

# 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.



## ACTS OF KINDNESS

EXCERPTS REPRINTED WITH PERMISSION.

# Can Small Acts of Kindness Change the World?

Read these stories and decide for yourself.

Like ripples circling outward in a pond, individual acts of kindness, taken together, can have world-changing effects. The people below describe the most profound act of kindness they ever experienced, witnessed—or did for another person. Here's hoping they inspire us all to do a little something more.

It goes to show how much doing the right thing can impact people even if we do not ever see the results of our good will.

## Helping a Homeless Person

The one act of kindness that always touches my heart (whether I do it or I see it) is when someone helps out the homeless. I'm not talking about giving money to them either. I'm talking about picking them up and taking them to a shelter, giving them food instead of money on the train...or even talking to someone homeless.

What most people don't understand about the homeless is that they have their pride. A lot of them don't want help. But all of them want to be heard. They want to feel like a human being and sometimes just talking to a homeless person makes a world of difference. I have been witness to a man that would talk to a homeless man for a year...just small talk...but that was enough for the homeless person to be inspired to get up and get himself together.

—Andrea Downes

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Untreated cavities can cause pain and infections that may lead to problems.

### Herbs and Spices

Boost your immune system with herbs and spices.

### Plants that Clean Indoor Air

Poor ventilation indoors can cause the air to be filled with pollution and toxins.

### Spring Weather Hazards

While the season brings many blessings, it can create havoc.

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

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## Being Your Brother's Keeper

The most profound act of kindness I've ever witnessed is one that I received. I spent many years experiencing the consequences of my own actions. I was an active drug addict, a thief, a liar, and a fool. During this time I caused so many people who loved me harm. My family, I'm sure, was affected the most. Due to my choices and my actions, I went to jail, and almost went to prison. The court system gave me one last chance. I was let out on the streets with nowhere to go, so I turned to my brother. Everyone told him not to trust me; that I would only do what I had always done. My brother said, "He's my brother and I love him...if I don't help him, who will?" Since that day my life has changed. I've been clean off of drugs for 3 years; have an excellent job working with good people, and better relationships with people than I've ever had. That one act of kindness from my brother changed my life.

--Jason K. Wells

## Reassuring a Child

One evening 12 years ago while at the arcade playing Mortal Kombat with a friend I noticed a situation at the baseball simulator...I saw the arcade attendant holding his head and the little boy clearly upset. The boy had accidentally hit the attendant in the head with his swing. As the boy, feeling guilty for causing the attendant pain, began to cry the arcade attendant moved in and gave him a hug as if to say "See, I am okay, don't be upset." Suddenly, decapitating my opponent in Mortal Kombat on quarters I stole from my sister did not seem very important.

The attendant was hurt, had every reason to get mad, and could have scolded the child for being so clumsy. But he didn't. Instead, he set his own pain aside to comfort the child without showing any displeasure. It is difficult to describe how much this moment struck me. The arcade looked different and my skin tingled in an unusual way. As I recall it now I struggle to hold back tears. I was thirteen at the time... It goes to show how much doing the right thing can impact people even if we do not ever see the results of our good will.

--Paul Garrison

## Giving What You Have

The most profound act of kindness ever received by me happened as a child and reminds me as an adult how I should live. A neighbor girl, my friend, lived in very poor circumstances due to a father that drank and a mother who was always pregnant with another of the many children he created.

One day, she offered to me a slice of bread with some lard and a very precious commodity rarely seen in her house...sugar. It was all she had, yet she offered it to me with a smile. I have never tasted anything better since.

--dakarai raizel



## Comforting a Stranger

When I was 17 my aunt was in a horse-riding accident and went into a coma. My mother flew on an airplane to be with her sister and her family. While en route my mother learned that her sister had died. My mother was terribly distraught with grief, and the woman next to her on the plane, whom she did not know, held her hand the whole way. My mother never knew her name, but often told that story of how that kindness got her through one of the most painful moments of her life.

--Shannon McHone

Source: [beliefnet.com](http://beliefnet.com)

## A Coronavirus Prayer

*Dear Lord,  
We're still hoping we'll wake  
up. We're still hoping we'll  
open a sleepy eye and think,  
"What a horrible dream. How  
could this have happened?"*

~ Max Lucado

Prayer Corner

# Children's Oral Health

The good news is that cavities are preventable.



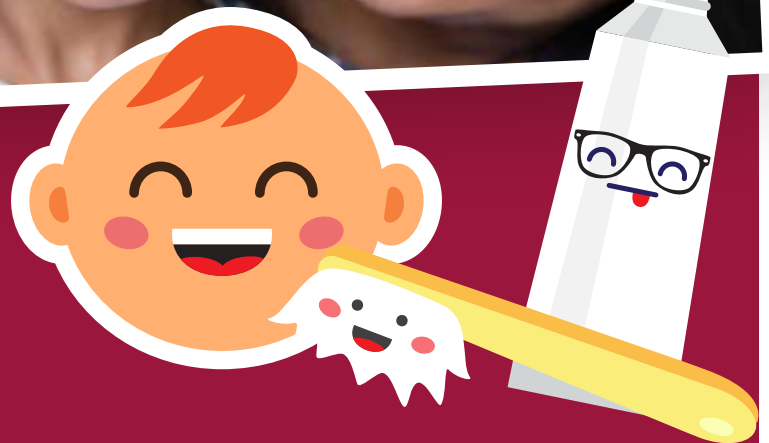
Cavities (also known as caries or tooth decay) are one of the most common chronic diseases of childhood. Untreated cavities can cause pain and infections that may lead to problems with eating, speaking, playing and learning. Children who have poor oral health often miss more school and receive lower grades than children who don't.

- About 1 in 5 (20%) children aged 5 to 11 years have at least one untreated decayed tooth.
- 1 in 7 (13%) adolescents aged 12 to 19 years have at least one untreated decayed tooth.
- Children aged 5 to 19 years from low-income families are twice as likely (25%) to have cavities, compared with children from higher-income households (11%).

The good news is that cavities are preventable. Fluoride varnish can prevent about one-third (33%) of cavities in the primary (baby) teeth. Children living in communities with fluoridated tap water have fewer cavities than children whose water is not fluoridated. Similarly, children who brush daily with fluoride toothpaste will have fewer cavities.

Dental sealants can also prevent cavities for many years. Applying dental sealants to the chewing surfaces of the back teeth prevent 80% of cavities.

Source: cdc.gov



## What Parents and Caregivers Can Do

### FOR BABIES

- Wipe gums twice a day with a soft, clean cloth after the first feeding and right before bed to wipe away bacteria and sugars that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

### FOR CHILDREN

- Brush their teeth twice a day with fluoride toothpaste.
- Drink tap water that contains fluoride.
- Ask your child's dentist to apply dental sealants when appropriate.
- If your child is younger than 6, watch them brush.
- Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.
- Help your child brush until they have good brushing skills.

# Herbs and Spices are Natural Immune-boosting Foods

Your immune system is a complex network of cells, organs and antibodies that protects you from infections. When this delicate system is weakened by a lack of proper nutrition or exposure to toxins, viruses and bacteria, you become vulnerable to a host of diseases and health complications.

Fortunately, one way you can strengthen your body's natural defenses is by eating clean, nutritious foods. Boost your immune system by supplementing your diet with these herbs and spices.

## ECHINACEA

Echinacea is mainly used to reduce cold and flu symptoms, as sore throat, cough and fever, due to its anti-inflammatory and antioxidant properties. It is also used to treat tonsillitis, gum disease, genital herpes, rheumatism and urinary tract infection.

## GINSENG

Ginsenosides and gintonin are two compounds found exclusively in ginseng that have been shown to possess anti-inflammatory and anti-carcinogenic properties. Additionally, it may help improve brain functions and regulate mood.

## GARLIC

Garlic is known for its powerful anti-microbial properties that help fight infection and reduce cold and flu symptoms. It contains active compounds that have been shown to reduce blood pressure and lower cholesterol levels, reducing the risk of metabolic syndrome, cardiovascular disease and hypertension.

## BELL PEPPERS

Bell peppers are rich sources of the anti-carcinogenic chemical lycopene and have antioxidant properties that help reduce the risk of heart disease. Moreover, they contain beta-carotene, which possesses anti-inflammatory properties and can be beneficial in keeping the lungs clear and healthy.



## GINGER

Like ginseng, ginger is also used to relieve colds and symptoms of the flu. As an antioxidant, it can reduce swelling and control blood sugar levels in people with Type 2 diabetes and has also been shown to reduce the amount of "bad" cholesterol in the bloodstream.

## TURMERIC

Turmeric is known for its remarkable antioxidant and anti-inflammatory properties. Curcumin helps fight bacterial and viral infections.

## GINKGO BILOBA

Ginkgo biloba is known for its antioxidant properties, the leaves and seeds are used to reduce inflammation in conditions like arthritis, stroke and heart disease.

## GANODERMA

The ganoderma, also known as reishi mushroom, is used to treat infections and lower cholesterol levels. It has long been attributed to longevity as well, since it helps white blood cells destroy disease-causing pathogens more effectively.

## ASTRAGALUS

Astragalus has active anti-viral compounds which are believed to help strengthen the immune system, reduce inflammation and prevent colds and bronchial infections. Astragalus itself is an "adaptogen" which is a plant extract that strengthens the body's ability to withstand the damaging effects of physical, mental and emotional stress.

## CAT'S CLAW

Due to its anti-inflammatory properties, Cat's claw widely used as an herbal supplement to relieve symptoms of osteoarthritis and rheumatoid arthritis.

A strong immune system plays an important role in keeping your body healthy and disease-free. Include nutritious foods, herbs and spices in your diet today.

Source: [healthychildren.org](http://healthychildren.org)



# Plants that Clean Indoor Air



Poor ventilation indoors can cause the air to be filled with pollution and toxins. Fortunately, you can improve indoor air quality by adding some houseplants. These four houseplants confirmed by scientists and NASA that will purify the air indoors:

**GARDEN MUM:** Garden mum is one of the best air-purifying plants found by NASA. This plant can get rid your home of benzene, formaldehyde, ammonia, and xylene. Garden mum is common and inexpensive and can be bought at garden stores. You can also plant it outdoors once the winter season ends.

**PEACE LILY:** If you want a more visually pleasing plant, you may opt for a peace lily. This plant can eliminate formaldehyde, ammonia, trichloroethylene, and ammonia pollutants from the air. The peace lily also has a high transpiration rate, which means it can both purify and humidify indoor air. This plant is easy to take care of because it tolerates neglect. It is best to put it in indirect sunlight and high humidity, but it will grow in semi-sunlight or semi-shade. It should be thoroughly watered, then let it go moderately dry between watering. Mist its leaves frequently with warm water and wash them occasionally to prevent pests such as scale insects and spider mites. If you are allergic to pollen, this plant may not be the best option for you; it produces flower during the summer, which comes with pollen.

**RUBBER PLANT:** Rubber plant is one of the best plants for removing formaldehyde. It is also easy to take care of because it can survive with very little light and can tolerate cooler temperatures as low as 40 degrees Fahrenheit for short periods. However, avoid putting it in direct sunlight, especially in summer. When pruning, wear gloves because its milky sap may irritate your skin. During winter, keep it slightly moist because it does not tolerate overwatering.

**SPIDER PLANT:** If you're looking for a houseplant that will clean and purify the air and is easy to take care of and grow, spider plant is the plant for you. This plant is one of the easiest houseplants to grow, which makes it a great choice for beginners and those who lack a green thumb; just place it in indirect sunlight. This plant will produce flowers that eventually grow into baby spider plants or spiderettes. It will filter pollutants such as formaldehyde and xylene out of the air.

## The importance of keeping indoor air clean

The U.S. Environmental Protection Agency says indoor air pollution is one of the top five health threats today. Indoor air pollution is probably one of the most overlooked threats to human health. Pollutants in the air, such as toner dust, car exhausts, and dust mite allergens, may not be clearly seen with the naked eye because they are too small, but they largely affect health negatively. Because they are so small, they pass through the natural defenses of the body. These toxins can reach the bloodstream and then every part of the body through the nose and lungs. Many global studies have demonstrated how air pollution affects everyone from an unborn child to the elderly. Studies have reported that poor indoor air quality increases asthma symptoms as well as causes headaches, fatigue, nausea, allergic reactions, hormone imbalances, and liver, kidney or central nervous system damage. Indoor air pollution has also been found to cause cancer.

Source: [pollution.news](http://pollution.news)

# Spring Weather Hazards to Avoid



Spring is here and we are pretty excited about it! The sunshine, the warmer and the longer days feels like ecstasy. However, we forget that tornadoes, floods, torrential downpours and hail are part of the season. You need to be aware that the weather can change at any given moment. Having a storm readiness plan in place can save valuable time and maybe your life.

While the season brings many blessings, it can create havoc. Here are spring weather hazards to avoid.

## WATCH THE ROADS

People are injured on the road even during optimal conditions when driving. Rainy weather can happen quickly and the conditions can become dangerous on the roads. Engine oil and fluids left on the road can make it slick. Flying debris can become treacherous. Visibility can be impacted. When the forecast calls for rain, drive slower and put your hazard lights on. Leave extra room behind the car in front of you in case a sudden stop is necessary.

## THUNDERSTORMS

As the weather warms up, thunderstorms can bring damaging winds and lightning. Tree branches, debris from roofs, and anything that is unsecured can become projectiles. Hail may accompany the storm and take down power lines and crack windshields. Wind-driven rain can be blinding to drivers.

## TORNADOES

Even if you don't live in a tornado-prone region, they can happen at any time

during the spring and summer. If you are under a tornado warning, find a basement, storm cellar, bathroom or go to the center of the room. If you are in a car, get out and find a building or get into a ditch and cover your head.

## FLOODING

Flooding from melting snow, run-off and heavy rainfall can be destructive. Over 30 percent of disasters are flood related. If you are in a low-lying area, an unforeseen flash flood could strike quickly. Move to higher grounds and if you are told to evacuate your home, leave. If you are in the car, don't drive through the water. Just two feet of fast moving water can sweep away most vehicles, even SUVs and trucks. It only takes six inches of rushing water to knock a person down and sweep him away.

## WIND

Thunderstorms produce rain, lightning, hail, and also damaging winds. When the thunderstorm downdraft hits the ground and flows outward, this is referred to a straight-line winds. Winds in excess of 50 miles per hour can cause damage; and anything not secure can be dangerous.

The saying that you can't predict the weather is true. Don't leave home without knowing the forecast. Also, keep an emergency kit in your car and in your home. This can include water, batteries, flashlights and blankets. Make sure there is packaged food like crackers stored in the emergency kit. If you are on the road, make sure that your gas tank is full because if the power goes out the gas pumps won't work.

Don't think you can outsmart nature. Use common sense. It is not worth the risk.

Source: beliefnet.com

# The Picture of Despair

Then they cried out to the Lord in their trouble,  
and he delivered them from their distress.

Psalm 107:6

During the Great Depression in the United States, photographer Dorothea Lange snapped a photo of Florence Owens Thompson and her children. This well-known photograph, *Migrant Mother*, is the picture of a mother's despair in the aftermath of the failed pea harvest. Lange took it in Nipomo, California, while working for the Farm Security Administration, hoping to make them aware of the needs of the desperate seasonal farm laborers.

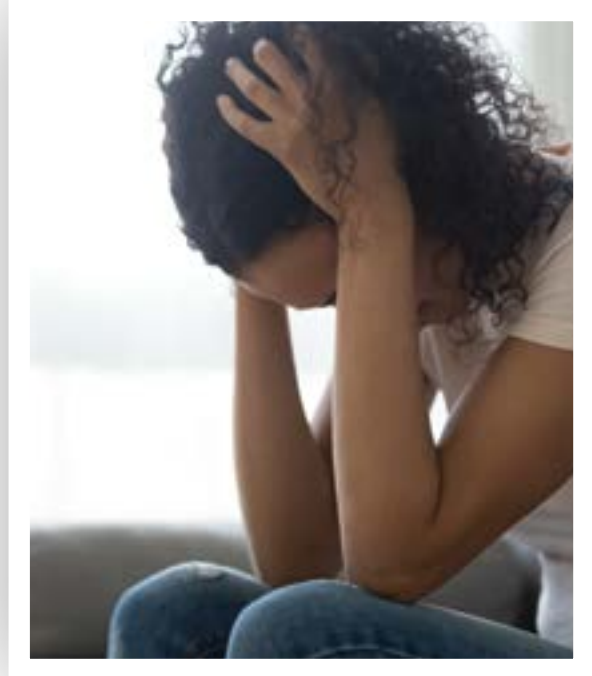
The book of Lamentations presents another snapshot of despair—that of Judah in the wake of the destruction of Jerusalem. Before the army of Nebuchadnezzar swept in to destroy the city, the people had suffered from starvation thanks to a siege (2 Kings 24:10–11). Though their turmoil was the result of years of disobedience to God, the writer of Lamentations cried out to God on behalf of his people (Lamentations 2:11–12).

While the author of Psalm 107 also describes a desperate time in Israel's history (during Israel's wanderings in the wilderness, vv. 4–5), the focus shifts to an action step to be taken in hard times: "Then they cried out to the Lord in their trouble" (v. 6). And what a wonderful result: "he delivered them from their distress."

In despair? Don't stay silent. Cry out to God. He hears and waits to restore your hope. Though He doesn't always take us out of hard situations, He promises to be with us always.

—Linda Washington

Source: odb.org



## REFLECT & PRAY

When have you experienced  
God's help in a stressful time?  
How will you encourage  
someone this week who's  
facing a crisis?

Heavenly Father, I'm grateful for  
Your comforting 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](mailto:info@najicherfanfoundation.org)

## Quotable!

"It is time for us all to stand and cheer for the doer, the achiever – the one who recognizes the challenges and does something about it."

—Vince Lombardi

# How I Remember Naji...

## Excerpt from *Virtuous Life Enlightenment*

As his faith was growing, he began questioning his beliefs. He said to himself, "If you want to get to the top of the mountain, aim for the stars." When relating this to God, he said, "If you want to get to the top of the mountain aim for Christ and keep your eyes on Jesus."

He kept in mind what one of his doctors told him about his condition: "The best analogy for a brain that is healing after a traumatic injury is a sponge. First it dries up and then it closes. Next, it becomes a little soft at the first sign of water, something like becoming conscious again. The sponge becomes wet and starts to open, the way enlightenment expands the mind. After this, the brain becomes wet and fertile. Finally, the sponge is so full of water that all it can do is go with the flow. This is a mind keen on remaining open." And so he moved on...

As always, inner conflicts were destabilizing and while going through a critical moment of doubt, he wrote: "Sometimes I feel like a soldier. The battle involves fighting who I really am, what I feel I can do and what some doctors think I cannot do. I know I can win but it's just so difficult!! My ego gets in the way and there's always this battle between their expectations and my confidence. I always achieve whatever I put my mind to."

As a result of coming into contact with many different rehabilitation centers, he endured the judgment and criticism of others. When this made him angry he said to

himself "Don't get mad, just go ahead." He realized that it's all about the act of agreeing and wrote, "Wherever I am, I must dance their way while holding on to my individuality."

By handling criticism tactfully, he became stronger and moved forward. In his journal he wrote: We are all beautiful people. Everyone around the world gets criticized. It's your response to criticism that can turn a negative situation into a positive one. Although a tongue doesn't have any bones it can break many bones.

He often played chess and with every move he decided the outcome of the game. He wrote: "Life is like a game of chess; one wrong move and everything can be spoiled. However, we keep on trying, never giving up. Life is made of many moves and choices and I am responsible for every one of them."



## 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, Valèria 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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