



# Friends of Peace Pilgrim

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

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

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

Number 63

## Prestigious Honors for Peace Pilgrim Raise Awareness, Reverence

### Standing ovation, joy mark NJ Hall of Fame induction

Peace Pilgrim was inducted into the New Jersey Hall of Fame (NJHOF), the highest civilian honor in her birth state. She was among 15 New Jerseyans, including TV personality Kelly Ripa and author Carol Higgins Clark, recognized at a gala ceremony held at the historic Paramount Theater in Asbury Park, NJ, on May 7, 2017.

Her sister, Helene Young, 103, and Friends of Peace Pilgrim Board Chair Cheryl Canfield accepted the award, after being introduced by long-time Peace Pilgrim admirer, actor Jay O. Sanders.

Cheryl, who knew and traveled with Peace Pilgrim, shared Peace's vision with the sold-out audience, most of whom were unfamiliar with her legacy before that evening. "She gave away all her possessions and vowed to remain a wanderer until humankind learned the way of peace. She walked on faith and spoke about the whole peace picture – peace among nations, among groups and individuals, peace with the environment, and the very important inner peace."

"Thank you to all you peace-loving people who voted to bestow this prestigious award on my sister," added Helene. "I feel so honored to be able to have survived 102 years to



*Helene Young and Cheryl Canfield*

see her receive this honor."

Their words led to the only standing ovation of the event. See a [video of their acceptance speeches](#).

"So many people told me that Peace Pilgrim's award was a highlight of the night," remarked NJHOF President Steve Edwards at an awards after-party.

Since the Hall of Fame was founded nine years ago, more than 100 noteworthy honorees have been inducted, including Bruce Springsteen, Buzz Aldrin, Yogi Berra and Michael Douglas.

Peace Pilgrims and other members of the "Class of 2016" will now be featured in the permanent collection of the Hall of Fame's Mobile Museum that welcomes thousands of visitors in communities across the Garden State.

The museum features images, artifacts and interactive exhibits to highlight the lives of New Jersey's leaders and legends.

It also provides curriculum guides for educators.

"We are thrilled that Peace Pilgrim is now a part of this valuable resource in her home state," said FOPP Board member Richard Polese, who also knew Peace during her later years.

He, the other board members, and many Peace Pilgrim admirers attended the celebration. "It was a wonderful evening," he noted.

*(See additional photos on page 2)*

### AT Hall of Fame recognizes Peace Pilgrim as first woman to hike trail in one season

Just weeks after being inducted into the New Jersey Hall of Fame, Peace Pilgrim, born Mildred Lisette Norman in Egg Harbor City in 1908, was inducted into the Appalachian Trail (AT) Hall of Fame. Friends of Peace Pilgrim Board member Bruce Nichols accepted the award, presented at the Appalachian Trail Museum's seventh annual Hall of Fame banquet in Carlisle, Pa., on June 2, 2017.

Although it was believed that another woman, Grandma Gatewood, was the first woman to hike the entire Appalachian Trail in one season, years of research and advocacy show it was Mildred Norman Ryder who completed the task in 1952.

The AT is a 2,190-mile trail spanning 14 eastern states. Archival documents in the Smithsonian Institution in Washington, D.C. show that Norman Ryder walked in the company of Richard "Dick" Lamb of Philadelphia, which caused some confusion about their marital

*(cont'd on page 2)*

*Mildred Lisette Norman Ryder, or Hiker Mil, on the Appalachian Trail, circa 1952. On Jan. 1, 1953, she began her pilgrimage as Peace Pilgrim.*





At the New Jersey Hall of Fame induction of Peace Pilgrim, her sister, Helene Young, center, is surrounded by Board Chair Cheryl Canfield and actor Jay O. Sanders. In rear are Helene's son, Dale, and daughter-in-law, MaryAnn.



Helene Young, center, poses with Friends of Peace Pilgrim board members and friends, from left, Gayle Davidson, Alice Gitchell, Bruce Nichols, Maurice Hoover, Freya Dinshah, Jeff Blom, Cheryl Canfield, Richard Polese, Barbara Reynolds and Merry Brennan.

### AT Hall of Fame (con't from page 1)

status. They started on April 26 and hiked north from Mt. Oglethorp in Georgia.

While most thru-hikers travel north, starting in spring in Georgia and go north to Maine over a six-month period, Dick and Mil were the first hikers to complete a "flip-flop" hike. They walked north to the Susquehanna River at Harrisburg, Pa., where they boarded a bus to Mt. Katahdin in Maine, the northernmost part of the trail. Then they continued their trek south to Harrisburg. Mil officially completed the hike in October, becoming the first woman to walk the entire length of the trail in one season.

For more details about her AT achievement, see *Peace Pilgrim's 1952 Appalachia Trail Journey*, written by Bruce Nichols after extensive research. He commemorated the journey with his own AT hike on the 50th anniversary of Peace Pilgrim's.

**"If you realized how powerful your thoughts are, you would never think a defeatist or negative thought. Since we create through thought, we need to concentrate very strongly on positive thoughts.  
If you think you can't do something, you can't. But if you think you can, you may be surprised to discover that you can. It is important that our thoughts be constantly for the best that could happen in a situation – for the good things we would like to see happen."**  
*Peace Pilgrim: Her Life and Work In Her Own Words*  
(page 80)

### Welcome New Friends

Friends of Peace Pilgrim warmly greets all new readers to our newsletter. We are a non-profit, all volunteer organization devoted to spreading Peace Pilgrim's message. Along with the classic book, *Peace Pilgrim: Her Life and Work in Her Own Words* (available in 12 languages), we offer a wealth of print, audio and video compilations of her writings and teachings.

Among the most popular, with more than two million copies distributed, is her booklet, *Steps toward Inner Peace*, which has been translated into 30 languages. In the spirit of Peace Pilgrim, these offerings are sent for free to all who ask. Many can also be downloaded from our website: [www.peacepilgrim.org](http://www.peacepilgrim.org).

Our mission is continually being fulfilled by the loving efforts of "friends" of Peace Pilgrim and peace seekers throughout the world. We welcome you and hope you find value, community and peace in our offerings. Should you wish to stop receiving this newsletter or emails, simply contact us:



**Dear Friends of Peace Pilgrim,**

The darkest days of Winter have begun to lengthen, and light is returning to the Northern Hemisphere as our precious planet continues its yearly circuit of the sun. Here in New England, faint traces of twilight linger on the western hills at 6 pm. By the time you are reading this, another half-hour or more of daylight will have returned. In the evening sky the constellation Orion rules the early night and rides westward across the celestial sphere till morning.

Sixty-five years ago, when Peace Pilgrim set off on her first crossing of the continent, she would have experienced the same lengthening twilight as she walked east into Spring. Crossing the desert and occasionally walking at night, the spectacle of Orion and the Milky Way would have emblazoned the heavens above those wide and empty spaces. What began as *“one little person, giving all of her time to peace,”* has grown into a world-wide community of peace makers who have been inspired by the faith, commitment, joy, and love that Peace Pilgrim lived and walked into the world.

We at Friends of Peace Pilgrim feel so fortunate to be a part of that journey that began in 1953. And we happily acknowledge that we could not have done it without you, our many friends and supporters. Her legacy is still vibrant, as the articles and notes in this newsletter attest. As Peace Pilgrim proclaimed, *“Many people, giving some of their time can make history.”* She also said, *“Peace is an idea whose time has come.”* Let us continue to “make history” together by taking the steps we can in our lives, in our homes, at our jobs, and in our communities to walk the continuing pilgrimage toward a more peaceful future.

In Peace and Friendship,

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



*The Friends of Peace Pilgrim Board of Directors gathered for their annual meeting in May 2017 at the home of Peace Pilgrim’s sister, Helene Young, seated in center. Standing from left are Board members Maurice Hoover, Barbara Reynolds, Jeff Blom, Mayte Picco-Kline, Richard Polese, Cheryl Canfield and Bruce Nichols.*

**“Let us never say hopelessly this is the darkness before a storm; rather let us say with faith this is the darkness before the dawn of a golden age of peace, which we cannot now even imagine. For this, let us hope and work and pray.”** *Peace Pilgrim*

**Rainy day ride for Peace**

*After seeing this wonderful post on our Friends of Peace Pilgrim Facebook page from Janet in Washington, we looked for a news clipping from 1978 in Spokane, WA. We found this one from Walla Walla, WA. It would have been close in time to the ride described.*

In the summer of 1978, I believe, my daughter Annie and I were returning from a long trip and were in our old GMC pickup. We had just driven through the town of Colfax, WA, and were about 60 miles from home. It was raining cats and dogs. At the side of the road was a grey haired woman, soaked to the skin. We pulled over and offered her a ride to Spokane. She spent the next several days sleeping on our couch and using my ancient typewriter to catch up correspondence. I drove her to churches and radio/tv stations, where she had scheduled interviews and meetings. She wore a tunic over her clothing that had pockets containing a pencil, paper, a toothbrush and a small address book. She wouldn’t tell us her age, which she in fact maybe didn’t know anymore. The lady was Peace Pilgrim.



More than 25 years after “retiring” and starting her pilgrimage, Miss Pilgrim seems to be holding up pretty well. “Most people my age are either in retirement homes or under the sod,” she said. “But I haven’t been sick or even had an ache for more than 25 years. And my lungs have gotten so strong that I don’t need a microphone to speak to a large audience.”

And will Miss Pilgrim ever hang up her walking shoes and end her pilgrimage?

“Not until peace comes to the world,” she said with a confident, peaceful smile.

Peace Pilgrim strikes up a conversation with two local youngsters



## 10th Annual Celebration Weekend Draws Loving Followers

The energy was as bright as the early autumn sun during the 10th Annual Peace Pilgrim Celebration, held the weekend of Sept. 23-24, 2017 in the Egg Harbor City, NJ, birth-town of Peace Pilgrim in her namesake park.

A morning yoga session was followed by a two-mile walk to her childhood home, led once again by Peace Pilgrim's 103-year-old sister, Helene Young, traveling in a decorated golf cart. Performances by several folk musicians, a potluck picnic, children's activities and a drum circle, rounded out Saturday. An interfaith spiritual service was held in a grove of trees early Sunday afternoon.



*After a two-mile Peace Walk, led by Helene Young and Nanette LoBiondo Galloway (upper right), friends pose for an annual group photo during the Celebration.*



*A drumming circle, left, focuses on prayers for peace. Attendees, right, select from a delicious pot-luck lunch; their t-shirts were designed by a student in the local high school.*

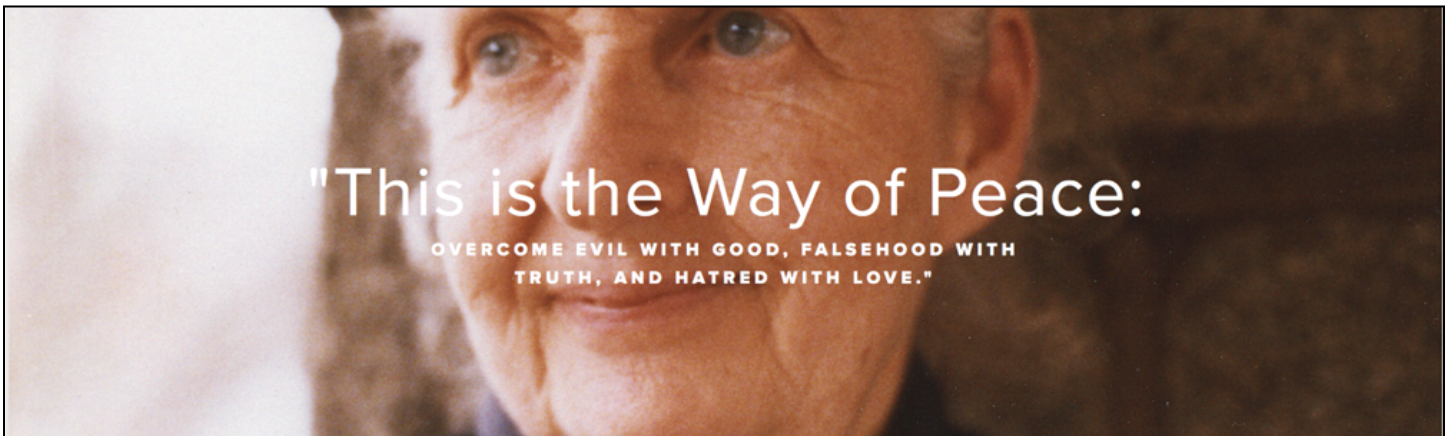
### Scrapbook Presented to Egg Harbor City Museum

Following the interfaith service, a scrapbook documenting Peace Pilgrim's 28-year pilgrimage was donated to the Egg Harbor City Historical Society.

"It should be available for everyone to see," said Helene Young. "There is no more appropriate place for it because she was born and raised in Egg Harbor City and her great-grandfather Philip Mathias Wolsieffer was one of the city's founders and its first mayor."

The now-fragile scrapbook, compiled decades ago by Peace Pilgrim's brother-in-law Eugene Young, contains news clipping, hand-written notes and postcards sent to the Youngs from every state in the nation. The contents have also been digitized, but the actual scrapbook is an historical treasure.





## Friends of Peace Pilgrim Launch New Website

It's here! We are proud to announce the launch of our newly redesigned website at [www.PeacePilgrim.org](http://www.PeacePilgrim.org). Our goal was to present an attractive site that offers easy access to the comprehensive collection of materials that we have about Peace Pilgrim that capture her life and her legacy. Our new design offers clear menus and navigation, as well as simple links to download hundreds of newspaper clips, photos and videos from Peace's 28-year pilgrimage. It also includes simple forms to request *Peace Pilgrim: Her Life and Work in Her Own Words, Steps Toward Inner Peace*, our newsletter and numerous other print and broadcast publications offered by Friends of Peace Pilgrim. In addition, it features a blog, Peace Pilgrim quotes, and information about special events that will be updated regularly. Please explore the site. We'd love to hear your feedback!

## Annual retreat brings autumn beauty

The Kittatinny Ridge is a rugged 28-mile escarpment that stretches from High Point to the Delaware Water Gap in northwestern NJ. The Audubon Society lists it as the premier raptor migration corridor in the northeast USA. The Appalachian Trail runs along its ragged eastern edge.

From Oct 20 to 22, 2017, a dozen Friends of Peace Pilgrim gathered at the Appalachian Trail Club's Mohican Outdoor Center to celebrate Peace Pilgrim's life and work and the 65th anniversary of her ground-breaking 1952 Appalachian Trail hike.

Over the course of this beautiful fall weekend there were numerous opportunities for "walking in silence amid the beauties of Nature" – a prescription from Peace Pilgrim for connecting with our inner wisdom. Other activities included preparing and sharing vegetarian meals, enjoying conversations about creating more peaceful and meaningful lives, and taking a predawn hike up to the ridge to watch the sunrise. We left refreshed by our time in the colorful autumn forest and inspired by the shared peaceful energy of our friends on the path.



*The spectacular Kittatinny Ridge, as captured via photo drone by Board Member Bruce Nichols during the AT retreat.*

**Next AT retreat:  
Sept. 28-30, 2018**



## Students Enjoy Peace Pilgrim Day

Students and staff of the Egg Harbor City Community School honored their hometown legend during an annual Peace Pilgrim Day on May 15, 2017. The day of activities devoted to peace included yoga, mindfulness, team-building and a Peace Pilgrim circle with author Merry Brennan. The middle schoolers and their teachers then walked to Peace Pilgrim Park, where they tied messages of peace to a fence by the park's Peace Pilgrim statue and Peace Pole. The day ended with a group photo in the shape of a heart. See a two-minute [video](#) of the wonderful event.

## Some Notes from Our Friends

### From Sarah in St. Paul, MN:

I am interested in sharing the writings of Peace Pilgrim with some friends here in Minnesota...I have given away all the copies of the Peace Pilgrim book that I had. I teach Spanish at Augsburg University, where we have an annual Nobel Peace Prize Forum event. I keep thinking of Peace Pilgrim's work as I learn more about the teachings and creation of world peace. I recently traveled with a peace delegation to Honduras, and I took Peace Pilgrim's writings with me there. They brought me inspiration and hope even as I witnessed human rights violations and heard testimony of government repression against the people there. It is especially timely to share the work and message of Peace Pilgrim at this moment, when the world is heavily militarized, and when the Nobel Peace Prize just honored ICAN for their work to end nuclear war. I am so grateful for the work that you are doing.

### From Pam in Washington:

I wanted to thank you for making the Peace Pilgrim book available online. I read it about 25 years ago. I was thinking of it this week because of all the awful politics. So I went back to look for it and there it was! Just what I needed.

### From Odia, a prisoner in Alabama:

I was first introduced to Peace's work around a decade ago, through the [Human Kindness Foundation](#), and have been a friend ever since. When first introduced with her little blue leaflet, while in prison, I found some much needed inspiration and motivation along my path of seeking truth and spirituality. I especially liked her "relinquishments" that she taught about on the path to the most important peace – Inner Peace. As I've pondered these topics for many years and found the courage to apply some of her principles in a deeper way; I became interested in contacting her other friends who were left behind upon her departure. Due to my following my lower-self as she advised not to, I find myself deep behind these cold walls of concrete and steel serving another prison stint. However, I am fortunately scheduled for discharge in the very near future. Undoubtedly, the *Divine Powers That Be* have smiled upon me and allowed this scheduling to occur. I am deeply, deeply grateful to be returning to free society as I finally complete my work here in prison. Thankfully I'm gaining a fresh, new beginning as I close those chapters of my past and take the many valuable lessons learned from experience and move onward. Through many hard knocks in life I've become much, much more teachable and found the beauty in the simple, yet meaningful spiritual way of life. Additionally, books are considered "contraband" in this correctional compound, but I am allowed to receive mail and booklets. Please send what you can. Peace and Blessings.

### From Joshua via Facebook:

She died the day I was born, but I did not meet her until the night I tried to kill myself. She saved my life, and I've handed out hundreds and hundreds of her pamphlets these last few years. She lives on with all of us in a spirit of peace.

### From Pat in St. Louis, MO:

I continue to be so appreciative to my teacher, Peace Pilgrim. Her "*Steps Toward Inner Peace*" is always within my reach. She is my angel, always guiding me and so many others. Her life and words are more timely than ever and I feel she has empowered so many of us to shift to compassion and unity... Thank you so much for being a force for Peace and Peace Pilgrim. Blessings.

### From Elio in Arizona:

Thank you so much for sending me the book, booklet, and newsletter. Already, I have found the materials more beneficial on my journey toward inner peace than any three other spiritual books or courses combined. Yet Peace Pilgrim's wisdom is the only material I've encountered recently that is given so freely and with such a spirit of generosity. Please accept the enclosed donation to help continue your excellent work in carrying on Peace Pilgrim's legacy.

### From Kathy via Facebook:

Meeting her was truly a once in a lifetime amazing God-wink... Especially because of whose house that was at -- the late Hon. Jeannette Rankin (1st women in congress's Watkinsonville, GA cottage) either late 60 or early 70's.

### From Mary in Michigan:

Thank you so much for the note you added to your letter of thanks for my donation. It meant a lot to me. I am still just in awe of Peace Pilgrim. What conviction, what courage, what an amazing soul. I will do my part to spread the word. Your group is such a light in the darkness, especially in this time of turmoil. Bless you all and keep the faith.

### From Barbara in New Hampshire:

Thank you so much for all you do, carrying on Peace Pilgrim's message. She was a big influence for me. She inspired me to become a vegetarian more than half a century ago. She stayed with us in Norwich, VT and in Fitzwilliam, NH. I would appreciate 10 copies of the little book, *Steps Toward Inner Peace*. Thank You.

**"Peace cannot be kept by force; it can only be achieved by understanding."**  
~ Albert Einstein



## Offerings from Friends of Peace Pilgrim

One of the primary ways we continue Peace Pilgrim's legacy is through our free offerings. Her message is now in over 100 countries. In the last three decades, we have sent out almost 500,000 free copies of our book, *Peace Pilgrim: Her Life and Work in Her Own Words* and more than two million booklets, *Steps Toward Inner Peace*. We've also filled requests for thousands of free audio tapes and DVDs.

Most of our materials can be downloaded immediately from our website ([www.peacepilgrim.org](http://www.peacepilgrim.org)). We also are happy to mail the following offerings. 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. (Contact us about international costs.) Donations 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*) (Note: digital versions available in 12 languages)

**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. Spanish edition. (*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. (STEPS is also available in print in Spanish, Chinese, Arabic and Hebrew. Please call or write for information.) (*Printing and postage \$1*) (Note: digital versions available in 30 languages)

**LARGER PRINT EDITION OF STEPS**, 64 pages – 5" x 7". 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*)

### DVD VIDEO

**PEACE PILGRIM INTERVIEWS DVD** – Includes a 6-minute TV broadcast 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 downloadable PDF "extras" in PDF format and in several languages. (*Printing and postage \$6*)

**PEACE PILGRIM LECTURES DVD** – Contains over three hours of video including talks given to students at California State University, a question and answer session with students at the University of Georgia, a Pensacola Junior College Interview, and the *PM Magazine* profile. (*Printing and postage \$6*)

**PEACE PILGRIM DOCUMENTARIES DVD** – Includes two beautiful and informative documentary films: *PEACE PILGRIM: An American Sage Who Walked Her Talk* (one hour) in both English and Spanish. This professional documentary film highlights Peace Pilgrim's life, with new historical footage and interviews. *The Spirit of Peace* (71 minutes) is an earlier documentary that features interviews with those who knew Peace Pilgrim and those who were inspired by her message. (*Printing and postage \$6*)

**We also have a wealth of audios, videos, news clippings, photos and other wonderful Peace Pilgrim materials available to download or view directly on our website:**

[www.peacepilgrim.org](http://www.peacepilgrim.org)

**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, are available on our website: [www.peacepilgrim.org](http://www.peacepilgrim.org)

### Contact us to request materials:

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)

**“In a conflict situation you must be thinking of a solution which is fair to all concerned, instead of a solution which is of advantage to you. Only a solution which is fair to all concerned can be workable in the long run.”**

*Steps Toward Inner Peace - Page 21*

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**Peace Pilgrim in History:  
65th Anniversary of the Pilgrimage**

On January 1, 2018, the Pilgrimage garnered “senior” status as we reached the 65th anniversary of Peace Pilgrim beginning her first crossing of the continent on January 1, 1953.

A few months earlier she had become the first woman to walk the length of the Appalachian Trail in one hiking season. In a radio interview shortly after that feat, when asked about another hiking trip, she replied,

*“I would consider doing some more hiking. In fact, I have another hiking trip all planned - and this time it’s definitely on the optimistic side - it’s a peace pilgrimage.... I shall walk from Los Angeles to New York and then to Washington D.C. and talk to everyone who will listen to me about the way to peace. I’m even planning to wear a sign, the back of which will read, ‘Walking Coast to Coast for Peace’ and the front, ‘Peace Pilgrim.’ ”*

The news photo at left was taken during that first crossing. accompanied by the caption below.



**CALLING HERSELF** the “Peace Pilgrim,” the woman shown above says she is attempting to walk clear across the United States to deliver a peace petition to President Eisenhower and to the United Nations. She was photographed by the Register-News photographer as she approached Guthrie on highway 77 from Oklahoma City Saturday morning. She began walking from Los Angeles January 1, 1953 and says she can average about 25 miles per day.