



Friends of Peace Pilgrim

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

P.O. Box 2207 • Shelton, CT 06484 • (203) 926-1581

www.peacepilgrim.org • email: friends@peacepilgrim.org

Summer 2015 *"Overcome evil with good, falsehood with truth, hatred with love."* - Peace Pilgrim Number 60



Helene Young, Peace Pilgrim's "baby" sister, celebrates her 100th birthday in their hometown of Egg Harbor City, NJ. She, too, is an inspiration for many as she continues to dance, bike, do yoga, play piano, garden – and, of course, spread her sister's message of peace. Read more about Helene on page 2.

Dear Friends of Peace Pilgrim,

Summer is soft on the land here in New England. The open fields are full of wild flowers – Purple Asters, Queen Anne's Lace, Cardinal Flowers, Joe Pye Weed, and, just beginning to bloom, bright yellow Golden Rod. Butterflies play among the blossoms, some simply enjoying the nectar of summer, others preparing for long pilgrimages of their own to the Gulf of Mexico and beyond. How amazing that such delicate wings can cross a continent.

We are happy to bring you another issue of our newsletter. Inside you will find news of Peace Pilgrim's sister, Helene Young, who celebrated her 100th birthday this past February. Our other long article was recently found in our archives. Written by John and Ann Rush, it tells the origins of our book, *Peace Pilgrim: Her Life and Work In Her Own Words*. John and Ann are two of the book's compilers and founded the original Peace Pilgrim Center in Hemet, California, in 1982. Stories about upcoming events in New Jersey and a recent award given to Friends of Peace Pilgrim can also be found inside. Some letters from our friends and an updated offering sheet complete this volume.

We also want to acknowledge the contributions of our friend, Merry Brennan. Merry has been a co-editor for the past three issues of our newsletter, contributing articles, editorial skills, and design talents. She is the author of a young peoples' book about Peace Pilgrim and speaks regularly to students about Peace's life and message. We are so fortunate to have her on board. Finally, we want to wish you a delightful end of summer and a beautiful autumn ahead.

In Peace and Friendship,

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

Keeping Up With Helene Young – Peace Pilgrim’s 100-Year-Old Sister

by Merry Brennan

She walks every day. Picks up litter. Has a sharp wit and sweet smile. And she is committed to spreading a message of peace. Sound familiar?

Well, it must run in the family. Because this describes Peace Pilgrim’s little sister, Helene Young, who in February 2015 celebrated her 100th birthday!

For more than 28 years, Helene faithfully picked up Peace’s mail at the Cologne Post Office near her home, and forwarded it to wherever her sister was walking. For many years during and after that, she and her late husband, Eugene Young, collected photos, news clips, postcards and letters that Eugene carefully pasted into a Peace Pilgrim scrapbook that remains an invaluable resource about Peace’s journey, thoughts and spiritual growth.

“It always amazed me to see how tiny her handwriting was,” noted Helene. “She could fit a wealth of information in just one postcard.”

Unlike her wandering sister, Helene settled near the southern New Jersey town of Egg Harbor City where they grew up, and where their great-grandfather was a founder and first mayor. She started working at Renault Winery when her sister was employed there, and then married her brother Al’s friend. (She often jokes, “I got my job through my sister, and my husband through my brother.”) She raised a family and has treasured photographs of her children, grandchildren and great-grandchildren decorating her home.

Yet as different as their paths may have been, the sisters shared a deep desire to live simply and peaceably.

“I enjoy a simple life,” Helene said. “It’s all I ever wanted. It makes you much happier than striving for things you don’t need.”

She has done much on her own to spread this message. She remains active with Friends of Peace Pilgrim, and often speaks to students and community groups about her sister’s legacy. She also devoted years as a volunteer for the March of Dimes and the Heart Fund, and continues to pick up trash on several miles of highway in front of her home, which she officially “adopted” many years ago.



Helene Young, 4, (seated) with her brother, Al, and sister, Mildred, 10.



Helene Young gets ready to pedal 12 miles in the Stockton University seventh annual G. Larry James Legacy Fund Bike Ride.

Happy Childhood

Helene has many fond memories of growing up in their rural farmhouse, with her parents, siblings and three aunts.

“We were poor, but never knew it because we were surrounded by people who loved us,” she said. “Having our aunts live with us was like having four mothers who did everything for us,” she said. As children, they were free to roam the neighboring woods and swim in the nearby creek.

She remembers their one job: preparing squab (baby pigeons) when their father got an order for the delicacy from the luxury hotels in Atlantic City, about 12 miles away.

“Mildred and I had to pluck the feathers. We got two cents for every bird. That was a lot of money back then, and we saved up to buy firecrackers for the Fourth of July.”

Because she was six years younger than her sister, Helene said it wasn’t until she was a teenager that the pair became close and began swimming, horseback riding and doing other things together. By then, Mildred was splurging her paycheck on beautiful material that her dressmaker aunts sewed into high-style outfits, then she would take the train to Atlantic City to have shoes dyed to match.

But that was soon to change.

Full Support

When Mildred left her job at Renault Winery and became a peace activist in Philadelphia – beginning a 15-year transition to her life as Peace Pilgrim – Helene was busy working full time at the winery, raising her two children, Jeanne and Dale, and volunteering for several causes. But she was fully supportive of her sister’s search for a more meaningful life.

“Before she became Peace Pilgrim, she came to me and asked what I thought,” recalled Helene. “I knew money and ‘things’ were not bringing her fulfillment, and she had finally found something that gave her more personal meaning. I told her I thought it was an excellent way to meet people and

How the Peace Pilgrim Book Came to Be

by Ann & John Rush

For 18 years, from 1982 to 2000, John and Ann Rush were the heart and soul of Friends of Peace Pilgrim. From their small home in Hemet, California, hundreds of thousands of the Peace Pilgrim book and 1.5 million of the Steps Toward Inner Peace booklet found their way to people around the globe who were hungry for a message of peace and simple living. Some of our longtime friends will remember the sound of Ann's voice when she answered the phone to take their requests and field their questions about Peace Pilgrim. She would always ask, "Are you sure that's enough?" when a friend would mention the number of books and booklets they wanted. We recently ran across this article written by John and Ann detailing the origins of the book, Peace Pilgrim: Her Life and Work in Her Own Words.

Sometimes events occur in our lives that, at the time, do not seem to be particularly significant but turn out to be of great importance. Such an event occurred to us when we were living in the backwoods of British Columbia. In June 1957, a woman who called herself Peace Pilgrim visited our Quaker community on the shores of Kootney Lake and talked to our Friends Meeting about inner peace.

Little did we know the influence she would have on our lives. During the next 24 years we were blessed with her presence a number of times when she was passing the communities where we lived. She was in our home in New Hampshire two times, once in Kansas, and five times in Whittier, California. In 1979 Mary Eubanks of the Fellowship of Reconciliation and Ann coordinated speaking engagements for her in the Los Angeles area during the six weeks she was with us.

She became a growing inspiration and influence in our lives. The more we became involved with her, the more it dawned on us the miracle of this person whose lifework was to inspire as many people as possible to develop inner peace and become peace makers.

After hearing her speak, people would gather around and say that a book should be written about her life and pilgrimage. John wrote to her a few months before she shed her "clay garment": "You should write a book. You won't live forever." She answered that she had written enough for a book, it just wasn't in book form.



John and Ann Rush in the backyard of the Peace Pilgrim Center in Hemet, California. Photo circa 1998.

That turned out to be our job.

We were visiting our daughter and family in New Hampshire in August, 1981 when we received word that she had been "liberated to a freer life" by a car accident while being driven to a speaking engagement. Hardly believing it could be true; Ann called the woman in Pennsylvania who had been taking care of Peace Pilgrim's mailing list and newsletters. She confirmed that it was true. This 90-year-old woman needed someone to take the material to Peace Pilgrim's sister. Unknown to us and most others was the fact that Peace Pilgrim's sister was the woman in Cologne, New Jersey, who had been forwarding Peace Pilgrim's mail for the 28 years of her pilgrimage.

We drove to Pennsylvania and picked up the mailing list and newsletters. When we arrived in Cologne we discovered that Peace's sister was being deluged with mail, telegrams and phone calls. She didn't have time to answer letters since she had a full time job. Ann offered to help answer letters that came in every mail.

With Peace Pilgrim gone, it seemed more important than ever for a book to be written to carry on her message. We began gathering material for a book, not knowing just how it would be done. We were encouraged by letters from Peace Pilgrim's friends across the country who also wanted a book about her.

In Her Own Words

The experience of writing an article about Peace Pilgrim for a magazine caused us to realize that no one could tell her story or give her message as well as she already had in her writings and talks. So we decided that the book should be a collection of her own words.

We spent many days in the Swarthmore College Peace Library researching their Peace Pilgrim collection, full of many hundreds of articles from newspapers, church bulletins, and journals. This was a rich source of articles by her and about her. Richard Polese, a friend of Peace Pilgrim and editor of the magazine of the Museum of New Mexico, invited all friends of Peace Pilgrim to his home in Santa Fe, New Mexico, for a two week Peace Pilgrim memorial retreat beginning the last Sunday of 1981. About 25 came from as far away as Oregon and Louisiana, bringing personal correspondence and tapes of her talks. This was a joyful time of sharing and reminiscing about our experiences with Peace Pilgrim.

There was great enthusiasm for a book at this retreat and we had so much material that four of us decided to start immediately to compile it. Richard invited us to stay in his home to work on the book while he was on an assignment in California for three weeks.

Fortunately we were recently retired and free, and Cheryl [Canfield] and Andy [Zubko], who had spent much time with Peace Pilgrim during the last few years of her life, were also free. So we started the process of editing. The source materials were the 19 Peace Pilgrim's Progress newsletters; her small booklet, *Steps Toward Inner Peace*; tapes of her talks; news articles; personal correspondence and direct quotes Andy had taken down in personal

Some Notes from Our Friends

*Our friend Pearl Kittu lives in India and shares **Steps** booklets with associates. Here are comments from Pearl and some friends she introduced to **Steps**:*

From Pearl Kittu: Trust all is well with you over there. I am at home for a few days before I go on to another session. I would like to send you some of the feedback from the pre-novices regarding Peace Pilgrim's "Steps."

A. Arul Jothi: I admire Peace Pilgrim's simple way of life. She has taught me to think of others. I want to live like her. Madame Pearl gave us the *Steps* book, it filled me with wonder.

Theresa: I have learnt that if my life is to be meaningful I must have "Peace." I too want to spread the message of Peace.

Rebecca: When I read the booklet, I understood that "Peace" will help to make my life more prayerful. I was surprised to see the determination that Peace Pilgrim had, the steps she took to establish the importance of peace. She is an extraordinary woman and her life challenges me also to become a Peace Maker!

G. Mary: I feel I am very lucky to receive this book from our Madame. I have learnt the importance of Peace and I have decided to be kind to others. The book will play a great role in my life. I want to be like Peace Pilgrim. In spite of her difficulties she worked for Peace; I too want to be like her. She was just like one of us, but she thought of our world, which needs Peace.

Belcy: I like the Peace Pilgrim book very much. I want to be like her. Her pilgrimage covered the whole world but started from her heart. I must have inner peace, only then I can follow Christ.

Merline Divya: The book made me happy. I understood that we see God only when our hearts experience peace. This is the first time I have heard about her. The book taught me to differentiate between good and bad thoughts. I understood that I should have peace-thoughts during work, in the class, when I am free...always! The book contains good thoughts for meditation and good questions that made me think.

Shirusty: This book made me want to change my character. I want to follow its instructions, I am taking my first steps to "Inner Peace." I have taken Peace Pilgrim as my role model.

M. Naveena: The book taught me to correct myself, especially when talking to others. I am reminded to be helpful; I am surprised at her kindness to people. I have also learnt

to help others and also to love Nature.

Jothi: I have learnt the importance of Inner peace. I will read and re-read the book because I want to understand the meaning of Peace. I will pray for this world and also for followers of Peace Pilgrim.

Pearl: I found this feedback very encouraging. It is very simple and from the heart. I pray that your efforts to send me the books will carry a blessing to the senders and receivers. I will keep in touch with you... Love and peace to you all.

xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

From Ann in Michigan:

Thank you for the books. I have been giving them to people I volunteer with, friends I worked with in the past, and to my family. All were eager to learn about Peace Pilgrim and hopefully are spreading her message. Thank you for the work you are doing. The world certainly needs peace.

From a prisoner in California:

Dear Friends of Peace Pilgrim, Greetings! I sincerely hope you are all well and enjoying life. Just a message to let you know I received your two publications - *Peace Pilgrim* and *Steps Toward Inner Peace*. What a find! After they are thoroughly absorbed I shall pass them along to others who are here in this prison of the mind, spirit and body so that they too shall have an opportunity to find personal peace of mind and spiritual liberation. Thank you all so very, very much! Stay safe, healthy, and, always, full of Joy. ~ James.

From Gene in Hawaii:

I first encountered the "Friends" in 1994 when Ann and John Rush lived in Hemet, CA. I visited them a number of times, stayed in the little trailer out back, and helped at the newsletter mailing parties. I walked up the valley with them, dined with them and listened to Ann read the day's mail. For a few years after, I produced my own newsletter "Peaceful Mariners" in the interest of world peace. I am now 89 years old and living in Hawaii. Peace to all.



Drawing on an envelope received from a prisoner in Texas.

Dear Friends of Peace Pilgrim: Here is a list of our publications. In the spirit of Peace Pilgrim we send them freely to all who ask. Since many inquire about making donations, we are including our approximate costs for printing and mailing our offerings within the USA. Donations to our work are welcome but not necessary to receive our offerings. Friends of Peace Pilgrim is an all volunteer 501(c)(3) non-profit organization. Donations are tax-deductible. All money goes directly to our work, helping us to continue producing and distributing materials to all who ask regardless of their financial situation.

DVD VIDEO

PEACE PILGRIM INTERVIEWS DVD – Includes a short TV program from *PM Magazine*, a 25-minute interview for WIFR TV in Rockford, Illinois, a 30-minute interview at Pensacola Junior College, and our 24-minute Highlights video. This DVD is subtitled in English, Spanish, Chinese, Russian, Portuguese, and French. It also includes a wealth of DVD extras in PDF format and in several languages. *(Printing and postage \$6.00)*

PEACE PILGRIM LECTURES DVD – This disk contains over three hours of video including talks given to students at California Sate University, a question and answer session with students at the University of Georgia, the Pensacola Junior College Interview, and the *PM Magazine* profile. (Printing and postage \$6.00)

PEACE PILGRIM DOCUMENTARIES DVD – All of our documentaries are now bundled into one DVD. Included are both English and Spanish versions of *PEACE PILGRIM: An American Sage Who Walked Her Talk* (one hour), a professional quality documentary film about Peace Pilgrim's life with new historical footage and interviews. The disk also includes introductions to the "Sage" documentary in English and Spanish, and *The Spirit of Peace* (71 minutes), an earlier documentary featuring interviews with those who knew Peace Pilgrim and those who were inspired by her message. (*Printing and postage \$6.00*)

LARGER PRINT EDITION OF STEPS, 64 pages – 5"x7". This attractive edition of *STEPS* is especially appropriate for those who require larger, easier to read text. (*Printing and postage \$3.00*)

PEACE PILGRIM'S WISDOM: A Very Simple Guide by Cheryl Canfield, 224 pages. (Available again soon)

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. (Printing and postage \$2.00)

THE PEACE PILGRIM COLORING BOOK. English and Spanish in one book, by Barbara Werner and Gary Guthrie. 48 pages – Peace Pilgrim’s story with line drawings on facing pages that can be colored. (*Printing and postage \$5.00*)

Visit our website at www.peacepilgrim.org to download:
audio files of Peace Pilgrim's talks, our book in audio format,
online video offerings and additional print and digital resources.

Also online, the book is available in seven languages and the Steps booklet in 30 languages at:
www.peacepilgrim.org/htmlfiles/WorldSteps.htm

OUR NEWSLETTER – To be added to or removed from our newsletter mailing list, please visit our website or 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 newsletter *Travesía en Paz* (Peaceful Journey) in Spanish and English, are available on our website. You can access them at: <http://www.peacepilgrim.org/news/index.htm>

Friends of Peace Pilgrim, P.O. Box 2207, Shelton, CT 06484
or call (203) 926-1581, or email: friends@peacepilgrim.org

“Looking through the eyes of the divine nature you see the essence within the manifestation, the creator within the creation, and it is a wonderful, wonderful world!”

*Peace Pilgrim: Her Life and Work
In Her Own Words - Page 24*

Friends of Peace Pilgrim
P.O. Box 2207
Shelton, CT 06484

Change Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
SHELTON, CT 06484
PERMIT #642

INSIDE # 60

Dear Friends of Peace Pilgrim	1
Helene Young, 100, Peace Pilgrim's Sister	2
Friends' Fall Happenings	3
How the Book Came to Be	4
Beacon Peace Awards	5
Notes from Our Friends	6
Friends of Peace Pilgrim Offerings	7

Peace Pilgrim in History Providence, RI 1958

From the Providence Journal-Bulletin

Peace Pilgrim Prays For End to World Chaos

Peace Pilgrim walked into Providence from Pawtucket this morning.

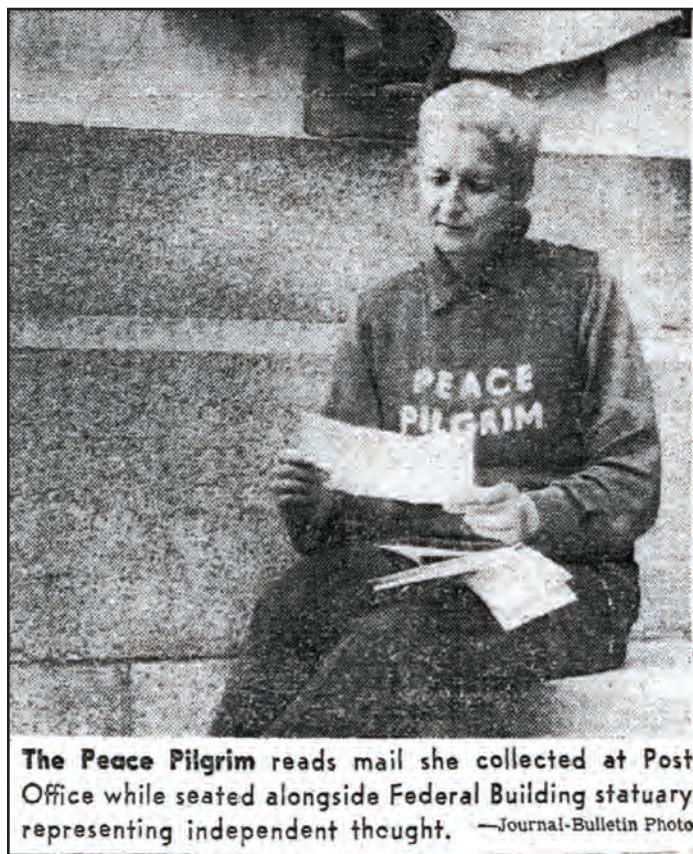
The silver-haired, otherwise anonymous woman dressed in navy blue slacks and shirt and sneakers, now has 12,250 miles behind her. All on foot, cross-country in varying route patterns, from Pacific to Atlantic coasts, from Mexico to Canada.

Today, downtown shoppers could read the message she is carrying in white letters on her shirt. The only thing that is out of date about it now is the slogan lettered across her shoulders "10,000 Miles on Foot for World Peace." Her record has gone up 12,250 miles and she hasn't bothered to stop for alterations.

Currently the Peace Pilgrim is on a 1,000-mile pilgrimage through New England, praying for peace and contacting people to pray and work too.

She comes here because it is the vacation season when she can garner converts from other parts of the world. She goes south in the winter.

After spending the balance of the week in Providence, she expects to move on to Fall River, New Bedford, Brockton, and then into northern New England.



The Peace Pilgrim reads mail she collected at Post Office while seated alongside Federal Building statutory representing independent thought. —Journal-Bulletin Photo