).

When trouble comes, remember that the God of all comfort is able to carry you through your darkest moments and deepest fears. He promises that one day He Himself will wipe away every tear from our eyes (Revelation 21:4). Strengthened by this assurance, we can confidently trust Him with our tears now.

—Bill Crowder

Source: odb.org

REFLECT & PRAY

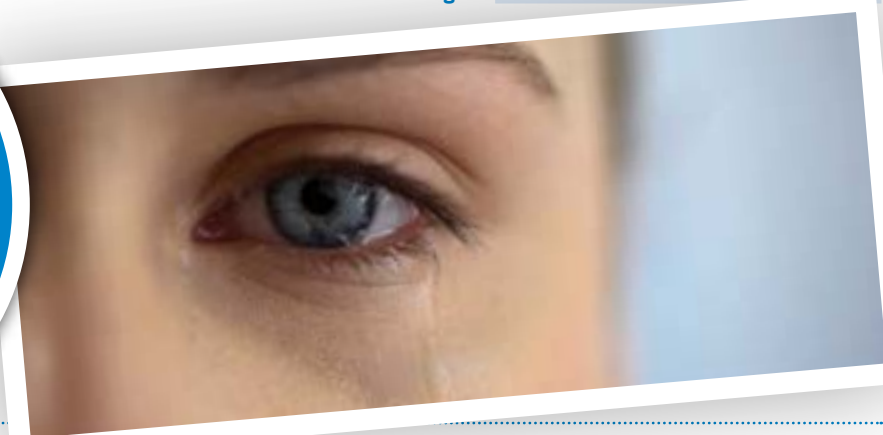
What causes you to want to run away? What’s your instinctive reaction when trouble comes?

Father, when life feels overwhelming, give me strength. Give me Your presence and comfort, for without You, I’m lost.

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



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



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!

“Life is what happens when you’re busy making other plans.”

—John Lennon

How I Remember Naji...

Excerpt from *Virtual Patience*

Although he had trouble concentrating when tired, Naji's mental abilities remained strong after the accident. He was not aware of how powerful the mind could be until he became more serious and said to himself "Man you got to challenge yourself big time and consider everything possible." This idea motivated Naji to function normally in a body that refused to listen and couldn't remember what it did before his brain injury. His mind remembered physical freedom and urged his arms and legs to go there. They followed his command, but with limitation. Thought wills the physical and emotional structure to stretch and be challenged. Slowly, Naji learned that the mind is a double edged sword. One side is the enemy while the other is the saviour. Naji sent this fax to a friend in Athens:

"One day in school, I couldn't focus on the problem being explained in class. Then I started asking myself, why am I having such trouble focusing? An idea came to me. It's a tension in the mind. WOW!!!. If the mind can have tension and we know that everything comes from the mind, then I see that the tension in my body comes from my mind. GREAT! I Get it? I relax my mind; my body relaxes. Simple. So simple, it seems to be too easy. OK, how does it work? How can I relax my mind? Focusing on too many things creates tension. Solution. Focus on one thing at a time."

As a result of "lots of therapy and lectures from people who love and support him," Naji threw away his judgmental attitude. Maturity convinced him that "he couldn't leave and he couldn't get out." Naji does his own therapy by concentrating and using self-discipline. Slowly, he is gaining an understanding and appreciation of the meaning of respect for himself and others.

Being with Naji Cherfan is a stimulating experience. His communication is direct and even though his behavior is sometimes self-centered, he has a unique charm. Naji continues to develop his mind and experiment with expansive thoughts. He has

discovered a wealth of blessings that make his life satisfying and full of opportunities. One day he went down the stairs leading to the family apartment in Montreal. As he went deeper into the darkness, he realized how small his thoughts had been until now. Something

"clicked" between his mind and his heart until he could no longer deny a purpose for his life. He had to think big, to go beyond what his ego wanted or what his patterns told him to do. He said out loud "It's only me, myself and I!" This time he believed his words. He understood that he had the qualities



Something "clicked" between his mind and his heart until he could no longer deny a purpose for his life. He had to think big, to go beyond what his ego wanted or what his patterns told him to do.

for success and all the blessings that family, friends and love could provide. Happy just because it was summertime, he was grateful to his therapists and doctors for helping him get to this brilliant new space where things made sense. He laughed inside and said "just watch me fly."

—From Naji's book, *Virtual Patience* pages 26-27

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, Maria Goreti for the Portuguese language, Myriam & Salibi Rita Abou Jaoudé for the French language, Professor Lydia & Ambassador Alejandro Diaz for the Spanish language, Roly Lakerman for the Dutch language, Sawsan Bechara & Rita Abou Jaoude for the Arabic language.

For FREE subscriptions, please sign up through our website: www.najicherfanfoundation.org or call us at +961 (0)4 522 221. ALL material on our website is downloadable for FREE.

Publisher: CCM Group; Editorial Consultants: George and Sana Cherfan and Kelley Nemitz.; Reviewer: Sana Cherfan; Editor of the English Language: Kelley Nemitz, Layout : Art Department, CCM International, Greece & Rita Abou Jaoudé, Lebanon.

© 2019 by The Naji Cherfan Foundation. All rights including publication and distribution are reserved.