

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

Captain Tom Moore's Family Launches Online Bulletin Board Where Strangers Share Favorite Moments of Kindness

Anyone can give the gift of kindness. In the face of adversity and turmoil in the midst of the pandemic, Captain Tom Moore said "above all...be kind".

During the first COVID-19 lockdowns in England, the late army captain, 99-year-old Sir Tom Moore, attempted to raise money for NHS Charities Together by walking across his garden 100 times.

Now, believing that people need more positive and hopeful news in their life, his family is following in his footsteps by launching a campaign that invites anyone to share stories of individual moments of kindness they've received throughout their life.

By putting together "A Gift of Kindness" campaign, the family hopes "to celebrate the everyday acts of kindness that so often cost nothing to the giver, but mean so much to the receiver."

On the front page of their website is a message board that gives the opportunity for people to share a fond memory of a good deed or say thank



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www.najicherfanfoundation.org

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8 Advantages of Encouraging Independent Thinking in

Independent thinking helps students look beyond the obvious and trains them to find new solutions to changing realities of our times. It fosters confident leaders who have the courage, ideas and skills to create a brave new world of justice, empathy and equity.

Every human being is intellectually distinct, diverse and dynamic and the role of education is to discover the diverse intellectual capacity, aptitude and inclinations of each student, helping them develop and harness their abilities independently in their own distinct way.

An education so designed helps students become confident under their own skin and comfortable with their own way of thinking.

CLOSED MINDS

In a closed system, the students remain within the box and over a period of time become resistant to new ideas and thoughts, rather than producing new ideas.

In a closed environment, children grow up to be less empathetic and tend to get shocked at the first sign of exposure to a reality that is different than what they have seen over a long period of time.

CHANGE IN APPROACH

When we say independence, it includes individual as well as collective independence.

Every individual possesses a diverse set of gifts. The process of education is to unearth these gifts within the collective atmosphere, while maintaining the individual distinction and harnessing the inherent dynamism.

In a system that promotes independent thinking, students benefit immensely. Here are some benefits:

- Independent thinking will give students the confidence to pursue their ideas and thoughts without being completely dependent on established norms or what has already been tried or done previously.
- It makes them more thoughtful and observant and protects



them from taking things for granted. It gives them the courage to question the status quo, seeking their own answers to all the questions that come to their minds!

- It protects them from going through the motion mindlessly, rather it makes them pause and ponder on everything they experience.
- Independent thinking helps them become more alive and helps them appreciate the beauty and bounties of life more wholeheartedly.
- It helps them look at the problems with a different vision and trains them to find solutions to problems that are otherwise unresolved or need new resolutions.
- Independent thinking is the source of new ideas, innovations and more deep-rooted progress in the society. The real empowerment happens through fresh, independent home-grown ideas rather than borrowing stale foreign ideas and blind imitation.

Higher Fasting 'Hunger Hormone' Levels from Healthy Diet May Improve Heart Health and Metabolism

Fasting levels of the “hunger hormone” ghrelin rebound after weight loss and can help reduce belly fat and improve the body’s sensitivity to insulin, according to a study published in the Endocrine Society’s Journal of Clinical Endocrinology & Metabolism.



Ghrelin is a stomach-derived hormone that stimulates appetite. Ghrelin levels rise during overnight fasting when a person is sleeping. The levels fall after an individual eats a meal.

The 18 month clinical study found that dieting induces elevation in fasting levels of ghrelin and that elevation of fasting ghrelin is associated with abdominal visceral fat loss and improving insulin sensitivity. This suggests individuals who have higher levels of fasting ghrelin following weight loss face decreased risk of developing diabetes or other metabolic diseases.

Individuals who followed the green-Mediterranean diet that included a leafy vegetable called Mankai and green tea and omitted red meat had two-fold greater elevation in fasting ghrelin levels compared with participants who followed a more traditional Mediterranean diet or a healthy balanced diet, which suggests this approach may have additional cardiometabolic benefits.

“The findings suggest fasting ghrelin levels may serve as a valuable indicator of cardiometabolic health following weight loss,” said the study’s senior author, Iris Shai.

Shai and her colleagues recently suggested the green-MED diet as an improved version of the healthy MED diet in the DIRECT PLUS trial. This clinical study examined fasting ghrelin levels in 294 participants over 18 months. During the clinical trial, participants with either abdominal obesity or dyslipidemia — a condition with abnormally elevated cholesterol or fats in the blood — were randomized to one of three diets: following healthy dietary guidelines, the Mediterranean diet or a green version of the Mediterranean diet that was protein plant-based and free of red meat. All the participants, who were selected from an isolated workplace, provided with monitored lunches, instructed to exercise and given gym memberships.

Individuals following the green Mediterranean diet, which included daily consumption of green tea and a green leafy vegetable called Mankai, had fasting ghrelin levels that were twice as high as those who followed a traditional Mediterranean diet, despite similar caloric restriction and weight loss.

“The elevation in fasting ghrelin levels might help to explain why the green Mediterranean diet optimized the microbiome, reduced liver fat and improved cardiometabolic health more than the other diets in our study,” Shai said.

“The results of our study suggest that fasting ghrelin is an essential hormonal factor in the diet-associated recovery of sensitivity to insulin and visceral adiposity regression, or reduction in belly fat,” said Gal Tsaban, a researcher and cardiologist. “The differential, diet-specific response in fasting ghrelin levels elevation might suggest another mechanism in which distinct dietary regimens, such as the green-Mediterranean diet, reduce cardiometabolic risk.”

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

15 Tips to Take Care of the Environment

Taking care of the environment is something that is in everyone's hands.

There are many things we can do to improve our quality of life, to live in harmony with the rest of the species, to guarantee the resources of the planet for us and future generations. Together, we can make the world a better place.

What can I do to take care of the environment?

1. Before buying anything, think about whether you really need it or it is a whim that will be soon forgotten and never used again. You'll save money and help reduce overproduction if we only buy what we need.
2. Before throwing something away, ask if it can be reused, recycled or repaired. If it's not useful for us, it may be useful for someone else.
3. Unplug electrical appliances that are not in use. Keeping unused things plugged in is an unnecessary expense and can waste up to 33% of energy.
4. Use LED bulbs. They last much longer than a conventional bulb, and use much less energy. Don't forget to recycle them properly when they stop working.
5. Do not use aerosols with CFCs that destroy the ozone layer and contribute to the greenhouse effect.
6. Substitute chemical cleaning products for natural products. Chemicals are very harmful to the environment. Most homes can be cleaned with soap, bicarbonate, vinegar and lemon. Your skin will also thank you. So avoid bleach, oven cleaners, floor cleaners, window cleaners. There is a more natural and ecological alternative for each of these products.
7. Never throw toxic products, paint or used oil down the drain or into the toilet. Ask your local council or water company how you should recycle them.
8. Avoid junk food or precooked foods, which have many additives, preservatives and colorants. They are usually over-packaged and tend to end up on the ground, in the forest or in the sea, accumulating and harming animals.
9. Store food in reusable lunch boxes or jars rather than using cling wrap or aluminium foil.
10. Try to use your car as little as possible. Use a bicycle, bus, subway or other more environmentally friendly alternative. If you can't use public transport, try to share a ride with others.
11. Use glass containers instead of plastic bottles, especially water bottles. Instead of buying beverages in cans, for example, buy bottles which can be recycled.
12. When brushing your teeth or shaving, turn off the tap. This will save a lot of water. We should also reduce shower time.
13. Install a double flushing system in the toilet to save water. Every time we flush, we use 10 litres of water, which is more than is needed.
14. Before putting items in a washing machine, make sure you have a full load. This will save water, detergent and fabric softener, as well as electricity.
15. Give priority to quality and certified products. These products will respect production standards, the environment and will have polluted less during the creation process. In addition, if they are of quality they will last much longer and you will have to buy them less frequently.

Source: wellwo.es



Importance of Road Safety Awareness for Children



In their early years, children need assistance from adults for even the smallest task—especially those with considerable risk, such as using the roads. Children are unaware of the presence of traffic and unable to judge the speed and distance of vehicles.

As children grow and develop, they become increasingly aware of how they can be safe and manage their own safety while using the roads. It is our duty as parents, teachers and caregivers to educate our children about real traffic environments along with adult supervision to help them learn about roads, signals, traffic, risks involved and how they can use the roads safely.

Every child should grow up with knowledge about road safety. The use of shared roads has a lot of dangers and potential for injury. That impacts everybody and is, therefore, a vital topic of discussion. The majority of people who face crashes, injuries and even death are youngsters these days. The risk is higher for children as they reach their teenage years. With

newfound independence, young drivers or riders carry a substantial risk, not only for themselves but also for other people using the roads, especially pedestrians and cyclists.

Young children should be taught lessons on road safety. Awareness is more important than we may think. Young children are the most vulnerable users of the road and are the most lamentable victims in road accidents because of their lack of awareness.

Therefore, educating children about safety measures to be taken while using the roads is crucial. Teaching our children road safety means ensuring the safety of the future generation.

An article published in The Hindu stated, “A child who learns about traffic rules and road discipline will grow up to be a law-abiding citizen. The habit of obeying traffic rules teaches a person a sense of responsibility, empathy for others and respecting the other person’s rights”.

We believe that awareness starts at home, and parents are the first teachers who guide their children through various road traffic rules and regulations before anyone else. So, in order to raise children who are prudently aware of basic safety habits, you need to teach and coach them in a manner that will make your children understand the importance of road safety as well as how to navigate in the roads safely.

By teaching our children road safety awareness, we help them to ensure their own safety without the support of adults.

Source: sherwoodhigh.com

God Is Listening

The prayer of a righteous person is powerful and effective. — James 5:16

Chuck, an actor and martial artist, honored his mother on her hundredth birthday by sharing how instrumental she'd been in his spiritual transformation. "Mom has been an example of perseverance and faith," he wrote. She raised three boys on her own during the Great Depression; suffered the death of two spouses, a son, a stepson, and grandchildren; and endured many surgeries. "[She] has prayed for me all my life, through thick and thin." He continued, "When nearly losing my soul to Hollywood, she was back home praying for my success and salvation." He concluded, "I thank [my mom] for helping God to make me all I can and should be."

The prayers of Chuck's mother helped him to find salvation—and a godly wife. She prayed fervently for her son, and God heard her prayers. We don't always get our prayers answered the way we'd like, so we cannot use prayer as a magic wand. However, James assures us that "the prayer of a righteous person is powerful and effective" (5:16). Like this mom, we're to continue to pray for the sick and those in trouble (vv. 13–15). When, like her, we commune with God through prayer, we find encouragement and peace and the assurance that the Spirit is at work.

Does someone in your life need salvation or healing or help? Lift your prayers to God in faith. He's listening.

—Alyson Kieda

Source: odb.org



REFLECT & PRAY

**When have you seen God
answer your fervent prayers?
Who continues to be in your
prayers?**

*Dear Father, help me to continually be in
prayer and not to give up. Thank You for
Your love that helps me persevere.*

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!

**"If you want to live a happy
life, tie it to a goal, not to
people or things."**

— Albert Einstein

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you to someone who has done something nice for them.

Those wishing to share a story of kindness, or read what others are posting, can add to the board here.

“My late father, Captain Sir Tom, lived a long and fulfilled life that was brimming with joy, deep sorrow, love, loss, hope, positivity and kindness,” said Sir Tom’s daughter Hannah Ingram-Moore.

“He truly believed in the fundamental goodness of humanity. With that in mind, *A Gift of Kindness* is a place to relate your kindness stories, to share joy and hope with others by recalling any small gift of kindness towards you, or someone you know, and how that felt.”

Moore’s humble intra-garden rally in 2020 captured the imagination of the nation, ultimately raising over £38.9 million for Britain’s National Health Service, while earning him a knighthood in the process.

Anyone can give the gift of kindness. In the face of adversity and turmoil in the midst of the pandemic, Captain Tom Moore said “above all... be kind”.

One poster shared a story of seeing two YouTube influencers working in a public place, but took a break to help a woman carry a baby carriage up some stairs while everyone else ignored her.

Another story came from a pair of young parents who received an umbrella from a passing stranger during a storm whilst sheltering under an awning. But here’s one story we especially liked, particularly because of the narration.

“I was inspired by reading all the lovely stories [on the message board] and so helped a couple of our neighbours this morning by lending them de-icer as their windscreens were frosted over and they were running late. I must have got carried away though as there was nothing left for my husband’s car and he’d just gone out and bought the new bottle of de-icer. Luckily he loves the neighbours so I’m sure I’ll be forgiven!”

Source: [goodnewsnetwork.org](https://www.goodnewsnetwork.org)

INDEPENDENCE continued from page 2

- Independent thinking helps resist docile compliance with any injustice or evil order, rather it helps push the boundaries and harsh restrictions and equips students to stand up against injustice.
- Independent thinking helps students go beyond standardized, spoon-fed knowledge. It makes them seek knowledge through their own discoveries and explorations, training them and providing them with the tools to produce knowledge.

Independent thinking is the power that will usher us into a brave new world with a more holistic approach to life, where we will face our realities head on rather than sidetracking them or dealing with them superficially.

It is a power that will wean us off continued intellectual enslavement and help us think for ourselves, compelling us to find tools to solve our problems locally. It will make us more relevant to the world in the light of our rooted reality.

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

PRAYER FOR SERENITY

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. Living one day at a time, enjoying one moment at a time; accepting hardship as a pathway to peace; taking, as Jesus did, this sinful world as it is, not as I would have it; trusting that You will make all things right if I surrender to Your will; so that I may be reasonably happy in this life and supremely happy with You forever in the next. Amen.

— THE SERENITY PRAYER, REINHOLD NIEBUHR

Prayer Corner

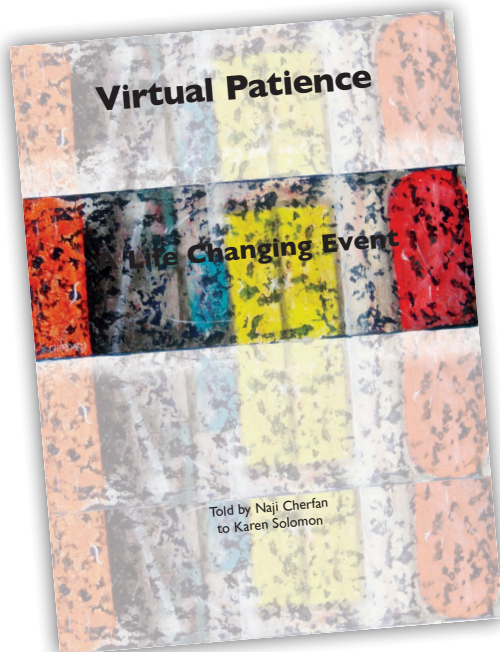
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How I Remember Naji...

Excerpt from *Virtual Patience*



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These were new thoughts for Naji, as he was accustomed to moving through life with a sense of carelessness. He expressed these ideas both verbally and in writing. Physically and spiritually changed, he visualized that one day he would wake up perfect. Day by day, movement by movement, he saw progress. He realized that recovery depended on time, patience and very hard work. Praying for another miracle, he insisted that he

could do anything. His greatest fear was

that he wouldn't recover, so he played games with his subconscious mind to convince himself that one day he would be perfect in the eyes of others. He discovered that fooling himself like this actually worked. By believing so strongly from his heart, Naji learned about the fine line between reality and fantasy and the connection between concentration and result. He had finally stumbled upon the power of focus and its benefit to physical and emotional accomplishment. He realized this during a session of physiotherapy in Montreal when his therapist, Frank, told him that he had



to integrate into society. He advised Naji to live in reality instead of hiding somewhere, waiting for another miracle to happen. At this moment Naji faced his present situation with the truth and not an illusion. Looking in the mirror, he saw a young man just a few weeks from his 20th birthday. Instead of walking with difficulty, he now moved in a smoother, more balanced way. His vision, memory and concentration were greatly improved. School was going well and he was motivated by his classes and therapy. Communication with friends through telephone and internet was a source of comfort and strength.

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 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, Dalia Ghostine Nassrany, Dima Rbeiz, Father Joseph Abdel Sater, Father Joseph Soueid, Reine Kassis, Nabil Khoury, Roland Khoury, Father Elia Chalhoub, Valéria 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.

This issue is available in Arabic, English, Greek, Dutch, French, Spanish and Portuguese. The NCF management and staff are very grateful for the efforts of the chief editors who are volunteering to translate and edit the newsletter into several languages, namely: Isabelle Boghossian for the Greek language, Inês Pedregal for the Portuguese language, Myriam Salibi and Rita Abou Jaoudé for the French language, Professor Lydia and Ambassador Alejandro Diaz for the Spanish language, Roly Lakeman for the Dutch language, Lina Rizkallah and Rita Abou Jaoude for the Arabic language.

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