



# Friends of Peace Pilgrim

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

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Spring 2016

*"Overcome evil with good, falsehood with truth, hatred with love."* - Peace Pilgrim

Number 61



*Peace Pilgrim once said that she got about 1400 miles on a pair of shoes. This drawing by New Jersey artist Linda Jensen captures the energy and miles that Peace joyfully invested in the pilgrimage as reflected in her shoes.*

Dear Friends of Peace Pilgrim,

Spring has settled on the hills here in Connecticut. Red maple buds have fallen in ruddy circles around their rugged trunks. Daffodils sway in breezes that are sometimes warm and sometimes chilly as Nature plays her game of season change. How wonderful it is to watch the world wake up to fresh life.

If Peace Pilgrim were still walking she would be wending her way north after spending the winter months in the south. She moved with the seasons and was content with her simple garb - blue slacks and shirt topped by her iconic tunic, and the blue canvas shoes that she would entirely use up before allowing another pair to be offered, without asking, of course.

We are happy that our 61st newsletter has found its way into your hands today. We hope that within these pages you might find some words of peace and inspiration. It is wonderful to be sharing this amazing planet with you, and a common desire to create ever widening circles of peace in our lives and in our world. As Peace Pilgrim reminded us, "One little person, giving all of her time to peace, makes news. Many people, giving some of their time, can make history."

Thank you all for being a part of "the pilgrimage" and helping to keep Peace Pilgrim's life and message alive in the world by sharing our offerings with family, friends, and community. We are ever grateful for your interest and help.

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*

## Living Without Money in Australia

*We learned about Mary and Allan via an internet post by Seeds of Change (<http://collectingseedsforchange.com>) and were touched by the bright smiles in their photo and their commitment to a lifestyle that echos that of Peace Pilgrim in so many ways. While most of us cannot live at this level of relinquishment, we can all be inspired to create lives of greater simplicity, service, and joy.*

We have been travelling without money for over 20 years. In 1993 we gave everything away and began our journey. That year I gave my home to the person who wanted it. Allan gave all his possessions to the Steiner school he worked at. Giving gives such joy. You must be prepared to let go, attachment you don't need.

We travelled without any money for about two and a half years until the government caught up with us. They got stressed because we hadn't applied for our pensions. We lived with no money, we walked until we were offered shelter, we fasted until we were fed. Travelling with just one bag with two pair of knickers and two T-shirts was a challenge, but it never ever stopped me from trusting. This is okay, this is what I'm meant to be doing.

In the end we gave in and took our pensions. We never use that pension, we give it all away, I don't have a need for it. They say we must, so we do what they like and they're happy. Everything I have is given to me, because I give. But I don't give expecting, I just give.

We would be asked to give workshops and personal sessions around the world. We never told them we'd work for no money beforehand. We allowed them to give. In the end we would say: It's all yours. If you can, look for a project that deserves it. Maybe it's a family in need, whatever you find from your heart, help them. This was Polish money, it was Indian money, it didn't matter where we were, it belonged to those people, not to us. We didn't need it.

It makes my heart sing when somebody says: I am awake, I have woken up. Everybody would like you to stay asleep, to not realise who you are. You've given yourselves

the opportunity to find out who you are, without being in the mundane nine to five, pay your bills system. You are free now, and your decisions come from your heart, not from your head. That's what makes it beautiful.

Our seed for change? Find still time, by that I mean be in your own company and listen. Don't expect messages to come in a particular way. Believe in You, for nobody knows You better than You. Do a little mantra every day: I believe in me, I love and trust myself. Every day, a thousand times if you like. The more you say it, the more it becomes a way of being. It's simple, it's so damn simple. We can only do it with love, with violence it's been tried and it doesn't work.

**"You know, after you have fully surrendered your life to God's will—if it is your calling to go out on faith—you will discover that even the food and shelter you need come to you very easily. Everything, even material things are given. And some amazing things are given that still surprise even me." Peace Pilgrim**

## Greetings From an Old Friend in India

*For many years, Friends of Peace Pilgrim has received correspondence from Shambhu Dass through his daughter, Prof. Surekha Bhanot in India. We were delighted to hear from our old friend again this past March.*

Om shanti shanti shanti shanti shanti

I enclose brief information about my own journey of 93 plus years in the present physical garment. I came to know about the Peace Pilgrim's life and work in the mid 1980s through *Unity* magazine.

I know a few months after Peace's sudden transition that five of you (Richard Polese, John and Ann Rush, Andrew Zupko and Cheryl Canfield) resolved to compile the spiritual classic *Peace Pilgrim: Her Life and Work in Her Own Words*. I had established personal contact with John and Ann just before John's transition. Both of them were like an elder brother and sister to me.

I have received scores of copies of *Steps Towards Inner Peace* and the *Peace Pilgrim* book, which I shared with many friends in India. Also copies of the book *Peace Pilgrim's Wisdom* compiled by Cheryl. I have derived deep inspiration from Peace's perennial wisdom that resonates with my own feelings: "she was letting God write the script of her life every moment of every day."

About six weeks back these two books dropped into my hand out of the shelf. I immediately started reading them after a gap of a few years and got so engrossed that I finished the reading just in a week.

I happen to be an editor of a spiritual bimonthly, *Akhand Jyoti (Light Divine)*. We propose to publish excerpts from the books containing Peace's spiritual Wisdom.

May Peace prevail on Mother earth and all its children. Love filled Namaskars to a soul kin from across the oceans.



Allan and Mary of Australia



## Peace Pilgrim's Progress: The Second Pilgrimage Begins!

*Over the 28 years of her pilgrimage, Peace Pilgrim sent out occasional newsletters to those interested in following her journey. There were 19 editions in all. The excerpt below from newsletter #4, dated January 22, 1955, announced the start of her second pilgrimage. All of the original Peace Pilgrim newsletters can be found on the [Friends of Peace Pilgrim website](#).*

DEAR FRIEND OF PEACE:

I'm on pilgrimage again - and the heart of the world is with me! What I pray for and work for is the desire of every human heart - peace in the world and a good life for the world's children. At the New Year parade in the Los Angeles section I walked ahead along the line of march, talking to people and handing out messages, and as I passed many clapped and cheered - for peace. About half way a policeman put his hand on my shoulder and I thought he was going to tell me to get off the line of march. Instead he said "What we need is thousands like you." I started my second 5,000 miles when I walked across the Golden Gate bridge from San Francisco to Sacramento. This time I shall walk at least 100 miles in each state into the state capitol. The end of January will find me walking from Tucson to Phoenix, the beginning of February I shall walk through Albuquerque to Santa Fe, New Mexico, the end of February in Texas, and so on. My special prayer is for world

disarmament, and this is the second 5,000 miles for my disarmament petition. I continue to speak to thousands of people - singly, in groups, through newspapers, radio, television - giving the peace message, discussing peace within, emphasizing practice. My message remains: "This is the way of peace. Overcome evil with good, and falsehood with truth, and hatred with love." My vow remains: "I shall be a wanderer until mankind has learned the way of peace - walking until I am given shelter, fasting until I am given food, using money given me to spread my message." My personal prayer remains: "Make me an instrument through which only truth can speak." No Peace Pilgrim material is ever copyrighted and there is never any charge for it. Please ask for as much of this material as you can use. Thank you for remembering me with cards and letters - with kind words and generous contributions. I answer you through this newsletter because it is physically impossible for me to answer you individually, but I do remember you individually. As I read your communications my thoughts and my love and my prayers sped across the miles to you, and they speed to you now - Bringing congratulations to some, sympathy to others, gratitude to those who gave me hospitality, regrets to those I passed close to but for some reason could not see. We are always together in spirit, praying and working together for peace across the miles between.

## A Chat with Ralph

by Bruce Nichols

After a recent road trip I returned home to find the message light blinking on the Friends of Peace Pilgrim answering machine. While this is not unusual, one of the waiting messages was. It briefly stated that Ralph Nader wanted to speak with us. "Ralph Nader," I thought. "**THE** Ralph Nader!"

It was late so I needed to wait until the next day to return the call. I reached a staffer in Ralph's Washington, DC office and said it was Friends of Peace Pilgrim returning a call to Ralph Nader. Within a few seconds I was speaking to Ralph himself.

After introducing myself and exchanging some typical "starting the conversation" formalities, I was surprised at how down to earth and engaging Ralph is, and also how much he already knew about Peace Pilgrim. We spoke about the pilgrimage and the circumstances surrounding Peace's "glorious transition." Ralph mentioned what a tragedy it was that her work in the world ended prematurely as a result of an auto accident.

I shared a bit about how our many friends around the world were a living continuation of the pilgrimage and that it had simply taken on a new form - something Peace Pilgrim herself had expressed a premonition about.

Ralph was surprised and pleased to know that Peace Pilgrim's younger sister, Helene Young, is still living and thriving at 101 years of age.

Then Ralph shared the reason for the call. In May he and colleagues will be celebrating the 50th anniversary of *Unsafe at Any Speed* by hosting an historic gathering at Constitution Hall in Washington, DC. He is inviting like-minded groups to share news of this unprecedented event, which will include four days of learning, planning and organizing around many comprehensive reforms and redirections designed with the goal of launching a new and enduring era of peace and social activism. A tentative schedule includes:

- Day 1: Monday May 23 - Closing the democracy gap. How can we improve life in America and restore a "government of the people?"
- Day 2: Tuesday May 24 - A day of poets and authors sharing a vision for a better future.
- Day 3: Wednesday May 25 - Choosing Peace over War. A collaboration with Veterans for Peace and other peace-promoting organizations.
- Day 4: Creating a citizen-based government. Action to create a government that is responsive to "people" rather than big business and special interests.

For more information, you can call the Breaking Through Power staff at 202-387-8030, or visit [BreakingThroughPower.org](http://BreakingThroughPower.org) and register for this monumental event that will rejuvenate our crucial civic culture.

## News and Celebrations in New Jersey

The fall season of 2015 saw the joy-filled continuation of our New Jersey Peace Pilgrim events.

The **eighth annual Peace Pilgrim Celebration**, held on the weekend closest to the United Nations International Day of Peace, took place September 19-20 at Peace Pilgrim Park, in Peace Pilgrim's birthplace of Egg Harbor City, NJ. Saturday activities included early morning yoga, a two-mile intergenerational walk for peace, a potluck picnic with entertainment, and a drum circle. On Sunday, we enjoyed an interfaith spiritual service in the Peace Pilgrim Park. Our 2016 event will follow a similar schedule and take place on September 17-18. Check our [website](#) for details.



*Friends gather around the Peace Pilgrim statue at Peace Pilgrim Park during the 2015 Peace Pilgrim Celebration. Below right, the morning begins with outdoor yoga. Below left, Helene Young, Peace's "little sister," jams to the beat of drum master Dave, alongside her son, Dale, and daughter-in-law, Marianne.*



The **fourth annual Peace Pilgrim Retreat on the Appalachian Trail** brought together 15 friends of Peace Pilgrim from November 6-8, who gathered at the Mohican Outdoor Center in Blirstown, NJ. Using the comfortable Blueberry Hill Lodge as a base, our group enjoyed wonderful camaraderie, vegetarian meals, sharing of our respective peace journeys, and opportunities to "walk in receptive silence among the beauties of nature" to touch peace and inspiration within. We were again blessed to have among our group Peace Pilgrim's sister, Helene Young, who celebrated her 101st birthday in February of this year. We expect her to be with us again this fall. The 2016 edition of this retreat is in the planning stages. The dates are set for October 9-11 (Sunday to Tuesday, including the Columbus Day holiday.) Details will be posted to our [website](#) when available.



*Friends enjoy the sunrise on the Appalachian Trail during the 2015 Retreat.*



Peace Pilgrim Park in Egg Harbor City, NJ, contains a labyrinth with signs reminding us of Peace Pilgrim's words. A friend is making these beautiful signs, as shown above.

- ASSUME RIGHT ATTITUDES
- LIVE GOOD BELIEFS
- FIND YOUR PLACE IN THE LIFE PATTERN
- SIMPLIFY YOUR LIFE
- PURIFY THE BODY
- PURIFY THOUGHTS
- PURIFY DESIRES
- PURIFY MOTIVES
- RELINQUISH SELF-WILL
- RELINQUISH FEELINGS OF SEPARATENESS
- RELINQUISH ATTACHMENTS
- RELINQUISH NEGATIVE FEELINGS





A new display at the Community School, a middle school in Egg Harbor City, will be highlighted during the city's May 9 Peace Pilgrim Day celebration.

## Egg Harbor City Schools Plan Activities for Peace Pilgrim Day

Several years ago, the governing body of Egg Harbor City, where Peace Pilgrim was born, declared that the day after Mother's Day would be commemorated as the city's official Peace Pilgrim Day. They chose that day so it would always fall on a Monday, when children would be in school. It would provide an opportunity for students to learn about and honor their hometown hero.

This year, for the first time, the schools are planning celebrations. Students from the local Sprague elementary school will participate in collecting Pennies for Peace, a Shoe Drive and learn peace songs. The middle school students at the EHC Community School will be holding a sock drive, make a Peace Pilgrim documentary that includes the Second Step social skills. They also will do yoga, then walk to Peace Pilgrim Park, where they will plant flowers and form into a human peace sign. (Look for an aerial photo in our next issue.) Friend and teacher Mary Dovey created a Peace Pilgrim display that will remain in the EHC Community School.

In addition, students at both schools will hear presentations by Merry Brennan, author of the biographical novel, *Peace Pilgrim: Walking Her Talk Against Hate*.



## Peace Pilgrim in Esperanto

by Jens Spillner

In the fall of 2015 we added the 30th translation of the Steps Toward Inner Peace booklet to our website. The Esperanto translation was done by Jens Spillner, who lives in Oxford, England. He tells us about this world language and why he translated Steps into Esperanto. All 30 Steps translations are available at: [www.peacepilgrim.org/htmlfiles/WorldSteps.htm](http://www.peacepilgrim.org/htmlfiles/WorldSteps.htm)

Why do we need a version of the Peace Pilgrim booklet in the international language of Esperanto? First let me give you a short introduction to this language.

At the end of the nineteenth century, the dream to create a common world language finally got on the way with the book "Internacia Lingvo." It was published in 1887 in Warsaw under the pseudonym Dr. Esperanto, which later became the name of the language itself. The word Esperanto means someone who hopes. And this is exactly the essence of the whole project, which aimed to be much more than only a practical communication tool.

What started as an artificial language, initiated by a single person, L.L.Zamenhof, developed over the next 127 years to a living language. Today, Esperanto is spoken in nearly every country on earth, has its own literature, and is well presented on the internet. Three weeks after the global language-learning website Duolingo offered an Esperanto course, more than 30,000 English speakers enrolled for it.

Historically Esperanto is inseparable from its efforts for peace. The initiator of this language experienced that misunderstanding or no communication at all could cause a lot of problems. Zamenhof, a medical doctor by profession, was not only occupied with this language project, he also was very busy with his own philosophical theory "Homaranism," that deals with a wider prospect of world peace.

My introduction to this language was inspired by musing about future development of societies in a world after the evolution of the internet. After seeing the world struggling for universal rights, unified measure standards, and dealing with global issues like Global Warming, world politics and so on, for me a common second language was only logical.

Perhaps around this time I came across Peace Pilgrim on YouTube. From the very beginning I was fascinated by her personality and the way she put her ideas into reality. At one point I came across Friends of Peace Pilgrim. Finally I got the booklet and the book. Over the years I returned to read and delve into the wise thoughts and practical activities of Peace Pilgrim.

Then one day it came to my mind that it would be useful to have a translation of the booklet into Esperanto. By translating the text I also could dive deep into the content once again. *Paŝo al paŝo* (step by step) I did the translation and I needed quite a while to accomplish the work as American English is not my mother tongue. I asked for help at the US Esperanto association. Here Sean Johnson, an experienced Esperantist, came in and I am grateful for his many good suggestions and corrections. I hope this translation will serve many people around the world who have not heard about Peace Pilgrim and her humble greatness.

### Visit our Website

The Peace Pilgrim Website - [www.peacepilgrim.org](http://www.peacepilgrim.org)

### Follow us on Facebook

Search for "Friends of Peace Pilgrim" from your Facebook page or enter "facebook friends of peace pilgrim" into any search engine.

## Some Notes from Our Friends

### From Anne in Mill Valley, California:

My heartfelt gratitude for sending Peace Pilgrim books and her documentary so that I may share her spirit and good work with friends in India as well as with youth in our kindness circles at local high schools. Every time I read her words I am filled with a lightness, as her truths go straight to the heart. May your good work spread to all corners and crevices of the world.

### From Zilong in California:

Thank you so much! Peace's messages have inspired me to go on a bicycling pilgrimage around the world in the next 2-3 years. On my recent trip back to China, I've also shared a few copies of the booklet with friends there and with clients, including one given to the CEO of Walmart, who received it with delightful surprise :) Grateful for your work of keeping Peace's ripple spreading far and wide! Today we are very happy to receive the mail from you! Filled with around 100 copies of the Steps booklet, six Books, and coloring books – we are all excited, and already have many ideas on how to share these inspirations and love.

NOTE: *Zilong began his "Journey to the East," leaving from San Francisco on his "pilgrimage around the globe by bicycle, in service of the ecological and spiritual awakening of our time." You can follow him at [www.JourneyE.org](http://www.JourneyE.org)*

### From Tabitha in Texas:

Thank you for sending me the Peace Pilgrim book. It has changed my life. Could you send me a few more books? I would like to give them as gifts. I am forever grateful to have been introduced to Peace.

*And from Tabitha's daughter: I am happy to know Peace Pilgrim. I am a more peaceful child. I am seven.*

### From Shirley:

I cannot express with enough heartfelt words what this information brought forth from Peace Pilgrim and yourselves has meant to my life. I am in dedication with my own life to this work; first was to know myself and to open within and then to live and radiate outward to all. For my own truth within this book, these words, lay the core principles for all life to live in beauty, in good, and in right; ringing strong and eternal to my soul. With great gratitude and blessing upon all.

### From Alan in New York:

I'm happy to report that I have given out all of the pamphlets that you have sent to me. I can only hope and pray that each recipient will actually read it. I find it easy to talk about Peace Pilgrim and her message and her journey. Her life and her pilgrimage give tremendous veracity to her message. People joke around and are dismissive until they realize that I'm telling the truth about her vows and her pilgrimage. I know I don't have to tell you this. Thank you for all that you do to spread Peace Pilgrim's message of peace. In Peace and Solidarity.

### From Adam in West Virginia:

I am writing to receive a copy of the book Peace Pilgrim. When discussing matters of love, consciousness and peace with a friend whom I had not seen in a while, he told me that the book Peace Pilgrim had changed his life. We seem to be on a similar spiritual path so I looked the book up at my local library. It is not part of the collection. I live without electricity and read a lot. I would greatly appreciate a copy and any other materials you would be gracious to send. If you like I can donate the book to the library.

### From Loran:

I thank you for the book. I think God wanted me to have this book because I'm in jail waiting to go to prison. This is my first time, and I won't lie, I'm scared that I am going to get hurt or killed in prison because someone doesn't like the crime I committed. But I'm half way through the book and it has taken my fear away. I know now that wherever this journey takes me, God will keep me safe. I was afraid when my time was up I wouldn't have any family to go home to. But I know now that I'll have someone and that is God. And I will always have a home and it will be my heart and my faith in God. So, thank you. I would also like to have another book so I can give it to someone and allow them to be touched like I was.

### From a Friend in Washington:

I will start by saying thank you! I have raised five children and am now adopting two of my grandchildren (their parents are addicts.) My mother and best friend died two years ago. I have been lost. My youngest son decided to go on a journey on foot with a backpack. I dropped him off eight hours from home with only \$40 in his pocket. It was one of the worst days of my life. I cried all the way home and for four days after. He called on the sixth day. He had hurt his knee and wanted to come home. On his journey he had met a lot of people and one had given him the "Steps Toward Inner Peace" booklet. It took me a week or so to pick it up and begin reading but now I read it every other day until I get something I need to remember. Then I think about it all day so it is remembered. Today it was "Overcome evil with good" - purification of thought. The hater is the one that suffers, not the hated. I can see where the way we think can hurt us. I asked my son why he thinks this happened to his knee? He said, "You needed me here to help you stop crying, and to help with the grandchildren also." THANK YOU! Can you send me a copy of your book and more copies of the "Steps" booklet? I would like to have one in every room of the house and at every family member's house.

**"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end."**

*Scott Adams*



### Offerings from Friends of Peace Pilgrim

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.

#### PUBLICATIONS

**PEACE PILGRIM: Her Life and Work in Her Own Words** (Standard Edition), 224 pages. Compiled by five of her friends after her transition in 1981. (*Printing and postage \$5*) The book is also available in eight languages to download from our [website](#).

**PEACE PILGRIM (Compact Edition)**, 224 pages. This book is the same as the Standard Edition except smaller. (*Printing and postage \$4*)

**PEREGRINA DE PAZ: Su Vida Y Obra en Sus Propias Palabras**, 216 pages. Our book in Spanish. (*Printing and postage \$5*)

**STEPS TOWARD INNER PEACE**, 32 pages. Peace Pilgrim relates her own steps toward inner peace and gives ideas for working for world peace. Print editions of Steps Toward Inner Peace are also available in Spanish, Chinese, Arabic and Hebrew. Please call or write for information. (*Printing and postage \$1*) The booklet is also available in 30 languages to download from our [website](#).

**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*)

**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*)

**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*)

**OUR NEWSLETTER** – To be added 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: [www.peacepilgrim.org/news/index.htm](http://www.peacepilgrim.org/news/index.htm)

#### 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. (*Production and postage \$6*)

**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. (*Production and postage \$6*)

**PEACE PILGRIM DOCUMENTARIES DVD** – All of our documentaries are now bundled onto one DVD disk. 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 much new historical footage and interviews; 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. (*Production and postage \$6*)

#### ADDITIONAL ONLINE OFFERINGS

Audio files of Peace Pilgrim's talks, our book in audio format, along with online video offerings and additional print and digital resources can be found on our [website](#).

Also online are the **Peace Pilgrim book**, available in eight languages, and the **Steps booklet**, available in 30 languages.

#### Send Requests to:

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

*"My mission is to help promote peace by helping others to find inner peace. If I can find it, you can too. Peace is an idea whose time has come."*

*Peace Pilgrim: Her Life and Work  
In Her Own Words - Page 27*

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## *Peace Pilgrim spreads words of love*

Her message is a simple one, yet hard for many people to accept:

"This is the way of peace: Overcome evil with good, and falsehood with truth, and hatred with love."

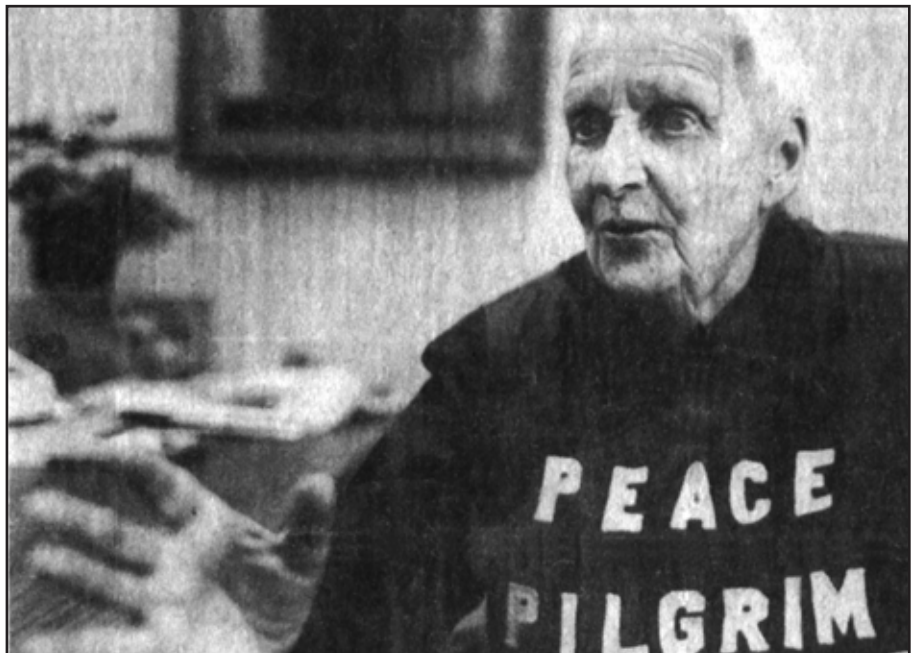
For years, Peace Pilgrim, the gentle white-haired lady with a message, has been walking the roads of the nation, telling those who ask what she is about.

She is in Madison now on her seventh pilgrimage across America, not talking about military statistics or overkill ratios, but talking about the way one human being relates to another.

"My weapon is love," she said. "It has never failed me."

## Peace Pilgrim in History

THE CAPITAL TIMES - Madison, WI - June 17, 1981



Peace Pilgrim: "I shall remain a wanderer until mankind has learned the way of peace."