

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

EXCERPTS REPRINTED WITH PERMISSION.

Important Life Lessons We are Often Taught Too Late

Life is a continuous learning experience...



Don't force your ideas onto others. Let those who want your help and guidance seek you out.

Throughout our lives we keep rising and falling, picking up important lessons along the way. Some of these lessons come from experience, yet there are others that we learn by watching others or reading books. But no matter how much we learn from books, there is a significant difference between practical and theoretical experience. And there are many life lessons that we simply cannot learn until we face certain situations in our own lives.

Most people would say that there are some lessons that come too late, catching us off guard and unprepared. Here are some of the most important lessons that people often learn the hard way.

Walk your own path

People like to judge others. This peer pressure can make you stray from the path you started to carve for your future. Don't mind other people's aspirations. Don't ever let someone else's goals and dreams influence your

LESSONS continued on page 2

In this issue

[About Breastfeeding](#)

Most mothers want to breastfeed, but many stop early due to a lack of ongoing support.

[Impressive Health Reasons to Eat More Zucchini](#)

What are the nutritional benefits of zucchini?

[Deforestation a Global Threat](#)

Pope Francis says that rapid deforestation and the loss of biodiversity in individual countries threaten the future of the planet.

[Young People at Risk!](#)

More young people die from road crashes than from HIV/AIDS, homicide...

www.najicherfanfoundation.org



LESSONS continued from page 1

vision of life. It's your path. You decide where it takes you and how long it takes to see it through.

Don't hesitate when you should act

There is an old Roman proverb—"carpe diem"—meaning "seize the day". More often than not, we fail to act due to lack of confidence or courage. This hesitation keeps us from moving forward and puts us in a cage of wondering what might have been. Whenever you feel it's time to act, take action. No matter the outcome, you will end up smarter than before.

Experience what you have learned

No matter how much we think we know about a topic, it's only after we have put that knowledge into use that we get confirmation of the actual level of understanding that we possess. Sure, we could read about painting, learn all the techniques and brush types, color palettes, etc... but only when we get in front of a canvas and start painting do we put our knowledge to the test.

Good things don't come easy

If you want to have a good life with a successful career, emotional satisfaction, and trustworthy friends you have to work hard. Luck can take you only so far and the rest is entirely up to you, the amount of effort you put in every day, and the ability to learn from your mistakes. Don't think for a moment that someone else is going to fight your battles with the same vigor and devotion as you would.

Never fail to try again

Even when we're feeling well prepared, there is a chance we will fail in accomplishing our goal. An athlete

could lead the entire race only to fall just before the finish line and lose. This doesn't mean the athlete should stop competing. On the contrary, he should work even harder for the next competition. The results will come eventually.

Take care of your health early on

When we're young we can push our body to its limits day after day. It seems like nothing can touch us; we're invincible. However, as we grow older all the parties, drinking, smoking and eating fast food take a toll on our health. Start developing healthy habits while you're still young and healthy. Get regular checkups with your doctor and dentist in order to prevent future problems.

Make every moment count

Life goes by faster than we think. When you're in your twenties, you think you'll stay there forever. But before you know it, it's too late for the things you wanted to do as a young person. Live your life to its full extent, because life is short and we never know what tomorrow brings.

Live and let live

We often try to help people when we see they're making a mistake. This type of behavior can lead us into all kinds of trouble and misunderstanding. Don't force your ideas onto others. Let those who want your help and guidance seek you out. Sometimes it's best to stay away and let them come to you. Otherwise you could seem intrusive.

Be flexible with your goals

Sometimes we feel it's the right time to take action and put our plans in motion only to realize that we were wrong. It's important to analyze our current position and how our activities could influence our future. Sometimes it's better to postpone a certain goal or even change it for the time being. Accepting a promotion at a bad time could be more trouble than benefit if the time is not right.

For every action, there's an equal opposite reaction

Before you say something or act in a certain way, think about the consequences. A person could be unprepared to hear the truth or won't respond well to our gesture, no matter how good our intentions are. Treat each word with caution.

Take these pieces of advice as guidance, not as rules. Your life is your own and you know what's best for you.

Source: theladders.com



Breastfeeding is the best source of nutrition for most infants.

About Breastfeeding...

Breastfeeding can reduce the risk for some short- and long-term health conditions for both infants and mothers.

Most mothers want to breastfeed, but many stop early due to a lack of ongoing support. Certain factors make the difference in whether and how long infants are breastfed.

BREASTFEEDING IS AN INVESTMENT IN HEALTH, NOT JUST A LIFESTYLE DECISION

Infants who are breastfed have reduced risks of:

- Asthma
- Obesity
- Type 2 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)
- Gastrointestinal infections (diarrhea/vomiting)
- Necrotizing enterocolitis (NEC) for preterm infants

Breastfeeding can help lower a mother's risk of:

- High blood pressure
- Type 2 diabetes
- Ovarian cancer
- Breast cancer

Source: cdc.gov



“Breastfeeding provides unmatched health benefits for babies and mothers. It is the clinical gold standard for infant feeding and nutrition, with breast milk uniquely tailored to meet the health needs of a growing baby. We must do more to create supportive and safe environments for mothers who choose to breastfeed.”

—Dr. Ruth Petersen, Director of CDC's Division of Nutrition, Physical Activity, and Obesity

“Given the importance of breastfeeding on the health of mothers and children, it is critical that we take action to support breastfeeding. Only through the support of family, communities, clinicians, healthcare systems, and employers will we be able to make breastfeeding the easy choice.”

—Dr. Jerome M. Adams, U.S. Surgeon General

Impressive Health Reasons to Eat More Zucchini



Zucchini—a summer squash—is a member of the gourd family. Darker fruits are usually higher in nutrients. But what are the nutritional benefits of zucchini?

Zucchini contains zero fat, and is high in water and fiber. It also contains significant amounts of vitamins B6, riboflavin, folate, C, and K, and minerals, like potassium and manganese. And it contains antioxidant and anti-inflammatory phytonutrients. This makes zucchini a nutrient-dense food that you should include in your diet.

REASONS TO EAT MORE ZUCCHINI

Improves digestion

Zucchini reduces the incidence of constipation and other digestive issues. It's high in water and contains significant amounts of fiber, electrolytes and other nutrients that are necessary for a healthy digestive system. Regular consumption of zucchini can also help prevent ulcers, IBS, and colon cancer.

Slows down aging

Aging results from the activity of toxins, free radicals and inflammation the body is exposed to over the years. These poisons and inflammation can be reduced by antioxidants and anti-inflammatory foods. Zucchini is rich in antioxidants and anti-inflammatory phytonutrients, which help rid the body of free radicals and excess inflammation.

Lowers blood sugar levels

High blood sugar levels and diabetes are problems that are worsened by a diet high in (unhealthy) carbohydrates and low in fiber. By including zucchini in your diet, you increase the intake of fiber. You can also reduce your carbohydrate intake because you

will feel full longer. These diet changes can help reduce your blood sugar levels and increase insulin sensitivity. This can mean that your body no longer requires excessive amounts of insulin to process sugar. This can change your risk of developing diabetes. Studies show that including at least 30 grams of fiber in your daily diet lowers your risk of getting diabetes significantly.

Supports healthy circulation and a healthy heart

Zucchini is low in fat and sodium, but high in fiber and potassium. These properties help to maintain healthy blood circulation. Low sodium and high potassium help to maintain healthy blood pressure while fiber, such as the polysaccharide in zucchini, lowers cholesterol levels. This combination works synergistically to maintain good circulation, which is necessary for healthy blood pressure and a healthy heart.

Improves eye health

Zucchini is a good source of health-protecting antioxidants and phytonutrients, including vitamin C, beta-carotene, manganese, zeaxanthin, and lutein. Zeaxanthin and lutein are especially useful in maintaining and improving eye health by fighting free radicals. This reduces the risk of developing age-related eye conditions like glaucoma, cataracts, and macular degeneration.

Boosts energy

Because zucchini is a rich source of B-vitamins, especially folate, riboflavin, and B6, it can help to boost energy production in the body. This reduces fatigue and improves moods. The body requires B-vitamins for protein and carbohydrate metabolism. These vitamins also aid in various brain functions including cognition.

Weight loss

Because zucchini is low in calories and high in water and fiber, it is a great food for those wishing to reduce their body weight. It is worth noting that excess body weight usually results from regular consumption of carbohydrate and sugary foods.

All these zucchini benefits are impressive, so aim to add more to your meals, and if you can, try growing your own.

Source: foodrevolution.org

Pope Says Deforestation Must Be Treated as a Global Threat



Pope Francis says that rapid deforestation and the loss of biodiversity in individual countries should not be treated as local issues since they threaten the future of the planet.

Francis made his appeal on a visit to Madagascar, the world's fourth-largest island, which research institutes and aid agencies say has lost about 44% of its forest over the past 60 years, abetted by illegal exports of rosewood and ebony. Francis zeroed in on endemic corruption, linking it with persistent, long-term poverty as well as poaching and illegal exports of natural resources.

"The deterioration of that biodiversity compromises the future of the country and of the earth, our common home," he said.

Following recent huge fires in the Amazon region, Brazilian President Jair Bolsonaro rejected international criticism about his policy to expand farmland, saying it was a domestic issue.

"The last forests are menaced by forest fires, poaching, the unrestricted cutting down of valuable woodlands. Plant and animal biodiversity is endangered by contraband and illegal exportation," Pope Francis said.

Jobs must be created for people whose livelihood harms the environment so they will not see it as their only means of survival, the pontiff added.

"There can be no true ecological approach or effective efforts to safeguard the environment without the attainment of a social justice capable of respecting the right to the common destination of the Earth's goods, not only of present generations, but also of those yet to come," he said.

Source: reuters.com

Prayer for the Broken-Hearted

Prayer Corner

Lord, my heart is broken
but You are near. My
spirit is crushed, but You
are my rescuer. Your
Word is my hope. It
revives me and comforts
me in especially now. My
soul faints, but you are
the breath of life within
me. You are my help, the
One who sustains me.
I am weak but You are
strong. You bless those
who mourn, and I trust
You to bless me and my
family with all that we
need. You will rescue
me from this dark cloud
of despair because You
delight in me. In Jesus'
Name, Amen.

~ Jennifer White

ROAD SAFETY

Young People At Risk!

More young people ages 15-29 die from road crashes than from HIV/AIDS, Malaria, Tuberculosis or homicide. This means that road crashes are a serious threat to youth no matter where they are.

What do we know?

The statistics are clear and there is no doubt that the crisis facing young people is very real: Road traffic injuries are the leading cause of death among 15-29 year olds. Over 30% of those killed and injured in road traffic crashes are less than 25 years old.

LOW AND MIDDLE INCOME COUNTRIES

Most young people killed by road traffic injuries live in low and middle income countries and are vulnerable road users—pedestrians, cyclists, motorcyclists and users of public transport. The socioeconomic condition of a family affects the likelihood of a child or young adult being killed or injured in a road traffic crash. Those from economically poor backgrounds, in both richer and poorer countries, are at greatest risk.

MALES

More than half of all road traffic deaths occur among individuals between 15 and 55 years of age and 73% of those who lose their lives are males. This means that victims are in the prime of life and often the breadwinner for their families. Their loss can push their families further into poverty.

WHY ARE YOUNG PEOPLE AT INCREASED RISK?

Three main factors come together to put youth at more risk of road traffic crashes worldwide: age, inexperience and gender (among drivers, young males under the age of 25 years are almost three times as likely to be killed as females of this age). This is in addition to the factors that put all age groups at greater risk, including lack of laws for road safety, insufficient law enforcement and worn out roads and vehicles.

We must also consider the 'environmental context'—for example, roads that do not cater to the needs of all road users such as pedestrians and children; pedestrians and cyclists sharing the road with motorized traffic; insufficient enforcement of safety laws.



Main Risk Factors

Here are the risk factors that contribute to road traffic injuries among youth:



No Helmet



Speeding



Drunk Driving



No Seatbelt



Distracted Driving

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



www.facebook.com/najicherfanfoundation

Source: youthforroadsafety.org

Washed Clean

I couldn't believe it. A blue gel pen had hidden itself in the folds of my white towels and survived the washing machine, only to explode in the dryer. Ugly blue stains were everywhere. My white towels were ruined. No amount of bleach would be able to remove the dark stains.

As I reluctantly consigned the towels to the rag pile, I was reminded of the Old Testament prophet Jeremiah's lament describing the damaging effects of sin. By rejecting God and turning to idols (Jeremiah 2:13), Jeremiah declared that the people of Israel had caused a permanent stain in their relationship with God: "Although you wash yourself with soap and use an abundance of cleansing powder, the stain of your guilt is still before me," declares the Sovereign Lord" (v. 22). They were powerless to undo the damage they'd done.

On our own, it is impossible to remove the stain of our sin. But Jesus has done what we could not. Through the power of His death and resurrection, He "purifies [believers] from all sin" (1 John 1:7).

Even when it's hard to believe, cling to this beautiful truth: there's no damage from sin that Jesus can't totally remove. God is willing and ready to wash away the effects of sin for anyone willing to return to Him (v. 9). Through Christ, we can live each day in freedom and hope.

—Lisa M. Samra

Source: odb.org

REFLECT & PRAY

Where do you go with your guilt? How might you live differently today knowing that Jesus's death has the power to completely remove the guilt and "stain" of your sin?

Jesus's blood washes away sin's stain.



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 can only be understood backwards; but it must be lived forwards."

—Soren Kierkegaard

How I Remember Naji...

Excerpt from *Virtual Patience*

Throughout the years of his therapy, Naji kept a journal and wanted to write a book about his experience. In 1998, he began editing his journals and put this ahead of all other activities. This process took him closer to his goal of writing a book that would describe the events leading to the accident, his coma, therapy and recovery.

"I know so many others that have had similar cases—and even worse—but none of them actually spoke about it. I did it just to let it out and let everyone know what I went through. Most of all, I want to help all those out there in the same position that I was in. The things in this book are very personal, but I just had to let it out and express the way I feel."

**At last he understood his father's words:
"Patience is a virtue. There is time for
everything. Fear not."**

Finally, he finished the book, and dedicated it to the therapists who taught him to walk and the one who taught him to breathe and speak from the center of his body. At last he understood his father's words: "Patience is a virtue. There is time for everything. Fear not."

A state of reality is one based on fact or truth. When a person lives in reality, then the conditions surrounding him are practical, honest and genuine. These conditions are

not always comfortable or pleasant, but discomfort demands attention and forces awareness. When a situation becomes painful enough, one is forced to drop the veil of illusion that so mercifully shades us from all we wish to forget.



Naji Cherfan wrote these words to his family in Athens. "You know life for me has become one of virtual reality. But you know what? Reality bites." These words were the result of a bad mood brought on by fatigue. His mood swings were a continual reminder of how much his life had changed since the accident. Whenever he was sad or depressed, he thought to himself, "so what, everyone has feelings like this." He was acknowledging the existence of others and understanding, that in many ways, he was just like everyone else. He began feeling that "each of us has his own closeness with God."

A thoughtful young man was emerging from the determination needed to handle the conditions of his life. He struggled to contain frustration but had a habit of picking fights to release the tension trapped in his body and mind. He wrote that "It just needed to be let out on someone." By swimming, breathing and meditating he controlled his moodiness.

People Are Born To Shine!

People are Born To Shine is an 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 Lakeman for the Dutch language, Lina Rizkallah & Rita Abou Jaoude for the Arabic language.

For FREE subscriptions, please sign up through our website: www.najicherfanfoundation.org or call +961 (0)4 522 221. ALL material on our website is downloadable at no cost.

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.