

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

GIVE MILK. GIVE LIFE. GIVE HOPE

The Breast Milk Project

To all mothers everywhere: You have an opportunity to change the world. The solution is right within your own freezer! When Jill Youse delivered her baby Stella, her milk came easily. In fact, too easily. Soon her freezer was



Donors provided over 66,500 bottles of breast milk to infants suffering from hunger, malnourishment... in South Africa.

overflowing with breast milk! Jill had an inspirational idea; she would donate her milk. Through a Google search, she discovered that an orphanage in Durban, South Africa was in need of milk for infants affected with HIV. Jill had no intention of starting a worldwide movement, but after the first shipment was sent, the *International Breast Milk Project* was born!

Here is how it works: Women donate their breast milk which is pasteurized, packed and sent to South Africa. The milk is used to feed children who have lost their mothers to HIV & AIDS.

The project had grown rapidly by the end of 2006. To accommodate the extraordinary growth, a partnership with Prolacta Bioscience, a life science company in Monrovia, was established. Prolacta processes and packages the donated breast milk to ensure its quality and safety. At the same time, the *International Breast Milk Project* gained the attention of Quick International Courier, who donated all of the distribution and shipping to Africa.

By the end of 2010, donors from across the U.S. provided over 66,500 bottles - that's 267,682 ounces - of breast milk for infants suffering from hunger, malnourishment, poverty and other life-threatening illnesses in South Africa. In addition, the *International Breast Milk Project* has raised over \$185,957 to help organizations in Kenya, Tanzania and South Africa that improve the lives of infants and children in their communities through health care programs and milk bank development.

"Where it is not possible for the biological mother to breastfeed, the first alternative, when available, should be the use of human breast milk from other sources. Human milk banks should be made available in appropriate situations." — WHO/UNICEF

Source: breastmilkproject.org



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A selection of traditional, simple prayers for morning and night.

FAITHBOOK
The Naji Cherfan Foundation shares news of a new project called FAITHBOOK established by a colleague of NCF.

PHYSICAL HEALTH

Dr. Oz's Secrets to Staying Cold-Free All Winter Long

Everyone wishes for a winter free of colds and flu, unfortunately, we usually end up with one. What if there were tips that could prevent a cold that really work! Below are a few helpful recommendations from Dr. Mehmet Oz.

DRINK WATER WHEN FLYING

Canadian studies suggest airplane travelers are over 100 times more likely to contract a cold than those who travel by bus, train, or subway. Dr. Oz's advice: Hydrate. The air in the plane can dry the nasal passages creating small cracks and making you susceptible to infection. Moisturizing the membranes through the consumption of water can help prevent infections!

VITAMIN D

There is no conclusive research that proves herbs are effective against colds. Instead, taking vitamin D can help the body produce a virus-killing protein which could lead to fewer infections! Refer to previous issues of *People Are Born To Shine* for recent findings about vitamin D.

EXERCISE

Take a brisk walk every day. Studies show that walking 30 to 45 minutes five days a week during the winter can potentially cut your sick days in half.

TRY SOME TEA

Recent studies show the antioxidant quercetin, which is found in black and green tea, may protect against infection by preventing viruses from replicating.

AVOID ANTIBIOTICS

Antibiotics are ineffective against flu caused by a virus, not by a bacteria. Antibiotics can have undesired side effects such as upset stomach, diarrhea, and yeast infections. If you feel flu symptoms coming on, ask your doctor for an

antiviral drug and take it within the first 48 hours.

CLEAN GERMS

Flu viruses survive on surfaces for more than two hours! Regular cleaning of refrigerator handles, remote controls, and doorknobs can help kill germs.

ENJOY SOME COMFORT FOOD

It's a fact, chicken soup help to treat a cold. The hot vapor expands your airways and helps clear mucus from the nasal cavity. Studies have also shown chicken soup has anti-inflammatory effects which can soothe a sore throat.

Source: Dr. Mehmet Oz, Oprah.com

*In the secret of His presence. How my soul delights to hide!
Oh, how precious are the lessons. Which I learn at Jesus' side!*

—Goreb



OUR DAILY BREAD

The Source of Impact

Read: Acts 4:1-13

When they saw the boldness of Peter and John...they marveled. And they realized that they had been with Jesus.

—Acts 4:13

BIBLE IN A YEAR: Hosea 12-14; Revelation 4

The Nobel Prize is awarded annually to people in a variety of categories that have made an extraordinary impact in some way. Leaders in economics, physics, literature, medicine, and peace are recognized for their contributions. When a person's work is acknowledged with the Nobel Prize, it is an affirmation of years of training, effort, education, and sacrifice all in the pursuit of excellence.

One may wish to make a significant impact spiritually in the world. But we may wonder, "What is the source of spiritual influence?" To make an extraordinary impact for

Jesus Christ, what must we invest in?

Christ's first followers were impacted by spending time with Jesus. Israel's religious leaders recognized this. Acts 4:13 tells us, "When [the leaders] saw the boldness of Peter and John, and perceived that they were uneducated and untrained men, they marveled. And they realized that they had been with Jesus."

Training and education are valuable in the service of the Savior, but nothing can replace time spent in His presence. He is the source of whatever spiritual impact we might have on our world. How much time have you been spending with Jesus? Is He your source of impact?

To master this life, spend time with the Master.

Source: Bill Crowder, *Our Daily Bread*, odb.org

EMOTIONAL HEALTH

STOP

Absorbing Other People's Negativity

Bad moods and negative vibes from other people can be contagious. Is there a way to protect yourself from becoming crabby and unhappy? Dr. Judith Orloff, the author of "Emotional Freedom", believes it IS possible to navigate away from the negative influence of others. Emotions such as fear, anger, and frustration are energies. You can unintentionally absorb them like a sponge if you don't protect yourself. Here are strategies from Dr. Judith to help avoid people's negative emotions.

DISTANCE YOURSELF FROM THE NEGATIVE PERSON

In a social setting, never hesitate to relocate yourself if you become uncomfortable or sense a negative vibe from another person.

TAKE A DEEP BREATH

If you become stressed by someone else's mood, take time to breathe deeply. Inhale calmness and exhale negativity. Visualize negativity as gray fog lifting from your body. Picture hope as a golden light entering you. With practice, this can bring rapid results.

SHIELD YOURSELF

Visualize an envelope of white light surrounding your entire body. Think of it as a shield that blocks negativity but allows positive things to enter. Many healers use this concept to protect themselves.

SEEK POSITIVE PEOPLE AND SITUATIONS

Spend time with hopeful people and friends who see the good in others. Call people who appreciate the positive



If you become stressed by someone else's mood, take time to breathe deeply. Inhale calmness and exhale negativity.

side of situations. Concentrate on good and hopeful words, happy songs, and beautiful art. Hope is contagious. It will flow into your life if you believe!

In time, it won't be necessary to look for ways to get rid of stress each time you are overloaded with negativity if you practice these simple strategies.

Source: Judith Orloff, M.D., beliefnet.com, drjudithorloff.com. Adapted from "Emotional Freedom: Liberate Yourself From Negative Emotions and Transform Your Life" by Judith Orloff, M.D. (Three Rivers Press, 2010)

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.

NCF@najicherfanfoundation.org

Quoteable!

"Pray as though everything depended on God. Work as though everything depended on you."

– Saint Augustine

FAMILY & PARENTING

Teaching Morning and Bedtime Prayers to Children

Readers of *People Are Born To Shine* shared several positive comments about our previous article "Teaching Children How To Pray." Many of you have requested simple prayers to teach to your children. Following is a selection of traditional, simple prayers appropriate for morning and bedtime.

CHILDREN'S MORNING PRAYER

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.

Today if sunshine turns to rain, if a dark cloud brings some pain, I won't doubt or hide in fear, for you, my God, are always near.

I will travel where you lead. I will help my friends in need. Where you send me I will go. With your help, I'll learn and grow.

Hold my family in your hands as we follow your commands. And I will keep you close in sight until I crawl in bed tonight. **Amen.**

-- Mary Fairchild

A CHILD'S PRAYER FOR MORNING

Now, before I run to play, let me not forget to pray to God who kept me through the night, and waked me with the morning light.

Help me Lord, to love thee more than I ever loved before. In my work and in my play, be thou with me through the day. **Amen.**

--Traditional

GOD HEAR MY PRAYER

God in heaven, hear my prayer, keep me in thy loving care. Be my guide in all I do, bless all those who love me too. **Amen.**

--Traditional



"From the lips of children & infants you have ordained praise"

— Matthew 21:16

CHILDREN'S BEDTIME PRAYER

Now I lay me down to sleep. I pray the Lord my soul to keep. May God guard me through the night, and wake me with the morning light. **Amen.**

-- Traditional

BEDTIME PRAYER

Now I lay me down to rest, I thank the Lord my life is blessed. I have my family and my home. And freedom, should I choose to roam.

My days are filled with skies of blue. My nights are filled with sweet dreams, too. I've no reason to beg or plead. I have been given all I need.

Beneath the subtle moonlit glow I thank the Lord so He will know how grateful I am for my life in times of glory and of strife.

The times of glory give me hope. The times of strife teach me to cope. Thus, I am much stronger in turn. Yet grounded, still, with much to learn.

Now I lay me down to rest, I thank the Lord I've passed the test. Of yet another day on earth. Grateful for its abundant worth.

This day has been a special dream from morning 'til the last moonbeam. Yet, should the coming dawn bring sorrow, I'll rise, thankful I've reached tomorrow. **Amen.**

-- Jill Eisnaugle's Poetry Collection



Tea is the most commonly consumed beverage in the world after water. With many varieties of tea to choose from - black, green, white, oolong, red, herbal — which one offers the greatest health benefits?

BENEFITS OF TEA

Numerous studies discuss the anti-cancer properties of antioxidant polyphenols. Some studies suggest tea's polyphenols may reduce the risk of gastric, esophageal and skin cancers if one consumes four to six cups daily. Another report states two cups of tea may lower the risk of ovarian cancer by 46 percent in women. Other studies have found polyphenols help to prevent blood clotting and lower cholesterol levels. A Japanese study found green tea lowers death rates from heart disease.

BLACK, GREEN, WHITE OR OOLONG?

Black, green, white, and oolong teas derive their leaves from a warm-weather evergreen tree known as *Camellia sinensis*. The leaves contain polyphenols. Tea leaves become darker when processed over and over. Green tea and white tea are the least processed tea and are simply steamed quickly. According to Dr. Doug Balentine, Director of Nutritional Health with Lipton, white tea is derived from the young leaves of the *Camellia* plant in early spring. The new leaves

NUTRITION

The Many Health Benefits of Tea

contain no chlorophyll, thus they are silvery white. Black and oolong teas are partially dried, crushed and fermented. Regardless of the processing method, all black, green, white and oolong teas contain polyphenols. Tea ranks as high as or higher than many fruits and vegetables in the ORAC score which measures antioxidant potential of plant-based foods.

WHAT ABOUT HERBAL TEA AND RED ROOIBOS TEA?

Herbal tea is not derived from *Camellia* plant leaves and will not have the same health-promoting properties. Did you know that most herbal teas in the market are NOT tea at all? They are infusions made with herbs, flowers, roots, spices or other plant parts. This type of beverage is known as "tisane."

The popular South African red Rooibos tea lands in the herbal tea or tisane category. "Red Rooibos tea is not really tea as it is not derived from the *Camellia* plant," says Dr. Balentine. It will not contain the same beneficial flavonoid compounds found in black and green teas. In fact, Dr. Balentine said "no scientific evidence yet has shown the health benefits of red Rooibos tea."

Tisane may not contain as many polyphenols, but they will promote other health qualities like relaxation and calmness.

When you leave out the cream and sugar, tea is a healthy beverage offering many benefits. Brew tea for three to five minutes to bring out the beneficial polyphenols and to enjoy the full aroma of the tea!

DOES MILK CANCEL HEALTH BENEFITS OF TEA?

Researchers from Germany compared the health effects of drinking

black tea with and without milk on 16 healthy women. Using ultrasound, they measured the function of an artery in the forearm before and two hours after drinking tea. Results showed black tea significantly improved blood flow and blood vessel elasticity compared with water. However, the addition of milk completely blunted beneficial effects for the heart. The results of this study were published online in the January 2007 edition of *European Heart Journal*.

Source: Gloria Tsang, HealthCastle.com

PRAYER CORNER

*Deliver me, O Jesus,
From the desire
of being loved,
From the desire
of being extolled,
From the desire
to be honored,
From the desire
of being praised,
From the desire
of being preferred,
From the desire
of being consulted,
From the desire
of being approved,
From the desire
of being popular,
From the fear
of being humiliated,
From the fear
of being despised,
From the fear
of suffering rebukes,
From the fear
of being calumniated,
From the fear
of being forgotten,
From the fear
of being wronged,
From the fear
of being ridiculed,
From the fear
of being suspected.
Amen.*

-- Mother Teresa

SPIRITUAL NEWS

FAITHBOOK

Donations & Information

Please visit the FAITHBOOK website
www.faithbook.ws or send an email to
charlesbardawil@faithbook.ws



Faithbook Features

The Naji Cherfan Foundation is excited to share a new project called FAITHBOOK. The resource is being established by NGO “East West Christians”, a non-profit organization in the Republic of Lebanon under the legal requirements of the auspices of the Jounieh Archbishop Antoine Nabil Andary.

The organization is building “Faithbook”, a website aimed at establishing a constructive spiritual relationship among Christians around the world. The site will offer educational and informative materials which promote family and divine values.

Look forward to these features:

- Videos on the teachings of the church
- Faith related questions & answers
- Private chat consultations with religious fathers and church leaders
- Live spiritual programs
- News about international Christian congregations, locations, activities, and schedules from around the world
- Networking features to share profiles, pictures and videos, chat with friends, create and share events, email members, and respond to worldwide polls

East West Christians is preparing to launch FAITHBOOK and is raising money through these banks in Lebanon: Audi, Byblos, Lebanese Canadian, and Banque Libanaise pour le Commerce.

HOW I REMEMBER NAJI...

*...he could speak to anyone. Rich, poor,
black white, prisoner, priest. EVERYONE.
And everyone loved him.*

HE WAS A JOKER

Naji would stop the car and ask people for directions. With a straight face, he would ask in Greek, "Pos pame Efthia?" Confused, people would answer "Pas Efthia, Re." Joke after joke after joke... and he knew them all. Sometimes I would call him up so he could tell me jokes.

HE WAS A COMMUNICATOR

Naji could speak 'a million' languages; among them English, Arabic, Spanish, Greek, French, and Italian, but more importantly he could speak to anyone. Rich, poor, black, white, prisoner, priest. EVERYONE. And everyone loved him. He was the only guy that could tell a bunch of black jokes to black people and make them all laugh with him. He actually did that in my house about seven years ago.

HE WAS RELIGIOUS

Not religious as we know it, but he would talk about God a lot. He would say that God is playing Nintedo with us. He was a firm believer that everything happens for a reason.

HE WAS APOLOGETIC

As a kid, Naji was always getting into trouble. And things did not change as he got older. Countless times I heard him apologizing to his Mom, his girlfriend, his friends. He would never try to get out of trouble or argue. It was more like, "I did it. I am sorry. Let's move on."

HE WAS A SHREWD BUSINESS MAN

Every business idea Naji had was amazing. I mean, every single one! And there were many. I recall Naji wanted to start a private towing

company in Athens and often spoke with me about opening a "President-themed" restaurant in Washington D.C. He had a talent for making money.

HE LOVED HIS FAMILY

Naji came from an extremely close family. He was a momma's boy and often talked to his mom on the phone ten times in two hours. So many times I heard him quote his father; "Patience is a virtue." and "Knowledge is power." His brothers were extremely protective of him and loved him dearly. He did not have a sister but always told me how lovely she would be if he had one...

I love and miss you, Naji.

SaadJallad

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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