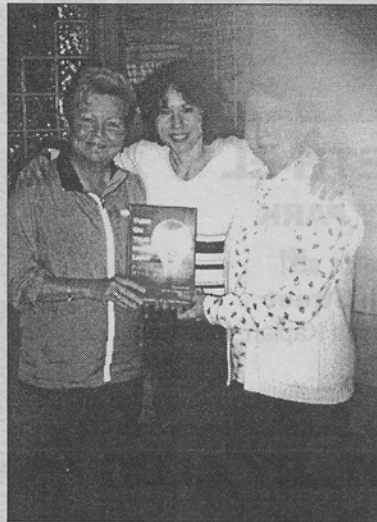


Interfaith Summit Introduces Book At Sunset Diner

Sister Peggy Tully of the Curé of Ars, her twin sister Mary Kelly, and Debbie Mandel, a former Bell Harborite, met at the Sunset Diner to reaffirm their



Mary Dever, community activist and her twin sister, Sr. Peggy Tully, O.P. Pastor Associate at Curé of Ars, Merrick, Long Island congratulates author, Debbie Mandel on the publication of her book "Turn On Your Inner Light."

commitment to helping people cope with stress and negativity, particularly during the holidays. Good friends for many years, they have been working parallel on the same theme of community service.

They discussed how Debbie's new

book might be the tool to help people find their balance in an unstable world and decided to join forces to introduce the Rockaway community to "Turn On Your Inner Light: Fitness for Body, Mind and Soul."

"I love the book, Debbie. It offers compact concrete techniques for 29 common life situations, creative tips on how to de-stress, original meditations and a fitness workout that corresponds to each life situation," said Mary.

Sister Peggy added, "This is holistic advice. I see the workouts as physical affirmations and I am going to personally start a regimen of strength training because of the spirituality involved and the physical benefits. I never realized that strength training could be so spiritual. The illustrations are clear and easy to follow."

"Lift weights, lift your spirits," Debbie smiled. "I had a trainer elite with over 30 years experience, a former Marine and a Zen martial artist, create the fitness concepts and exercises for the book, Frank Mikulka of the Hollywood Atrium Club in nearby Lawrence."

The threesome discussed the national stress heralded by 9/11 and the November 12 disaster, which invaded the idyllic shores of the Belle Harbor community. Debbie, whose mother's home, is on Beach 134 Street, emphasized that, "we need to learn to be in the moment, to appreciate what we have and what we have adapted to. Perception is everything. We must affirm life."

Mary asked Debbie what inspired her to write this book. "I woke up with the idea two years ago before dawn one March morning. I knew it was my mission as a child of holocaust survivors. I have seen the darkness and appreciate the light. I am determined not to survive, but to thrive. In fact, many of the phrases in the book just came into my head like a dream."

Since Debbie does de-stressing workshops and presentations on various subjects such as boosting the immune system, insomnia, anger management, how to go from a worrier to a warrior, and turn back the clock in the New York City area, Mary and Sister Peggy decided to take the lead and bring Debbie's workshops and book back to her roots — the Belle Harbor community. "We have to get this groundbreaking work to the peo-

ple, they have to know about it," said Sister Peggy.

Debbie elaborated on how the book is designed to help people get through life's challenges and remove the division between mind and body. "It should be one word. With the holidays coming up, 'Turn On Your Inner Light' becomes a fitting title for Chanukah, Festival of Lights and Christmas. With so many loved ones missing this year, finding one's balance and happiness takes greater effort."

"Turn On Your Inner Light," with a foreword by national best selling author Dr. Bernie Siegel, is available on Amazon.com, J & R Books and Penn Books in Manhattan. It can be obtained at the author's website www.busybeegroup.com which also contains more information on the book and her workshops.

Righteous Persons Awards

The Rockaway Catholic-Jewish Council will be presenting the Fifteenth Annual Righteous Persons Award on Saturday, December 14 at 10:15 a.m. The event will be held at Temple Beth-El of Rockaway Park, located at Beach 121 Street in Belle Harbor.

This year's recipient of the Righteous Persons Award will be Professor Mary C. Boys. Sr. Mary Boys is the Skinner and McAlpin Professor of Practical Theology at the Union Theological Seminary.

Sr. Boys sits on the Boards of the Tanenbaum Center for Interreligious Understanding, The National Catholic Center for Holocaust Education at Seton Hill College and on the Advisory Board of the Secretariat for Ecumenical and Interreligious Affairs of the National Conference of Catholic Bishops.

She has served as a Scholar in Residence at Congregation Tifereth Israel in Bensalem, Pennsylvania; Temple Beth-El in South Bend, Indiana, Temple Beth-El in Charlotte,