

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

Christmas Mission 2019

In the hustle and bustle of the holiday season, as we scurry about buying gifts and hanging tinsel, it can be easy to forget what we're celebrating in the first place.



“Hold up your light that it may shine unto the world. Behold I am the light which ye shall hold up—that which ye have seen me do” (3 Nephi 18:24)

Jesus Christ. The Son of God. The Savior of the world—who descended below all things to offer Himself a sacrifice for sin. He is the reason for the season. And one of the greatest ways we can honor Him and celebrate His birth is to emulate Him and serve those around us just as He would.

Lovingly, kindly, one by one.

As He told the Nephites, “Hold up your light that it may shine unto the world. Behold I am the light which ye shall hold up—that which ye have seen me do” (3 Nephi 18:24).

To help us do just that, and for the tenth consecutive year, The Naji Cherfan Foundation team and volunteers visited orphans, elderly, patients and their families, nurses and doctors and medical care teams working during Christmas and had the chance to celebrate with cheers, prayers and joy!

In this issue

Questions to Ask Before Marriage

Before you say your vows, consider a few important things about your relationship.

Calcium For Teens

During the teenage years, growing bones absorb more calcium than at any other time.

Benefits of Buying Locally

What does buying locally do for the environment?

Lincoln's Pockets

Everyone, including Abraham Lincoln, needs encouragement.

www.najicherfanfoundation.org

Christmas Mission 2019



Pictures taken during the Christmas Tour- Volunteers coping with the Najj Cherfan Foundation Team helping them in the Christmas mission.

ACTS OF KINDNESS

EXCERPTS REPRINTED WITH PERMISSION.

A Little Help Goes A Long Way!

I was on a 10 hour long flight journey. I was sitting on the aisle seat and there was a woman sitting in the window seat who was unable to recline her seat. So, she called the stewardess and complained that the seat would not recline. The stewardess reached over me to try and push the button of her seat, but to no avail.

She then offered to move the woman to another seat, but the only seats available were middle seats. The woman said that she could not sit comfortably in a middle seat, and sadly decided to stay in her own seat.

I thought of helping her in some way. I tried my own seat recline button and it was very hard to push, but it did move the seat back. I leaned over to the woman and told her that the buttons are sometimes very hard, and asked her to try to push it very hard into the arm.



She gave it a try and really put some energy into it and, voila, the seat back reclined! She was so happy. She would now be able to rest on this long flight. I am so glad that I decided to help. It makes me feel great to help others.

Source: kindspring.gov

Questions You Need to Ask Before You Walk Down the Aisle

Planning a wedding is an exciting time for couples. You're in love, you're happy and you can't wait to spend the rest of your lives together. But before you say your vows, you might want to consider some subjects about your relationship.

No big life discussion should be off the table when you're engaged to be married, but experts say some conversations are absolutely non-negotiable. "Do you want to have kids? What are your religious beliefs? How much debt do you have?" But there are less-conventional conversations that can reveal even more about a person and their expectations for marriage. Here are some questions you should ask before you walk down the aisle.

HOW MUCH ALONE TIME DO YOU NEED?

At the beginning of a relationship, it's not uncommon to see couples connected at the hip because they are eager to spend time with each other. However, eventually everyone needs a little bit of alone time. A simple discussion about how much time you need to spend by yourself each week will help avert hurt feelings in your partner. They can understand you aren't rejecting them, but just recharging your batteries. In addition, if they have problems accepting you wanting time to yourself you might need to see if they have some codependency problems.

HOW DO YOU ENVISION FAMILY LIFE?

While every couple is unique, it's important to examine how your parents and other relatives contributed to your expectations about family life. For example, in your family your parents may have always put you and your siblings first. But in your fiancé's family, the marriage was top priority and the children were expected to be more independent.

HOW DO YOU DEFINE MONOGAMY?

In today's society, what it means to be monogamous has shifted greatly. Thanks to technology, it's easier than ever to access others. You need to both ask what your limits are and what each other's definition of monogamy is. Be very specific. For example, what type of boundaries do you expect your fiancé to have when it comes to friends of the opposite sex? Do you consider online porn to be a violation? While this might seem like common sense to you, many couples don't realize they may be crossing the lines.



WHAT'S YOUR ATTITUDE ABOUT MONEY?

Money is the most difficult subject for couples to talk about. We can manage religion, politics and sex, but we avoid discussions about cash if at all possible. Is one of you a spender and one a saver? Make sure that you have a pretty strong agreement about your finances before you tie the knot. Quarrels about money are often bitter and can lead to a miserable marriage.

WHAT WILL WE DO FOR CHRISTMAS?

...or Easter, or any major holiday, really. These are the times when we tend to expect to indulge ourselves in the traditions of our childhoods. And we often feel uncomfortable if we have to spend the holiday in ways that differ from how we spent them when we were young. It's important to discuss these things in advance so that you can find a way to accommodate what you both want.

WILL WE STILL GO OUT ON DATES?

Finding time together as a couple isn't always easy, particularly when you have mortgage payments to meet and children to care for. But before you marry, it's a good idea to have a chat about how you will continue to have time together as a couple. Married couples who do this tend to keep their relationships more romantic and companionable.

Marriage is a huge commitment, so you want to make sure that your other half is the perfect fit. Before you take the plunge and say 'I do', ask these questions to make sure you get your happily ever after.

Source: beliefnet.com

NUTRITION

Calcium: The Teen Bone Builder

During the teenage years, the growing bones absorb more calcium from the blood than at any other time of life. By early adulthood, our bones stop accepting deposits. Not long after that, the gradual loss of calcium begins.

MILK AND MILK PRODUCTS

Milk and milk products provide three-fourths of the calcium in the American diet. Other foods contain calcium too, like broccoli and collard greens. However, these vegetables also contain substances that impair the body's ability to absorb calcium.

RECOMMENDED DAILY CALCIUM

Boys and girls aged nine to eighteen are advised to consume one thousand three hundred milligrams of calcium per day. That's equivalent to about four and a half eight-ounce glasses of low-fat milk.

Unfortunately, two-thirds of adolescent girls in the United States fail to meet this requirement. According to a survey from the U.S. Department of Agriculture, more and more teenagers are giving up milk in favor of other drinks—mostly soft drinks. Little more than half the teenagers in the poll said they drank milk regularly, as opposed to three-fourths of 1970s teens.

CALCIUM SUPPLEMENTS

The National Institutes of Health supports the use of supplements for young people who don't get sufficient calcium through their diet. For optimal absorption, no more than five hundred milligrams should be taken at one time. Your pediatrician can guide you as to the appropriate dosage and dosing schedule. Because adolescents utilize calcium relatively efficiently, they may be best off ingesting the tablets between meals.



GOOD SOURCES OF CALCIUM

- Most foods in the milk group
- Cheeses
- Yogurt
- Canned fish with soft bones, including sardines, anchovies, salmon
- Dark-green leafy vegetables, such as kale, mustard greens, turnip greens, bok-choy
- Tofu, if processed with calcium sulfate
- Tortillas made from lime-processed corn
- Calcium-fortified juice, bread, cereal

OTHER WAYS FOR TEENS TO BUILD STRONG BONES

- Eat dairy products and other foods fortified with vitamin D.
- Calcium-fortified milk, orange juice, cereals and granola bars.
- For non-milk drinkers, try chocolate-flavored skim milk. Disguise milk by adding it to soups, puddings, baked products, sauces and stews.
- Eight ounces of yogurt and two ounces of cheese contains about the same amount of calcium as eight ounces of milk.
- Go easy on the salt. Salt may deprive the body of calcium by increasing the amount excreted in the urine.
- Stay physically active. Adolescents' bones respond to weight-bearing exercise by growing stronger and denser. Any activity that gets your teenager up and moving will do, whether it's jogging, dancing, walking the dog, bowling or jumping jacks.
- Don't smoke tobacco or drink alcohol. In addition to their many other detrimental effects, cigarettes and alcohol decrease bone mass.

Source: healthychildren.org

The Environmental Benefits of Buying Locally



Buying locally has been all the rage for a while now. It's the reason why farmers markets and 100 mile dinners are all the rage. Consumers love the idea of knowing where their products are coming from and supporting local businesses. But what does buying locally do for the environment?

REDUCE YOUR FOOD MILES

One of the most important ways buying locally helps the environment is by reducing your food miles. By shopping locally, you are purchasing goods produced in your local community. Conversely, when you shop at the grocery store, many of the food items you buy travel over 1500 miles to reach your plate. By cutting down on these miles, you are reducing the environmental impact of your food. Local food doesn't create large carbon footprints through overseas plane travel or long truck trips. This cuts down on fuel consumption and air pollution. There isn't a need for shipping facilities, packing facilities or refrigeration.

MORE ACCESSIBLE

Local businesses are able to operate in their local communities. It's easy for them to bring their products to their consumers because their consumers are nearby. Take a farmers market for example. Consumers are able to easily access lots of local homegrown produce without leaving their own community. Shoppers are able to easily walk or bike to their local market.

FRESHER PRODUCE

By buying and eating local, consumers are able to enjoy produce that is fresh and nutritious. Many local producers pride themselves on keeping their product organic, hormone free and pesticide free. Not only is this beneficial to the consumer, it's also beneficial to the environment. Keeping harmful toxins, like pesticides, out of the air helps to improve crops and air quality. In addition, because the produce is fresh and brought directly from farm to

table, there is less waste. Many large retailers have significant food waste due to items going bad before they are bought. On a smaller scale with a more direct farm to table approach, this food waste is cut down.

PROTECTS LOCAL LAND & WILDLIFE

Buying local also helps to protect local lands and wildlife. By buying local, you are supporting local farmers and producers. With your support, these farms are able to stay in operation. Because the farms are owned and operated by local farmers and producers, they aren't being sold to local developers. Local developers could completely transform the land, devastating the wildlife that calls it home. Or, big business producers could buy out the farm and incorporate inhumane and non-eco-friendly farming practices.

LOCAL WORKFORCE

Lastly, an added environmental benefit of buying locally is supporting the local workforce. For example, if you buy your groceries at the local farmers market, you're helping to keep local growers, creators and farmers in their jobs. You're also creating an opportunity for other local jobs such as the team who organizes the farmers market, the team that sets up the stalls, the team that cleans up at the end of the day, etc. All of these local businesses with local workers are in place because consumers are demanding local goods. Without that consumer demand, these local businesses may not exist.

Source: gogreen.org

Advances in Road Safety Planning

Healthy transport is the wider issue that links road safety with public health. The later two are linked by factors related to the roads, such as the speed and volume of traffic, that can cause traffic injuries and road safety activities that might have an unintended negative impact on wider health.

More specifically, traffic safety has been internationally recognized as a primary strategic goal in many societies. The traffic safety concept is not limited to the reduction of road accidents. Traffic safety should be considered a national issue as it is strongly related to all aspects of life, and has a close link with protecting and sustaining the natural environment.

Increasing traffic safety is an important political and social goal. Road safety comprises the three pillars of “Engineering, Enforcement, and Education”. Both public health and road safety teams have access to data and evidence. Sharing this can improve the effectiveness of actions and set evidence-based objectives. Joint evaluations can identify whether activities are having an impact across a broad range of health issues.

Cities can do much to improve the quality of health and life for residents, not least in the areas of road safety and security. In addition to road safety for motor vehicle operators, this encompasses road safety for cyclist and pedestrians, which is an issue of growing importance in sustainable cities. Improving road transport and its future challenges is an important target for legislation, police, city planners, and policy makers.

The aim of this research topic is to present international experiences concerning the traffic safety issue. We have previously suggested a number of solutions to improve traffic safety and reduce fatalities. We aim, therefore, to collect multidisciplinary research outcomes that address the relationship between traffic safety and various factors that impact safety such as road network engineering, management and control of the traffic system, planning and strategies, transportation systems, citizens’ education, knowledge and behavior.

Source: frontiersin.org

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**Safety
First**

Prayer for Perseverance

*Holy Lord, Thank You
for grace. Please help
me move beyond the
hurdles that trip me up
and give me the strength
and wisdom to look up
and see the hope I run
toward in Christ. In Jesus'
Name, Amen.*

~ Gwen Smith

Prayer
Corner

Lincoln's Pockets

The night US president Abraham Lincoln was shot at Ford's Theater in 1865, his pockets contained the following: two spectacles, a lens polisher, a pocketknife, a watch fob, a handkerchief, a leather wallet containing a five-dollar Confederate bill, and eight newspaper clippings, including several that praised him and his policies.

I wonder what the Confederate money was doing in the president's pocket, but I have little doubt about the glowing news stories. Everyone needs encouragement, even a great leader like Lincoln! Can you see him, in the moments before the fateful play, perhaps reading them to his wife?

Who do you know who needs encouragement? Everyone! Look around you. There isn't one person in your line of vision who is as confident as they seem. We're all one failure, snide comment, or bad hair day away from self-doubt.

What if we all obeyed God's command to "please our neighbors for their good, to build them up"? (Romans 15:2). What if we determined only to speak "gracious words" that are "sweet to the soul and healing to the bones"? (Proverbs 16:24). What if we wrote these words down, so friends could reread and savor them? Then we'd all have notes in our pockets (or on our phones!). And we'd be more like Jesus, who "did not please himself" but lived for others (Romans 15:3).

—Mike Wittmer
Source: odb.org



REFLECT & PRAY

Whose words have most encouraged you? Who might need encouragement that you've been overlooking?

Loving God, help me to encourage others with my words, actions, and presence.

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!

"Build your own dreams, or someone else will hire you to build theirs."

—Farrah Gray

How I Remember Naji...

Excerpt from *Virtual Patience*

As Naji Cherfan matured, he took the lessons life handed out and worked with them in order to grow. He found a part of himself that had a renewed vision of life.

Even when moody and tired, he was still happy. Naji said to himself that time is space cut into little pieces and wrote in his journal: "Time is the moment of the mind, from past to future and future to past, passing by the present. Who cares about writing (or not writing) a book about life when you are so busy writing your own life. Why do we worry so much about life when it is happening. Life is like a game. The more good you do to others, the better you get and the more you win. Focus and don't be distracted. If I'm not happy, I say I'm gonna be happy. How is happy now? Happy is feeling good. Feeling good, good, good. So good, that I'm super fine, fine, fine. Now I have the right mind. I want to be better than the Naji I was before. Today is a new day. We have something to do. I'm gonna be so friendly and cool to people. Everybody's gonna love me cause I love them. That's the way life has become for me. Everybody's happy. I'm gonna smile at them. If you're not happy and you have a problem with me, then don't make a big deal out of it".

Life is like a game. The more good you do to others, the better you get and the more you win.

Naji has reached a state where the less he has to work on in his recovery, the more challenging it becomes. While his physical condition continues to improve, he also works on his character and shows positive changes in attitude and behavior. His father's words, patience is a virtue, there is time for everything and fear not have become part of Naji's daily existence. George Cherfan provides a source of strength and encouragement for his son and Naji has begun to appreciate more than ever his father's example of wisdom and courage.

Slowly but steadily, Naji Cherfan moves toward recovery and the promise of a life which has purpose and meaning. He discovered the will to live completely, while meeting the challenge of disability. His experience has motivated him in his desire to be a role model for the handicapped. By sharing his story with disabled young people, Naji Cherfan considers himself "a miracle in the making", and believes there might be other miracles out there waiting to happen. Courage and perseverance are the requirements for recovery, along with time and prayer. A life of virtual patience has slowly become one of virtual reality.



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.

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