



# 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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Winter 2019

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

Number 64

## Peace Pilgrim Statue in Costa Rica Finds New Home

The Peace Pilgrim statue that originally stood on the grounds of the United Nations University of Peace (UPAZ) in Colon, Costa Rica, has found a new home at the Friends Peace Center in San José, the nation's capital.

"We're excited and happy to report the statue was moved the day after Thanksgiving," said long time FoPP friend, Mary Newswanger. She noted that the new location, near the heart of the city, will give more people an opportunity to see Peace Pilgrim's likeness and learn more about her mission to spread peace, connection and love.

"Peace Pilgrim continues to inspire and move us in ways we wouldn't have ever imagined," she added.

The idea for the statue was spearheaded by Robert Muller, UN former assistant secretary general and chancellor emeritus of Peace University. The bronze figure was created by sculptor Fernando Calvo. Peace's sister Helene Young, then 86, joined several FoPP board members and other dignitaries when it was dedicated in Nov. 19, 2000. Former Costa Rica President Rodrigo Carazo gave the keynote address at the ceremony. For more than a decade-and-a-half, the statue stood on the Peace University campus near likenesses of Mahatma Gandhi, Martin Luther



*Gail Nystrom was instrumental in finding a permanent new home for the Peace Pilgrim statue at the Friends Peace Center in Costa Rica.*

King, Jr., and other world peacemakers. But damage forced its removal last spring.

Mary credited Gail Nystrom with helping get the broken statue removed from university grounds and relocated to a private home in Santa Ana, where it was visited by many people, including Michiko Hayashi of the Emoto Peace Project in Tokyo, and Lama Thubten Wangchen from Barcelona, a representative of the Tibetan Parliament in Exile.

Gail was also instrumental in the statue's latest move to the Friends Peace Center, which operates a small hostel to help fund various programs and projects.

She has worked with migrant, refugee and impoverished children in Costa Rica for years and is creating a curriculum that incorporates the teachings of Peace Pilgrim to inspire them with hope. She may approach

students and faculty at Veritas University in Costa Rica, which features visual arts education, to see if they would restore the statue as a special volunteer project.

"We are disappointed things did not work out as we had hoped at UPAZ," added Mary, "but we're so thankful for the Friends Peace Center. It's a joyous homecoming for Peace!"

*(See additional photos of the original dedication and current statue on our website: [www.peacepilgrim.org](http://www.peacepilgrim.org))*

## Remembering her "glorious transition"

Even though she had wandered the United States for more than 28 years and was in the middle of her seventh pilgrimage, Peace Pilgrim's travels still took her to new places. Such was the case in Knox, Indiana. When she arrived July 5, 1981, it was her first time there. A friend she met many years earlier had moved to the small midwestern city and invited her to visit.

As usual, Peace was featured in the local paper, interviewed on the radio and had several talks lined up. One of her first speeches was at a crowded church hall.

During her talk, many people noticed she kept looking skyward as she spoke. Then she surprised her audience by walking off the platform and slowly making her way around the silent room. She reached out to individuals one-by-one and touched each of them, saying "bless you." Then she returned to the podium, looked upward again and remarked, "I never usually say goodbye, but this has been a very special night for me and I just want to bless all of you and say goodbye."

She stepped down and toward her friend, with whom she was spending the night. As always, she took time to chat with those who sought her out. The next day, Peace rose with the sun and watched the dawn blossom into daylight, then went inside to pull out letters stored in her tunic pouch next to her folding toothbrush and plastic comb. She answered each beginning with her traditional salutation, *Greetings from Knox, Indiana!* Later, she was interviewed by local radio broadcaster Ted Hayes. The following afternoon, July 7, Peace had another speaking engagement at a senior center in



*Con't on page 2*



Students in Peace Pilgrim's hometown of Egg Harbor City, NJ, honor her every year with peace assemblies and other activities, including beautiful posters created by Cedar Creek High School art students.



### Remembering her transition (con't from page 1)

Elkhart, IN, and had accepted the offer of a ride from Ewell Ward. For the first 25,000 miles of her pilgrimage she refused transportation and strictly kept to walking. But once she stopped counting the miles and had many engagements to meet, she didn't mind a ride. As his car pulled up, she said a warm good-bye to her friend, offering an extra hug.

Just outside the Knox border, the vehicle was in a head-on collision. Tony and Terry Bau ran to the road when they heard the explosive crash outside their door. Terry held Peace in her arms as she made her transition. Ewell, the driver, passed a few hours later. The young lady driving the other car was not seriously injured.

Thousands of her friends – old and new – were deeply shocked and saddened when they learned of her sudden passing. The irony was not lost on anyone that the amazing woman who spent nearly three decades moving on foot met her earthly end in an automobile. But Peace was most likely rejoicing on that day, July 7, 1981, when she made what she often called a "glorious transition to a freer life."

Twenty-eight years later, in 2009, Friends of Peace Pilgrim board member Richard Polese joined Tony and Terry Bau to help erect a Peace Pilgrim Pole that still stands just across the road from the accident. Radio broadcaster Ted Hayes, who recorded the her last interview the day before she died, joined the celebration as well. The Baus keep a small box by the pole where passersby can pick up a copy of Peace's *Steps Toward Inner Peace*.

Recently, friend Jason Brown sent a note with links to photos of the Peace Pilgrim Pole in Knox.

"I have been a big fan of Peace Pilgrim for many years. She changed my life tremendously," said Jason, who also noted that photos from the crash are shown 52:30 into the wonderful documentary, *The Spirit of Peace*.

*In 2009, Tony and Terry Bau, Richard Polese and radio broadcaster Ted Hayes help dedicate a Peace Pilgrim Pole that still stands near the site of her transition.*



Dear Friends of Peace Pilgrim,

Here in New England December has just slipped quietly into January. The nights are long and dark but with each day a little light is being added. And so the seasons turn. Sixty-five years ago, on December 17, 1953, Peace Pilgrim walked over the George Washington Bridge from Palisades, New Jersey, into New York City and completed her first pilgrimage – from coast to coast and from border to border. She had walked 5000 miles in twelve months and stepped firmly into her new career as a “pilgrim of peace.”

Today, almost a lifetime later, Peace Pilgrim’s message continues to touch the lives and hearts of friends around the world. The pilgrimage that began as “one little person giving all her time for peace,” now flows in many paths and in many hearts. The desire for peace in ourselves, our families, communities and in the world is a light in every human heart. As Peace reminds us, it may be deeply buried, but it is there waiting for the causes and conditions to allow it to shine forth. We know and have personally experienced how the example of Peace’s life can bring these lights to life. And once kindled, there is a continued joy in sharing.

As you read these lines and the articles in newsletter #64, please know that you have our deepest gratitude. Your interest in Peace Pilgrim’s life and message and your continued support of our work allow the pilgrimage to continue. We hope you find some inspiration here to nurture your personal *Path of Peace*. We certainly find inspiration in all of you. In the words of Peace Pilgrim: *Peace is an idea whose time has come.*

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*

**“Live in the present.  
Do the things that need to be done.  
Do all the good you can each day.  
The future will unfold.”**  
~ *Peace Pilgrim*

**RADIO ARCHIVE:** We’re happy to share a [wonderful interview Peace Pilgrim gave with former radio station KRAB-FM in Seattle, WA](#), on July 20, 1973. It aired the next day, again on Aug. 30, and was replayed in July 1975 and August 1978. Thanks to station archivist Charles Reinsch for sending us the link.

## Forever Young

She walked every day. Picked up litter. Has a sharp wit, sweet smile and deep passion for peace. Sound familiar?

Well it runs in the family, because this describes Peace Pilgrim’s little sister, Helene Young, who in February will be celebrating her 104th birthday!

For more than 28 years, Helene was the mystery person who faithfully went to the Cologne, NJ, Post Office to pick up and forward Peace’s mail. For many years during and after that, she and her late husband Eugene Young collected photos, news clips, postcards and letters that Eugene carefully pasted in a comprehensive Peace Pilgrim scrapbook that was donated last year to the Egg Harbor City Historical Society.

Unlike her wandering sister, Helene remained in southern New Jersey where they grew up, and where their great-grandfather was a founding settler and first mayor. She worked for 50 years at Renault Winery, after her sister got her a job there.

Helene often jokes that the last name of her husband, who she met through her brother, Al, ensured that she would be “forever Young.” Her home, with a sign on the front lawn announcing “*War Is Not the Answer,*” is filled with treasured photos of children, grandchildren and great-grandchildren.

Into her 100th year, Helene regularly rode her bicycle and stopped at the tiny post office, where more than 30 years after Peace’s passing, some letters still arrive for the beloved pilgrim.

As different as their paths may have been, the siblings shared a deep desire to live peaceably. Helene has done much on her own and through her sister’s legacy to promote peace. With her 104th birthday approaching in February, she continues to live with a joyful, peace-filled spirit!



*Helene Young at her 103rd birthday (above) and dancing at a party for her 100th. In February, she will celebrate her 104th birthday!*

## Celebrating Peace

For a number of years, Friends of Peace Pilgrim has been organizing opportunities to get together with like-minded people to celebrate the life of Peace Pilgrim and the profound personal impact her message has made in so many hearts.

An annual celebration in her birthplace, Egg Harbor City, NJ, was first held on the 100th anniversary of her birth in 2008. Involvement by town government, local schools and civic organizations, and religious groups made this a community event. Activities included evening concerts, a two-mile peace walk, and a community picnic with entertainment and all-age activities. Peace Pilgrim's sister, Helene Young, attended all of them. After a decade of large community celebrations, the 2018 event went back to the initial roots of a 2007 informal gathering of friends at the Peace Pilgrim Park on July 18, Peace's birthday. Food and friendship were enjoyed, a birthday cake appeared, and, of course, Helene was there to celebrate. Below, she and other friends gather around Peace's statue for a group photo. We will be back in the park on July 18, 2019 for another Peace Pilgrim birthday party!



From Sept. 28-30, 2018 a few friends gathered at the Mohican Outdoor Center in Blirstown, NJ, to attend the 5th Peace Pilgrim Appalachian Trail (AT) Retreat. In 1952 from May to October, Peace Pilgrim became the first woman to walk the entire Appalachian Trail in one season. In 2017 she was honored for this accomplishment with her induction into the Appalachian Trail Hall of Fame. Beginning in 2012, the 60th anniversary of her AT hike, Friends of Peace Pilgrim organized a fall retreat in proximity to the Appalachian Trail. From the comfort of a modern equipped cabin that holds 15 retreatants, we enjoy opportunities to hike "amid the beauties of Nature" on local trails and the AT, to have quiet solo time, to share personal stories of peace, and for early risers, to hike to the AT on the Kitratinny Ridge and watch the sunrise, as seen in the photo at right.

**Sign up** for our email notices to keep informed about these events and other Friends of Peace Pilgrim news.



**The Appalachian Trail Retreat 2019 will take place on the weekend of September 20-22. To be notified when registration opens, send an email to: [atretreat@peacepilgrim.org](mailto:atretreat@peacepilgrim.org) Please put AT Retreat 2019 in the subject line of your email. Attendance is limited to 15.**

*Great vegetarian food, joyful conversation and fun music filled the Pot Luck for Peace held in June 2018 at the Egg Harbor City home of Nanette LoBiondo Galloway. Here, friends gather around Peace Pilgrim's 103-year-old sister, Helene Young (seated center).*

## In the Spirit of Peace

In the decades since Peace Pilgrim devoted her life to walking for peace, others around the globe have taken to the highways and byways to raise awareness around social and humane causes.

### Geoff Dalglish

On July 7, 2011, our friend Geoff Dalglish took a leap of faith when he began walking with a message about treading more lightly and lovingly upon the Earth. Inspired by Peace Pilgrim, Satish Kumar and others, Geoff walks as an ambassador for the Findhorn Foundation community in Scotland and as a representative of the Global Ecovillage Network (GEN). Geoff is exploring ways of co-creating a world more loving, joyful and sustainable for humanity that recognizes and celebrates the interconnectedness of all life. Among his recent walks is the "Walking for Water" pilgrimage from Mono Lake to Los Angeles in support of clean water for all.

Said Geoff, "I see each step upon the Earth as a prayer and a blessing, given and received. And I try to walk as a pilgrim who sees the sacred in everything around me, rather than a tourist who simply views the Earth as a collection of goods and services. I walk in gratitude for the many gifts I receive from valuable insights to the smiles and greetings of strangers. Life is so precious!"



### Way of Pilgrims

Since December 1996, William and Alexandra have been living as modern troubadours, spreading their message through song and art, traveling mostly by bicycle.



Their musical voyage has taken them to 48 countries, covering more than 33,000 miles from Russia to Ireland, from Norway and Finland to Egypt and the Holy Land, as well as across North America, in the hopes of promoting mutual understanding among the peoples of the world. They have sung together to William's guitar accompaniment in schools, retirement homes, churches, rehabilitation centers, hospitals, hospices, prisons, homeless shelters, and more. Their collection includes original songs, available on their website, [Way of Pilgrims](#), along with Alexandra's beautiful spiritual artwork that has been inspired by their journey. The duo were thrilled to attend the annual Peace Pilgrim Celebration in New Jersey in 2017, noting that Peace Pilgrim remains one of their major inspirations.

### Geoff's tips on the "art" of walking

- Be a pilgrim rather than a tourist, recognising the divine in all around you.
- Be a child; experience a childlike sense of awe and wonder.
- Appreciate that you are but a strand in the miraculous web of life.
- Bring yourself present each day by feeling the Earth beneath your feet and the blessing of sun, wind, rain and the elements.
- Start each day in silence appreciating that every footstep is a prayer and a blessing given and received.
- Allow quiet time for meditation and introspection and focus on your breath – the in-breath is your inspiration.
- To quiet the mind try closing your eyes, taking some slow deep breaths, and making contact with the natural world, perhaps touching a tree, a plant or the sacred waters.
- Practice an attitude of gratitude appreciating the gifts from Mother Earth and all life – seen and unseen – with which we walk and are interconnected and interdependent upon.
- Call on the help and inspiration of the life energies that surround you.
- Listen to the messages from the land, the waters and your own whispers of inner knowing.
- Be open to receive whatever gifts are offered.

#### *And on a purely practical physical level:*

- Practice walking with a full pack before the start of a big walk.
- Remember that unnecessary possessions become unnecessary burdens. Carry only what is needed.

- Make sure you know how to adjust all your backpack straps for maximum comfort and convenience. Experiment.
- Try trekking poles (at home before the start) as these spread the load and take some of the weight off your feet.
- Walk at a pace that feels comfortable and natural rather than trying to keep up with faster or more experienced walkers.
- Consider using lightweight, quick-drying wicking clothing and add or remove layers to regulate body temperature.
- Wear comfy footwear that you're familiar with and be aware that your feet expand when you've been walking a while.
- Carry a change of lightweight footwear to change into at the end of the day or go barefoot.
- Choose socks that don't slide on your feet causing abrasion.
- Try to remove footwear and socks at least every two hours to cool and dry your feet.
- Experiment with "Earthing" and tapping into the energies of being barefoot upon the Earth.
- Have a good hat that shields your face and can function in strong wind.
- Consider packing a multi-purpose Buff for extra warmth and protection.
- Listen carefully to your body. Don't ignore pain, discomfort or hotspots that warn of a blister that can often be prevented.
- Consider carrying 'second skin' to prevent or ease blisters.
- Experiment with sheep's wool on hotspots (it cushions and the natural lanolin oil soothes).
- **Have fun – if it isn't fun it isn't sustainable!**

## Some Notes from Our Friends

### From Robert through our website

I wish to thank you sincerely and profusely for your kindness in sending the parcel in the post featuring the big book and the 2 *Steps to Inner Peace*. It is very greatly appreciated. I have thought many times since first hearing of Peace in 1992 or 93 of her work and message. Unfortunately, I look back and see I did not think of her enough. She is needed now more than ever with war without end since 2001. Society has it all wrong. Rather than glorify war, killing and bloodshed, the media should be uplifting the concept of peace, cooperation and minimalism to the degree people need it. On every level - physical (carbon footprint, limited resources), spiritual and I daresay intellectual (less stress, more open to learning and not obsessed with possessions to the point of forsaking life's lessons as they may apply), we would all be better off. Learning to love our neighbor and not fear and hate them as we have been taught due to greed, power and creating an atmosphere of mistrust so we flee to various cliques is what is happening and NOT what Peace promoted, as you know. I hope you are as happy to give this as I was to receive it. We need millions more like Peace and those who are working to spread this type message.

### From Laura in Chicago

Thank you! Here is a photo of my backpack's message at the moment. The booklets and a candy bar are given out when people on the street approach asking for money. The website is <http://trustingourinnerlight.org>. A link to your Peace Pilgrim website is under the link "Inspiration." Peace and grace,  
Laura



### From Kristi in NY

Thank you so much for responding to my request for a copy of Peace Pilgrim's book. I am not yet even a quarter way through reading it and felt compelled to write and thank you for all you do to continue spreading her message. I find I need to slow myself from reading each page too quickly. I fear I may not fully digest the wisdom she shares if I follow my impulse to gobble up her words too hastily! What a marvelous woman, incredible lady, inspirational soul to have shared all she learned while here with us. And what a wise, wise teacher. May blessing find you as you do this holy work of sharing Peace Pilgrim's lessons with folks like me.

### From Kathy in Florida

*Steps Toward Inner Peace* is a truly powerful and inspiring book. I have probably read every saying ever written and many spiritual, religious, and philosophy books through the years, but none so touching as this little book. I plan to keep re-reading it and sharing this little book with everyone I feel could be touched by her message.

### From Mary in Michigan

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.

**"I don't eat junk foods and  
I don't think junk thoughts."  
~ Peace Pilgrim**

## Translating Steps into Greek "an honor and gift"

by Theo Haris

I discovered *Peace Pilgrim: Her Life and Work in Her Own Words* two years ago in my companion's bookcase. I had discovered the spirit of Peace Pilgrim long before that, through a spiritual work I came into contact with in 1998, that spirit of yearning to offer as much as possible in the world around, to all people. Hence, her words resounded strongly in me. Reading about her life made me rejoice and be thankful that there were and are people like her walking this Earth, living proof of the real nature and potential of the human being, blossoms of a humanity that has still scratched only the surface of who we are.

It has been a wonderful journey, an honor and a gift translating Peace's wise words in *Steps Toward Inner Peace* to Greek. Through this process, I felt that her words – which I had already read quite a few times – became more deeply embedded in me, ingrained, an important part of the wider learning I have received, of those words that appear as fiery

images in your mind's eye at that important crossroad of a decision. That is the personal gift I have received from the translation.

The more meaningful gift is that Peace's wise words are now available for a few million more people around the world, who sorely need them. We still have a long way to go to put them into practice. But I am not worried.

I learned from Peace Pilgrim that the "runners" of humanity, those more evolved parts of the totality that is our one united self, are actually "walkers," taking things one step at a time, and there's a lesson there. I am confident that our coming-of-age humanity is also gradually walking the steps towards unity, and Peace Pilgrim is one of the workers who have brought this forth. May she be blessed, wherever she is.

*In the next issue, we will hear from Cseresznye Krisztián, who did the Hungarian translation of Steps Toward Inner Peace.*

## 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. New edition available this year. (*Printing and Postage \$6*)

**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, 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)

### 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)

Also like us:



"My appointed work is to awaken the divine nature that is within. This is my calling, to open doors of truth and make people think, to arouse others from their apathetic and lethargic state, and get them to seek out for themselves the inner peace which dwells within. This is the extent of my undertaking, I can do no more. The rest I leave to a higher power."

*Peace Pilgrim : Her Life and Work In Her Own Words*  
Page 128

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**INSIDE # 64**

Peace Pilgrim Statue finds new home ..... 1  
 Remembering her "Glorious Transition" ..... 2  
 Dear Friends of Peace Pilgrim ..... 3  
 Retreat and Celebrations ..... 4  
 In the Spirit of Peace ..... 5  
 Notes from Our Friends ..... 6  
 Friends of Peace Pilgrim Offerings ..... 7

**Peace Pilgrim in History: Scottsdale, AZ - 1979**

**Ageless Peace Pilgrim fights apathy**

By DAN LIEFGREEN  
Progress Staff Writer

The Peace Pilgrim — "citizen of the world and member of the human family" — is walking Scottsdale this week.

The silver-haired woman adopted the name over three decades ago when she formally "came out of the empty life of materialism and money." She doesn't remember her age — "I'm ageless — and has been preaching peace since her first march in the 1953 Tournament of Roses parade.

In the next 10 years she walked some 25,000 miles doing the pilgrim's job — "rousing people from spathy and making them think." But in those days her priorities were walking, speaking and answering mail, in that order.

Today, she's juggled her priorities — first speaking, then answering mail and walking. That's not to say she's become weary of walking.

"I used to stay on the main highways . . . now I stay off of them and do some hitchhiking."

On her second trip to Scottsdale, Peace Pilgrim already has climbed Squaw Peak and "would love to go up the Praying Monk."

Speaking mostly to college psychology, sociology and government classes takes up her days, while evenings and weekends are spent preaching in churches — her record for sermons is seven on one Sunday.

She spoke Tuesday at two classes at Scottsdale Community College, "answering a lot of questions on Iran," she said. She's scheduled to speak at Arizona State University and Mesa Community College next week.

"I have to keep up on current events." She keeps abreast of world affairs by listening to the radio during hitchhike

rides, glancing at headlines at newspaper stands or occasionally watching television news broadcasts at her hosts' homes.

"History is made so swiftly we can see it made. We are in a crisis period in human history, we must choose between a nuclear war of annihilation and a golden age of peace."

Awarding of the Nobel Peace Prize to Sister Theresa thrilled her, and although she doesn't dabble in politics, one of her "pet projects" is Amnesty International.

She eschews money and other possessions — aside from clothing, she owns a folding toothbrush, comb and ballpoint pen — and relies on others for shelter and food, "but only if they offer."

Her motto, she said, is "fasting until given food and walking until given shelter."

Where does she get her energy?  
"The endless energy of inner peace . . . I haven't had an ache or pain in 43 years," she boasted.

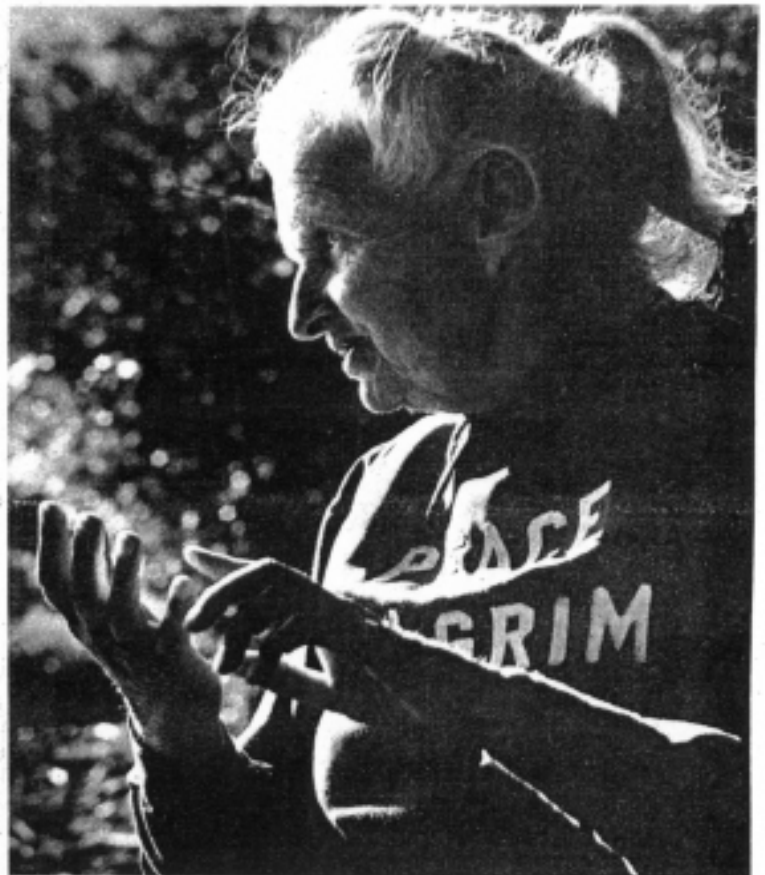
"There's a joy in living the peaceful life; too many people walk around with long faces and chips on their shoulders."

Although she calls herself a deeply religious woman, she doesn't belong to a denomination. Three friends in Cologne, N.J., mail her newsletter to some 10,000 subscribers. The friends send her mail general delivery to wherever she is visiting so she can answer it personally.

She will stay in Arizona until January, because of the "many invitations" to speak in the Valley.

A New Jersey writer is working on a book about her, and in 1985 she might consider four offers to do film documentaries of her life.

"I don't know though," she said, "there's a lot of work to be done."



Peace Pilgrim