

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

Good Search. Good Causes!

A few years ago, siblings Ken and J.J. Ramberg had a vision to create a company to support charitable organizations. They envisioned an effortless, daily activity that was cost-free and would not take people's time or money. In 2005, an estimated eight billion dollars per year was being made from search engine advertising. They considered what just a fraction of the billions of dollars generated annually could do if it was directed towards good causes. *GoodSearch* is the product of their dream!

With an extensive philanthropic background and Internet experience, Ken and J.J. created a site that redirects considerable amounts of search engine advertising dollars toward the betterment of society. They are inspired to take corporate responsibility to the next level by allowing Internet users to determine where their revenue should be directed.

Powered by YAHOO, *GoodSearch* is a search engine with a big difference. Each time you use it, money goes to a cause of your choice. How does this work? It's pretty simple! Ken says, "The first time you go to the site, you choose

Now you have the power to give effortlessly and change the lives of many every time you search the web. You search, we give!

your favorite charity. Each time you use the search engine, a penny goes to your favorite cause!" All of the money comes exclusively from sponsors and advertisers. Some charities are receiving more than 70,000 dollars each year with no money taken from the consumer or non-profit organizations.

The Rambergs have put into action their late mother's dream. She hoped they would work together to make the world a better place! J.J. says "The best gift is being able to sign checks over to all of these organizations who are doing good work. It is way more than I could ever give myself!"

Consumers have the power at their fingertips to give effortlessly and change the lives of people in need every time you do an online search! Use *GoodSearch* like any other search engine. You search, *GoodSearch* gives!



IN THIS ISSUE

Health Benefits of Drinking Water:

Every cell in your body needs water from head to toe.

Well-Chosen Words:

The words we speak may indicate a heart that's filled with pride.

15 Tips For Spiritual Parenting:

Parents are real child experts! We turned to them for advice on how to raise spiritual kids.

The Grief That Doesn't Go Away:

Will grief ever go away or does it just find a way to hide?

GOOD SEARCH continued on page 4

A TOUCH OF ENCOURAGEMENT FROM MARTHA WILLIAMSON

The Grief That Doesn't Go Away



heard from her in awhile and I miss her voice. I knew she would have a funny story to tell me about one of my sisters.

But then, only a second later, I heard my daughter's friend from the other side of the refrigerator say: "Ok! Thank you! May I use your phone?"

Many cultures have designated a one-year period of mourning when they lose a loved one. To me, that feels like a good tradition. Recognizing that someone lived, that they are missed, and life has been different in the year since they died is a good thing. This tradition also acknowledges the fact that life must go

on. To heal, we must trust that the souls of those we have lost are in God's hands and believe that, in his mercy, we will somehow be reunited because we are beings of souls and spirits as well as of body.

Since their passing, I have experienced moments of grace when I felt reassured that my departed parents and friends have been safely placed in the presence of our creator. I have also had moments of doubt that there is a loving God and a questioned if there is life ahead with him.

Even with the reassurance of scriptures and the supportive traditions of culture, I don't think we truly stop missing the ones we love. How can we? Why should we? If you are grieving today, I hope you will go on with the knowledge that you are loved and that you are not alone.

Does grief ever truly go away? Or does your mind and heart create a place for it to hide? The strangest thing happened to me the other day. My husband was washing his hands at the kitchen sink while I was standing at the refrigerator searching for the last container of yogurt.

With the refrigerator door opened wide and my focus on finding the hidden yogurt, I didn't notice my daughter and her friend walk quietly into the room. I heard my husband say, "Your mother called and she wants you to call her back." For a split second, my heart leaped. Then my brain registered the impossibility of that request. My mother passed away four years ago, but something in my heart instantly brightened hearing those words I haven't heard in years: "Your mother called". In an instant, the old usual thoughts flooded back. I wondered how she was doing. I hadn't

Source: Martha Williamson, touchofencouragement.com

PRAYER CORNER

LORD, WHEN...

Lord, when I am hungry, give me someone who is in need of food.

When I am thirsty, send me someone who is in need of a drink.

When I am cold, send me someone to warm.

When I am grieved, offer me someone to console.

When my cross grows heavy, let me share the cross of another.

When I am found in poverty, lead me to someone who is in deeper need.

When I feel as though I have no time, give me someone to whom I can give help even for a little while.

When I am humiliated, let me have someone whom I can praise.

When I am disheartened, send me someone to encourage.

When I need the understanding of people around me, give me someone who needs my understanding.

When I want to be looked after, send me someone to care for. When I think only of myself, draw my thoughts and concerns to another.

Lord, make us worthy, to serve our poor and hungry brothers and sisters around the whole world.

Mother Theresa

PHYSICAL HEALTH

Tips to Prevent and Control Hypertension

In your opinion, what is the most important number you should memorize and keep at your fingertips? Is it the PIN code for your bank account? Perhaps it is your child's birth date or your wedding anniversary?

Actually, it should be your blood pressure! Make a habit of checking your blood pressure often and make a mental note of the reading. Knowing what the reading means is important. Hypertension, high blood pressure, affects millions of people and is the major risk factor for heart disease and stroke. One-third of the people with high blood pressure are not aware they have it. Only one-half of hypertension sufferers are being treated. And, only one-half of those being treated have the disorder under control!

HERE ARE A FEW TIPS TO PREVENT AND CONTROL HYPERTENSION:

MAINTAIN A HEALTHY WEIGHT

If you are overweight, losing few pounds can reduce blood pressure.

DON'T SMOKE

Smoking seriously increases risks for a person with high blood pressure. Each cigarette causes the blood pressure to rise.

EXERCISE REGULARLY

To prevent and treat hypertension, 30 minutes of brisk walking four or five times weekly will make a difference.

HEALTHY DIET

A consistent diet rich in fruits, grains, vegetables, and low-fat dairy products can significantly lower blood pressure.

LOW SODIUM INTAKE

Evidence supports high sodium intake increases blood pressure. Consume less than 2,400 milligrams of sodium daily.

ALCOHOL IN MODERATION

If you must drink alcohol, it is recommended that women consume no more than one drink daily, and not more than two for men.

Source: berkeleywellness.com



HOW BLOOD PRESSURE TURNS INTO HYPERTENSION

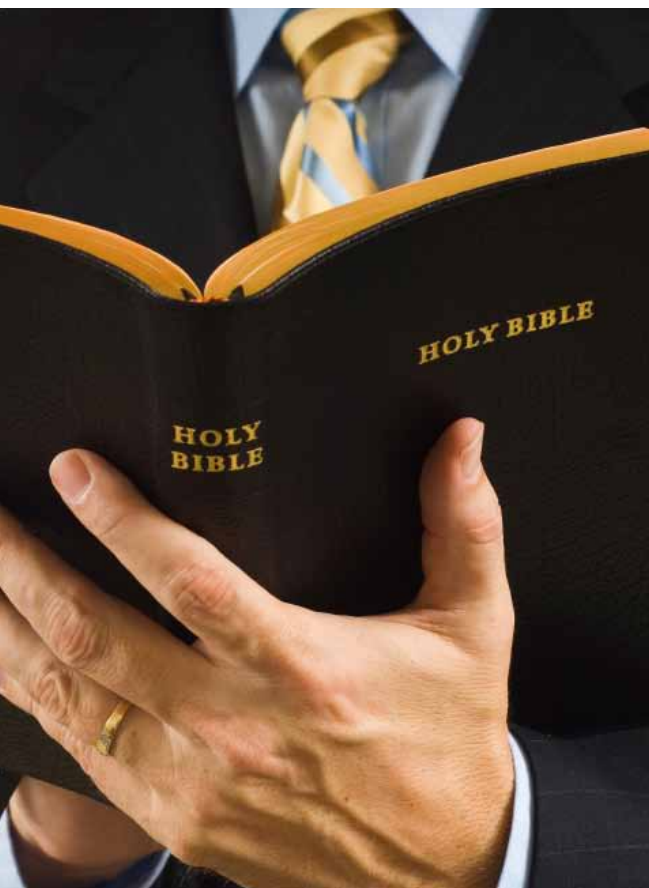
Your blood pressure is created by the pumping of your heart. When the heart contracts, blood flows into the arteries. At the end of the contraction, the pressure exerted on the walls of the vessels is at its highest. As the heart relaxes, blood flows from the veins into the heart and the pressure falls to its lowest level.

Blood pressure is expressed as two numbers. The systolic number is the high point, during a contraction. The diastolic number is the low point, between heart beats.

Your bodily system is very complex and regulates your blood pressure. It fluctuates based on many factors, for example, your activity level.

The main regulators of your blood pressure are small blood vessels called arterioles that widen and constrict, causing pressure to fall and rise.

When the regulatory system is out of balance, blood pressure can remain chronically high. Untreated hypertension can cause damage to the arteries and could result in damage to the brain, heart, and kidneys.



*The words we speak may indicate
A heart that's filled with pride;
But godly self-control displays
The Spirit's work inside.*

—Sper

CHECKING IN WITH THE BIBLE

Our Daily Bread: Well-Chosen Words

When I was a kid, I learned a giant word that was fun to pronounce: “antidisestablishmentarianism.” What a mouthful, right? My schoolmates and I didn’t know what it meant, but using the big word made us appear more knowledgeable.

I took an opportunity to research the meaning of this word. The dictionary defines it as “the doctrine or political position that opposes the withdrawal of state recognition of an established church.” Well, the definition is almost as difficult to understand as the term itself.

When the apostle Paul ministered, he didn’t try to impress people. In his letter to the Corinthians, he wrote: “When I came to you, [I] did not come with excellence of speech or of wisdom declaring to you the testimony of God” (1 Cor. 2:1). “Excellence of speech” is the translation of Greek words meaning “high-sounding words” or “pompous speech.” This implies using words to exalt self instead of instruct others. Paul was a brilliant scholar who possessed the ability to communicate God’s thoughts through Scripture. Paul did not need to use lofty language to elevate his self-importance.

As we pursue the understanding of God’s word, follow Paul’s example. Avoid parading knowledge for knowledge’s sake. Instead, choose your words wisely and use them with the intention of uplifting and encouraging others. It’s not the words we know that show wisdom, but how and when we use them.

Source: Dennis Fisher, odb.org

GOOD SEARCH continued from page 1

1. Go to www.GoodSearch.com.
 2. Enter the name of the nonprofit or school you want to support in the “Who do you GoodSearch for?” box.
 3. Search the Internet as usual. 50% of all of the advertising revenue is donated to your cause!
- Help increase the amount your favorite charity raises through *GoodSearch*!
 - Your help is needed to spread the word about *GoodSearch*. A substantial part of the revenue is donated to the organizations that you designate and the founders are not spending a lot on advertising. Here is what you can do!
 - Send an email to friends and family to let them know about this easy way to give back!
 - Make *GoodSearch* your homepage. It’s easy for you to support your favorite cause each time you open a new browser!
 - Download the *GoodSearch* Toolbar!
 - Add the *GoodSearch* Link and Logo to your website, blog or profile!
 - Write about *GoodSearch* on Blogs and Message Boards.



These are some easy ways to get the word out to all those who share similar interests and donate to your favorite charities!

Source: Goodsearch.com

EMOTIONAL HEALTH

Calming Down

After an Argument



Maintaining inner peace, or “keeping your cool”, should always be a primary goal when a confrontation arises. In certain situations, it may become difficult to control your anger. If you lose your temper or are drawn into a confrontation, you may experience a physical change in your body. Endorphins will begin to pump through your system, your hands may begin to shake, and you might feel your heart pound.

But after the argument is over, what then? Not many people have the self-control and inner awareness to harness the endorphins, calm the hands and heart, and re-assemble the “cool” that was shattered during the heated conversation.

FOLLOWING ARE SOME IDEAS THAT CAN HELP RESET TO A CALMER FRAME OF MIND:

TAKE A WALK

Leaving the situation to take a brief walk can give you space to think about the situation.

LIGHT A CANDLE

Vanilla essence is calming and soothing. Lavender encourages peace and relaxation. A fragranced candle is a form of aromatherapy and facilitates the process of de-stressing.

VENT BRIEFLY

Retelling the story a few times can be cathartic, but try not to repeat it over and over. The emotion will surface again and your system will move back into a state of stress.

SHOULDER ROLLS

Most people hold tension in the upper shoulders and neck. If you feel tension, notice your shoulders. Are they hunched in and are the muscles contracting? Rolling your shoulders provides a posture adjustment and helps calm the breathing.

KEEP AN OPEN MIND

An argument is only a difference of opinion. It does not mean that someone is right or wrong. Try to remind yourself to keep an open mind. Try to communicate your thoughts with God’s guidance and with a pure heart to help remain calm during and after an argument.

TAKE A DEEP BREATH

Inhale and count to ten. Exhale. Inhale and count to twenty. Exhale. Continue until you feel a sense of calm return.

CHOOSE YOUR BATTLES WISELY

Decide if the topic is worth getting upset about. Accept what you cannot change. Understand people can be difficult. Evaluate an argument before it begins.

Source: beliefnet.com

Share your story with us!

Do you have a story that lifts spirits, motivates and inspires people to hold on to their dreams, to change their lives and surpass obstacles? Share your story with us today! Your story can help others!

NCF@najicherfanfoundation.org

Quoteable!

They say a pessimist sees a glass of water as being half empty. An optimist sees the same glass as half full. However, a giving person sees the glass of water and starts looking for someone who might be thirsty.

— G. Donald Gale

FAMILY & PARENTING

Spiritual Parenting Guide

Who better to seek advice from than real parents for ideas and guidance to raise a spiritual child! These parents are from various religious background but their thoughts apply to any faith.

TEACH CHILDREN TO PRAY from an early age. Make communicating with God a daily habit just like communicating with others.

TEACH CHILDREN TO GIVE. Raise your kids to ask “what is it I can give?” rather than “what is it I can get!” Make a habit of giving and involve your children in charitable activities from an early age.

LOVE THEM UNCONDITIONALLY. Teach your children there is nothing they can do that could cause you to stop loving them. Even during punishment, remind them that you love them in spite of the behavior. Clarify that you are upset by the behavior, but that is nothing compared to the love you have for them.

TEACH CHILDREN PRAYERS which are specific to their needs. For instance if your child is scared of the dark, teach them a psalm or a prayer that focuses on this need. In most cases reciting any prayer will distract them from their fears.

ESTABLISH SPIRITUAL RITUALS to fit into their day. These don't need to be elaborate, just consistent. Play spiritual music first thing in the morning as a peaceful ritual to start the day.

LET THEM SEE YOU PRAY. Children learn what they see!

POINT OUT THE BEAUTY OF NATURE. Children need to learn about the songs of the birds, the angle of the sun's rays, the wonderful characteristics of parents, friends, and other children.

TEACH YOUR CHILDREN THAT GOD LOVES THEM. He is beautiful, loving, kind, and merciful. He is the best friend anyone could have. Teach them to love God in return



Lord, in the morning I start each day by taking a moment to bow and pray. I start with thanks, and then give praise for all your kind and loving ways.

because He has given them so much. The best way to love Him is to do what He wants of us.

HAVE A FAMILY DINNER at least three times a week. When you talk about “how your day was,” explain to the kids not only what you did but why you did it, and how your spiritual worldview guides your actions.

PRAY WITH YOUR KIDS. Before bed, have one-on-one prayer time. Pass along your love for them, and your love for God. Tell them of times you've seen God work in your life.

WATCH YOUR ATTITUDE. Don't verbalize your frustration about traffic or about the waitress. Your example speaks volumes to your children. Think before you act.

VENT IN A SPIRITUAL WAY! Turning frustration into accusation can be hurtful: “You blew it.” “You'll never get it.” “I don't even know why I try to teach you these things.” Modeling correction and coaching kids doesn't need to be negative for them and frustrating for you. Exercise the self-discipline you have learned in your faith. Children do not deserve venting, nor are they equipped to deal with it.

KEEP A JOURNAL HANDY. Write down the funny and wonderful things your children say. It will be a treasure when they're grown!

FIND MAGIC WORDS TO HELP IN STRESSFUL SITUATIONS. When anything becomes overwhelming or too much, tickling, teasing, anything scary, choose an agreed upon word or phrase that will indicate the behavior must stop immediately. For example: Stop, Stop, Stop! Everyone must agree on what the word is and abide by the rule.

DIRT IS GOOD FOR KIDS. Clothing is replaceable, childhood isn't. If, at the end of the day, the children are muddy, sweaty, and exhausted, it was a good day.

Source: beliefnet.com

NUTRITION

Benefits of Water



WEIGHT LOSS: Water consumption facilitates weight loss by flushing unnecessary by-products out the system. Water is an effective appetite suppressant. Drink a glass of water 15 minutes before a meal. You will feel full and eat less. An additional benefit, water has zero calories!

NATURAL HEADACHE REMEDY: Many headaches are caused by dehydration. Water intake can help avoid and relieve headaches.

HEALTHY SKIN: Your skin will have a younger, healthier glow when you are properly hydrated. Drink more water to help replenish tissue, increase elasticity, and moisturize the skin.

IMPROVE WORK PRODUCTIVITY: Because the brain consists primarily of water, it is logical that drinking more water will help with focus and concentration at work. Keep a bottle of water at your desk!

ENHANCED EXERCISE PERFORMANCE: Water intake helps regulate the body's temperature and fuels the muscles. You'll feel more energetic during your exercise routine.

BETTER DIGESTION: Drinking water aids in the digestive process and is a natural remedy for constipation. Water raises the rate of metabolism and assists with processing and digesting food. Increased intake of water and fiber will regulate your body naturally.

FEWER CRAMPS & SPRAINS: When the body is in balance and properly hydrated, the joints and muscles are better lubricated. As a result, it is less likely that you will experience cramps and sprains.

IMPROVED IMMUNITY: Our systems are better armed to fight flu viruses and other ailments, such as kidney stones and heart attack, when it is sufficiently hydrated. Adding a slice of lemon to your water can improve resistance against respiratory diseases, intestinal problems, rheumatism and arthritis.

REDUCED FATIGUE: All systems within your body must work harder when water is missing. Water assists with flushing toxins

Water Wonders

Did you know that 2/3 of the human body is water? You are made up of 55% to 78% water! Your tissues and organs are mainly made of water too.

- 75% of Muscle mass is water.
- 90% of the Brain consists of water.
- 22% of the Bones are made up of water.
- 83% of Blood is water.

Water plays a vital role in the human body.

- Water transports nutrients and oxygen to cells.
- Water keeps the lungs healthy.
- Water boosts metabolism.
- Water protects the organs.
- Water assists with absorption of nutrients.
- Water helps regulate body temperature.
- Water assists in the protection of joints.
- Water detoxifies the system.

Every cell in your body requires water!

and waste products out of the body. When you become dehydrated, your heart is forced to work harder to pump oxygenated blood to the rest of the body's cells.

MOOD ENHANCEMENT: Its true! When your body is in balance, you feel good and your soul is happier!

LOWER CANCER RISKS: There are studies that support drinking a healthy amount of water can reduce the risk of bladder and colon cancer. Water helps to dilute the concentration of cancer-causing agents in the urine and decreases the time in which they are in contact with bladder lining.

Source: mangosteen-natural-remedies.com

Signs of Dehydration

Listen to your body! Here are symptoms you need more water:

THIRST: Thirst is the most obvious sign that you are dehydrated. Don't wait until you are thirsty, keep water handy and sip it throughout the day.

URINE COLOR: (Dark Yellow or Orange) Urine is pale yellow or clear when your body is sufficiently hydrated. If urine is dark in color or strong smelling, you need more water.

DRY SKIN: Skin is the body's largest organ. It requires water to keep it healthy and supple.

HUNGER: A few minutes before a meal, drink a glass of water. You will feel full and eat less. Hunger can be a symptom of dehydration.

FATIGUE: Water is a source of energy and rejuvenates the body.

HOW I REMEMBER NAJI...

For Naji

I have been thinking about writing this article for a while. They say time heals all wounds. I am uncertain if my memories of Naji elicit feelings of extreme sensitivity, deep nostalgia, or even romanticism. But no matter where I am, at home or work, with company or alone, the only thing I am able to become, when I remember Naji, is emotional.

There is a scene carved in my mind that replayed itself whenever Naji walked out of a room. Following his accident, Naji could not walk like he used to. With time and hard work, his walking improved. Naji was so proud to be able to move around on his own. From the day he began walking on his own, when he stood up to go somewhere, he set a goal to reach the door. Each time he made it, he would reach out and touch the door. The look in his eyes was so "absolutely his"! Often, I would try to get to the door before him so I could witness his moment of profound pleasure. I captured pictures of his joy in my mind. These are priceless memory of him I will keep in my heart forever.

Naji and I hadn't known each other for many years, but we developed a strong friendship quickly. He had survived the worst. The future could not bring anything except progress and improvement for him. With this thought in our minds, we acted as if the accident had never happened when we would go out. We were

able to create amazing memories and rich, authentic moments together.

There were moments of silence when it seemed as if we had said it all. Naji would defy those moments and tease me to get my attention. He would use every conceivable way to achieve his goal of distraction, but always with a kind sense of humor. He was like a small child who could not stay still!

Looking back, I believe Naji simply wanted to take advantage of every single moment of his life. He wanted to extract each ounce of joy from every moment. I think Naji was right to do this. He put into action things other people only spoke of doing.

Naji was the kind of friend with whom you felt not a single day had passed, even though it may have been many days since we had last seen each other. We had a comfortable friendship and Naji did not fit into the "average person" category. He was full of brilliance and unique ideas. As I write this story, I feel Naji is right here with me. It is as if we are exchanging ideas and he is inspiring me.

From the moment we became friends, Naji talked endlessly of founding an institution to support others experiencing challenges like his. We took serious steps to achieve this dream. Naji and I met with a team of engineers and his doctor and his physical

therapist to discuss how we could put this into action. We chose a perfect location that fulfilled all of the specifications for the project. The site was just as he wished: Outside of Athens, but not too distant. Many obstacles got in the way. Naji's tight rehabilitation schedule, the writing of his inspirational books, not to mention the extensive funding and sponsorship required to carry such a huge project forward. Unfortunately, the original project did not materialize as we had hoped.

Thankfully, Naji's goal has been accomplished and his dream is a reality today! For a growing number of followers, *The Naji Cherfan Foundation* is a living testament sharing Naji's beliefs, inspirations, thoughts and values. Surely, Naji is looking at us now. I believe he is happy and content.

It is said that a rich person is one who is not devoured by time. In that sense, Naji was a very rich person. He was so beautiful and thoughtful. These qualities make him eternal in the minds and hearts of so many. Naji overcame every obstacle like he was a fighter in the best stories written. He defied the status quo.

The last time I saw Naji was three days before he left us. This is certain, I loved him then and I love him now more than ever.

Alexandros Tomaras (Translated from Greek)

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Naji Cherfan Foundation focusing on spirituality and health. The objective of *People are Born to Shine* is to raise awareness among our readers on health challenges and disease prevention, while inspiring them to live a fuller, more abundant life guided by Christian values. This newsletter is dedicated to those affected by brain injuries.

The content has been carefully selected from sources considered reliable and accurate, however The Naji Cherfan Foundation assumes no responsibility for inaccurate information.

For subscriptions, comments, contributions and suggestions please contact us: info@najicherfanfoundation.org

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