



# 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 56



*"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead*

*Friends gather at the Peace Pilgrim Park in Egg Harbor City, NJ for the 2011 Peace Pilgrim Celebration*

## Dear Friends of Peace Pilgrim,

The colors of spring are a soft blanket on the Connecticut hills. The browns of winter are being smothered in gauzy greens and wispy reds as new growth emerges on maple, oak, birch, and tulip. Daffodils and forsythia came early and are now beginning to fade as lilac, cherry, and apple offer their bright blossoms to the landscape.

There are many anniversaries recently past and soon to be. Last July marked the 30th anniversary of Peace Pilgrim's "transition to a freer life." Next January 1, will be the 60th anniversary of the beginning of the pilgrimage. We have been in touch with an independent producer of National Public Radio stories who is working on a piece that we hope will air on one of the national NPR news programs on that day remembering Peace Pilgrim and highlighting her contributions to individual and world peace.

On April 26, 1952 Peace Pilgrim began her Appalachian Trail walk from the top of Mt. Oglethorpe in Georgia. In October of that year she would become the first woman to complete the trail in one hiking season. One of our articles in this edition covers that journey.

This year also marks the thirtieth anniversary of the beginnings of Friends of Peace Pilgrim. Our book *Peace Pilgrim: Her Life and Work In Her Own Words* went to press for its first printing of 2500 copies in December of 1982. The compilers felt that it had to be offered in the same spirit that Peace Pilgrim had offered her life and pilgrimage, *freely* to all who asked. At the time, it seemed an improbable model for keeping the books in print. But, here we are thirty years later, having printed and sent almost half-a-million books and over two million *Steps Toward Inner Peace* booklets to friends around the world. As Peace would say, "Aren't people good!"

In peace and friendship,  
The Friends of Peace Pilgrim Board

*Cheryl Canfield, Jeff Bloom, Richard Polese, Mayte Picco-Kline, Barbara Reynolds, Bruce Nichols, and the Oklahoma City volunteers*

## Celebrating Peace Pilgrim - Sept. 16-18 2011

by Nanette Galloway

EGG HARBOR CITY — With another successful Peace Pilgrim Celebration under their belts, the residents of Peace Pilgrim's New Jersey birthplace are getting ready to plan what will be the fifth annual celebration of her life's work.

The fourth annual celebration, which took place Sept. 16-18, 2011, attracted visitors from near and far to participate in five special events made possible with the help of movie producer Tom Shadyac, Planetwalker John Francis, Rev. DonnaChristine Park of Walk a Mile in My Shoes (WAMMS), members of the local Quaker and Unitarian congregations and students from the city's new Cedar Creek High School.



*Planetwalker, John Francis and Helene Young*

The group's very first event in July 2008 celebrated what would have been Peace Pilgrim's 100th birthday. Subsequent celebrations were held on the weekend closest to Peace Pilgrim's July 18 birthday, but due to the often oppressive heat, the celebration date was moved last year to coincide with International Day of Peace.

"Having the celebration timed with the United Nations' International Day of Peace gives us the opportunity to create greater awareness of Peace Pilgrim's teachings and involve our young people on a grass roots level," said PeacePilgrim100 Chairwoman Nanette Galloway.

Students in the high school's graphic design class designed the T-shirt, "Got Peace?" which was distributed to those who participated in the two-Mile Inter-generational Walk for Peace. Students also worked with Rev. Park to conduct a shoe drive in Peace Pilgrim's honor. More than 200 pairs of gently loved shoes were collected at the high school and throughout the weekend and distributed to residents of the Atlantic County Rescue Mission and Women's Center.

"Having the opportunity to honor my peace mentor by bringing WAMMS Across America to Egg Harbor City to participate in this special event has been an ultimate privilege," Park said.

The weekend opened with a screening of director Tom Shadyac's film, *I Am* at the high school's Dr. Adam Pfeffer Performing Arts Center on Friday evening. In the documentary, Shadyac shares his awakening to his prior life of excess and greed as he investigates how as individuals we can improve the way we live and walk in the world. Peace Pilgrim is briefly featured in the film along with Planetwalker John Francis, an environmentalist who conducted a twenty-year pilgrimage, seventeen of them in total silence. Taking time from his work as a professor of environmental studies at University of Wisconsin, Madison, Dr. Francis visited Egg Harbor City to speak to students about how they can create peace with the environment.

In his address, Francis noted that he considered Peace Pilgrim a kindred spirit. He said he first learned about Peace Pilgrim during his pilgrimage when he came upon a peace center in Redding, California where he was fed and given shelter. "I noticed a picture of an elderly woman with gray hair walking down the street. It was Peace Pilgrim," he said.

John and Ann Rush, founders of Friends of Peace Pilgrim, who provided him with a copy of Peace Pilgrim's book to take on his journey. "I thought it was just amazing what she had done...it was something that just inspired me to continue on my journey," he explained to the audience.

After the screening, Friends of Peace Pilgrim presented the school with a Peace Pole to be planted in a butterfly garden that will be created on school grounds in the spring.

The next day, Francis strummed on his banjo as he led the Walk for Peace from Peace Pilgrim Park to her childhood home. Residents gathered at the park following the walk to share an old-fashioned community picnic, while a DJ played peace themed music. The day was capped off with a drum circle, facilitated by drum master Dave Shaman.

Perhaps the most profound part of the celebration was the Sunday morning interfaith worship service hosted by the local Quaker and Unitarian congregations and held at the Unitarian Church in nearby Galloway Township. The service included readings from *Peace Pilgrim, Her Life and Work in Her Own Words*, a message from Dr. Francis and 10 minutes of silent worship.

This year's event will be held Friday through Sunday, Sept. 21-23. For more information on the Egg Harbor City celebration, visit [www.peacepilgrim100.com](http://www.peacepilgrim100.com).

**"I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who will have sought and found how to serve."**  
~ Albert Schweitzer

## Peace Pilgrim Movie Update

by Mark Skelton

My name is Mark Skelton. I am an English screenwriter-producer living in Hollywood. My dream is to see the story of Peace Pilgrim come to life in a full-length feature film, so that the rest of the world can be transformed by her powerful message of unconditional love. I'll come right out and say it; Peace Pilgrim has changed my life beyond words. My heart is filled with so much appreciation for her that I want to share my experience with as many people as possible.

Since partnering with the Friends of Peace Pilgrim some five years ago, I have passionately dedicated my life to this momentous endeavor. Soon after discovering Peace Pilgrim, I teamed up with fellow writer-producer, Kerri Randles, to write the in-depth screenplay which is now ready to go into production. It is my belief that this film will convey social messages that will help inform and guide society to a better future, through real-life storytelling that highlights the power of women, the power of conviction, the power of personal transformation and, most importantly, the power of an individual to help shift and evolve the consciousness of society. During our time here in LA, we have met with some of the biggest names in Show business in the hope that they will connect with the Peace Pilgrim story and her message. Sadly, Hollywood's response is always a variation on the same theme: from "Nobody wants to see a movie like this with a female lead; no one will want to play her" to "Her message is too broad; audiences won't relate to this kind of "spiritual" film."

Well, I beg to differ. As you may know, there are literally millions of people around the world who care about Peace Pilgrim's work and who would love to see a movie celebrating Peace Pilgrim's life. I have personally received hundreds of messages of support, thanks, and offers of assistance in getting the film made. However, after 'knocking on Hollywood's door' for all these years, I find myself caught in a "chicken and egg" scenario. It goes something like this: I need to secure a Female Star to play Peace Pilgrim - think Meryl Streep - to then get the Investors to sit up, take notice, and back the film, but first I need Investors to help me secure the Female Star. It's an endless cycle... and it needs to be broken. *This is where you come in!*

I believe in the power of the individual. I also believe that there is no stopping an idea who's time has come. This is Peace Pilgrim's hour. The world is ready to hear her message and we now, like never before in human history, have the technology to come together as 'single cells in the body of humanity' and give Hollywood the proverbial kick up the backside!

So, how can you become part of this "silver-haired woman's" epic drama of adventure, hope, wonder, survival and faith of the human spirit? My simple idea is to raise enough grass roots support to enable us to make Meryl Streep (and the rest of Hollywood) sit up and listen. Once we get their attention, they'll realize the power of Peace Pilgrim's life and work and its potential to trans-

form humanity. We've built a Peace Pilgrim movie website dedicated solely for this purpose. We would like to hear your Peace Pilgrim stories... did you meet Peace on her pilgrimage? How did she influence you? Do you have any interesting, entertaining anecdotes we could include in the final screenplay? We would appreciate your endorsements for the upcoming movie.

Our website ([www.peacepilgrimmovie.com](http://www.peacepilgrimmovie.com)) will display your endorsement for the film to Hollywood movers and shakers and, finally, you can help spread the word by sharing our website link with your friends on Facebook, Twitter or any other social gathering you attend in the real world! If enough individuals come together as one, we will make cinematic history together. A truly united, grass roots 'n' boots movie that, I believe, would put a smile on Peace Pilgrim's face. Please email any questions/suggestions to: [mark.skelton@darefusion.com](mailto:mark.skelton@darefusion.com) or add me as a friend on Facebook!

## Proclaim Peace

By Dr. Elsa Potter

*Dr. Potter is the founder of the International Institute of Culture and Language in Belmopan Belize, Central America. The institute recently installed a Peace Pilgrim pole in the peace garden on their grounds. Their mission is to "stand for the discovery and celebration of intergroup brotherhood through transculturation in small groups, with a view to world peace."*

What is peace, anyway? The old scholastic definition: Peace is the *tranquility of order*. Not necessarily a "destination" as in *absence of war, disarmament, negotiation, and conflict resolution*. Not a "destination," but a "journey."

Just ask the revered Peace Pilgrim. Her life and example in their historical setting made for national friendships to blossom and bloom in all weathers and all seasons. She made numerous friends along the way, as she walked through the northern states in warm weather and the southern states when the weather turned cold. She joyfully trekked twenty-five thousand miles across the North American continent, before she stopped counting miles. Her message was just what humankind was already supposed to know. We were to, "Overcome evil with good; overcome falsehood with truth; overcome hatred with love." What was singular and original with her was her personal commitment - exemplified by her vow to walk until given shelter and fast until given food - never asking.

The times themselves, the sixties and seventies in the United States, fostered her peripatetic presence. Her entire endeavor is well documented by Friends of Peace Pilgrim, who are happy to freely share her message via books, booklets, recordings and films. What a role model!

Peace Pilgrim gives persons who want to get involved with the International Institute of Culture and Language, the organization I started in Belize, a true personal template, to foster the attitudes needed to further our peace-promoting goals.

## Peace Pilgrim's Appalachian Trail Journey Sixty Years Later

by Bruce Nichols

*Friends of Peace Pilgrim board member Bruce Nichols has had a long-time interest in the Appalachian Trail and unearthing original documents referring to Peace Pilgrim's 1952 hike. Bruce hiked the entire length of the AT in 2002, the fiftieth anniversary year of her journey.*

In 1952, the year before she began the pilgrimage, Peace Pilgrim, then known as Mildred Norman Ryder, set out on another memorable journey. On April 26 of that year, in the company of fellow Philadelphian Richard Lamb, Mildred began the 2050 mile walk north from Mt. Oglethorpe in Georgia toward Mt. Katahdin, in northern Maine. Mildred's passion for walking and her deep love for the beauty, inspiration, and peace she found in the natural world had lured her to the trail. By the time she completed the journey in October of that year she would become the first woman to walk the entire length of the Appalachian Trail in one season.

Only three other hikers had previously completed the 2050 mile Appalachian Trail in one calendar year. Earl Shaffer was the first in 1948. Three years passed before Earl's feat was repeated. In 1951 two other men, Gene Espy and Chester Dziengielewski completed the journey in one season.

Mildred and Dick also became the first hikers to complete a "flip-flop" transit of the Appalachian Trail. They initially walked north to the Susquehanna River at Harrisburg, Pennsylvania, then traveled to Mt. Katahdin in Maine and walked south to the point at which they had left the trail. On the way back they made a small 165 mile detour to the Canadian border along the northern half of the Long Trail in Vermont. They then returned to central Vermont to complete their journey south on the AT.

For many years there was confusion about Mildred's identity. In most of the early histories of the Appalachian Trail she was listed as Mildred Lamb and it was assumed that she and Dick were a married couple. Society was more restrictive in 1952 and the idea of an unmarried man and woman hiking alone in the woods for months on end would have been scandalous. To avoid any problems, the pair would introduce themselves simply as "Dick Lamb and Mil."

There are a few historic documents that are connected with their journey. The only one that still exists that was directly from their hands is a postcard sent by Dick Lamb

on August 12, 1952 from Bigelow, Maine to the Appalachian Trail Conference headquarters then in Washington, DC, describing their progress:

*Dear Miss Stephenson, You may be interested in hearing a few more facts about the first couple (especially the first woman) to traverse on foot alone the entire 2,050 mile Appalachian Trail in one season of less than 5 months. On April 26 we started from Mt. Oglethorpe and went up to Harrisburg in 2-1/2 months, hiking about 15-20 miles a day and camping out each night. Then we went by car to Mt. Katahdin, Maine, and walked already 200 miles of the wild northern half of the Trail, back toward Penna., where we expect to be by October 1. This trip is a healthful experience in simple, natural living.*

*Adventurously, two more hikers of the 'A.T.,' Dick Lamb & Mildred (p.s. - We have kept in touch with Earl Shaffer.)*

We know from Earl Shaffer that Peace Pilgrim was corresponding with him during the hike. In his book, *The Appalachian Trail: Calling Me Back to the Hills*, written after his third thru-hike of the trail in 1998 at the age of 79, Earl writes, "Mildred sent me a series of postcards written so finely that the contents could have filled an ordinary letter. After ending the trip, she visited me at home." Unfortunately the postcards did not make it into the Earl Shaffer collection at the Smithsonian and appear to be lost.

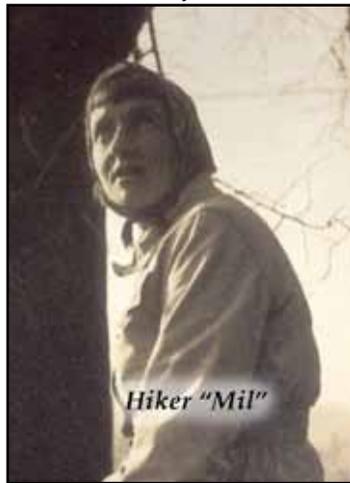
That winter, as Peace Pilgrim was beginning her pilgrimage in California, the following notice appeared in the January 1953 edition of the *Appalachian Trailway News*:

*At various times during the summer, persons on the Trail reported meeting "Dick and Mil," as they introduced themselves, who were making a through trip. From the south, word came that they were heading for Katahdin. But later, those meeting them in the north insisted they were headed south. The mystery was solved early in November when a letter from Dick Lamb of Philadelphia reported that they left Mt. Oglethorpe on April 26, and walked north to the Susquehanna River. There they took a bus for Millinocket, Maine. They then went to Katahdin and traveled south. They turned aside on reaching the Long Trail and went to the Canadian border, but came back to the A.T. and continued on to the Susquehanna River.*

*While not a continuous trip over the Trail, this was a traverse of the entire Trail route in one season. (Appalachian Trailway News - Vol. 14, #1 January 1953. Page 14)*

In an era before ripstop nylon, gore-tex, freeze dried meals, and other hi-tech gear, they lived simply and carried what today would be considered a minimalist amount of equipment. In recalling the journey Peace Pilgrim said:

*I lived out-of-doors completely, supplied with only one pair of slacks and shorts, one blouse and sweater, a light-weight blanket, and two double plastic sheets, into which I sometimes stuffed leaves. I was not always completely dry and warm, but I enjoyed it thoroughly. My menu, morning and evening, was two cups of uncooked oatmeal soaked in water and flavored with brown sugar; at noon two cups of*



Hiker "Mil"

*double strength dried milk, plus any berries, nuts or greens found in the woods. (Peace Pilgrim: Her Life and Works in Her Own Words - Pg.54)*

Life on the trail agreed with her. She always enjoyed and found inspiration in the beauties of nature and in a healthy active life. Hiking reinforced her belief in simplicity and confirmed her ability to live at need level. She encouraged others to share in this learning practice.

*If you are free, I recommend a hiking trip on a wilderness footpath. How inspiring it is to walk all day in the sunshine and sleep all night under the stars. What a wonderful experience in simple, natural living. Since you carry your food, sleeping equipment, etc., on your back, you learn quickly that unnecessary possessions are unnecessary burdens. You soon realize what the essentials of life are--such as warmth when you are cold, a dry spot on a rainy day, the simplest food when you are hungry, pure cool water when you are thirsty. You soon put material things in their proper place, realizing that they are there for use, but relinquishing them when they are not useful. You soon experience and learn to appreciate the great freedom of simplicity. (Peace Pilgrim: Her Life and Works in Her Own Words - Pg.54)*

It may have been that the vision for the pilgrimage came toward the end of the AT journey or possibly in the months shortly before with the hike on the trail serving as a proving ground for the 1953 cross-country walk. She describes the experience as follows:

*The inspiration for the pilgrimage came at this time. I sat high upon a hill overlooking rural New England. The day before I had slipped out of harmony, and the evening before I had thought to God, "It seems to me that if I could always remain in harmony I could be of greater usefulness--for every time I slip out of harmony it impairs my usefulness."*

*When I awoke at dawn I was back on the spiritual mountaintop with a wonderful feeling. I knew that I would never need to descend again into the valley. I knew that for me the struggle was over, that finally I had succeeded in giving my life or finding inner peace. Again this is a point of no return. You can never go back into the struggle. The struggle is over now because you will do the right thing and you don't need to be pushed into it.*

*I went out for a time along with God. While I was out a thought struck my mind: I felt a strong inner motivation toward the pilgrimage--toward this special way of witnessing for peace.*

*I saw, in my mind's eye, myself walking along and wearing the garb of my mission... I saw a map of the United States with the large cities marked -- and it was as though someone had taken a colored crayon and marked a zigzag line across, coast to coast and border to border, from Los Angeles to New York City. I knew what I was to do. And that was a vision of my first year's pilgrimage route in 1953!*

*I entered a new and wonderful world. My life was blessed with a meaningful purpose. (Peace Pilgrim: Her Life and Works in Her Own Words - Pg.22)*

Though it is not entirely clear if the inspiration for the pilgrimage occurred during her Appalachian Trail hike or sometime in the months before, the journey did confirm to Mildred that she could manage and thrive on the rigors of a longer walk. Of course that walk would be of a much different nature and be completely "on foot and on faith." Even the simple gear carried on the trail would be left behind.

Shortly after finishing her hike Peace Pilgrim was interviewed by Steve Alison on radio station WPEN in Philadelphia.

*STEVE: "Getting back to hiking, Mildred, as wonderful as you say your experience this summer was, I don't think you'd consider doing it again, would you?"*

*MILDRED: "I wouldn't consider doing the Appalachian Trail again right now, Steve, but I would consider doing some more hiking. In fact, I have another hiking trip all planned - and this time it's definitely on the optimistic side - it's a peace pilgrimage. There is hope. (May I read just a little more from my bulletin?) 'While we watch the storm clouds gather and prepare for the storm, let us never forget that the sun still shines behind those dark clouds, and may somehow break through before the storm descends. I see sunshine in the real desire for peace in the hearts of humanity, even though the human family gropes toward peace blindly, not knowing the way.' I think that those of us who have found the way to peace should be shouting it from the house-tops, and with this thought in mind I undertake my peace pilgrimage. Starting January First, I shall walk from Los Angeles to New York and then to Washington D.C. and talk to everyone who will listen to me about the way to peace. I'm even planning to wear a sign, the back of which will read, 'Walking Coast to Coast for Peace' and the front, 'Peace Pilgrim'."*

Garbed in her simple blue tunic emblazoned with those words and relying on the goodness of her fellow beings, she would embark on a journey that has now stretched far beyond the pathways of the Appalachian Trail or even the many thousands of miles of roads traveled during her 28 year pilgrimage. The pilgrimage has spread around the world to touch the lives and hearts of millions with her simple and inspiring message of peace.



### **Friends of Peace Pilgrim on the Appalachian Trail**

On the weekend of September 28 to 30, 2012, Friends of Peace Pilgrim will hold a Peace Pilgrim retreat at the Appalachian Mountain Club's Mohican Center in Blainstown, NJ - [www.outdoors.org/lodging/mohican/](http://www.outdoors.org/lodging/mohican/). The Appalachian Trail passes right by the center and we will be there almost exactly sixty years after Peace Pilgrim passed by near the end of her hike. Details are still being worked out. Space is limited and participation will probably be made by lottery. Please write us if you would like to receive more information when available.

## Comments from Our Facebook Page

### From Greg in California:

Having the incredible opportunity to meet Peace was TRULY one of the highlights of my life, and left a profound impression on me. I met her in 1974 while I was in college (San Diego). I was taking a psychology class. One morning, we were in class, and our professor was late. We were all a little restless, wondering when or if she would show up. I was going to walk out, but then she entered the class with Peace!

At first I snickered and thought to myself, "Oh she has brought in this vagrant lady to show us what the effects of excessive alcohol and drug use do to us psychologically." Well, 60 seconds into Peace's talk, my jaw dropped and I was SPELLBOUND! "Who is this lady?!?" I thought to myself. "I want was she has!!!" The inner joy, peace and energy just oozed from her. She was a literal saint! I subscribed to her little newsletter and have always tried to practice her teachings.

So for a few years I received her newsletter and tried to keep up with her comings and goings. By 1977 I kind of lost touch and pretty much forgot about her. Here is the interesting part! Fast forward to 1981. One morning I was in a deep meditation, and I got a \*STRONG\* notion of contacting her again. The feeling was, "Wow, I kind of forgot about her, I MUST reconnect with her." I looked up the contact number for her and made the call. I was SHOCKED to learn she had just a few days earlier made her transition to her heavenly home!

### From Marianne in California:

I watched the documentary online recently and listened to two of her early talks. The documentary helped me see how her work spread out in ripples as she affected so many people with her simple message. I was fortunate to have met Peace Pilgrim when I was in high school, I interviewed her for the school paper back then. I found the negatives for the photos I took but not the article. It was November 1978. Thank you for keeping her message and example alive.



Marianne's 1978 photo of Peace Pilgrim

## Notes From Our Friends

### From Percyne in New Mexico:

There are five of us volunteers who take a library cart into the pods of our Detention Center here in San Miguel county twice a week. We have one well-used copy of Peace Pilgrim and recently one of the inmates told me, "That is the best book I've ever read!" It is so gratifying, as some inmates have never read a book from beginning to end before. So many men and women are very appreciative. They have an opportunity while incarcerated to read a life changing book. It would be wonderful to have more copies of *Peace Pilgrim*. Could you send us eight copies in English and two in Spanish? Thank you so much for your dedication and the newsletter. I so believe what Peace said, "Many people, giving some of their time, can make history."

### From Pat in Missouri:

I met Peace when I broke my ankle in 2003 and was house bound for two weeks. A friend had left her book (old and worn) and it had been sitting at the foot of my bed for many months. Peace has had a profound impact on my life. She is my teacher, my mentor, and my mystic. I am profoundly grateful. I would like twenty-five copies of *Steps Toward Inner Peace* for a class I will be attending. It is on simplifying our lives. I would also like two copies of the book, *Peace Pilgrim: Her Life and Work in Her Own Words*.

### From Larissa in Michigan:

I thank you all for sending me the full size *Peace Pilgrim* book. I truly feel blessed, inspired and redirected following this reading of the story of her mission and life. I've come to see more strongly and clearly the presence of God guiding me on my path. Fearlessly I embark. I've shared the pamphlets with many friends and encouraged them to write you as well. With love and gratitude.

### From Peggy in Arizona:

I came across the book, *Peace Pilgrim: Her Life and Work in Her Own Words* in 1995. I've read, viewed and given away most of the Peace Pilgrim materials over the years. I now need a new supply to peruse and share with others. Peace Pilgrim's life has helped me see that living out God's highest purpose in service to others is the most important life to live. For Peace Pilgrim it was the call of peace. For myself it has been the call of poverty - feeding those in need. What I respect of Peace Pilgrim is that she had no followers, encouraged others to do what God calls them to do, and charged no one for sharing her truths. She was and still is an inspiration to all of us.

**"Life's most persistent and urgent question is,  
'What are you doing for others?'"  
Martin Luther King, Jr.**

**From a prisoner in El Salvador:**

Thank you for your previous mailings to me. I seek your blessing for a large number of my fellow prisoners who ask me if I have any spiritual books as they know that I am a seeker who practices meditation, study, and service. A book lending program has recently been opened in this facility. We have no library and I beg you to use me as the way by which you may bless many fellows here who are ready to embark on a path of evolution and consciousness. Thank you again and please keep on being love - send me *Peace Pilgrim: Her Life and Work In Her Own Words* in English and Spanish.

**From Patricia in California:**

Thank you for sending the *Steps Toward Inner Peace* booklets. Several years ago I was having some problems. I was visiting a friend one weekend and on the bedside table I noticed the booklet *Steps Toward Inner Peace* by Peace Pilgrim. I started reading it and found it so meaningful. It gave me a push in the right direction. The friend told me to take the booklet home if I wanted. Now I refer to this booklet frequently to reinforce Peace Pilgrim's way to inner peace. I am so thankful. That is why I requested copies to share with friends who are having difficulties.

Would you also be so kind and send me a copy of the book. Peace Pilgrim was such a wonderful example for all of us.

**From Sherry in Rhode Island:**

Could you please send me a video and a book. I just gave my copies to someone else and as happy as that makes me feel, I am already missing them. By the way, I requested these for my mother months ago. She has paranoid schizophrenia. When she is feeling very down, I direct her to her TV to watch Peace Pilgrim. Peace Pilgrim has a very calming effect on her. She loves the video and it works better than some of the meds that she is on. Thank you so much for all of the good work that you do, it is very appreciated. God Bless.

**From Nomecbo in South Africa:**

Good afternoon, thank you very much for the gift you sent to me (the book and the booklet). I have just received it from the post office and I am so excited and grateful. Even my 14 year old son can't wait to read it too. With God still by my side we are holding on with the children. Once again thank you very much and may the Almighty God bless you all.

**From our Canadian friend Daniel Simard,  
Translator of our book and booklet into French:**

From the moment I started reading Peace Pilgrim, I liked her simplicity and the universality of her principles. I appreciate the way she explains the two natures we have inside, with examples that can be related to everyday life.

When I started reading the book, my interest in spirituality was re-emerging. While raised in the Catholic religion as a child, I soon became an agnostic. I am open to many kinds of spirituality, but Peace Pilgrim will always have a special place in my heart, as I think (no absolute certainty, this is my agnostic part) that she went directly, with great simplicity, to the fundamental and basic truths. Among these, I felt the confirmation of one of them when I finished this work. Peace Pilgrim was saying that when you do something good, just for the pleasure of doing a service, you will often experience a nice return in ways you never expected.

In my case, I did the translation just to give my small contribution for those who can only read French but the

unexpected return of this process was that it made me remember very well all that she said, all those fundamental truths, without noticing it (because of the numerous revisions to make sure the translation was right, often pondering over every sentence). Reading and re-reading her words constantly for more than a

year made me feel close to her, and her smile keeps coming back at me regularly, in my head, like a friend who would keep visiting every once in a while.

**From Phil in England:**

I read with great interest the life of Peace Pilgrim when I was in the United States and in prison. My crime was that I wasn't an American citizen, even though I had lived in California as a resident for nineteen years, was a state and federal taxpayer, and did not have a criminal record. Still, I was deported back to England, my birth country, with only the clothes on my back and court records. It was extremely hard to resettle here after living in the USA for nearly two decades.

I found a tremendous amount of spiritual help just by reading a copy of the *Peace Pilgrim* book while in prison awaiting deportation. She was indeed a wonderful lady and I thank God every day for my life and my freedom.

**"No one walks so safely as one who walks humbly and harmlessly with great love and great faith."  
~ Peace Pilgrim**



*Prison Art on an Envelope Sent to Friends of Peace Pilgrim*

“I felt a complete willingness, without any reservation, to give my life - to dedicate my life - to service. ‘Please use me!’ I prayed to God. And a great peace came over me.”

**Friends of Peace Pilgrim**  
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**Shelton, CT 06484**

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*Peace Pilgrim: Her Life and Work  
 in Her Own Words - Page 7*

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***Walking for World Peace***

*The New Haven Register - New Haven, CT - 1958 - by Gideon Gordon*

A middle-aged lady walked into New Haven on Route One, Friday. Yesterday afternoon she dropped into 202 York Street to tell us why she has walked 12,000 miles in the last five years.

Taking advantage of clear skies and fine weather, we sat down together on the terrace in front of the building. She introduced herself as Peace Pilgrim and told us that her walk was intended as “a kind of prayer... a chance to inspire others to pray and work for peace among the people of the world.” She said she had walked across the country, through “every one of our states and Canada’s provinces.”

Impressed, we looked at her more closely. She was dressed in navy blue slacks and a matching tunic. On the front of it her name was printed and on her back her motto: “10,000 Miles on Foot for World Peace.” She mentioned that she carried all her worldly possessions in her pockets and had no money.

We asked her how she lived-- who fed her and where she slept. “Unlike the pilgrims of old,” she answered, “I never beg. I walk until given shelter and fast ‘till I am given food.” Just as we began to wonder if she had ever been near starvation, she noted that she had never missed more than four meals in a row.



**PEACE PILGRIM**