



FRIENDS OF PEACE PILGRIM



A Non-Profit, Tax-Exempt, All Volunteer Organization
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“Overcome evil with good, falsehood with truth, hatred with love”

Number 39

Dear Friends of Peace Pilgrim

We are deeply saddened by the killing in war. It would be a peaceful world if people were following the teachings of Peace Pilgrim, who said that the way to peace is to overcome evil with good and, the teachings of Jesus who told us to love our enemies.

The article on the next page by the Friends Committee on National Legislation suggests ways to bring peace to the world.

FROM DAVID STEWART, OUR FRIEND IN GUATEMALA

This is written, hoping that you are all very well, and that the current ignorant action of the U.S. government is not weighing too heavily on your minds. It is difficult to believe that the Bush Administration would pursue a war policy in Iraq against the will of what is seemingly the entire world.

While information on what is going on is difficult to come by here, it isn't hard to imagine the state of destruction that is being perpetuated and the lies that are being generated to cover it up.

On hearing of the start of the war, a sadness overcame me. Where to turn? To Peace Pilgrim, of course. On opening the book, what a contented feeling for it to be page 97, a perfect lead-on to the message of the day, on page 99, “Knowing that all things contrary to God's law are transient. Let us avoid despair and radiate hope for a warless world.”

It seems so difficult right now to “radiate hope,” but then was it not much more difficult for Peace Pilgrim to radiate hope when she started in 1953. She was a lone voice in a vast wilderness, and she walked in a time of even greater darkness than today – much greater darkness, for as we lament the destruction and share the pain of those suffering violence beyond our comprehension in Iraq we cannot forget the 10 million people who took to the streets in an effort to stop it. George Bush ignored their voices, but they will be heard. The world's reaction to this transparently imperialistic war shows that Peace is indeed an idea whose time has come.

Now is just the time when those of us who can see the way of peace more clearly than others must shine our lights at their brightest. The darkness has been clearly defined by the Bush Administration, but it is up to us to show the alternative, to demonstrate that even in the face of such evil and inhuman behavior we can hold firmly to the way of peace, confident that it is the way of God that the Peace Pilgrim and many others have shown us is the way of divine law, and cannot be ignored or circumvented past the point where we refuse to allow our leaders to ignore it.

George Bush can and must be transformed into an instrument of peace. Please let me know of any well-conceived resistance efforts. As Thich Nhat Hanh pointed out, so many peace efforts are not peaceful at heart, and so are unable to bring good influence to bear on the evil.



A LIFE TRANSFORMED

It has been almost 20 years since Peace Pilgrim became my spiritual companion and gradually transformed my life. It was thanks to you that the book came to me and immediately captivated my heart and mind. I have since then distributed Peace books and Steps pamphlets. All along, you have been among my role models. Your newsletters are like welcome messages from family. Thank you and God bless you.

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WAR IS THE ULTIMATE REJECTION OF GOD'S CREATION

by the Friends Committee on National Legislation, a Quaker Organization. Peace Pilgrim was a member of the Wider Quaker Fellowship, an organization of those who are sympathetic with the Quaker practices and beliefs.

We call on our policy makers and the world community to employ peaceful strategies to address the problems of terrorism, weapons of mass destruction, and abusive regimes. We issue this call from a place of faith, convinced that war – not the proposed justification – is the ultimate rejection of God's creation. We affirm our way of peace as the most effective means to counter threats of violence and achieve lasting security for all the world's people. We seek to listen, engage in dialogue, and support Members of Congress and the Administration as they face the arduous task of making decisions on behalf of the people of the U.S. on matters of the greatest import.

War is not the answer to the brutality of Saddam Hussein or the threats posed by alleged weapons of mass weapons and terrorism. Democracy, peace and human rights cannot be achieved through military action. Rather, the tools of diplomacy and international cooperation need be strengthened and expanded.

We believe the Bush Administration is introducing a new and dangerous element in foreign policy by asserting the right of the U.S. to change the governments of other countries through preemptive war. We fear a new world order based on military might is being constructed by our government. The real path to security lies in a strengthened global civil society based on mutual trust and respect, the rule of international law, and removal of the roots of violence and war.

Our leaders know the U.S. is unrivaled in military, political, and economic power, but national pride is spilling over into arrogance and hubris. This American empire will brook no determined opposition. The Administration and some members of Congress seem to have chosen for themselves a role of Biblical proportions – we are righteous and they are evil. Yet, history demonstrates that human conflicts are never so simple. We all share a common humanity and are often complicit in the problems we face.

We see enormous dangers pending in our world: the global AIDS crisis, poverty, environmental destruction, racism, genocide, weapons proliferation, and human rights abuses. Where is the attention to these crises? We share the deep yearning of our friends and neighbors, who sense that something is terribly wrong with our national value system, who want to take relevant action, but are being presented only one option: war

We know from experience and faith that violence cannot overcome violence, and that cycles of hatred can be interrupted by acts of creative nonviolence, conflict resolution, and courageous love. Let us all follow the healer's rule: "First do no harm." Let us use the preeminent power of the United States to change our direction and reject violence, building up international institutions that promote economic and political justice. In this way, the lives of our children and grandchildren –

and their contemporaries the world over – can be liberated from the terror and threat our present generation is enduring. – FCNL – Executive Committee, September 19, 2002.



INFLUENCE OF THE PEACE PILGRIM BOOK

I've been looking for this book for about five years since I was in prison. This book means so much to me because when I was down and feeling so bad and low and poor-me stuff, feeling sorry for myself, I ran across this book in the day room of the prison and something made me pick it up.

From that day on I had that book with me every day for the next four years next to my bible. I felt like I knew the woman. That I walked every mile with her, slept under every bridge with her. It was like she was my best friend, my right hand, like she had been with me all my life. She gave me hope when there wasn't any hope. She made me feel loved and by reading the book I began to feel "Hey, I am okay! Everything is going to be okay today." Yes, and I finally found this book, two days after I told my granddaughter, because she's going through some real rough times and decisions in her life that I wish I could find this book about Miss Pilgrim that she would give her the strength, the courage to go on. And two days later I found the book.



I am the library media teacher at the Juvenile Court Schools at Central Juvenile Hall in San Bernardino. We would like to feature Peace Pilgrim, her work, her life, her writing, etc. in our library.

Both for Women's History Month and for the state of the world today, Peace Pilgrim will be a profound educational experience for our students. Our students have spent most of their lives in non-peaceful situations and many are gang members and have families that have passed down the tradition of gangs for many generations.

Your assistance is greatly appreciated.



CALIFORNIA – I just showed my copy of Peace Pilgrim's book to my friend Helen. She said, "Oh my God, How did you know I have been looking for that book. I know that woman like the back of my hand. Just the other day I was telling my granddaughter that she needs to read that book."

It is a delight to see her enthusiasm and to share in the blessings of Peace Pilgrim's message. – *Christine Owen, CA*

DIALOGUE ABOUT WAR AND PEACE

Dr. Robert Muller, former assistant secretary general of the United Nations, now Chancellor Emeritus of the University of Peace in Costa Rica, was one of the people who witnessed the founding of the U.N. and has worked in support of, or inside the U.N. ever since. Recently he was in San Francisco to be honored for his service to the world through the U.N. and through his writings and teachings for peace. At age eighty, Dr. Muller surprised, even stunned, many in the audience that day with his most positive assessment of where the world stands now regarding war and peace. (It was his suggestion that a statue of Peace Pilgrim be erected on the campus of the U.N. University of Peace in Costa Rica) The following are excerpts from his speech that was sent to us by Marta Daniels.

I'm so honored to be here. I'm so honored to be alive at such a miraculous time in history. I'm so moved by what's going on in our world today. Never before in the history of the world has there been a global, visible, public, viable, open dialogue and conversation about the very legitimacy of war.

The whole world is in now having this critical and historic dialogue – listening to all kinds of points of view and positions about going to war or not going to war. In a huge global and public conversation the world is asking. “Is war legitimate? Is it illegitimate? Is there enough evidence to warrant an attack? Is there not enough evidence to warrant an attack? What will be the consequences? the costs? What will happen after a war? How will this set off other conflicts? What might be peaceful alternatives? What kind of negotiations are we not thinking of? What are the real intentions for declaring war?”

At this moment in history the United Nations is at the center of the stage. It is the place where these conversations are happening, and it has become in these last months and weeks, the most powerful governing body on earth, the most powerful container for the world's effort to wage peace rather than war.

It is difficult, hard work, it is constant and we must not let up. It is working and it is an historic milestone of immense proportions. It has never happened before – never in human history – and it is happening now – every day, every hour – waging peace through a global conversation.

It is tense, it is tough, it is challenging, and we are in the most significant and potent global conversation and public dialogue in the history of the world. It is a stunning new era of Global listening, speaking and responsibility.

The largest peace demonstrations in the history of the world are taking place. This is a miracle. This is what waging peace look like. No matter what happens, history will record that this is a new era, and that the 21st century has been initiated with the world in a global dialogue looking deeply, profoundly and responsibly as a global community at the legitimacy of the actions of a nation that is desperate to go to war. The leaders of that nation are being engaged in further dialogue, forcing them to rethink, and allowing all nations to participate in the serious and horrified decision to go to war or not.

Now, there are two superpowers: the United States and the merging, surging voice of the people of the world. All around the world, people are waging peace. It is nothing short of a miracle and it is working.



The following are excerpts taken from an article by Karen Klinka published in The Oklahoman on January 1, 2003

An Edmond woman believes the message of the Peace Woman, a woman who dedicated nearly 30 years of her life to walking and praying for peace, is as valid now as when she started it 50 years ago. Two events this month in the Oklahoma City area will commemorate the woman's life and mission. Sue Tarr, who is coordinating the two observances, said both events will celebrate the life of Mildred Norman of New Jersey, the Peace Pilgrim who started her pilgrimage on Jan. 1, 1953, at the Rose Bowl and continued it for 28 years.

Tarr contends the message of Peace Pilgrim has as much meaning as it did when Mildred Norman began her first 25,000-mile walk for peace.

“She and her life have just fascinated me,” Tarr said Tuesday at her home. “I think what a model she can be for our kids.”

Two free events remembering the life and mission of Peace Pilgrim have been planed for January in the Oklahoma City Area.

A video about Peace Pilgrim will be shown at 2 pm Sunday at the Center for Universal Peace, 10700 S Broadway. From 2 to 3 p.m. Jan 19, “a gentle pilgrimage of prayer” will be held at Lake Hefner at the children's playground south of the manna near Briton Road.



HELPING INMATES FIND INNER PEACE

My husband (Dr. David Parrish) and I are therapists and work with many individuals to find their inner peace. My husband is an Associate Administrator of a state prison. I support him with treatments programs and he is instrumental in bringing new opportunities for connecting and reaching them individually. He works with them spiritually through meditation, poetry books, films and other venues. We will be showing the peace pilgrim film which we found especially fascinating and inspirational. We would like to request booklets of Steps Toward Inner Peace for 100 inmates. There are 1000. However we are working with a scaled down group at this point. Additionally, we would like to request two hard copies of Peace Pilgrim, Her Life and Work In Her Own Words. – PA

CULTURE OF PEACE

The following are excerpts from an article by David Adams, published in the Fellowship Of Reconciliation September/October 2002. He retired in 2001 from UNESCO where he served as Director of the Unit for International Year for the Culture of Peace. He is a specialist on the brain mechanisms of aggressive behavior, the evolution of war, and the psychology of peace activists.

UNESCO was founded in 1946 to build peace in the minds of men. I had the privilege and challenge of examining alternatives to the culture of war while putting together UNESCO's culture of peace program in 1992-1993. I worked with groups throughout the world to analyze the culture of war and to consider the requirements of peace.

By 1999 the United Nations General Assembly had adopted a Declaration and Programme of Action on a Culture of Peace with eight programmatic areas:

Instead of enemy images, understanding, tolerance and solidarity. Instead of armaments and armies, disarmament, general and complete. Instead of authoritarian governance, democratic participation, Instead of secrecy and propaganda, free flow of information and knowledge. Instead of violence, respect for all human rights. Instead of male domination, equality between women and men. Instead of education for war, education for a culture of peace. Instead of exploration of the weak and of the environment, sustainable economic and social development.

Today we need to go beyond the UN definition and program and consider: Is the function of war and the culture of war primarily external defense, or do these exist for the sake of maintaining internal power?

From the historical beginnings of the state 5,000 years ago, war has had two faces: one turned outward for defense and conquest; the other turned inward to prevent revolt against the authority of the state.

Today's "democratic states" have not escaped from this dynamic. It is a continuing theme in American history. During the whole period of slavery there was a great deal of military activity against slave rebellions and escapes. Records indicate approximately eighteen interventions, and the involvement of about 12,000 troops per year against organized labor, urban rebellions, and so forth. During periods of external war, the internal wars are usually intensified and accompanied by large-scale spying, deportations, and witch hunts. It would appear that we have once again entered such a period.

The modern democratic state is embarrassed to admit to making war on its own citizens, and so it tends to carry these operations in secrecy. The US government seems to be increasing secrecy in the name of its "War on Terrorism."

Conferences with a peace culture are developing around the world. This global movement brings together activists who would not have seemed to be allied in the past. Those who promote one area of the culture of peace are coming to appreciate complementary undertakings in the other areas: Nonviolence; Sustainable economic and social development; Democratic participation; Equality of women; Free flow of information and knowledge.

We are in a very special moment. We have the privilege to participate in the most radical and far reaching change in human history – the transformation from a culture of war to a culture of peace.



NIGERIA – We are a youth organization in the University of Nigeria Nsukka; I am the president. Fortunately, I happened to come across your book and pamphlet on peace and saw in it a great help to us as we let our fellow youths know the important of peace for all humanity.

Our association is called Justice and Peace Movement. Please, we shall be happy if we receive these precious gifts of the life and works of Peace in her own words. – *Ugwu Emmanuel Sugos.*



A DAUGHTER OF PEACE PILGRIM

It was with great joy that I read your last newsletter and to learn all the good things happening to cultivate the memory and work of our beloved Peace Pilgrim. It came at a perfect time, as I am about to go to Colombia. It will be my second trip. I go there as an ceremonial artist/lecturer, as a "heartist," whose mission is peace through culture and the heart. In ten days of stay last year, I did seven rituals and five lectures in universities and museums, public plazas etc. (you may remember a letter from me some couple of years ago when I described how I connected my work "The Most precious Jewel" to Peace Pilgrim and called myself a daughter of Peace Pilgrim.)

My friend and colleague, Shannyn Sollitt, is returning to the four cities we visited last year where we have established some deep connections with peace-loving people who are thirsting for strength.

We were wondering if you had 100 or even 200 Spanish STEPS and a few Spanish books to spare as well as one English book to give to our sponsor's library. – *Dominique Mazeaud, NM*



NEW OFFERING

The biography of John and Ann Rush is now available in a booklet form to those who would like to read it. It speaks of their several years' association with Peace Pilgrim and describes how Friends of Peace Pilgrim developed. Request your personal copy. Printing and shipping costs are 50 cents each.

PUBLICATIONS WE OFFER

(we depend on donations to cover our costs)

Peace Pilgrim, Her Life and Work In Her Own Words
(Standard, Hard Cover, Compact and Spanish)

Steps Toward Inner Peace
(English, Spanish, Hebrew, Arabic, and Large Print)

Peace Pilgrim, An Extraordinary Life

Peace Pilgrim Book and Steps Album (book on tape)

Audio Cassettes:

Campbell House, Salt Lake City, Dallas, Spiritual Growth

Videos:

Special 30-Minute; The Spirit Of Peace Documentary; Peace Pilgrim Documentary; Speaking To A College Class; Answering Questions; Interviews of Peace Pilgrim.

(available in VHS and PAL systems)

The Peace Pilgrim Coloring Book
(English, Spanish, Portuguese & French)

The 2003 Calendar

Some Back Issues of Our Newsletter

List of names and addresses for materials in other languages

John and Ann Rush, A Path of Service

Songs using Peace Pilgrim's words on CD or Cassette
For further information, please see our offering sheet or check our website: www.peacepilgrim.org/

**LOVING THE "BAD KIDS"**

I am a high school teacher. My students have been expelled or removed from traditional schools. They are the "bad kids." Some have been in trouble since kindergarten. If negative consequences and punishment were effective I wouldn't have them in high school. I have a different philosophy; I love them, and encourage them. We focus on the positive. We talk about Gandhi, and Mother Teresa, and the way you should treat other people.

One day, one of my students asked me if I had heard of the Peace Pilgrim. Sadly, I had not. The next day, after having all 4 of his wisdom teeth pulled, he arrived at school. He said, "I don't feel very good, but I wanted to bring this to you." He handed me a copy of Peace Pilgrim.

The more I read, the more I fell in love with it. –
Elizabeth

THE VALUE OF LOVE AND COMPASSION

I am a psychologist and work at R.J. Donovan Correctional Facility at Rock Mountain in Otay Mesa. I became aware of the Peace Pilgrim's extraordinary message through one of my psychiatric patients. Although I have taught Comparative Religion classes for graduate level students, I had, inexplicably, not heard of Peace Pilgrim's invaluable teaching.

I believe that her message of love and compassion would be of as much value to me, in my personal life, as I'm sure it could bring peace and transformation to my troubled patients as well.

It is such a profound blessing that you are helping to spread her message of hope in this difficult world, so full of suffering and struggle. – *Darrel Black, Ph.D., San Diego*



I ordered the Peace Pilgrim video almost two weeks ago. I had never heard of Peace Pilgrim. I had no idea... that weekend I just had to get away from New York City where I live. So I hopped on a Greyhound and went down to Washington, DC, and by coincidence someone handed me the small "Steps Toward Inner Peace"

Well, to make a long story short I received the package today, September 11th, which has even more meaning to me, since I work near 'Ground Zero' at a treatment program for developmentally disabled adults.

I'm sorry for this rambling. It was just such a wonderful surprise to come home this evening and watch the video that you sent me. – *Jason*

**MOTHER'S DAY PROCLAMATION**

Julia Ward Howe was a leader of the crusade to establish Mother's Day. She wrote this poem in 1878.

Arise then, women of this day!
Arise all women who have hearts,
Whether your baptism be that of water or of tears!
Say firmly:
"We will not have great questions decided by
irrelevant agencies,
Our husbands shall not come to us, reeking with
carnage,
For caresses and applause.
Our sons shall not be taken from us to unlearn
All that we have been able to teach them of charity,
mercy and patience.
We women of one country
Will be too tender of those of another country
To allow our sons to injure theirs."
From the bosom of the devastated Earth a voice goes
up
With our own. It says, "DISARM! DISARM!"

BIKE FOR PEACE

I am writing you the story about how we (Tom and I) came to know about the Peace Pilgrim

In the spring of 2002, my daughter who lives in Phoenix, heard that an acquaintance of her, Ray Maddigalle, was planning to bike for peace from Phoenix, Arizona, to arrive at ground zero by September 11. He was stopping off at fire stations for peace talks along the way. When my daughter heard that he would be passing through Washington, D.C she invited him and his wife to stay at my home to rest a few days before going on to New York.

When they came we had some time to share in his experiences of biking for peace. He very much related to the peace pilgrim and her long walk. I began sharing the story of the bikers to several friends. One friend lent me a small booklet that gave the steps to inner peace. Then some one else said they had heard about the peace pilgrim. All this happened within a couple of weeks. My husband found the web site and downloaded the entire book. We read it and passed it on to friends.

I also saw the coloring book story on the website and ordered some to give as Christmas gifts. I made totes from the fabric samples to put the coloring books in. I have since ordered a case of the books to give to our friends and if I put a book in each tote for my friends to read and pass on with several of the little steps booklets, I will feel that I have done something positive for peace.
– Fay Parker, VA



TENNESSEE – The prison Chaplain took a copy and a steps booklet to read. He seemed interested...I just passed out my last copy to an officer, so please send me another box of books to the above address c/o Chaplain Moore. He will see that the books get to me. Once in a while one of the people, inmate or officer, I have given a copy to talks to me about Peace and what she believed and did. Almost everybody are deeply impressed. I know it has helped a couple of inmates along their spiritual path.



PRAYING FOR GUIDANCE

Thank you with all my heart for sending me so much information about the Peace Pilgrim. It arrived at a perfect time. My daughter, her husband and their three little children live in Montgomery County, Maryland, where a sniper has killed six people and is still at large. I was so worried about them.

Our world situation seems even more perilous now than it was when the Peace Pilgrim was alive. I found such wisdom in her words. I am praying for guidance as to where I can be most helpful. – Pat Liano, NY

VISIT TO A CLOTHING STORE

My wife, Pam, and I went to a pre-owned clothing store. While Pam was looking through the clothes, I was drawn toward the book section. The book, “Peace Pilgrim” leaped up at me. I feel I was drawn to this book as my next step in growing in my spiritual life.

The book about Peace Pilgrim is so well done, and I so admire her conviction, courage and determination to do all she could to promote peace, love, and always continuing to grow in the process.

This letter is simply to express my appreciation to those of you who are keeping her quest alive by keeping all her experiences, and lessons available. – Bud Brink, FL



RESPONSE TO WAR

Excerpts from an article by Christine Northrup, M.D:

The fear and anxiety caused by the possibility of war are the biggest health challenges we face right now. As a physician, I know full well that emotions such as fear and anger impede the healing process and, if held long enough, actually lock us into a vicious cycle that produces more pain, more fear, and more anxiety. This can wreak havoc on our minds, bodies, and spirits.

But this doesn't have to be the case. There are very specific things each of us can do right now to help prevent war and at the same time create peace in our bodies, minds, and spirits.

Here's what you can do.

1. Use your thoughts wisely. Understand their power. Thoughts have a tendency to become their physical equivalent. This is one of the mental laws of the universe. Another one is the law of attraction, which states that “like attracts like.”
2. To create peace, you have to be peaceful. The only way to stop war is to start from within yourself.
3. Imagine all the non-physical beings who are working on the other side to protect and uplift all of us.
4. Avoid watching the news and reading the newspapers.

Finally, know that when you are tuned into your heart, your inner Wisdom, and God, then your energy lightens up and your vibration literally changes.



A CHANGED LIFE

I am currently re-reading “Peace Pilgrim.” It has become my Bible. The message inside has changed my life forever. I can't thank you and them enough.

I am writing at this time not only to thank you but also to ask that you please send these same books to my sister who is experiencing some very troubling times just now. I know that is she reads and will open her heart to the message therein, it will help her to change her life just as it did mine. – Marilyn M. Brownell, CA

A DOCUMENTARY REVIEW

The video documentary about Peace Pilgrim is a wonderfully sensitive and engaging piece of filmmaking. It examines her life and reveals her thoughts and words in a thorough and inspiring way. Peace Pilgrim is brought to life through this work. The documentarians begin with an overview of this remarkable woman, through archival footage of her during her pilgrimage and using her own narration which was culled from her many talks and interviews. The video then tells us about her early years, accompanied by interviews with family and others who knew her during this time.

Peace never publicly shared her life before her pilgrimage, wishing for people to focus on the message and not the messenger. The photographs of her childhood, adolescence and early years, accompanied by narration principally from her sister, are very engaging. The video then returns us to her pilgrimage and her life criss-crossing the continent as she amassed her more than 25,000 miles on foot. Here we learn more about her message of peace as it correlated with events of the times.

The filmmakers intersperse footage received in the many wars, conflicts, and events of the fifties, sixties, and seventies respectively, while showing us news articles about and interviews with Peace Pilgrim. We hear from people who knew, as well as hearing her own voice. There is a wonderful soundtrack of music about Peace Pilgrim during this part of the video. We then learn about Peace's death in an auto accident.

However, instead of the video ending here with the end of her life, we return to clips of Peace, and reminders of her message, which was truly one of hope and optimism. A message telling us that we do not live in a time of darkness before the storm, but rather darkness before the golden age of peace.



I was very inspired by the latest video. Congratulations on a beautifully crafted and moving video. I take great joy in sharing her message with anyone who is open to it. No one has had a more profound effect on my life than Peace Pilgrim. I will always be indebted to you both and all those beautiful beings who have made it possible for her message, her life, and her inspiration to live on and so deeply bless us all.



I am writing you with a request for the soft cover book of the PEACE PILGRIM to be sent to my brother who is in solitary confinement in prison. I believe that by reading of her great love and unselfishness will help to enlighten him as he has become like many who have forgotten or have never experienced the true riches in life as she delivers.

PEACE PRAYER BY AN EAST INDIAN PEACE PILGRIM

Adorable Presence! Thou who art within and without, above and below and all around. Thou who are interpenetrating the very cells of our beings. Thou who are the Eye of our eyes, the Ear of our ears, the Heart of our hearts, the Mind of our minds, the Breath of our breaths, the Life of our lives, and the Soul of our souls. Bless us dear God to be aware of Thy Presence, NOW and HERE. This is all that we ask of Thee. May all be aware of Thy Presence. In the East and the West, in the North and the South. May Peace and goodwill abide among individuals as well as communities and nations. This is our earnest prayer. May Peace be unto all! OM! OM! OM! – *Daniel, West Newbury, MA.*



AND THEY CALL SOME OF THESE PEOPLE "RETARDED"

- by Dan Menkin

A few years ago, at the Seattle Special Olympics, nine participants, all physically or mentally disabled, assembled at the starting line for the 100 – yard dash.

At the gun they all started out, not exactly in a dash, but

with a relish to run the race to the finish and win. All, that is, except one little boy who stumbled on the asphalt, tumbled over a couple of times and began to cry.

The other eight heard the boy cry. They slowed down and looked back. Then they all turned around and went back, every one of them. One girl with Down's Syndrome bent down and blessed him and said, "This will help it get better."

Then all nine linked arms and walked together to the finish line. Everyone in the stadium stood and the cheering went on for several minutes. People who were there are still telling the story. Why? Because deep down we know this one thing. What matters in this life is more than winning for ourselves. What matters in this life is helping others to win, even if it means slowing down and changing our course.



WORLD-WIDE INSPIRATION

I found your newsletter to be spiritually inspiring. Especially the quotes from letters from all over the world, included prisoners who have converted their lives due to Peace Pilgrim's message. A collection of these would be an important way, I think, of helping other prisoners turn their lives around – "messages from one of their own", you might say. It is wonderful to see that there is such a spiritual relationship between people from every part of the world. – *Bill Payne, GA*

VOLUNTEERING AT THE PEACE PILGRIM CENTER

by *Martin Buchholtz*

It was late at night, perhaps around 10 in the evening or so, that my car finally found its way onto the Friends of Peace Pilgrim property in Somerset, CA, on February 18th. Having driven across the continent from my former residence in Boston, MA, to the Friends house in California, I was glad to have finally arrived.

A few weeks after I had left my last job in January I had an inspiration to go to the "Friends of Peace Pilgrim" center to offer my services there. Immediately I felt a joy as I thought about the prospect of working at the Friends of Peace Pilgrim. I contacted Kathy Miller, who runs the Peace Pilgrim center, and left a few days later to head out west, and she was overjoyed to have another volunteer come. Chance had it that the Friends of Peace Pilgrim organization was in need of a computer person, and so I knew why I was meant to come to the Peace Pilgrim center! Thus I packed my things into the car and headed off towards Somerset, CA.

I had often read about Ann and John Rush, founders of the Peace Pilgrim center. There was something about them that touched me the very first time we met. Being long-time servants of humanity, they seem to have an aura about them, an air of lightness that transpires when you see their gentle spirits and meet with their resolute minds.

Kathy is a practical visionary with a peaceful heart and soon put me to work at organizing all the translation efforts of the Peace Pilgrim materials that are going on around the world. To do this, the best thing was to create a database of all completed and ongoing translation efforts that are known to us for easy referral.

However, seeing the database of all the friends of Peace Pilgrim stored on a DOS-operated computer, it was clear that a far larger database was eventually called for. In the works is now a Microsoft Access-run database that will integrate most of the functions of the previous database and will add some additional ones, too, but will also be compatible with modern computers.

I encourage any person who feels inspired to come here and volunteer to follow their dream! The work here is very rewarding work and it benefits not only oneself, but also all of our brothers and sisters in all parts of the world. Gary, a fellow volunteer and good friend, is also overjoyed at being here and all three of us, Kathy, Gary, and I, usually have a lot of fun while we do our so-called 'work' (could also be called a 'joy' instead).

A NOTE TO ALL READERS

Please contact us if you are either a regular distributor of Peace Pilgrim materials, have a Peace Pilgrim study group, or even run a Peace Pilgrim center. This way we can keep our database up to date. Thank you kindly.

If you are interested in pursuing any of these avenues in the future, please let us know as well and we'll be glad to help.

To all translators of Peace Pilgrim materials:

If you are in the process of translating or have already finished a translation of any of the Peace Pilgrim material in the past, please write, call, or email the Peace Pilgrim center. We are in the process of updating our database of existing translations and bring it up-to-date. If you have a digital version of your translation on hand, please send it to us as well (via email or floppy disc) – this way people from all over the world will be able to access your translation on the main Peace Pilgrim website.

To volunteer at the Peace Pilgrim center, please email Kathy at: friends@peacepilgrim.org or call: (530) 620-0333

Only serious applicants, please.



Peace Pilgrim Center in Somerset, California, USA

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NEW OFFERING

The Arabic and Hebrew translations of "Steps Toward Inner Peace" will be available soon!