



# Friends of Peace Pilgrim

A Non-Profit, Tax-Exempt, All Volunteer Organization  
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“Overcome evil with good, falsehood with truth, hatred with love” - Peace Pilgrim

Number 49

## Dear Friends of Peace Pilgrim

The midwinter light is soft and casts long shadows as the days now slowly begin to lengthen. A new year has recently turned and, at Friends of Peace Pilgrim, we are awaiting the delivery of a new printing of our standard book.

It has been 24 years since the premier edition of *Peace Pilgrim: Her Life and Work in Her Own Words* first rolled off the presses in January of 1983. Much has changed in the world since then, but Peace's life and message continue to inspire friends new and old. In phone conversations and letters, through email messages and personal contacts, we are daily reminded of the relevance her words have carried into the 21<sup>st</sup> century.

Peace's pilgrimage did not end in 1981. It continues today in the lives of all our friends around the world who hope and pray and *work* for peace. One way many of you do that is by sharing our books and booklets with family, friends, colleagues and strangers. For this we are deeply grateful.

In this issue you will find an update on the work retreat that took place at Peaceful Pathways last October. Three FoPP board members and a number of friends helped spruce up and organize our library and study center in Copperopolis, California.

We also want to introduce you to our newest board member, Mayte Picco-Kline. Though she is new to the board, Mayte is a long time friend, and has contributed to our work in many ways. Inside you will find the transcript of a recent radio interview where Mayte shared some insights on Peace Pilgrim's life.

Peace Pilgrim felt that it was not our knowledge of peace that was lacking, but rather it was *the practice of it* that could be improved. Our friend Bo Lozoff offers some simple suggestions on how to manifest our ideals through a simple daily practice.

We also offer you our usual inspiring collection of letters from friends, a bit of Peace Pilgrim history, and a list of our current offerings.

May our collective desires for peace move ever closer to being fully realized in our lives and in the world.

*In Peace,*

*Cheryl Canfield, Richard Polese, Mayte Picco-Kline,  
Jeff Blom, Bruce Nichols, and John and Ann Rush*

The Friends of Peace Pilgrim Board

**“All of us can work for peace. We can work right where we are, right within ourselves, because the more peace we have within our own lives, the more we can reflect into our outer situation.”**

*Peace Pilgrim*



**Ann Rush turns 90!**

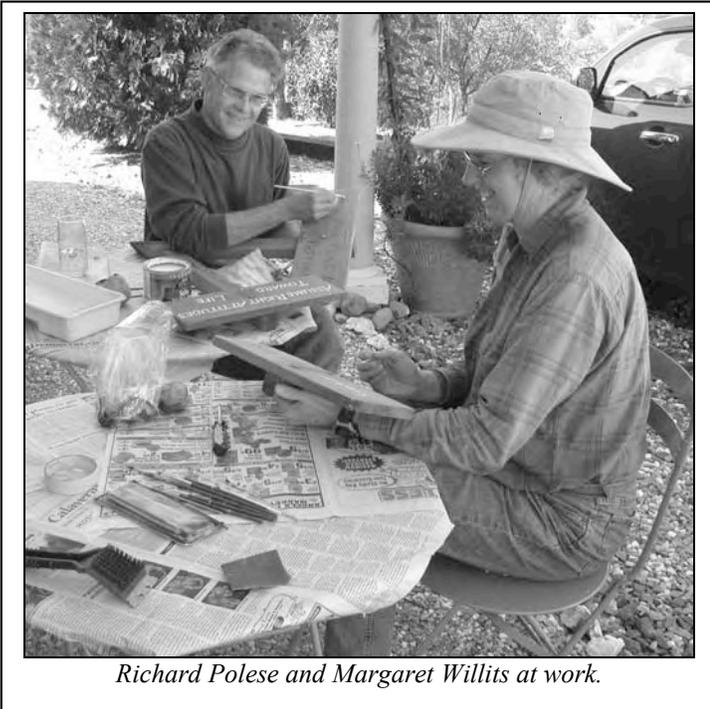
Our dear friend Ann Rush, one of the compilers of the book, *Peace Pilgrim: Her Life and Work in Her Own Words*, celebrated her 90<sup>th</sup> birthday on January 30. It was Ann's profound insight that the only way to create a book about Peace Pilgrim was to do it in *her own words*, which provided the guiding light for the book's format.

For almost 20 years, Ann and husband John ran the first Peace Pilgrim Center out of their home in Hemet, California. Their unflagging enthusiasm and energy for sharing Peace Pilgrim's message has been of great inspiration to all of us who are following in their sizable shadows. Happy birthday, Ann, we love you so much!

## Peace Pilgrim Pole Update

In our last issue we introduced our project that will place poles with Peace Pilgrim's message in each of the 50 state capitals. As this issue goes to press, our board is in the process of selecting the final design for the lettering. We have had inquiries from a number of states including California, Utah, Oklahoma, New Mexico, Massachusetts, Maryland, Oregon, and New York.

The first production plaques should be ready in late February or early March. If you can help with this project, or would like more information please contact board member Bruce Nichols at the Shelton, Connecticut address found on page seven.



*Richard Polese and Margaret Willits at work.*

### Update on Successful Work Retreat at Peaceful Pathways *By Cheryl Canfield*

Thanks to all, we had a productive work retreat and gathering of friends at Peaceful Pathways in October. The weather thankfully cooperated, making our outdoor work possible!

The first to arrive were Al and Lee Lane, who had enthusiastically contacted me as soon as they heard about the retreat: "We want to work!" they emailed. I first met Al and Lee while leading canoe retreats for FoPP with fellow board member Jeff Blom in 1989. How time flies. Al and Lee got busy as soon as they arrived – tackling and making lists of contents in the many boxes in the archives. I went into the trailer to see how they were doing and to my amazement, Al, without glasses, was reading to Lee out of one of the boxes. Al is 89 years old!

Board members Bruce Nichols and Richard Polese arrived next, followed by a wonderful film crew – Carla Grace, documentary filmmaker, Sovonto, camera man, and Hari, soundman. We spent many hours (individually and collectively, in front of the camera and off) speaking about the topic that inspires us all – peace, and Peace Pilgrim. We wish the film crew well on their proposed project, a film that looks at how Peace's inspiration and life work continues to affect those who had the opportunity to know her.

Another documentary filmmaker, Tara Golden, also spent a few days with us, using the library and archives to learn more about Peace Pilgrim. The film she is working on, a docudrama, was inspired by Peace. And, she painted the stairs and new handrail leading into the library and archives trailer. Bruce and Richard pitched in on many areas, painting, sanding, and making important advances on our leaking roof. More work is needed and we're working on it!

Margaret Willits, a forest service worker, joined the board on a day that was a work holiday for her and lent valuable advice to our fire safety issues, as well as joining us in work and lively conversation. With Margaret's help we managed to paint and shellac all of the signs that had faded almost to non-existence since their arrival from the former Peace Pilgrim Center. Each sign spells out one of Peace's steps toward inner peace, and will one day mark the "Peace Path" here we plan to create.

Our final arrival, Carolisa, arrived from San Diego for the last days, pitching in with painting and pulling weeds. Her cheerful and willing presence was most welcome – and as those before her, when she departed we said goodbye to a dear new friend. Thank you all.

Since the retreat Archie has built a deck that runs along the back of the peace trailer – adding a quiet space overlooking the oak trees for meditation, reading, and enjoying nature.

Volunteers are welcome for brief work retreats in spring and fall. We love to show visitors the library and archives, located in the Peace Pilgrim trailer. Modest sleeping accommodations are available, and personal transportation is required. Check with Cheryl Canfield about current projects and visitor and volunteer guidelines. PO Box 423, Copperopolis, CA 95228. Email: [cherylcand@aol.com](mailto:cherylcand@aol.com).



### The Meaning of Relinquishments

*Our newest board member, Mayte Picco-Kline, has been involved with Friends of Peace Pilgrim for many years. She is the translator of the Spanish language version of our book and has published Enlace International, a Spanish Peace Pilgrim newsletter, since 1994. The following article appeared in the October issue of Enlace and is based on an interview between Mayte and Charito Calvachi-Mateyko that was broadcast on 'Radio Centro' WLCH, 91.3 FM in Lancaster, Pennsylvania.*

**Charito** - *When we speak of relinquishments, are we saying that we will relinquish worldly things?*

**Mayte** - It means that we learn to live with things we really need, whatever our needs might be. As Peace Pilgrim said: "Material things have to be put in their proper place. They are here to be used; to be used well; that's why they exist. But when they are no longer needed, we should be quick to give them away, perhaps to someone who needs them even more. Anything you cannot relinquish when it has exceeded its usefulness possesses you; and in this materialistic era of ours we are very much possessed by our possessions."

Let's speak of another type of possessiveness. Peace said to us: "When we think we possess people we have the tendency to direct their lives, which leads to extreme disharmony. Only when we realize that we do not possess others, that they must live according to their own internal motivations, only when we let them direct their lives do we discover that we are able to live in harmony with them." Here we are speaking of a true respect for others. In fact each of us is solely responsible for our own life. As the great Mexican leader Benito Juárez said so wisely, "Respect for the rights of others is peace."

**Charito** - Our mass media world sends us the message to monopolize everything and to have everything. Does this mean that the spiritual world, characterized by abundance, affectionate caring, and sharing with everyone must be antagonistic with the 'real' world, characterized by material scarcity and the constant drive to have as much of everything as possible?

**Mayte** - A remarkable British economist, E. F. Schumacher, has written a book, *Small Is Beautiful*, about this from the perspective.

True success, independent of our economic resources, is to dedicate our life to activities that encourage and support the spirit, independent of isolated profits. Truly successful people have profits that involve all their being and obtain a style of life that benefits, in addition to the individual, all those around him. As David R. Hawkins puts it in his book, *Power vs. Force*, truly successful people are courteous and considerate with everyone, treating all as equals. "Truly successful people are not inclined to act arrogantly, because they do not consider themselves better than others, only more lucky. They see their position as a responsibility, an obligation to exert their influence for the greater benefit of all." He clearly explains, "Success elevates us or destroys us, depending not on the success itself, but on how we integrate it in our personalities. If we are proud or humble; if we are egotistical or thankful; if we consider ourselves better than others because of our talents or we consider our talents a gift, and for them we are thankful -- these are the determining factors."

**Charito** - Must the spiritual world, characterized by abundance, be antagonistic with the everyday world in which we live day to day?

**Mayte** - Each is a marvelous complement with the other when we remember the presence of God in our lives. A fundamental element to be truly successful is the knowledge that all we do is by the grace of God. God is the power that moves the world. We are all ONE with GOD. True success in life happens when we profoundly understand that we are an instrument of God to do good, to bring peace and harmony to others, to do the best we can for the benefit of humanity. This happens when we understand from the depths of our being that we are messengers of the divine word, and when we live to give, the meaning of success is transformed into a sublime activity full of love.

**Charito** - Can speaking of relinquishments be something that produces a fear to give away joy in life? Do you think we can feel happy for relinquishing certain things?

**Mayte** - The word relinquishment has a great variety of meanings. It can be interpreted as to give, to surrender, to stop, to leave, to dedicate or to sacrifice. It can also be interpreted as to stop doing something that causes great personal joy and from this perspective perhaps we could use another word that better describes what we are speaking about. In fact what I'm talking about is to consider the meaning as to dedicate oneself to serve others, to reflect on making possible pertinent life changes which facilitate a more profound spiritual encounter with God, from the highest part of ourselves and from the inner being, the soul, with the people we relate to and to those we have an opportunity to serve. There is great joy in service to others.

**Charito** - What is it that I can achieve when relinquishing certain aspects of my life?

**Mayte** - Inner peace is the single and only source of happiness and each step we take, each new activity we initiate and each thought and positive feeling we have, allows us to bring harmony into life which will lead us to reach inner peace. Peace comes to us when we learn to live according to the laws of God and the universe.

Let us consider how each living entity on the planet evolves and develops – "from a seed to a flower and seeds for new life again." This model of life in balance can teach us something on how we can plan and allow our lives to unfold - day to day. We can begin by asking ourselves, does each day unfold in a balanced way? Are we making our lives more complex than need be? If we found that this can be improved, what opportunities exist to re-establish balance? In the book, *The Tao of Inner Peace*, Dianne Dreher suggests we have these questions in mind:

- ❖ Is there anything you wish to delegate, eliminate or in any way simplify?
- ❖ Is there anything lacking in your life?
- ❖ Can you create space for it by reducing involvement in other areas?

She sees us as architects designing a beautiful structure which we call *our life*.

On this beautiful day I want to close this interview by sharing phrases of the Sabian Assembly that encourage me to live a life of abundance based on service to others.

- ❖ I dedicate my world to God in every thought and act.
- ❖ Whatever I take from life I accept as high responsibility.
- ❖ The goods for which I strive are of eternal worth.
- ❖ My riches have their source in God's abundance.

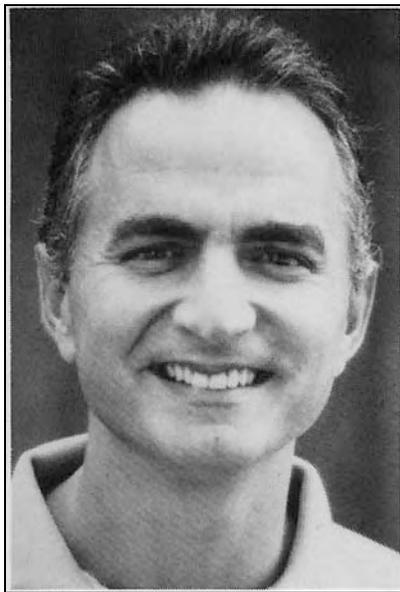


Peace Pilgrim's sister Helene Young with Mayte Picco-Kline at the Peace Pilgrim Park in Egg Harbor City, NJ – Dec. 2006

## PRACTICE: A FEW SECONDS A DAY

By Bo Lozoff

*Peace Pilgrim felt that "practice" was a missing ingredient in our journey toward inner and outer peace. The following article offers some practical suggestions. Our friends Bo and Sita Lozoff have inspired many in prison through their work at The Human Kindness Foundation. For many years we have supplied Steps booklets that are included in the packages they send to prisoners. Bo has written several books and is in much demand as a speaker. The following article is reprinted from "a little good news," the newsletter of HKF.*



Bo Lozoff

Here's an almost effortless practice that will definitely change your life for the better if you are willing to commit just ten to twenty seconds a day to it. But first, a little background about how the brain works.

In his book *Addiction and Grace*, Dr. Gerald May discusses how the human brain works and he gives us sympathy for how easy it is to form habits and addictions. One example he gives is that if we go to supper just three nights in a row and do the same thing - something meaningless, like grab our cup with our right hand and place it at the nine o'clock position at our plate - if we do this as a ritual even three times, and then the fourth night we deliberately do it differently, it's going to bother us. After merely three repetitions of a trivial act, the brain has already imprinted the behavior as being natural, as being the "right" place for that cup to be. The brain has already formed chemical synapses between the nerve endings that make us feel the cup should be placed at nine o'clock!

So we can also make this process of "imprinting" work in our favor. The moment we realize we are awake - I don't mean after getting up and going to the bathroom, or after lying there thinking of all sorts of things; I mean the first moment we realize "I'm awake..." - the brain is in a very raw and open state and can imprint things very deeply. So in those first few seconds of "awakeness" every day, say a prayer or state an intention that reflects your spiritual path. Something like, "Lord, may I be less selfish today than I was yesterday."

Or, "Lord, I dedicate my life to others today; please show me how, all through the day."

Or, "I commit my every thought, word and deed to the greatest good today. May I cause no harm."

It takes fewer than five seconds to say one of the thoughts above. And then you lay there for another ten seconds or so to let it sink in. The brain very powerfully imprints this thought as your first identity of every day. All through the day it will come back to you and challenge you and remind you of your spiritual

intentions. Before you are busy being a man or woman, convict or citizen, young or old, black or white or other, before you even know your name each morning, you have imprinted a profound spiritual thought into your brain; you have declared your primary identity as a spiritual seeker. Believe me, it will make a difference in your life.

And it only takes a few seconds. There is no one, anywhere, who does not have the time to do this practice. Every one of us wakes up every day and stays in bed a few seconds as we realize we are awake. It doesn't take long to train ourselves to do this practice; it'll come automatically after the first week or two. The only requirement on our part is to commit to doing this every day for the rest of our lives. That's how the brain will imprint these intentions and prayers the most deeply. If you call yourself a spiritual

seeker at all, then is it unreasonable to require yourself to begin each day with a simple, effort-less reminder of that?

The prayer or intention should be simple, fewer than 20-25 words, something a child can understand. And it should be the same words every day for at least a few months at a time in order for the brain to imprint it deeply. Don't lie in bed and start thinking of what to say; that gets the mind too involved and active. Choose the words in advance and stick with the same ones for a few months or longer, until you are guided to change or alter them.

Many people say meditation takes too much time or is too difficult or they have no place to practice it. But no one and nothing can prevent you from spending a few seconds doing this simple practice when you first wake up. There is no environment, no external force, that can prevent you from doing this. And although it is simple and almost effortless, it will change your life.

One more wrinkle you can throw in is to end your day with the same sort of practice: Lying on your pillow waiting to go to sleep, you just check out the same way you checked in: "Lord, may I be less selfish tomorrow than I was today...."

Beginning and ending each day, seven days a week, 365 days a year, with our spiritual nature, is one good way to begin to understand "Be in the world, but not of it." Give it a try!

*The Human Kindness Foundation can be contacted at:  
PO Box 61619, Durham, NC 27715 – tel. (919) 304-2220  
website – [www.humankindness.org](http://www.humankindness.org).*



**"All works of love are works of peace. If we have no peace, it is because we have forgotten that we belong to each other." Mother Theresa**

## Letters and Email

### From Florida:

Dear Friends,

I have a new hero. To me a hero is someone whom I admire, someone whom I aspire to be like - a woman named Mildred Norman, she was known as "Peace Pilgrim." I read her story in Dan Millman's book, *Divine Interventions*. Mildred was born in 1908 on a small chicken farm in New Jersey and she passed away over fifteen years ago.

I was inspired by this woman's story to be even more of an instrument of peace! The way I live my life everyday, how I interact with people and how I interact with myself is what matters. I have decided to:

- ❖ Smile at everyone I see instead of waiting for them to smile at me first;
- ❖ Look for the sweetness inside of people instead of passing judgment;
- ❖ Have more patience with others (maybe telemarketers who are just trying to make a living) and my life;
- ❖ Have tolerance and put myself in their shoes;
- ❖ Show more understanding and sympathy to others acting in a way I may of labeled rude, slow, fake, controlling, selfish, self-absorbed, insecure, dishonest, spacey, or unconscious;
- ❖ Have patience with life if it doesn't play out in my time frame or my exact picture.

Peace & love to you and your loved ones! Laurie

### An Email:

Hi,

I have been reading on your website and watching the documentary and listening to the songs over the last few days.

I realized I was watching a real life saint and I've been so inspired by her. I was already starting to simplify my life and planning to get rid of a lot of clothes and superfluous belongings so I came across Peace at just the right time. She has really given direction and inspiration to my plans. I would also like to dedicate myself to service like her, giving instead of getting, although in lots of respects I have a far way to go. I love her simplicity and service, her radical response to life, her love, and above all she has shown me the truth of the spiritual teachings.

Thank you so much for the website. You are doing a great and important job and I'm sure you will be blessed for it.

Steve

### From Belgium:

Hello Friends,

Today something wonderful has happened... I am home from work because of a sore back problem. So I need to lay down a bit and was wondering what I would do while I was laying down... Read a book... watch TV or a video... I prefer to watch TV a little... But on TV there was nothing worthwhile going on... and I had no videos that I had not seen many times... Then my front door bell rings! I open the door... and in front of me is the mailman with the video tapes you have sent me! Wonderful !!!

And as they say... coincidence does not exist. I am really feeling that the message of Peace Pilgrim is coming to me at exactly the right time and as I can feel every word she says also living inside of me... I hope I can also make it my message to the world... even if my body is not strong enough to do it the same way... I hope I find my way to live the message that Peace Pilgrim brings... It is already inside of me and maybe has always been there... But only now, at 46 years of age, I feel ready to bring it outside of me. So, I thank you very much for sending me everything. In the meantime... take care to enjoy life, keep smiling and let's all together make Peace inside and outside of us!

Love - xox - Debby

### Taking Action for Peace:

Dear Friends,

I represent a newly forming women's peace project called Heart2Heart PeaceWorks. We would like to begin sending simple, but personal messages of love and support to women in countries who are now being challenged by the impact of war and poverty. It is our intention to reach out to as many countries as possible. These simple messages will be non-political, and non-denominational in nature; such as "I wish you and your family peace," or "We remember you and your family in our hearts." I am collecting these messages through email and putting them on blank cards. I would like to send them to a humanitarian or peacemaking organization. To learn more about our project, or to participate, please visit our website at:

[www.heart2heartpeaceworks.com](http://www.heart2heartpeaceworks.com)

Thank you so much for the work that you do, and for any help you can give us with this project.

Peace, Karyn

"It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it."

*Eleanor Roosevelt*

### From Arkansas:

Hello,

I first heard of Peace when I moved to Burlington, KS in the early 1980's. There was a newspaper article hanging in the lobby of the new high school I was to attend. She had walked through this town on Highway 75. I read the article, and, being a 'seeker' all my young life (and even today), was completely inspired to continue my journey of peace and truth. I had the wonderful opportunity to be enrolled in a creative writing class. We were assigned to write a haiku. Mine was about Peace Pilgrim. I have not shared it with anyone - except my creative writing teacher some 24 years ago. Now, after all this time, the influence of Peace Pilgrim still resonates - and my journey - is one of redemption based upon her journey and her words of peace and love.

So, in an attempt to 'thank' her - I wanted to share this humble homework assignment from a generation ago with her friends. Thank you for continuing her work.

### Haiku for Peace Pilgrim

*You brought us new hope  
One day - perhaps you were an  
Angel passing through*

Peace be with you, Shawna  
Fayetteville, Arkansas

### An Email:

Hello Friends,

The *Steps* booklet and the book have been such a huge part of my life for the last 15 years that I feel the need to share them with others. The booklet is so easy to carry a handful of and just hand them to someone who may be interested. It has been years since I have done this but I feel the impulse to begin again. I still get thanks now from people I gave them to over a decade ago! I am 34 now and my spiritual teaching is so deeply inspired by Peace Pilgrim, as is my Life and my willingness and ability to "be peace" and to Love and live fully. Any audio or video would also be greatly appreciated! I thank you DEEPLY and wholly for your support of the vision of such a beautiful human being!

Many, Many Blessings and Eternal Love, Dale Allen

### From Colorado:

I am writing in gratitude for the Peace Pilgrim Books and Videos. I was able to use them in our program for our gathering of *SPIRITKEEPERS – AN INTERFAITH FELLOWSHIP*. We gather each Sunday morning to listen and partake of a presenter of some aspect of the spiritual path. This group is an outgrowth of the

Dances of Universal Peace so in each session we have two or three spiritual dances as well.

The program I presented was entitled *WHEN THE RUBBER HITS THE ROAD FOR PEACE*. We traced a brief history of nonviolent peace walks from Gandhi to Peace Pilgrim to The Great Peace March for Global Nuclear Disarmament of 1968. We had three people who had been on the March and they remembered other marchers' comments about Peace Pilgrim and what an inspiration she was to them.

After all these years I'm still impressed not only with her actions of "Walking her Talk" but that her message, as simple and basic as it is, still is most needed in today's world. One of the former marchers when asked if it produced any results to walk for peace, quoted Pete Seeger as saying that on the balance scale of peace and war -- the military has big rocks that they place on one side of the scale while we, on the other side have only little stones that we each can place on the other. But if enough little stones are put on the scale we can out balance the military.

Thanks again, John

### An Email:

Dear FoPP,

I read the Peace Pilgrim pamphlet years ago. I wrote down in my journal her quote: *"This is the way of peace: overcome evil with good, falsehood with truth and hatred with love."* I recently received a letter from Billy, a prisoner. He broke into my home 10 years ago and was writing asking to be forgiven. I wrote back with my forgiveness and included the above quote. He wrote again asking who Peace Pilgrim is so I looked her up online to see if I could order a pamphlet for him. I read the entire website today and I am inspired all over again! Thank you for keeping her message alive and thank you for sending the literature to Billy.

Sincerely, Melanie

### An Email:

Dear Friends of Peace Pilgrim,

During my journey to India I visited the ashram of Vinoba Bhave in Paunar. It is a little community of women who dedicate their life to the practice of non-violence in the purest tradition of Mahatma Gandhi. One day, Gitaben, a lovely old sister, gave me a tiny booklet called *Steps Toward Inner Peace*. It was a revelation. She said to me: "You know, Peace Pilgrim was on her long pilgrimage exactly in the same time that we were walking beside Vinoba across India in order to collect land for the poor." Gitaben would be happy to have some additional copies of *Steps Toward Inner Peace* as she gave me her last copy.

Thank you, Zsuzsa

## *Offerings from Friends of Peace Pilgrim*

**Dear Friends of Peace Pilgrim:** Here are publications we offer. While we do not charge for these, many ask about sending a donation. You will find the approximate cost for materials and postage after each item. Friends of Peace Pilgrim is an all volunteer 501(c)(3) non-profit organization. Donations and bequests are welcomed and tax-deductible. All money goes directly to our work, helping us to continue producing and distributing materials to all who ask.

### PUBLICATIONS

**PEACE PILGRIM: Her Life and Work in Her Own Words** (Standard Edition), 224 pages. Compiled by five of her friends after her transition in 1981. Our printing and postage costs: \$3 for one book. \$2.25 for each additional book. Full Carton of 32 books \$80.

**PEACE PILGRIM** (Compact Edition), 224 pages. This book is the same as the Standard Edition except smaller. Our cost: \$2.25 for one book, \$1.50 for each additional book. Full Carton of 48 books \$60.

**PEREGRINA DE PAZ: Su Vida Y Obra en Sus Propias Palabras** 216 pages. (Spanish edition of *Peace Pilgrim*) Our cost: \$3.50 for one book, \$3 for each additional book.

**STEPS TOWARD INNER PEACE** 32 pages. Peace Pilgrim relates her own steps toward inner peace and gives ideas for working for world peace. Our cost: 1-4 copies, 50 cents each. Additional copies, 30 cents. Box of 100, \$27. Box of 500, \$125.

(*Steps Toward Inner Peace* is also available from the Center in Spanish, Chinese, Arabic and Hebrew. Please call or write for information.)

**PEACE PILGRIM'S WISDOM: A Very Simple Guide** by Cheryl Canfield, 224 pages. Includes 365 quotes from Peace Pilgrim – one for every day – and a study guide by Cheryl offering suggestions to help integrate these simple spiritual truths into your life. Our cost: \$5 each.

**PEACE PILGRIM, An Extraordinary Life** by Ann Rush, 16 pages. Peace Pilgrim's life is traced from her ordinary beginnings through a transformation to a life of unusual commitment. Our cost: \$1.50 each.

**THE PEACE PILGRIM COLORING BOOK** 26 large pages by Barbara Werner and Gary Guthrie. Our cost: \$3 each.

### AUDIO CASSETTES

**CAMPBELL HOUSE, 1959** (90 minutes). A talk that is representative of her message. It also has a brief radio interview the day before she died. Our duplicating and postage costs: \$3 each.

**SALT LAKE CITY, 1955** (60 minutes). Recorded two years after her pilgrimage began. A gentle talk to a small group in a friend's home. Sue Millard, sings a song composed by Peace Pilgrim. Our cost: \$3 each.

**DALLAS CHURCHES, 1979** (60 minutes). Two talks representative of her vigor, joy, and audience rapport. It also has a song composed by Peace Pilgrim, sung by Don Wittig, and Peace Pilgrim's energizing song, "The Fountain of Love." Our cost: \$3 each.

### **PEACE PILGRIM'S SPIRITUAL GROWTH**

(67 minutes). The sound track of the first hour of the "Speaking to a College Class" video. At the end of Side B, Peace Pilgrim relates one of her prison experiences. Our cost: \$3 each.

**STEPS TOWARD INNER PEACE** Available for the first time as a separate audio tape! Narrated by Ann Rush. Our cost \$3 each

**PEACE PILGRIM BOOK AND STEPS ALBUM** Eight audio cassette series narrated by Ann Rush. Our cost: \$18.

### VIDEO CASSETTES

**PEACE PILGRIM: An American Sage Who Walked Her Talk** (approximately one hour). A professional quality documentary film, about Peace Pilgrim's life. Includes much new historical footage and interviews. Our cost: \$8 each.

**THE SPIRIT OF PEACE** (71 minute documentary).

Interviews of those who knew Peace Pilgrim and those who were inspired by her message. Our cost: \$8 each.

**INTERVIEWS OF PEACE PILGRIM** (62 minutes).

Includes a short TV program from *PM Magazine*, an interview for WIFR-TV in Rockford, Illinois, and a 30-minute interview at Pensacola Junior College. Our cost: \$6 each.

**ANSWERING QUESTIONS** (55 minutes). Peace Pilgrim in an interesting question and answer session with students in Applied Psychology at the University of Georgia, 1977. Our cost: \$6 each.

**SPEAKING TO A COLLEGE CLASS** (2 hours). Peace Pilgrim speaking at California State University in Los Angeles. A good tape for those who want a more in-depth study of Peace Pilgrim's message. Our cost: \$8 each.

**SPECIAL 30 MINUTE VIDEO** Highlights of other videos selected for showing to new audiences. Peace Pilgrim tells a few of her most interesting experiences. Our cost: \$5 each.

**OUR NEWSLETTER** – To be added or removed from our newsletter mailing list, please contact us at the address below. All of our past newsletters as well as the *Peace Pilgrim's Progress* newsletters sent by Peace Pilgrim during the years of her pilgrimage, and the Spanish language *Enlace Internacional* (also in English) are available on our website. You can access them at:

<http://www.peacepilgrim.org/news/index.htm>

### *Send Requests to:*

**Friends of Peace Pilgrim, PO Box 2207, Shelton, CT 06484  
or call (203) 926-1581 or email: [friends@peacepilgrim.org](mailto:friends@peacepilgrim.org)**

# Moose Jaw Times-Herald

Moose Jaw, Saskatchewan, June 24, 1957

## Peace Pilgrim Pauses Briefly While On Dedicated Walking Tour

Thirteen pairs of shoes could tell a story of dedication and service to the world, could they speak. They are the thirteen pairs of shoes Peace Pilgrim has worn in her thousands of miles travelled on foot in a pledged walking tour in Canada and the United States. Comfortable boy's shoes with thick foam soles keep her going forward on her journey of good for nearly 1500 miles.

The 113 pound, silver-haired woman who carries all her worldly possessions in pockets all around the bottom of her short tunic pocket goes forward with an easy mile-eating gait. She accepts no lifts while on pilgrimage miles, but does accept them between these points.

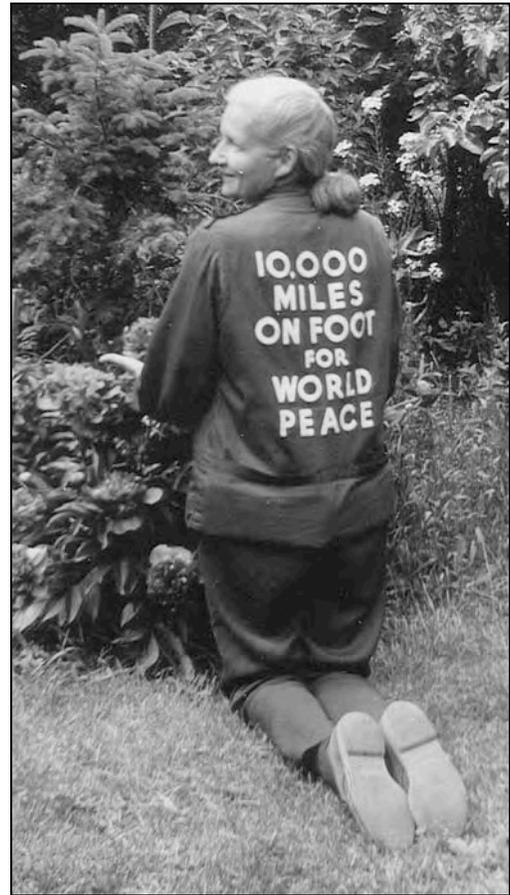
Peace Pilgrim has walked 10,000 miles and more. She was born in the U.S. and 15 years ago took a vow of simplicity, "not to accept more than I need while others have less than they need."

For four and one-half years she

has been a pilgrim, never knowing in advance if she will eat or where she will sleep, but confident that she will be cared for. Without a penny in her pockets she has never been without food for more than four consecutive meals, not without a spot to rest. Last night she stayed at the home of Mr. and Mrs. R. L. Abram, 1090 Second Ave. N. E.

Peace Pilgrim said she enjoyed her short stay in Moose Jaw and will proceed today in the direction of Regina, where she expects to speak this week.

Beginning her pilgrimage in Los Angeles, California, this woman has travelled across every State in the Union, in Mexico, and in June 1956, she began with Ontario, to walk 100 miles in each province in Canada. Peace Pilgrim eats no fish, meat or fowl yet her energy is testimony to her good health. Chatting with people and speaking for world peace she continues in faith.



"I no longer become angry. I not only do not say angry words, I do not even think angry thoughts! If someone does an unkind thing to me I feel only compassion instead of resentment. Even upon those who cause suffering I look with deep compassion, knowing the harvest of sorrow that lies in store for them. If there were those who hated me, I would love them in return, knowing that hatred can only be overcome by love, and knowing that there is good in all human beings which can be reached by a loving approach."

*Peace Pilgrim: Her Life and Works in Her Own Words*  
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