

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

Rescuing Girls from Sex Slavery:

Protecting the Powerless

**ANURADHA KOIRALA has won the
2010 CNN HEROES AWARD.**

Geeta was nine when she was sold to a prostitution house in India. She was forced to wear makeup, stay awake all night and have sex with as many as 60 men every day. "The owner used to verbally abuse us, and if we didn't comply, [she] would start beating us with wires, rods and hot spoons."

Luckily, Geeta was rescued at the age of 14 by a police officer who brought her to Maiti Nepal, a safe house run by Anuradha Koirala. The 61-year-old lady and her team had been fighting for more than 16 years to combat and eliminate sex trafficking. Since 1993, more than 12,000 Nepali women have been rescued by closing prostitution houses, monitoring the India-Nepal



"The girls do not need my encouragement. They know the horrors of the brothel, and they are here to save their sisters."

borders, and building a safe shelter where women stay to heal from their psychological and physical wounds. Anuradha said most girls come to the house broke, sick, HIV positive, pregnant, and with children.

Nepali girls, like Geeta, are often tricked by members of their extended families and led to believe that they are being taken to work in a clothing company. According to official reports, 10,000 to 15,000 women are trafficked from Nepal to India every year.

Koirala herself was the victim of domestic violence. She was brutally beaten by her husband and had three miscarriages. "It was very difficult because I didn't know in those days where to go and report. There was no one to talk to," she says. When she finally ended the relationship, she vowed to protect weak woman from having the same fate. She used a part of her monthly salary of 100USD to start a small retail shop and employ victims of sex trafficking and domestic violence.

By the early 1990s, there was an increasing demand to do more. The situation had escalated and that is how Maiti Nepal was born. Koirala built a safe home, formed a specialized team, and started providing legal services, court filing, criminal prosecution, and rehabilitation to women victims of human trafficking. In addition, medical treatment and psychological counseling was provided.

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PHYSICAL HEALTH

Get Smart: Know When Antibiotics Work

Antibiotics do not fight infections caused by viruses such as colds, most sore throats, bronchitis, and some ear infections. Rest, fluids and over-the-counter products may be your or your child's best treatment options.

DANGERS OF ANTIBIOTIC RESISTANCE:

Antibiotic resistance is when antibiotics can no longer cure bacterial infections because of their overuse. Colds, many upper respiratory infections and some ear infections are caused by viruses; not bacteria. If antibiotics are used too often for things they can't treat, like colds or other viral infections, they can stop working effectively against bacteria when you and your child really need them.

Taking antibiotics when you or your child have a virus may do more harm than good. In fact, for children, antibiotics are the most common cause of emergency department visits for adverse drug events.

Get smart about when antibiotics are appropriate. Use them to fight bacterial infections. Remember, taking them for viral infections, such as a cold, most sore throats, acute bronchitis and many sinus or ear infections:

- Will **not** cure the infection.
- Will **not** keep other people from getting sick.
- Will **not** help you or your child feel better.
- May cause unnecessary and harmful side effects.

WHAT NOT TO DO:

- Do **not** demand antibiotics when a doctor says they are not needed.
- Do **not** take an antibiotic for a viral infection like a cold or most sore throats.
- Do **not** take antibiotics prescribed for someone else.
- The antibiotic may **not** be appropriate for your or your child's illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.

If your doctor prescribes an antibiotic for you or your child:

- Do **not** skip doses.



- Do **not** save any of the antibiotics for the next time you or your child gets sick.

WHAT TO DO:

When it is not bacterial:

Ask your doctor or community pharmacist about over-the-counter treatment options that may help you or your child feel better.

- Increase fluid intake.
- Get plenty of rest.
- Use a cool-mist vaporizer or saline nasal spray to relieve congestion.
- Soothe a sore throat with ice chips or throat spray.

Source: cdc.gov

OUR DAILY BREAD

Zebras and Wildebeests



*Help us, Lord, to work together
With the gifts that You bestow;
Give us unity of purpose
As we serve You here below.*
— SPER

Read: 1 Corinthians 12:14-26

There should be no schism in the body, but . . . the members should have the same care for one another.

— 1 CORINTHIANS 12:25

After our plane landed on the gravel airstrip, Jay and I climbed out and entered the world of Masai Mara in Kenya. A Masai tribesman named Sammy met us and loaded our baggage into a Land Rover. Then we headed toward the camp where we would spend the next two days.

Stopping so we could watch the zebras and wildebeests migrating from Masai Mara to Serengeti, Sammy explained that the two massive herds travel together because the zebras have good eyesight but a poor sense of smell, and the wildebeests have bad eyesight but a good sense of smell. By traveling together, both are less vulnerable to predators. This was our first lesson from God's revelation in creation, which Kenya has in abundance.

Just as God makes animals with different strengths and weaknesses, He makes people the same way. God made us to be dependent not only on Him but also on one another. The apostle Paul elaborated on this idea in his letter to the church in Corinth. As members of the body of Christ, we all have different gifts and abilities (1 Corinthians 12:12-31).

The church is healthy only when we work together, look out for each other, and use our strengths to benefit one another.

We can go a lot further together than we can alone.

Source: Julie Ackerman, *Our Daily Bread*, odb.org

RESCUING continued from page 1

ANURADHA KOIRALA has won the 2010 CNN HEROES AWARD.

Maiti means "The Home of The Mother". The group has now facilities all over Nepal and India. Its main campus is in Kathmandu, Nepal. The group's main goal is to help girls become economically independent and reintegrated into society.

Maiti Nepal also takes care of abandoned children. "I cannot say 'No' to anybody," Koirala said. Everybody is welcome to Maiti Nepal. 400 women and children are living in Maiti Nepal's safe shelter today. "I once served 40 men in one day, but instead of going to

hell, I came to heaven," a survivor says about Maiti Nepal. The staff supporting the victims is formed of teachers, counselors and medical personnel, many of whom were victims of trafficking. This immense work is funded by donations from all over the world.

Some of the girls manage to return home, but many of them stay in Maiti Nepal because they are stigmatized and no longer welcomed by their own communities. Koirala is absolutely proud that she never had a single case in which the girl went back to prostitution.

Koirala, and at least 50 trafficking survivors, do outreach programs. They visit rural communities to raise awareness on sex trafficking and

slavery. They also do daily patrols especially along the Nepal India border to fight sex trafficking. Four Nepali girls are saved every single day. "Our girls have been there. They can easily recognize a girl that is being trafficked or will be trafficked," Koirala said. "The girls do not need my encouragement. They know the horrors of the brothel, and they are here to save their sisters."

Geeta, the young girl sold for sex at nine years of age, is now 26 and works at Maiti Nepal as a peer educator and community awareness volunteer.

If you wish to help support the heroic work of Maiti Nepal, visit www.friendsofmaitinepal.org.

Source: friendsofmaitinepal.org; cnn.com

WISDOM CHECK

How to Handle a Rumor: The Test of Three

In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom. One day the great philosopher came upon an acquaintance who ran up to him excitedly and said, "Socrates, do you know what I just heard about one of your students?" "Wait a moment," Socrates replied. "Before you tell me, I'd like you to pass a little test. It's called the Test of Three."

"Test of Three?"

"That's right," Socrates continued.

"Before you talk to me about my student, let's take a moment to test what you're going to say. The first test is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said. "Actually, I just heard about it."

"All right," said Socrates. "So you don't really know if it's true or not. Now let's try the second test, the test of Goodness. Is what you are about to tell me about my student something good?"

"No, on the contrary."

"So," Socrates continued, "you want to tell me something bad about him even though you're not certain it's true?"

The man shrugged, a little embarrassed.

Socrates continued, "You may still pass though, because there is a third test. The filter of Usefulness. Is what you want to tell me about my student going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "if what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

"If what you want to tell me is neither true nor good nor even useful, why tell it to me at all?"

Source: sixwise.com

Will You Further NCF's Work?

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.

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Quoteable!

"Pray, and let God worry."

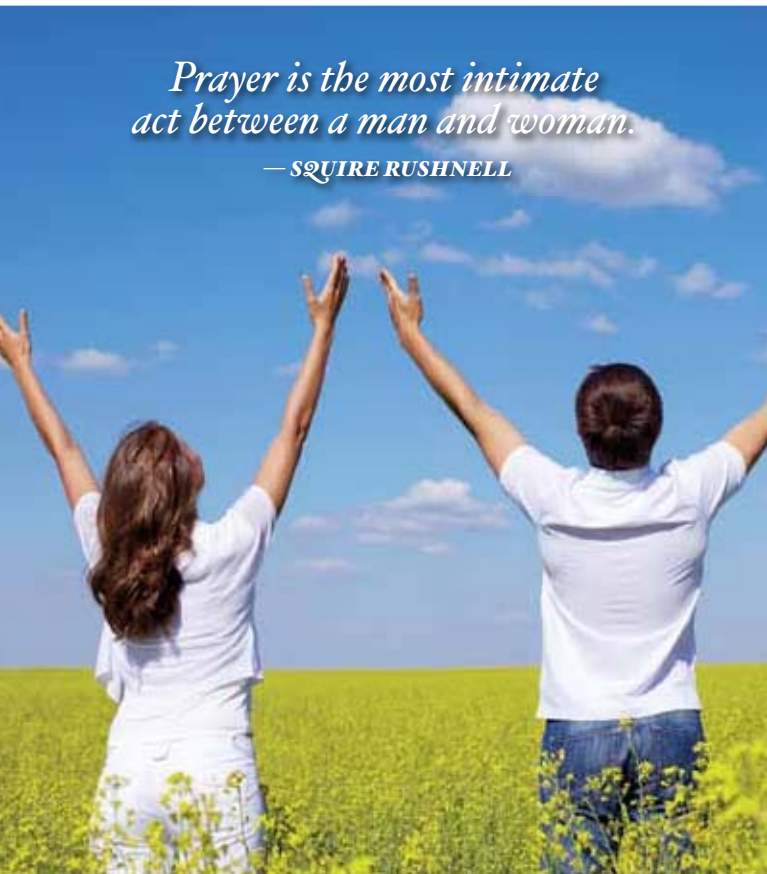
– Martin Luther

FAMILY & PARENTING

Couples Who Pray

Prayer is the most intimate act between a man and woman.

— SQUIRE RUSHNELL



Five minutes of prayer everyday can boost your love life and enhance intimacy, trust, and respect according to Squire Rushnell and Louise DuArt, authors of *Couples Who Pray* (Thomas Nelson, 2007). Research has shown that the fear of divorce is down to dramatically decreased when couples pray together because it opens the way for positive loving feelings while talking to the Creator. Here are 10 tips for praying with your partner:

MORE PRAYER, MORE POWER!

The more you pray the more power you will experience in your life as a couple. Praying is simply talking to God. Do this so he can light up your lives with love, encouragement, and understanding. Praying together will help build a strong foundation to your marital life.

MAKE TIME TO PRAY

Make the five minutes of prayer a daily routine. Find a time that suites you both and stick to it. If you live in separate countries, pray on the phone!

BE GRATEFUL. DON'T BE AFRAID TO FEEL VULNERABLE

Count your blessings individually and as a couple.

Present your thanks for specific blessings like your children, your health, your home, your job, and your loving family. Don't be afraid to be vulnerable and put your life in His hands.

REQUEST FORGIVENESS FOR YOUR MISTAKES

Ask God to forgive your mistakes, especially the ones you make towards each other. Don't own it anymore. Give it all to Him. Let God carry your baggage.

PRAY OUT LOUD

Pray together and pray out loud. Maybe one of you will speak in the beginning, but you will learn to state your concerns and requests with practice. Praying is like exercise; the more you do it, the more natural it becomes and the more indispensable it is in your life.

KEEP IT SHORT

Take turns and each of you speak for one or two minutes. Prayers do not need to be long to reach God.

USE EVERYDAY LANGUAGE

God does not require a sophisticated lexicon. Imagine sitting down with a loving father who listens carefully and is waiting for you to express your wishes so he can provide a solution and answer your prayers. God wants to hear what comes out from your heart, not from your words.

PRAY FOR YOUR MARRIAGE

Focus on the two of you and not on each other's mistakes. Use loving words about each other. Thank God for each other. Ask Him to show you ways in which you can love and support each other more.

PRAY FOR OTHERS AND FOR YOURSELF

Perhaps this is the easiest thing to do since praying for others is how we all learned to pray. This is important, but do not forget to pray for yourselves.

EXPECT GOD TO ANSWER YOUR PRAYERS

Ask, believe, and receive is what God asks us to do. Pray and have the certainty that God is hearing your prayer and will be working hard to make your wishes come true. It may not be exactly the way you wish or on the schedule you want, but have faith that God is working on it. It's in the waiting that God does the work. And in the waiting He's building your faith.

And we know that in all things God works for the good of those who love Him. — ROMANS 8:28

Source: beliefnet.com

NUTRITION

Five Bad Foods for Babies



Classifying french fries and greasy foods as junk food is a smart move when considering what foods are truly healthy choices for children. Many foods are disguised and could easily fool us, especially when it comes to feeding our children healthy food low in calories, sugar, salt and high in nutrients.

Junk food is much more harmful for babies than adults. “Babies need nutrients to grow more than they need calories,” says doctor and American Dietetic Association spokesperson Christine Gerbstadt. Parents ought to know which foods to avoid when feeding their babies. Here is a short list of five food offenders for babies:

SODA

It seems too obvious to mention, but according to the American

Dietetic Association, babies as young as seven months old are given soft drinks. Whether regular or diet, soft drinks provide absolutely no nutrients.

JUICE

Yes, it is fruit based but it is not healthy! The fiber in the fruit, which is the most nutritious part, is lost in the juicing process. What’s left is a whole lot of sugar, which is a total waste of calories. According to nutritionist Leanne Cooper, using juices such as apple and pear to sweeten baby’s food is a bad idea. The sugars in these juices can speed up the food’s passage through the digestive tract. “When food passes too quickly, the body doesn’t have time to absorb all those lovely nutrients,” says Cooper. It can also lead to diarrhea in some babies.

CRACKERS

Once babies can bite and chew, crackers make convenient “empty” snacks. Why? Because they fill your baby’s stomach leaving little or no room for foods rich in nutrients. Just as eating sweet things can help babies develop a sweet tooth, eating salty things can result in a “salty tooth” This can cause babies to get much more than the recommended daily amount of sodium. Go for fruit slices or low-sugar cereals instead.

PROCESSED MEALS

With processing, foods often lose significant nutritional value and gain unhealthy additives.

GELATIN DESSERTS

Many people think gelatin desserts are full of nutrients because they think it contains protein! Not true. The baby ends up eating a whole lot of sugar, artificial ingredients and flavors. Try a baked, mashed apple with a sprinkle of cinnamon instead. It’s naturally sweet and very nutritious.

Source: Evonne Lack, babycenter.com

PRAYER CORNER

The Beatitudes

- ¹ *Now when he saw the crowds, he went up on a mountainside and sat down. His disciples came to Him,*
- ² *and He began to teach them, saying:*
- ³ *“Blessed are the poor in spirit, for theirs is the kingdom of heaven.*
- ⁴ *Blessed are those who mourn, for they will be comforted.*
- ⁵ *Blessed are the meek, for they will inherit the earth.*
- ⁶ *Blessed are those who hunger and thirst for righteousness, for they will be filled.*
- ⁷ *Blessed are the merciful, for they will be shown mercy.*
- ⁸ *Blessed are the pure in heart, for they will see God.*
- ⁹ *Blessed are the peacemakers, for they will be called children of God.*
- ¹⁰ *Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.*
- ¹¹ *“Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.*
- ¹² *Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.*

— Matthew 5

GO GREEN

Small Steps That Make a Big Difference



We all want to protect the planet for the future of our children and for ourselves. There are easy steps that are much less expensive than solar panels and more practical than giving up diapers! The fact is, small changes can make a big difference.

Make Your Fridge Efficient

“The single biggest electricity user in your house is the refrigerator,” says Lisa Moore, climate and air scientist at Environmental Defense. She notes that you can reduce the energy drain with a few simple tricks. Cleaning the coils every six months will help you use less energy and save money. To accomplish this, flip up or remove the kick plate or toe grill and clean with a vacuum attachment or bottlebrush. Make sure to unplug the fridge or turn off the circuit breaker. Keep the fridge set between 38 and 40 degrees and the freezer between 0 and 5 degrees. These are the most efficient settings.

Stop Stand-by Waste

Unplugging TVs, DVD players, computers, and other major electronics when they are not in use could keep thousands of pounds of carbon dioxide out of the air each year according to Al Gore’s website, An Inconvenient Truth. Even when they’re turned off, the standby consumption is about equal to running a light bulb continuously. To avoid the hassle of constantly plugging and unplugging, here’s an easy solution: Plug several electronics into one power strip and simply switch it off. As for small gadgets like cell phones, digital cameras and hand-held vacuums, once they are charged, keep them unplugged until needed.

Light Up Right

Switching from traditional incandescent bulbs to fluorescent bulbs is the easiest and most cost-effective fix for saving energy.

Fix Drips and Leaks

Leaky faucet? Time to call the plumber. That slow but steady drip, drip, drip can waste up to 20 gallons of water a day. Replacing standard faucets and showerheads with low-flow versions will help a family of four save 20,000 gallons of water a year.

Use Dishwasher Smarts

A lot of people think washing dishes by hand is more environmentally friendly than running a dishwasher. Not

necessarily so. You can save up to 20 gallons of water a day by waiting until your dishwasher is full before switching it on. You’ll save even more energy by letting dishes air dry on the racks instead of using the heat dry cycle. Plus, most new dishwashers don’t need you to pre-rinse. Simply scrape off food, load, and you’ll conserve another 20 gallons of water.

Wash in Cold

By washing clothes in cold water rather than warm or hot, you can eliminate 500 pounds of carbon dioxide emissions a year. In addition, your clothes will last longer. To make laundry day even more energy efficient, wait until you have a full load. Ask yourself, “Is this really dirty?” before you toss clothes in the washing machine.

Get the Lint Out

If you clean out the lint filter of your clothes dryer before each load, you’ll reduce your energy use by up to 30 percent. Waiting until you have a full load will save lots of energy.

On the Road, Pump Up Tires

If you properly inflate your tires, you could reduce global warming and have cleaner air to breath. Tires will last longer too.

Drive Smart

When waiting to pick up kids after school, turn off your engine. The Environmental Protection Agency recommends turning off your engine if you are going to be in one place for more than 30 seconds.

Also, be a steady driver. By avoiding sudden braking and acceleration, you’ll increase fuel efficiency by as much as 40 percent.

Recycle

It may seem obvious to mention recycling until you consider that 69 percent of Americans still do not recycle.

Grow a Garden

Mucking about in the garden is a great way for kids to interact with nature in a meaningful and rewarding way from an early age. Even urban kids will enjoy planting seeds in flowerpots for a windowsill garden.

Source: Leslie Crawford, babycenter.com

HOW I REMEMBER NAJI...



How do I remember Najji Cherfan? He was a son, a younger brother, a dearest friend and still an angel in heaven who is interceding for all those who loved him.

I met Najji in Miami, Florida while he

of our own, Najji became like a son to us. He felt at home every time he came to visit, and made us feel the same when we went to visit him.

I remember Najji always smiling and telling jokes. He used to make me laugh so much. He even recorded my laugh on his cell phone so he could hear it when he was alone. This is how much he loved me and I loved him. If he ever saw me upset or stressed, he used to do his best to make me smile. He would tell me, "Abouna, remember that life is give and take."

I remember Najji quoting the bible all the time. He had a strong faith in Jesus Christ as God and man, as a healer to our soul and body. He depended on Him to regain his spiritual and physical health.

Before he went back to Greece, he left some of his personal items with us. One of these items was the bicycle he used to ride. Every time I ride that bicycle now, I feel Najji accompanying me. He

Blessed are the pure in heart, for they will see God. — MATTHEW 5:8

was undergoing physiotherapy and attending college. We met for the first time at St. George Cathedral in Coral Gables after he attended the Divine Liturgy with his mother, Sana.

During the coffee hour, my wife Odette and I sat with them, got to know them and found out what had happened to Najji after his accident. From that moment on, we became very close friends; more like a family. Since we did not have children

used to call me regularly from Athens to ask my advice or for a favor. I never said no to him.

My dearest son, younger brother and best friend, you will always live in my heart. Don't stop praying for us up there. Until we meet again, may you rest in peace, and may your memory be eternal.

Very Rev. Fr. Elia Shalhoub, Antiochian Dean of South Florida Clergy

EMOTIONAL HEALTH

The Value of a Smile

- It costs nothing, but creates much.
- It enriches those who receive, without impoverishing those who give.
- It happens in a flash, and the memory of it sometimes lasts forever.
- None is so rich that they can get along without it.
- It creates happiness in the home, fosters goodwill in business, and is the countersign of friends.
- It is rest to the weary, daylight to the discouraged, sunshine to the sad, and nature's best antidote for trouble.
- Yet it cannot be bought, begged, borrowed or stolen,
- For it is something that is no earthly good to anybody until it is given away.

Source: Frank Irving Fletcher

People Are Born To Shine!

People are Born To Shine is a bi-monthly, electronic newsletter owned by The Najji 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 Najji Cherfan Foundation assumes no responsibility for inaccurate information.

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

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