

Friends of Peace Pilgrim Appalachian Trail Retreat

September 28-30, 2012 (Friday to Sunday)



2012 marks the 60th anniversary of Peace Pilgrim's historic Appalachian Trail journey undertaken in the months before beginning her pilgrimage. She was the first woman to walk the entire length of the trail in one season.

On the weekend of September 28 to 30, 2012 we will gather at the Mohican Outdoor Center near Delaware Water Gap in Blairstown, NJ to share an Appalachian Trail experience and learn more about Peace Pilgrim's 1952 adventure and the message of inner and outer peace shared on her 28 year pilgrimage. Peace Pilgrim's sister, Helene Young, will be joining us for the weekend.

Accommodations will be at the Mohican Center's handicap-accessible Bluberry Hill lodge. The lodge features:

- Sleeping accommodations for up to 16 people in four bunkrooms
- Common room with fireplace
- Three modern bathrooms and showers
- A full kitchen where we will prepare our meals



Activities will include:

- Spending time outdoors in receptive silence amidst the beauties of nature
- Enjoying walks on the Appalachian Trail
- Learning more about Peace Pilgrim's Appalachian Trail experience
- Sharing personal experiences of Peace Pilgrim in our lives
- Studying and implementing Peace Pilgrim's *Steps Toward Inner Peace*
- Learning details of Peace Pilgrim's early life from her sister Helene Young
- Sharing in the preparation of healthy vegetarian meals

Participants will share expenses for the weekend. A deposit of \$120.00 is due by September 14, 2012. This amount is expected to cover all costs for lodging and meals. Any overage will be refunded. Arrive anytime after 3 pm on Friday. We will need to vacate the lodge by 11 am on Sunday, but plan to have a final out-of-doors picnic lunch before our departure. You will need to bring your own bedding and towels. You should also bring personal clothing and shoes suitable for spending time outdoors at the end of September. A rain jacket and/or umbrella are recommended. Simple vegetarian food in the style of Peace Pilgrim will be provided by Friends of Peace Pilgrim as part of the retreat. We will share in its preparation and cleaning up. Participants will need to provide their own transportation to the Mohican Center.

Information and directions for the Mohican Center can be found at: www.outdoors.org/lodging/mohican/

Please send your completed application form and a check or money order for \$120.00 made out to **Friends of Peace Pilgrim** to: Friends of Peace Pilgrim, PO Box 2207, Shelton, CT 06484.

For more information call (203) 926-1581 or email bruce@peacepilgrim.org (include AT Retreat in the subject line).

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Application and Release Form – Due by September 14, 2012

Name: _____

Address: _____

City, State, Zip: _____

Email: _____

Phone: _____

Do you have any special needs or requirements in order to participate? If so please note here:

Release of Liability

I, and my heirs, in consideration of my participation in the Friends of Peace Pilgrim Appalachian Trail Retreat - Sept. 28-30, 2012 at the AMC Mohican Outdoor Center in Blairstown, NJ, hereby release Friends of Peace Pilgrim and any other people officially connected with this event, from any and all liability for damage to or loss of personal property, sickness or injury from whatever source, which might occur while participating in this event . The leaders of these activities are volunteers. They are not paid professional guides or leaders. In all activities, all participants share in the responsibility for their own safety and the safety of the group. I am aware of the risks of participation. I understand that participation in this program is strictly voluntary and I freely chose to participate. I verify that I will be responsible for any medical costs I incur as a result of my participation.

(participant)

(parent or guardian's signature if under 18)

(date)