

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.

Small Acts of Kindness Hidden in Your Home

When you think of acts of kindness, do you tend to think of a bigger picture that is overwhelming and feel you can't contribute? The troubles of the world like hunger, poverty or politics can be so overwhelming that you might feel there's not

“How lovely that everyone, great and small, can make a contribution toward introducing justice straightaway. And you can always, always give something, even if it is only kindness.” —Anne Frank

much you can do. We know we can't solve the world's problems, but you can do something today wherever you are. Items, crafts, and the simple act of sending someone an encouraging note just takes a little bit of time. And do you know what else it can do? It can help bolster health. The act of doing something good releases a hormone called oxytocin. This helps reduce blood pressure and relieves anxiety! This is a win-win for all of us.

So, let's take a look at what we can do, starting with what we have access to in our own home.

What Do You Have?

Look around your home and assess what you have. You can donate old glasses to help others who can't afford them. What clothes can you donate? Be generous and don't donate clothes with holes or stains that you wouldn't wear yourself.

Have a Craft Party

Are you crafty? Invite single mom's kids to join your family for a craft day with snacks to give her a break. You can also host a cookie Saturday and make cookies for church



In this issue

Writing by Hand Makes Kids Smarter

Children learn more and remember better when writing by hand over keyboard use.

Foods to Prevent Clogged Arteries

Atherosclerosis occurs when fatty deposits accumulate along artery walls.

Teach Children about Green Living

Incorporate hearing, touch, smell and taste to help kids learn about the environment.

Be Aware of Horses on Roadways

Drivers need to slow down whether or not they believe horses have a 'right' to be on the road.

www.najicherfanfoundation.org

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Why Writing by Hand Makes Kids Smarter

Writing by hand creates much more activity in the sensorimotor parts of the brain, researchers found

Several studies have shown that both children and adults learn more and remember better when writing by hand over keyboard use. In the most recent study, brain activity in 12 young adults and 12 children was tracked and recorded using an EEG.

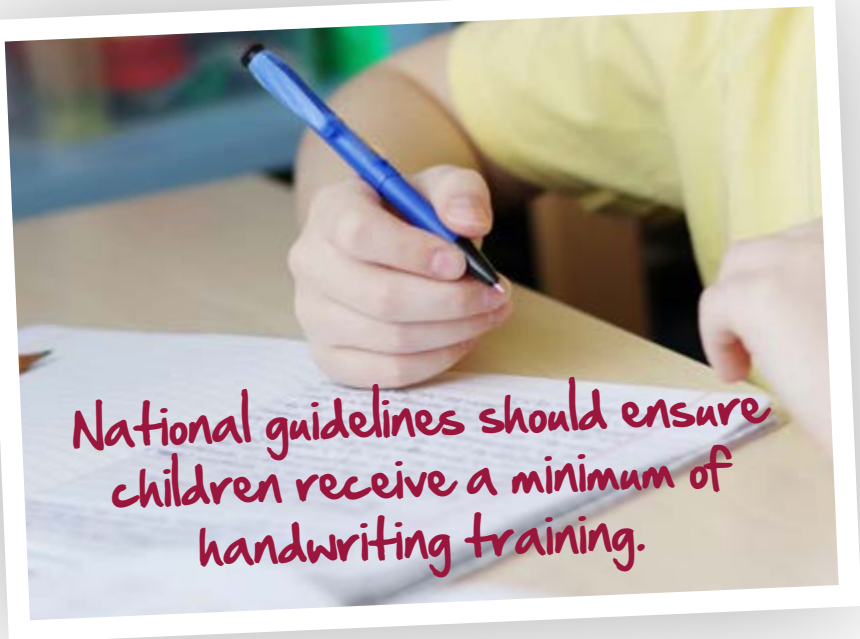
The results showed that the brain in both young adults and children is much more active when writing by hand than when typing on a keyboard.

“The use of pen and paper gives the brain more ‘hooks’ to hang your memories on. Writing by hand creates much more activity in the sensorimotor parts of the brain. A lot of senses are activated by pressing the pen on paper, seeing the letters you write and hearing the sound you make while writing. These sense experiences create contact between different parts of the brain and open the brain up for learning. We both learn better and remember better,” says Van der Meer, author of the study. She believes that these studies emphasize the importance of children being challenged to draw and write at an early age, especially at school.

Today’s digital reality is that typing, tapping and screen time are a big part of children’s and adolescents’ everyday lives. Leisure time spent in front of a screen is now amplified by schools’ increasing emphasis on digital learning.

While digital learning has many positive aspects, handwriting training is still very important.

“Given the development of the last several years, we risk having one or more generations lose the ability to write by hand. Our research and that of others show that this would be a very unfortunate consequence of increased digital activity,” says Van der Meer.



In the debate about handwriting or keyboard use in school, some teachers believe that keyboards create less frustration for children. They point out that children can write longer texts earlier, and are more motivated to write because they experience greater mastery with a keyboard.

“Learning to write by hand is a bit slower process, but it’s important for children to go through the tiring phase of learning to write by hand. The intricate hand movements and the shaping of letters are beneficial in several ways. If you use a keyboard, you use the same movement for each letter. Writing by hand requires control of your fine motor skills and senses. It’s important to put the brain in a learning state as often as possible. I would use a keyboard to write an essay, but I’d take notes by hand during a lecture,” says Van der Meer.

“The brain has evolved over thousands of years. It has evolved to be able to take action and navigate appropriate behavior. In order for the brain to develop in the best possible way, we need to use it for what it’s best at. We need to live an authentic life. We have to use all our senses, be outside, experience all kinds of weather and meet other people. If we don’t challenge our brain, it can’t reach its full potential. And that can impact school performance,” says Van der Meer.

Source: sciencedaily.com

NUTRITION/HEALTHY LIVING

15 Foods That May Help Prevent Clogged Arteries

Atherosclerosis occurs when fatty deposits accumulate along artery walls. You may have heard the condition referred to as clogged arteries or a hardening of the arteries. This causes the arteries to narrow and restricts blood flow to the heart and other parts of the body. Here are some foods that may help prevent clogged arteries.

1. BERRIES

Berries are packed with fiber, vitamins, minerals, and plant compounds. These include flavonoid antioxidants, which are known to help boost heart health. Berries may help prevent clogged arteries by reducing inflammation and cholesterol accumulation, improving artery function, and protecting against cellular damage.

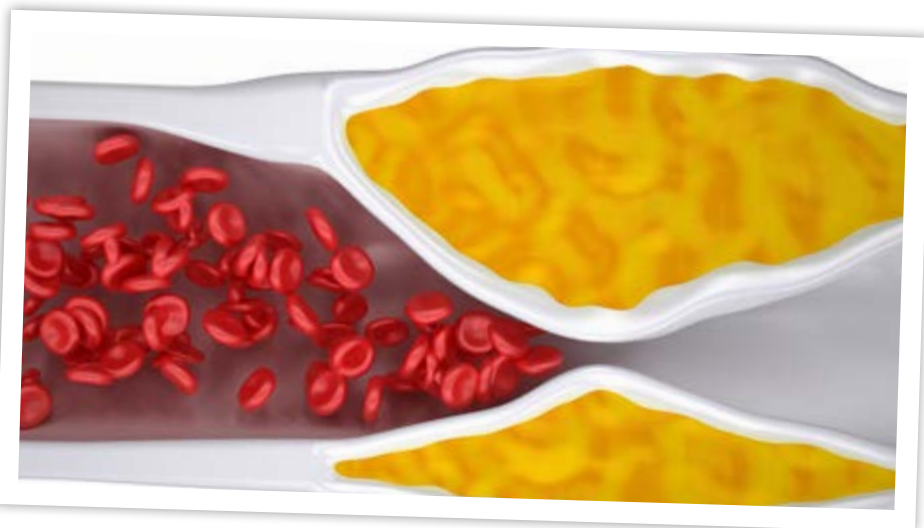
2. BEANS

Eating beans is an excellent way to keep cholesterol levels in check, thereby reducing your risk of clogged arteries. Many studies have demonstrated that eating beans can significantly reduce LDL (bad) cholesterol levels and may also reduce blood pressure, improve artery function, and decrease the risk of type 2 diabetes. All of these effects may reduce the risk of atherosclerosis.

3. FISH

Fish is loaded with essential nutrients, including omega-3 fats. Eating omega-3-rich fish may help reduce the risk of atherosclerosis.

Your body releases cellular adhesion molecules in response to inflammation, and they're a driving force behind clogged arteries which helps reduce the risk of atherosclerosis.



4. TOMATOES AND TOMATO PRODUCTS

Tomatoes contain the carotenoid pigment lycopene, which may help reduce inflammation, boost HDL (good) cholesterol, and reduce the risk of heart disease. Interestingly, combining cooked tomato with olive oil may offer the greatest protection against clogged arteries.

5. ONIONS

Onions are part of the Allium genus and linked to a number of health benefits. Studies found that a higher intake of Allium vegetables like onions was associated with a lower risk of death related to disease caused by atherosclerosis. Onions contain sulfur compounds that scientists think may help prevent blood vessel inflammation, inhibit the clumping together of platelets in the blood, and increase the availability of nitric oxide.

6. CITRUS FRUITS

Citrus flavonoids can decrease inflammation and help prevent free radicals in the body from oxidizing LDL (bad) cholesterol. Oxidized LDL is associated with atherosclerosis development and progression.

7. SPICES

Spices, including ginger, pepper, chili, and cinnamon may help protect against clogged arteries. These and other spices have anti-inflammatory properties and may help scavenge free radicals, improve blood lipid levels, and reduce the clumping together of platelets in the blood.

8. FLAX SEEDS

Flax are high in fiber, healthy fats, vitamins, and minerals, including calcium and magnesium. They contain secoisolariciresinol diglucoside (SDG), an anti-inflammatory and cholesterol-lowering lignan compound whose properties counter atherosclerosis.

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How to Teach Young Children about Green Living



Teaching young children about green living can be difficult especially in a modern school environment or the homeschool environment. Unfortunately, although green living is very popular there are not many resources for parents and teachers to use in order to teach children about green living. Here are some steps that you can use as a teacher or as a homeschool instructor to help teach younger children about the green living concept. Remember that young children tend to remember concepts based on not only an audible concept but a visual concept as well. The best way to teach young children is to incorporate hearing, touch, smell and taste and combine those together in a theme for the project.

CHOOSE A BOOK

The first about teaching children about green living is to choose a book regarding the topic. If the children are very young you may want to choose a book that is similar to a Doctor Seuss style so that the children will remember it easily. Once you have chosen the book it is time to move on to the next step in the cohesive learning process.

CHOOSE A TASTE ITEM

It is assumed that you will be reading the book to the children in order to teach them about green living. This means that the audible portion of the teaching concept has already been met. It's time to move to the taste portion. One of the best ways to offer this is to create a snack that directly connects to the book itself. For example, if the book on green living is about solar power you may want to create a cupcake or sugar cookie snack that looks like the sun. This will help the children have a visual reminder as well as a taste reminder. They will also remember the smell of the baking cookies or cupcakes or whatever snack you choose to use.

HANDS ON OR TOUCH LEARNING

Hands-on or touch learning is the last step in the process of teaching young children about green living. Find a project that the children can create themselves. This can be something as simple as a drawing or as complex as a solar living kit. Solar kits can be purchased for children as young as four years old. There are of course other green living kits that can be purchased for ages four and up depending on the type of green living book you chose and the type of content you are trying to deliver to the young children about green living. Once the project has been completed you will have given the children an audible version of the green living concept, a taste and smell version of the concept and a hands on or touch version of the concept. In other words, all of their senses will have been used.

Source: gogreen.org



Rider must 'learn to walk again' after horse spooked by car

A woman has urged drivers to slow down for horses after a speeding car caused her to fall from her "spooked" horse, leaving her unable to walk.

Abbie Nash, 21, from Westward Ho! in Devon was knocked from her horse Dude as she leaned down to open a gate.

Coronavirus precautions meant Ms Nash was alone in hospital when she was told by doctors they did not know how long it would take for her to recover.

"It was pretty earth-shattering," she said.

Ms Nash said she could not remember too much of the incident on the Northam Burrows on 12 October other than the "loud rattle of the cattle grid".

"The car literally sped past and I fell and smacked my head," she said.

"Thankfully, Dude wasn't injured. Nobody stopped to help.

"As I was in shock, I could still use my legs immediately after so I walked Dude back to the field and called my friend.

"I was put straight on a spinal board when the ambulance arrived - they thought I'd broken my back.

"The paramedics said I was able to walk because of shock and it hadn't completely swollen up yet."

Ms Nash was taken to hospital where, because of Covid-19 restrictions, she had to be alone, despite her pain.

"I had blocks around my head so I didn't move my neck," she said. "I couldn't see anyone or hear what they were saying. Your mind just overthinks."

Ms Nash was told she had inflamed discs and muscle damage to her back, pushing on her nerves.

"I'm unable to move or feel in my left leg," she said.

"I have to learn how to walk by re-teaching my leg what it has to do when it doesn't get signals from my brain.

"I've had a lot of physiotherapy and I'm using equipment so my arms take the majority of my weight.

"It takes two people to help. I have to learn to trust my leg will take my weight when I can't feel it."

Ms Nash has been recovering at home since spending 11 days in hospital. She has reported the incident to the police.

She said she wanted drivers to slow down, "whether or not they believe horses have a 'right' to be on the road".

"Taking a few minutes out of your travel is never going to change your life, but in minutes, you can change ours," she said.

Source: [bbc.com](https://www.bbc.com)

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Leave a Little Behind

Leave them for the poor and for the
foreigner residing among you.

Leviticus 23:22

Pennies, nickels, dimes, quarters, and occasionally a half-dollar. That's what you'd find on the nightstand beside his bed. He'd empty his pockets each evening and leave the contents there, for he knew eventually they'd come to visit—they being his grandchildren. Over the years the kids learned to visit his nightstand as soon as they arrived. He could have put all that spare change in a coin bank or even stored it away in a savings account. But he didn't. He delighted in leaving it there for the little ones, the precious guests in his home.

A similar mindset is what's expressed in Leviticus 23 when it comes to bringing in the harvest from the land. God, via Moses, told the people something quite counterintuitive: not to "reap to the very edges of your field or gather the gleanings of your harvest" (v. 22). Essentially, He said, "Leave a little behind." This instruction reminded the people that God was behind the harvest in the first place, and that He used His people to provide for those of little account (the strangers in the land).

Such thinking is definitely not the norm in our world. But it's exactly the kind of mindset that will characterize the grateful sons and daughters of God. He delights in a generous heart. And that often comes through you and me.

—John Blase

Source: odb.org



REFLECT & PRAY

What's your first reaction to the thought of "leaving a little behind"? What's one way you could practice such thankful generosity toward the poor or the strangers in your life?

Loving God, thank You for Your provision in my life. Give me eyes to see ways in which I can share with others, especially those poor and in need.

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!

"Act as if what you do makes a difference. It does."

—William James

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families or a new neighbor. Are you a coffee lover? Host a coffee and pastry afternoon for weary parents or people who live alone. Think of your core talents and how you can use them. Think outside the box.

Write a Note

Write a note to encourage someone today and send them flowers from your garden if available. You can drop them off to surprise them. Make a list of five people who you know could use a lift and draft a letter by hand on pretty stationary. Create a box of inspirational words or quotes for someone that will inspire them everyday of the month.

Reaching Out

Make a call. Communication today is usually done by text or emails. Take the time to call people you need to reconnect with or just to let them know you are thinking about them. Ask them what you can do for them. Invite them over for dinner or tea. Let them know you care.

Have the Kids get Involved

Have the kids get involved and donate coloring books, crayons, toys or their time to help other children. Involve them in making homemade gifts for others. Create a box of essentials to help new parents or busy families. This will set a healthy foundation, and instill a sense of thankfulness in them at a young age. Plus, it is something everyone can do. Make a list together and make it a mission with a lunch of their choice if it is accomplished.

Source: beliefnet.com

*God of heaven and earth,
in these times of isolation,
apart from loved ones
distant from friends
away from neighbours
thank you that there is
nothing
in all of creation,
not even coronavirus,
that is able to separate us
from your love.
Amen.*

*Prayer
Corner*

ARTERIES continued from page 3**9. CRUCIFEROUS VEGETABLES**

Adding cruciferous vegetables like broccoli, cabbage, and cauliflower to your diet may help reduce your chances of developing clogged arteries. Researches linked the intake of cruciferous vegetable to reduced arterial calcification and risk of death caused by atherosclerosis-related disease.

10. BEETS

Eating foods like beets that are rich in dietary nitrates may help improve blood vessel function and decrease inflammation, which may help prevent atherosclerosis.

11. OATS

Eating oats can help significantly reduce atherosclerosis risk factors, including high levels of total and LDL (bad) cholesterol. Oats also contain antioxidants called Avenanthramide, which may help inhibit inflammatory proteins called cytokines, as well as adhesion molecules. This may help prevent atherosclerosis.

12. NUTS AND SEEDS

Nuts and seeds are excellent sources of protein, fiber, healthy fats, vitamins, and minerals. What's more, these tiny and versatile foods may help prevent clogged arteries.

13. LEAFY GREENS

Leafy greens, including lettuces, kale, arugula, Swiss chard, and spinach, offer an abundance of nutrients that may help protect against atherosclerosis. Those green leafy vegetables are a good source of dietary nitrates and also packed with potassium. This mineral helps prevent vascular calcification, a process that contributes to atherosclerosis and help reduce your risk of heart disease by up to 15.8%.

14. COCOA AND DARK CHOCOLATE

Cocoa and dark chocolate products are not only delicious but also may help ward off atherosclerosis. Eating chocolate was associated with less atherosclerotic plaque in the coronary arteries. These arteries transport oxygen-rich blood to the heart and reduce risk of stroke, heart disease, and diabetes.

15. OLIVE OIL

A daily intake of 1 ounce (30 mL) of olive oil significantly improves blood vessel function and reduces inflammatory markers. Scientists attribute olive oil's ability to increase heart and blood vessel health to its high content of polyphenol compounds. Keep in mind that less refined extra virgin olive oil has significantly greater amounts of polyphenols than more refined olive oils.

All of these foods offer many other benefits as well. Adding them to your daily routine may significantly decrease your risk of disease and boost immunity.

Source: healthline.com

How I Remember Naji...

Excerpt from *Virtual Patience*



Chapter III (1999-2006)

Virtual Notes

12. When we pray sincerely, only true faith can stamp the mind, heart and soul. I learned to “pray for what you want and work for what you need”.
13. I feel so much better when I help someone and then see a smile on their face.
14. I don't allow people's opinions to influence my feelings. Maybe people think they know you. In the end, only you know who you are and what you need. It's not so much about opening the mind, but about expanding the heart.
15. Everything I experience happens to show and teach me patience. Patience is true love and absolute beauty.
16. We all have a sixth sense. I realized that some times I can see and feel many hidden messages.
17. Being independent, taking care of myself and believing that I'm able to do whatever I put my mind to really helps me grow.
18. Only God can give and take life. He breathed into us and gave us the ability to be creative. God never gets away from us. Human beings get away from God.
19. When the human wants something, he thinks of it. The thought becomes liquid. The liquid goes to the cells. If you think of moving the finger in your left hand, then the liquid goes to the cells that are in charge of that area. If the cells in that area are injured or traumatized, then they take the message from the liquid, but read it wrong, so when they send the message to the finger the command is incorrect. It's not the mistake of the finger or thought. The problem is in the cells that are responsible for taking the thought to the finger. The re is a functional chain between the thought, cell and finger. If there is a problem with any link of the chain, everything will be affected.
20. Experience taught me that if I imagined the movement to any part of my body, eventually I would do it. Perseverance, concentration and discipline were the requirements for this effort. The individual suffering from a brain injury must find the way to focus on whatever part of the body has been affected by the injury.
21. The body is a shell, just a house. Your body doesn't define who you are. If somebody tells you, you're limited, that's their own perception of your body. However it's not you. Somebody can convince you that your body is who you are. In that case, the limitations of your body become who you are.
22. The two worst words ever created are “I can't”. God doesn't listen to your words; he listens to your heart. With perseverance your mind can achieve whatever your heart desires. Virgil once said “They can because, they think they can”.

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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