



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

Spring 2014 "Overcome evil with good, falsehood with truth, hatred with love." - Peace Pilgrim Number 58

Help Get Peace Pilgrim into the New Jersey Hall of Fame: We need your vote!

What does Peace Pilgrim have in common with Thomas Edison, Clara Barton and Albert Einstein? Along with making the world a better place, they all share New Jersey as their home state. And, with your help, Peace Pilgrim will join Einstein and the others as a member of the New Jersey Hall of Fame.

The New Jersey-based PeacePilgrim100 group led a campaign to have Peace placed on the slate of nominees for the NJHOF Class of 2014.

"Peace Pilgrim's desire to spread the word of peace throughout the land has brought her international recognition," said Mark Maxwell, President of the Egg Harbor City, NJ, Historical Society. "So I think it is only fitting that this woman be counted among the members of the

New Jersey Hall of Fame."

The NJHOF was created in 2008 to honor New Jersey citizens who have made invaluable contributions to society and the world. Its mobile museum inspires and educates thousands of stu-

dents by showcasing these role models. Each year, the public votes for 12 inductees from a list of nominees selected by the Hall of Fame's Voting Academy. If she receives enough votes, Peace

Pilgrim will be inducted during a New Jersey Hall of Fame ceremony later in the year.

"What she did to spread her message of peace and living simply has gone around the world," added Robert Barnett of Cologne, NJ. "So I think it is time that her home state recognize her as well."

**YOU HAVE UNTIL JUNE 15
TO CAST YOUR BALLOT.**
You do not have to be a New Jersey resident.
Visit www.PeacePilgrim100.com
for details on how to vote.



Peace Pilgrim's sister, Helene, celebrates her 99th birthday with a joyful dinner in Egg Harbor City, N.J., not far from the childhood home where the portrait at left was taken more than nine decades ago. It shows her with older brother, Albert, and the standing, hair-ribboned Peace Pilgrim, then known as Mildred.



Dear Friends of Peace Pilgrim,

A year has passed since our last Newsletter went to press. Here in New England we weathered a long, cold, snowy winter. Our friends and board members in the West have experienced a winter of drought. As our planet warms, unusual weather is becoming the norm in all parts of the country. When we think of the simplicity with which Peace Pilgrim lived her life and the minimal impact her gentle footsteps made on our beautiful planet, perhaps we can take some time to look a bit more deeply at our own lifestyles and see places where we might lessen our impact. As Peace would say, "Many people giving some of their time, can make history."

As spring flowers now bloom and fruit trees burst into flower, we are excited by news from Peace Pilgrim's home state of New Jersey. We were recently asked by the New Jersey State Museum if a Peace Pilgrim tunic could be added to their permanent collection. We are working on that project and may be able to make that donation a part of the seventh annual Peace Pilgrim Celebration that will take place in Egg Harbor City, New Jersey from September 19 to 21, 2014.

We also learned this week that Peace Pilgrim has been nominated for inclusion in the New Jersey Hall of Fame. Voting will be taking place online through June 15, 2014 and we encourage you to visit the website, www.peacepilgrim100.com, to learn how you can cast a vote for Peace Pilgrim's inclusion.

We are also pleased to announce that there will be a third annual Peace Pilgrim retreat at the Mohican Outdoor Center in the Delaware Water Gap National Recreation Area from Oct. 31 to Nov. 2, 2014. Close to the Appalachian Trail and surrounded by the "beauties of Nature" from which Peace Pilgrim drew much of her inspiration, we will be enjoying crisp fall days and a chance to walk, reflect, share, and learn for each others' journeys toward inner and outer peace. Peace Pilgrim's sister Helene Young has joined us for the last two retreats and we expect her to be with us again. Find more information by clicking "Retreat" at www.peacepilgrim100.com.

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.

Words of Wisdom from Alaska



*Cheryl Canfield is the president of the Friends of Peace Pilgrim board of directors. She was quite close to Peace Pilgrim in the final years of the pilgrimage and attended Peace's retreats in 1979 in Alaska and 1980 in Hawaii. This excerpt from Cheryl's book, *Profound Healing*, relates an experience from the Alaska retreat.*

For ten days in Alaska we explored the beautiful land by day and listened to Peace's inspiring talks before going to sleep at night. In the morning I would wake up anxious to get started and not miss a moment. One early morning I left Peace at the campfire to go to the bathroom near the edge of the campground. When I got there the entrance to the bathroom was blocked by a pack of wild dogs, who emitted low growls as the hair on their backs stood up. I backed away and returned to the security of the group.

Peace saw me coming and said, "That was quick." I told her about the dogs. "Don't be afraid," she told me. "The dogs won't challenge you when they know that you're the master, not them." She beckoned me to follow and walked toward the bathroom with firm steps. When we got there (me following respectfully behind) Peace looked at the dogs and pointed into the surrounding woods. "Go on," she commanded. "Be gone now!" and the dogs obediently got up, tails between their legs, and trotted off.

The two Andys and I relished every opportunity to be with Peace Pilgrim, and she began to refer to us affectionately as the Three Musketeers. On one afternoon when the rest of the group had gone to a restaurant in Anchorage, we lingered on the green grass of a park, happy with peanut butter sandwiches and a quiet interlude with Peace. It was the first of many such moments shared among the four of us over the next few years.

On this day she spoke to us about the natural unfolding of insight or intuition; this development is a part of the spiritual growth process. Sometimes, she said, she would look at a person and his or her face would seem to ripple, as a pond ripples when a pebble is tossed in. Then when the ripples cleared she would see the person as he or she had been in a recent or significant life. Laughing, she looked at A. Z. "Like right now," she said, "I see you as a monk or priest." I had already told A. Z. about my first impression of him, and we all burst out laughing. Peace cautioned us:

"Peace begins with a smile."

- Mother Teresa

"I don't think we should ever make a big fuss out of this phenomenon, but it does happen. Finding lost objects, knowing what people are thinking, seeing auras, seeing past lives - as you go on you're going to have an inkling of these things. It's natural, but it should never be forced. I always think about the bud of a flower. If you give it proper conditions, it will open into a beautiful flower, but if you are impatient and try to tear the petals open, you permanently injure the flower. The flower can be equated with a human life. Give the spiritual growing-up the proper growing conditions, and it will open into a thing of beauty."

"Give the spiritual growing-up the proper growing conditions, and it will open into a thing of beauty."

We went to a museum on the last day and had lunch on the grounds before going to the airport. A tiny woman came out of the museum and, looking around, spotted Peace on the grass. Walking over to her, she said, "I'm waiting for my bus and I feel safe here by you." Her characteristic Eskimo face was creased with wrinkles and she looked out from smiling eyes. For almost an hour she regaled us with stories of her native life and when she left, it was time for us to leave too. All too soon the adventure had come to an end. We said good-bye to this land of vastness.



New Jersey Happenings

Helene Hosts Potluck Picnic for Peace

Peace Pilgrim's sister, Helene Young, 99, will host her annual Potluck Picnic for Peace at her home in Galloway Township, NJ, on Sunday, June 8, 2014. People are invited to enjoy fellowship, food and music, and also to view Helene's extensive scrapbook containing Peace Pilgrim's writings, postcards and photographs.

Donations are welcomed to help cover expenses for the annual Peace Pilgrim Birthday Celebration, which will be held at Peace Pilgrim Park in Egg Harbor City, NJ, over the weekend of Sept. 19-21, 2014, in conjunction with the International Day of Peace.

For more details on the Potluck or the Peace Pilgrim weekend celebration, check www.PeacePilgrim100.com.

"Peace cannot be achieved through violence, it can only be attained through understanding." – Ralph Waldo Emerson



Pete and Peace

Our friend Pat Lamanna of Poughkeepsie, NY, wrote a song about Peace Pilgrim that she occasionally sang for Pete Seeger at peace events in upstate NY. Pete had suggested a verse for the song. On one of Pete's last cd's "The Storm King," Pete tells Peace

Pilgrim's story, inspired by Pat's song. Here is a note that came from Pat after the legendary folk singer and champion of social justice made his glorious transition on Jan. 27, 2014. He was 94.

This evening I went to the Beacon Sloop Club, where they've held First Friday potlucks and sing-alongs for years. This was, of course, the first one without Pete. Usually he was present in the room with us, but even if he were touring, home caring for [his wife] Toshi, or elsewhere, we knew he was somewhere on the planet. I know in a way he was with us -- but not in the way we've been accustomed to, and it was hard.

Anyway, I sang "Peace Pilgrim" one more time for him, as he'd asked me to sing it for him so many times. The last time was just last Dec. 16, at a rehearsal for the first-ever Martin Luther King Day parade in Beacon. But, this time I added one more verse:

*As we gather here together to try to right the wrongs
We think of Pete Seeger and the power of his songs
His courage and his wisdom, his kind and humble
grace
Now he's walking with Peace Pilgrim, leaving us to
take his place.*

And, I gave out all the Steps booklets you sent me. I suspect I'll be singing that song and giving out the booklets quite a lot in the next few months, so I'd like to request you send another 200 as soon as possible. I'll send a check along soon, although I know the booklets aren't for sale. But I do want to contribute to the great work of Friends of Peace Pilgrim. She might have made a few more friends tonight.





Peace Pilgrim's Tunics - A Short History

by Bruce Nichols

"WHEN I FIRST STARTED OUT my tunic read PEACE PILGRIM on the front and *Walking Coast to Coast for Peace* on the back. Through the years the message on the back changed from *Walking 10,000 Miles for World Disarmament* to *Walking 25,000 Miles for Peace* and ending with the present message of *25,000 Miles on Foot for Peace*." These words of Peace Pilgrim begin the fourth chapter of our book, *Peace Pilgrim: Her Life and Work In Her Own Words*. Her tunic was an iconic symbol of her pilgrimage. It bore her message, carried the few things that matched her need level, and made her contacts in the "kindest way." She would often say, "This is me and all my worldly possessions. Think of how free I am."

As Peace Pilgrim pointed out, the message on the tunic changed over the course of the pilgrimage. The front of the tunic always read PEACE PILGRIM. The message on the back reflected the evolution of her journey through time and space and also, perhaps, in spirit.

When Peace stepped out along the route of the Rose Parade on January 1, 1953, her tunic bore large painted letters. "Although I designed it, the sewing was done by a lady in California, and the lettering was painted by a man who was a sign painter. My initial reaction when I first put it on was a wonderful

'rightness' about it, and I immediately accepted it." There are newspaper articles from the time that show this tunic emblazoned with large letters. We don't know how many tunics Peace Pilgrim went through on that first pilgrimage, but it was several and the lettering on the others we know about got smaller. One of the 1953 tunics still exists and is in the peace collection at Manchester University in Indiana.

In 1955 when Peace began her second pilgrimage, her tunic bore a new message on the back. Initially it read *Walking 10,000 Miles for World Disarmament*. The second pilgrimage spanned several years and at some point around the end of 1956, the tunic message changed. The new message was *10,000 Miles on Foot for World Peace*.

One former board member who attended the two retreats Peace led in Alaska and Hawaii believes that she had a deep spiritual awakening during the second pilgrimage. This may have initiated the message change. Certainly, the newer message is less political and more universal than the earlier one. When he asked Peace if she had any secrets, her response was, "There was a time – when I attained inner peace – when I died, utterly died to myself." Did this happen before the pilgrimage or was it a new spiritual unfolding that took place during the latter stages of



Tunic evolution – The first two photos on the previous page show the original tunic in 1953, followed by a photo from 1956. On this page from left, Peace Pilgrim is shown in 1957 and 1973. Above is one of her remaining tunics.

her second pilgrimage? We can only speculate about the ultimate reason for the change in the tunic's wording.

After completing the second pilgrimage, the tunic's message once again changed. Peace Pilgrim's new goal was to count 25,000 miles and the new message on the tunic back was *Walking 25,000 Miles for World Peace*. At the end of October 1964 Peace Pilgrim arrived in Washington, DC having accomplished that goal. "I said to myself, '25,000 miles is enough to count.' It kept me tied to the main highways where mileages are recorded on road maps. They're not good places to meet people. They're just good places to count miles. Now I'm free to walk where people are."

With this new imperative, an updated message appeared on Peace Pilgrim's tunic in 1965. It read *25,000 Miles on Foot for World Peace*. These words would remain on the back of the tunic until 1972 when a subtle change took place. At that time, she dropped the word "World." From then until her "transition to a freer life" near Knox, Indiana in 1981, the tunic's back would simply read *25,000 Miles on Foot for Peace*.

About a year ago we were sent a tunic that dated from the moment that change was made. Its letters are sewn on rather than painted and all were removed except for the word "World" which was left in place. We assume that all the others were transferred to a

new tunic which bore the new and shorter message. Interestingly, she was at the home of Gertrude Ward when the change was made and it was probably Gertrude who sewed the new tunic. Nine years later, on July 6, 1981, it was with Gertrude that Peace Pilgrim would spend her last night before her "glorious transition to a freer life."

Could it be that in 1972 even the idea of "World Peace" had become too limiting and still held a touch of political activism in it? The word "Peace," alone by itself, embraces the entire peace picture that was so central to Peace Pilgrim's message. "My pilgrimage covers the entire peace picture: peace among nations, peace among groups, peace within our environment, peace among individuals, and the very, very important inner peace—which I talk about most often because that is where peace begins."

While the message on her tunics changed over the years, Peace Pilgrim's dedication to her calling never changed or faltered. She "remained a wanderer" spreading her message with enthusiasm and joy to all who would listen, "This is the way of peace – overcome evil with good, and falsehood with truth, and hatred with love." It is a message that continues to inspire all of us who have been touched by Peace Pilgrim and are her continuation in a world still so much in need of peace.

Notes from our friends

From Jessy in Maine:

Hello Friends of Peace Pilgrim, I just received the four books I requested. I am so happy! This is a great resource. I am keeping one and dropping the rest off at local organizations. I have been working with homeless people for 15 years and it is good to get a boost of positivity in Peace Pilgrim's words. Her spirit is still really alive there.

From Anne in California:

Dear Friends of Peace Pilgrim, Thank you for your kindness in expediting a shipment of Peace Pilgrim books, DVDs and pamphlets for our upcoming Interfaith event in Southern California on "The Joy of Giving." My dear friend Audrey and I will be giving a talk on behalf of Service Space. For both Audrey and me, Peace Pilgrim has been a loving example of service - giving without any strings attached and living her life as a prayer. We are deeply grateful to share her spirit and message at this event where more than 300 people (of all generations and faiths) will come together to celebrate our commonalities as a people who share our wonderful planet. With love and peace always.

From Toria in London:

Thank you so much! Today I received a lovely package from you. I wasn't expecting it. I have been talking often to friends about the book, and this wonderful woman and what she did. I speak of you all, The Friends of Peace Pilgrim. I have been sending links to friends, posting on my Facebook page. But now I have another copy I'm going to write in it and ask the person once read to pass it on to someone else and keep that going. Also I'm very excited to have a few copies of the little book "Steps." I have a little Picture of Peace Pilgrim on my desk, to remind me of so many things. She is such an inspiration as are all of you continuing her work.

**"Humanity has only scratched the surface
of its real potential."
- Peace Pilgrim**

From Thomas in NJ:

Hi Friends, Just a note to say I really appreciate what you do! The online documentary and the book which you kindly sent to me a few weeks ago, may have been primarily products of Peace Pilgrim, but, of course, they are also the products of ya'll. And if it weren't for you, I may never have discovered Peace in the first place. For helping in whatever ways to spread such great energy and messages and for helping to inspire me further down my own wonderful path, THANK YOU!

From a prisoner in Florida:

Hello! I obtained two copies of your booklet, "Steps Toward Inner Peace" from a fella here in my quad and I decided to write and tell you how struck I was by the simple, yet eloquent manner in which Peace explained her insight towards obtaining what so many of us seek but rarely find. I am at the end of a 15-year prison sentence and I will confess, it has been a blessing in disguise. Difficult, lonely, and challenging yet... an opportunity to grow if you seek to do so. I did! - and I have! - with the help of pioneers like you Peace. What a remarkable way to live life for such a noble cause. I will do my part as I can and I'm compelled to do. To do likewise as Peace did, to help - to do just one thing extra per day in the cause of peace. It's not burdensome and it actually makes ME happy to do it. I could use a few more "Steps" to share with folks here.

From Andrea in Hawaii

Dear Friends of Peace Pilgrim, Thank you so much for sending "Steps" and copies of the Peace Pilgrim book for our recent Humane Education Week event. People who knew of Peace Pilgrim took copies to share with friends and family. Others, discovering her for the first time, were beyond grateful to read her words and learn about her life and work. You are all carrying on her legacy with such grace and selflessness. We are so appreciative of your generosity. Aloha.

From a prisoner in Minnesota:

Dear Peace Pilgrim, I just wanted to thank you for the wonderful gift! This book is truly a life changing experience for me. Her words, the love, the inspiration and her story are so moving. I've shared

the book with three of my friends in here already. Thank you so much for helping me change. What you are doing is inspiring and wonderful.

From Christi in Massachusetts:

Dear Friends,
Thank you so much for the book. I gave it to a friend for her birthday. It was given to me many years ago and it changed my life. Thank you for all you do to promote the work of Peace.

From Peace Pilgrim's friend Leon in Wyoming:

Dear Friends of Peace Pilgrim,
I was pleased beyond words to find your mailer in my mail box. At ninety three years of age I feel that I have become isolated from so much happening in the world. Knowing that there is a sustaining following of Peace's message is rewarding to me. I look back on my years of companionship with Peace with the deepest sense of personal fulfillment. Peace brought so many rewards into my life. I sit here this morning in remembrance of the many outdoor adventures we shared. At the termination of Peace's sixth pilgrimage she had scheduled an appearance in a university in Texas. I picked Peace up in Texas and drove her to California for the start of her seventh pilgrimage. As we drove across Arizona one morning she looked up to me in an attitude of deep contemplation and stated, "I have no thoughts of leaving this plane at this time in my life but if I should be called I will come right back. There is so much work to be done here." Through the years from the time of her passing I have hopefully wondered about her return to a modern world society. The spirit of her message is carried forward by the work you are doing. It is a message of worldwide significance. In Loving Appreciation.

From Mary in Michigan

Dear Friends of Peace Pilgrim,
You can't imagine how inspiring it is to find out that there are people who are keeping the flame lit that Peace kindled. What an amazing person. I am so charged up!



The tiles above are some of the many made by school children in Peace Pilgrim's home town of Egg Harbor City, NJ. They surround the Peace Pilgrim statue that stands at a park named in her honor.

My father, Art S., who knew Gertrude Ward, met Peace and heard her speak. After her sudden passing, I think Gertrude gave him her vest which he kept for years and passed it on to me. I thought your organization should have it. I've already watched the video and read the book - ONCE!! It was the answer I've been looking for - a guide post on my

search for Truth, who am I?, and what is my part in the whole?
As Gertrude would have said, "Oceans of Love and Peace" to you all. I will continue in my life quest with renewed vigor. Bless you all.

From Rose via Facebook

Thank you for keeping her message going all these years, showing how she embodied it. She just kept getting brighter.

**"If we have no peace, it is because we have forgotten that we belong to each other."
- Mother Teresa**

“Live in the present. Do the things you know need to be done. Do all the good you can each day. The future will unfold.”

*Peace Pilgrim: Her Life and Work
In Her Own Words - Page 162*

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The Miami News - March 23, 1958:

Pilgrim of Peace To Visit Miami

A white-haired woman will walk into Miami tomorrow on a pilgrimage for peace to complete a tour of Florida's major population centers which began in Pensacola last December.

The woman, who gives no name, has set a goal of 25,000 walked miles and already claims to have covered every state, and all of Canada's provinces and Mexico for a total of 12,000 miles.

The woman is easily identified as she wears a Navy blue tunic with the words "Peace Pilgrim" on the front and "10,000 miles on foot for world peace" on the back. Her clothes are her sole possessions.

She carries no money, eats when she is offered food and sleeps where lodging is given. She asks for nothing but says that she has never missed more than four meals in a row and sleeps more in beds than outdoors.

She began her walk five years ago in Los Angeles and her schedule calls for 1,000 miles every winter in the south and a like number every summer in the north.



**PILGRIM LADY COMES TO SOUTH FLORIDA
Trekking 12,000 Miles, To Speak Wednesday**