



Friends of Peace Pilgrim

A Non-Profit, Tax-Exempt, All Volunteer Organization

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Winter 2015 "Overcome evil with good, falsehood with truth, hatred with love." - Peace Pilgrim Number 59



Beautiful weather and joyful energy filled the 7th annual Peace Pilgrim Celebration held at Peace Pilgrim Park in Egg Harbor City, NJ, in September. See centerfold for more about this and other happenings in Peace's birth state this year.

Dear Friends of Peace Pilgrim,

In mid-December the first light snow has fallen on southern New England and melted back into the earth. These low Connecticut hills are currently painted in a muted palette of gray and brown. The vibrant red and orange leaves of a few months ago have fallen, eventually to nurture the green buds of spring that will emerge in April. The cycles of life are rolling onward as our planet journeys around the sun.

Sixty years ago, on January first of 1955, Peace Pilgrim was also setting out on a journey. It was the start of the second pilgrimage. Beginning again at the Rose Parade in Pasadena, she would walk 100 miles in every state ending in the state capital. This second pilgrimage would take several years to complete and include sojourns in Mexico and Canada. A photo and story on our back cover date from that time.

In January of 1955 Peace Pilgrim's "little sister" Helene Young was 39-years old and about to celebrate her 40th birthday. In February of this year Helene will turn 100. During the 28 years that Peace Pilgrim walked, Helene was the anonymous helper who picked up and forwarded all of Peace Pilgrim's mail. This past November, at age 99, Helene joined our Appalachian Trail retreat – she's been to every one – and again led us in exercises. The photos of Helene

on page four were taken during our annual celebration in New Jersey in September and near the Appalachian Trail in November. We expect she will be joining us at both events in 2015. She is an amazing woman in her own right and an inspiration to all who know her.

In this issue of our newsletter we share stories of some others who have taken to the road for peace and happiness. There are comments from friends who joined us for our November retreat and letters and drawings from students and others who continue to be inspired and transformed by Peace Pilgrim's life and message.

And, as always, our gratitude goes out to all of our friends for your support and encouragement. The pilgrimage that Peace began over 60 years ago lives on in each of you through your interest and efforts. We wouldn't be here without you. As Peace said, "All who work for peace belong to a special peace fellowship—whether we work together or apart." Thank you for being there.

Wishing you peace, always,

Cheryl Canfield, Richard Polese, Jeff Blom, Mayte Picco-Kline, Barbara Reynolds, Maurice Hoover, and Bruce Nichols - the Friends of Peace Pilgrim board of directors.

The Inspiring Legacy of Peace Pilgrim

by Geoff Dalglish

Our friend Geoff Dalglish lives at Findhorn in Scotland where he shares his joy for life and enthusiasm for peace with members of that community and others around the world. This article appeared in his blog of July 7, 2014, the thirty-third anniversary of Peace Pilgrim's death.

"I will remain a wanderer until mankind has learned the way of peace, walking until given shelter and fasting until given food." ~ Peace Pilgrim

It is a source of wonder that a remarkable silver-haired 72-year-old woman I never met has had such a profound impact on my life and that of countless thousands of others.

Known simply as Peace Pilgrim, she walked tirelessly for 28 years throughout the United States and Canada on a personal pilgrimage for peace.

"A pilgrim's job is to rouse people from apathy and to make them think," she said, insisting: "Love is the greatest power on Earth. It conquers all things."

Penniless and walking without any organizational backing, she touched the lives of countless thousands who were inspired by her message of achieving peace between nations, individuals and that all important inner peace that is the vital starting point. "One little person, giving all of her time to peace, can make news," she said. "Many people, giving some of their time, can make history."

Thirty-three years ago today she died instantly in a car accident while being driven to a talk. A day earlier she had confided in a radio interview: "Death is a liberation into a freer life."

I'd first heard about her from another legendary pilgrim, spiritual and ecological activist Satish Kumar, the 77-year-old editor of *Resurgence & Ecologist* magazine and presenter of BBC2's *Earth Pilgrim* program, who as a young man walked on a peace mission from India to the nuclear capitals of Moscow, Paris, London and Washington. He sees life as a sacred journey and the Earth as our sacred home.

Meetings with him at Findhorn during 2010, and especially a workshop about Exploring Inner and Outer Landscapes, were to be life-changing; a spark of an idea catching flame and powering my transition from Petrolhead to Pilgrim.

"Tourists value the Earth and all her natural riches only in terms of their usefulness to themselves," he said, "while pilgrims

perceive the planet as sacred and recognize the intrinsic value of all life.

"As a pilgrim I discover the mystery, the magic, the meaning and the magnificence of life in every step I take, in every sound I hear and in every sight I see."

New ideas about my life purpose crystallised during informal chats with Satish and were reinforced by the messages in his books *No Destination* and *Earth Pilgrim*.

On 7 July 2011 – exactly three decades after the passing of Peace Pilgrim from this earthly life - I took my first steps on the Isle of Iona on a walk of more than 15,000 km that brought me to the Spanish medieval city of Salamanca in October last year. I'd walked with messages about treading more lightly and lovingly on the Earth, the last few months as an ambassador for WILD10, the 10th World Wilderness Congress.

I salute Peace Pilgrim, Satish and so many other brave souls who walk their talk.

Geoff blogs at: <https://sites.google.com/site/geoffpilgrim69/>

**"Worry is a useless mulling over of things
we cannot change."
– Peace Pilgrim**

1000 Miles on Foot for Happiness

Our friends Paula Francis and Linda Wheatley began walking for "Happiness" in August of 2012. They describe themselves as "Two women, with walking shoes and an audio recorder, crossing a big country, reporting on happiness and what matters for people and the planet." We had the privilege of hosting them for a night in Shelton, CT, in September of 2012. As they walk, Paula and Linda are sharing a global vision for a happier planet and collecting audio snapshots of what "happiness" means to those they encounter. In January 2015 they will be embarking on a seven-week trek from Raleigh, NC to Mobile, AL. You can learn more about their mission and journey at www.happinesswalk.com. Here are some of their reflections from the walk.

From Paula:

I have been brought to tears on several occasions when, asked "what matters in life", people respond with "peace", "love", and "kindness": the words Peace Pilgrim taught and the way she lived.

As I walk, I find that people engage with their hearts and are generous beyond words when they feel 'seen' and 'heard'. This is truly a humbling experience and I only hope we can share their voices in ways that pay homage to our collective wisdom and humanity.

I walk by a North Carolina field of cotton and I think I see corn fields with Vermont snow on them. I know I am far from home but my mind plays tricks on me! Even at three-miles an hour my thoughts have not caught up to my feet!

(continued on page 3)



Geoff enjoying a brisk walk

1000 Miles on Foot *(from page 2)*

*Paula and Linda give a thumbs-up
at their 1000-mile mark*

This journey has turned out to be so much more than I anticipated. Every day is packed full of stories and adventure. Of course I began this walk curious about what matters most to people - and asking that question is certainly the driver of this project - but I am learning so much more.

Walking these long stretches is an opportunity to question everything... What does 'family' mean? What do people mean when they speak of God? What is the root of suffering...the root of happiness? And, where can we get more BBQ?

Today we are 1,000 miles on this journey but I am light years away from our first mile. This has changed me; I have been touched by the voices of the people we have met and this will forever resonate in my head and my heart. I am experiencing the abundance of life...I am happy. I wish you all the same.

From Linda:

Our Happiness Walk "project" is becoming our lives. We continue to be compelled toward the road, toward conversations about what matters.

We are inspired by the power and potential in what we hear. Soon we will post audio clips of these brilliant, eloquent and...yes...basic responses. There truly is a common set of responses to the question, "What really matters in life?"

Happiness is individualistic - but what contributes to that happiness is universal: family and relationships, health and nature, material and spiritual wellbeing, our faith, our pets, freedom, education, opportunity and more.

Paula and I absolutely believe that if we talk about this... and listen to each other... and think about it... and wonder why segments of our economy, our politics, our media and other institutions are not focused on improving access to these things, then we can and must change that.

Thoughts from British Columbia

Each year Les Malbon, a teacher at Vancouver Island University in British Columbia, Canada, asks for our books to use in his class "Health of the Human Spirit." Here are comments about Peace Pilgrim's life and message from two of his students.

From Chelsea:

I was blessed to receive the Peace Pilgrim book; it is a life changing read that shifted my perspective on life and motivated me to find myself within and achieve inner peace. Reading this book took me through a spiritual passage as I followed Peace Pilgrim in her journey across North America conveying a simple but inspiring message. She walked for peace among nations, groups, the environment, and individuals, but what left the most impact on me was her walk for inner peace.

Achieving inner peace is the key to achieving peace on earth and this is an extremely powerful lesson taught through Peace Pilgrim's legacy. This book certified the fact that happiness is not found in money or possessions, but that my health and happiness is the most important part of life.

I wish I had the opportunity to meet her, talk to her, and feel her peace. Even though she no longer walks on earth for peace, she continues to walk in our hearts; the legacy of Peace Pilgrim will live on forever.

From Becky:

When I started reading Peace Pilgrim's writings I was mesmerized. I watched some of her interviews and was inspired by her genuinely bright demeanor. She speaks and writes with such conviction and passion about her beliefs. Although she speaks on the profound topic of peace she has the ability to remain playful and really make you laugh. An incredible woman, Peace inspires me to be fearless in my love for every person who crosses my path. Peace made me understand that we do not have to be religious to believe in God or to have a spiritual mission in life.

She speaks often about how each individual has the capacity to be good. She calls it their *higher* self. No matter how deep down it is buried, it can be activated through love and compassion. Reading this book has allowed me to create better relationships with the people I love because I have relinquished the feeling of separateness. I see the similarities I share with other people rather than the differences and it has allowed my heart to burn with loving kindness for the people that I appreciate so much. I will cherish this book forever, always looking into it for advice, inspiration and hope.

**"Peace may sound simple - one beautiful word - but it requires everything we have, every quality, every strength, every dream, every high ideal."
- Yehudi Menuhin**

Peace Pilgrim inspires many in her birth state of New Jersey



Friends of Peace Pilgrim Board member Maurice Hoover and Peace Pilgrim's 99-year-old sister, Helene Young, enjoy a drum circle during the 7th annual Peace Pilgrim Birthday Celebration held at Peace Pilgrim Park in Egg Harbor City, NJ, on Sept. 20-21, 2014, in conjunction with the United Nations International Day of Peace.

Sharing her legacy...

Thank you to everyone who cast a ballot for Peace Pilgrim's induction into the New Jersey Hall of Fame Class of 2014. Regrettably, she did not receive enough votes for inclusion this year, but she will remain on the master list of nominees for future consideration.

The great news is that the campaign to promote her nomination brought much awareness of her life and legacy to people throughout her birth state and beyond.

During special classroom programs throughout the year, hundreds of New Jersey grade schoolers learned about Peace's pilgrimage, saw her tunic and sneakers, and explored bringing more peace into their own lives (*see some notes on next page.*) Peace Pilgrim was also the subject of programs for many senior groups and libraries, as well as the keynote presentation to nearly 300 environmental educators during the 2014 congress of the Alliance for New Jersey Environmental Education.

Celebrating her life...

Along with the outreach, Peace Pilgrim's words and deeds were celebrated during two annual New Jersey gatherings.

The 7th annual Peace Pilgrim Celebration on Sept. 20-21 drew joyful crowds for a morning yoga practice, a two-mile intergenerational walk for peace, a potluck picnic with

Helene Young shares her bright smile with Friends of Peace Pilgrim Board member Bruce Nichols during the annual Peace Pilgrim retreat held Oct. 31 - Nov. 2, 2014, near the Appalachian Trail where Peace walked more than 62 years ago.



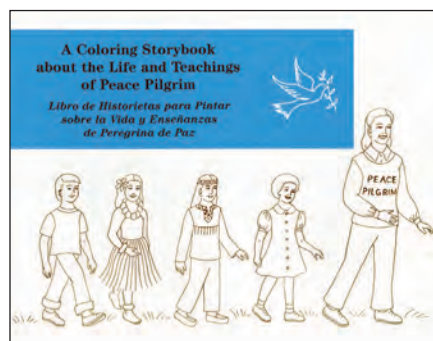
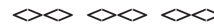
entertainment, a drum circle and an interfaith service.

Then from Oct. 31 - Nov. 2, more than a dozen new and old friends of Peace Pilgrim gathered for the 3rd annual Peace Pilgrim Retreat held at the Mohican Outdoor Center in Blairstown, NJ, near the Appalachian Trail. The weekend featured delicious organic vegetarian meals, hikes, silent contemplation and a wonderful morning exercise led by Peace's 99-year-old sister, Helene Young.

"I can hardly find the words needed to describe my retreat experience," said first-time attendee Kathy Gallagher. "I found immediate acceptance by all those present. There was such a sense of peace that at times I felt like I was in another dimension or off in space on another planet. But it also felt like I had finally come home."

Yonina Andrea Foster, Ph.D., another new participant, agreed. "It surely felt like I'd come home again. Next year's retreat is on my calendar." (*To read more from Kathy and Yonina, see page 6.*)

"It has been truly wonderful to gather with our new and old friends at these events, and to see how deeply people continue to be touched by Peace Pilgrim," added FOPP Board member Barbara Reynolds. "We are hopeful she will become part of the New Jersey Hall of Fame in the future, but the real joy has been in sharing her profound message of peace."



Our Children's Book

Did you know that Friends of Peace Pilgrim publishes a children's book? It was first offered in English in 1999 followed shortly by an edition in Spanish. It was unavailable for a

while but we have recently reprinted it. The new edition includes both languages in one book.

It tells Peace Pilgrim's story in a concise, large print format that can be read to children and features twenty-three full-page drawings that are suitable for coloring. We are happy to again be able share it with our friends.

Please contact us if you would like a copy. You can also read the original English version on our website at: <http://peacepilgrim.org/ccbook/cbindex.htm>

For updates on Peace Pilgrim's 2015 New Jersey Hall of Fame nomination or other New Jersey Peace Pilgrim happenings, visit www.PeacePilgrim100.com.

Thoughts From the Peace Pilgrim Retreat

From Kathy in New Jersey:

I can hardly find the words needed to describe my retreat experience. I found immediate acceptance by all those present. There was such a sense of peace that at times I felt like I was in another dimension or off in space on another planet. But it also felt like I had finally come home. To be with people who live what they believe in is a relatively new experience for me. Everyone at the retreat is on my evergrowing gratitude list.

I made the climb up Rattlesnake trail to the top of the mountain -- just me and my walking stick, and the trees I clung to while I tried to decide if I should turn back or keep climbing over and around the rocks and tree roots. About half way up I found myself hugging a huge tree so as not to fall down. As I held on for dear life I noticed how many of the tree's roots were exposed and I started talking to the tree about how I admired its ability to hang onto the side of the mountain. I know some people will say 'she is a bit off,' but I asked that big old tree to share some of its strength with me so I could continue the climb. Low and behold I had renewed energy and continued to the top. I always talked about being connected to everything, but there on the way up to the Appalachian Trail I began to live what I had only talked about.

The rest of my story is that one-and-a-half years ago, I was still using a cane and was unable to even walk up a few steps normally. I had shattered my right patella and have had several surgeries on both knees. So to make it up the Rattlesnake trail to the top is no small miracle. I also need to thank two people who lagged behind going down the trail to be there for me at all the tough places. They did it with such grace so it did not appear that they were there to be of service when I needed assistance. Well done my new friends.

When I got to the top, yes the view was magnificent. Yet



Kathy celebrates with new friends after hiking up to the Appalachian Trail during the Peace Pilgrim Retreat in October.

all I wanted to see was the faces of all of the people looking out. You were all glowing and that is what I made it up the mountain to see. The weekend also helped me to see where I am going. Still working out the details but it involves my upcoming journey in my Peace Mobile. Love and peace!

From Yonina in Maryland:

When I read about the Peace Pilgrim retreat this year and the dates didn't conflict with my Holy Days, I knew I'd be with others who had found Peace Pilgrim's wisdom a source of guidance. Her simple words have been an inspiration and light: "overcome evil with good, falsehood with truth, and hatred with love." Helene Young, Peace's baby 99-year old sister continues the family tradition. With her joyful spirit and willingness to lead exercises one morning, she became a teacher to us all.

The cold weather and drizzle never dampened spirits as some took to the trails, wandering, and sharing stories. Meals were prepared, tables set, fires stoked, and music shared. For me, being in nature in such a place on the Appalachian Trail where Peace and so many others had walked, made me wonder if I could make the same journey. I'm not sure it's mine to make, but it surely felt like I'd come home again. Next year's retreat is on my calendar.

NOTE: The **fourth annual Peace Pilgrim Retreat** will take place Nov. 6-8, 2015, at the beautiful Mohican Outdoor Center in Blairstown, NJ. If you would like to receive more information as details become available, please email Caitlin Flaherty at caitlinbflaherty@gmail.com.

Notes From Some Other Friends

From Joshua (via Facebook):

When I found Peace Pilgrim's little book, *Steps Toward Inner Peace*, I was in a profoundly dark place. At the end of my rope, I asked the question aloud to no one in particular, "How do you make peace in a world so filled with evil?" A small voice in my head replied, "Google it." I laughed at the very notion, but I did, and what I found was that booklet online, and I read it that night. As I read, I felt at times as if I was hearing my own voice. I'd had many of these thoughts at one point in my life, but I thought I was alone and that no one wanted or would ever be willing to work for true peace.

All I asked for was a little peace, but what that woman gave me was a Tsunami of peace that washed every last doubt and fear I had away. I was so excited by what that little book shared with me, that I decided I had to find this woman and thank her. I found out just minutes after reading, that Peace Pilgrim had died, just miles away from where I was born at the exact same time I was being born. I no longer believe in coincidences, and I believe that as she left her body, and I entered mine, we must have crossed paths. She profoundly and permanently changed my entire world outlook, and for this, she will always be my personal hero. Much love!

From Charles (on the road):

Peace Pilgrim has been one of the biggest influences on my life; thanks to her I have managed to thus far limit my belongings to what I can fit into my car - I have no home either. I am finishing up my current book while spreading the message of inner peace in my travels. I recommend carrying the little *Steps Toward Inner Peace* booklet at all times and read from it many times daily. This practice will help with your transition into consciousness. Peace and loving kindness.

From Amy in Georgia:

I had an opportunity to meet and talk with Muhammad Yunus - Noble Peace Prize recipient - in Rome, GA. Thank you for sending the little pocket books of Peace Pilgrim [*Steps Toward Inner Peace*]. I handed him one. It made me happy to give. I want to install a peace pole in this town, and finally the city approved. During that time I am going to introduce Peace Pilgrim's work. Also, I am working hard to develop a program for children. I will keep you posted. I am single handed but I will not give up.



Amy and Nobel Laureate Yunus

From Michael in TN:

I saw Peace Pilgrim in person, twice. I was young, about 13-years old the first time. The second time was about two years later. She spoke at our Church. I was amazed, dumbfounded, and changed forever, the first time.

After she spoke, and started walking back down the aisle toward her seat, I thought I was seeing a living Angel in the flesh. Her Light was more than normal "Inner Peace;" it was a Cosmic Level of inner and higher fulfillment. Her aura was tangible from at least 50 feet away, and I did not yet even know what that was. Her talk made me mindful of Christ's "Sermon on the Mount".

But, over time I only remembered the impression and the general principles and idea of her purpose. What stayed

with me clearly and specifically for the rest of my life was what she said about her method, she gave up much more than her possessions, she "Gave up her identity!"

She explained that she would not tell anyone what her background was, not her education, religion, nothing. Because, she said, it was important to her that they listen to her message and not their projections about what she must be about because of this or that preconceived notions about people's backgrounds!

Wow! That was an eye opener and mind expander for me, forever. A truth that has never faded. She was (and is) wonderful and amazing!

From Marita in AZ:

Tomorrow is the anniversary of the date I began my first peace walk from Sedona to Prescott and back to Sedona in 10 days. It was an amazing experience. Last year during this time I walked in the cities of Prescott, Cottonwood, Sedona and Flagstaff.

This year I am choosing to put this "walk of peace" into practice in my daily life between Sedona and Cottonwood, i.e, pet walking, art, poetry and cleaning. I choose to think, talk and act in peace. At any time I find myself not peaceful, I choose to forgive myself and recommit to my "walk" of peace. I was inspired by the Peace Pilgrim to walk this first walk and it happened to be on the date where her birth is celebrated.

What a wonderful time to celebrate peace -- today.

From Ignacio in Spain:

I'm writing this letter from Madrid. I'm excited! Years ago I discovered Peace Pilgrim, and her message has become a lighthouse in my life since then. I can not express what I feel when I read her words and watch videos of her walking for peace, carrying a message of love to the world. Another world is possible, in which love touches the hearts of all people; a world in harmony. The ingredients: peace and love. This is the world I believe in.

I contact you, because I'm a musician. I love music, because music is one of the languages of the heart and can unite us all a little more -- step by step (like one of Peace Pilgrim's songs). Today, I finished with another musician, Javier, a track that is dedicated to Peace Pilgrim. It was composed with love. I hope you like the soundtrack!

(<https://soundcloud.com/igabyss/peace-pilgrim-suite>)

Heartfelt thanks for spreading her precious message. Make it happen! Grain by grain.

**"I don't eat junk foods and I don't think
junk thoughts."
– Peace Pilgrim**

"There was a time when I thought it was a nuisance to be confronted with a problem. I tried to get rid of it. I tried to get somebody else to solve it for me. But that time was long ago. It was a great day in my life when I discovered the wonderful purpose of problems. Yes, they have a wonderful purpose."

*Peace Pilgrim: Her Life and Work
In Her Own Words -- Page 59*

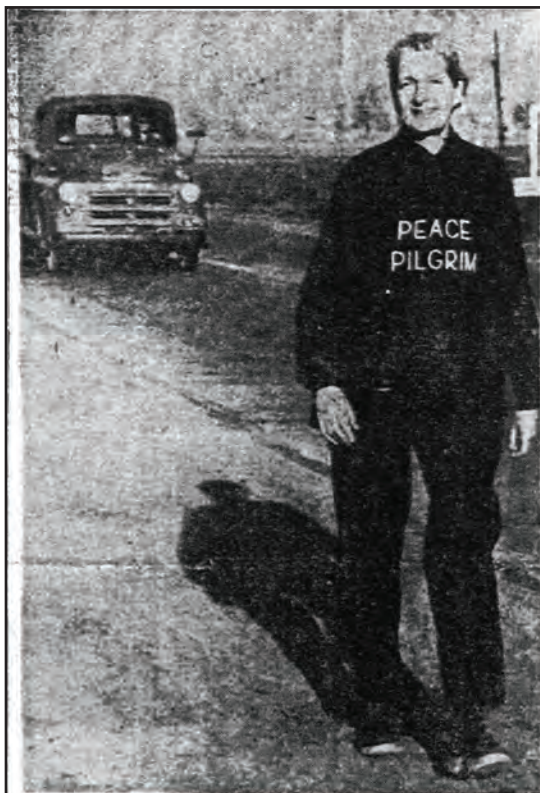
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Peace Pilgrim With no other name than "Peace Pilgrim," this woman walked through Vallejo yesterday enroute from San Francisco to Sacramento on a 100-mile pilgrimage. She will do the same in every state of the union in quest of "world peace."—Times-Herald Photo.

Vallejo Times-Herald

SAN LEO COUNTY'S MORNING NEWSPAPER

VALLEJO, CALIFORNIA—HOME OF MARE ISLAND NAVAL BASE—WEDNESDAY, JANUARY 12, 1955.

'Pilgrim of Peace' Plods Highway Here

by LLOYD LEONARD

America's wandering "Peace Pilgrim" walked through the north end of Vallejo yesterday afternoon enroute from San Francisco to Sacramento on a 100-mile pilgrimage. The small, graying woman who declines to give her name or age is refusing all offers of rides from motorists in her hike to California's capital. She is in the second half of a 10,000 mile journey afoot for the sake of world disarmament.

Peace Pilgrim, who has already traveled from "coast to coast and border to border" has vowed to walk 100 miles into each state capital. She crossed the Golden Gate Bridge Monday, spent the night in Ignacio and resumed her westward walk yesterday morning.

Approached as she ambled toward Vallejo along Sears Point Road, Peace Pilgrim immediately handed over a small mimeographed sheet. These pieces of paper, which she is distributing along the way, contain her "message," a plea for world disarmament and reconstruction and an explanation of the purpose of her journey.

"Until mankind has learned the way of peace," the paper says, "I shall remain a wanderer on the face of the earth - walking until I am given shelter, fasting until I am given food, using money given to me to bring the message of the way of peace to the people of my country and of the world.

The pleasant mannered pilgrim dresses in navy blue slacks, shirt, and a jerkin lettered with the name "Peace Pilgrim." She carries no food nor knapsack - only a toothbrush and a comb.