

Pennsylvania Free State Newsletter

Presented to you by the Pennsylvania Pioneers

Calling out to all Pennsylvanians



President Buchanan's birthplace in Franklin County, Pennsylvania

April 2026

Quotes from our Founding Fathers

"The will of the people is the law of the land." -John Adams

"The best government is that which governs least." -Thomas Jefferson

Welcome to the Pennsylvania Free State Newsletter.

This group is here to help Pennsylvanians organize their self-governing bodies at the county level. A government for the people and by the people. Feel free to join us at our zoom calls and in-person events if even just to learn more about what can be done to restore the Republic, the rule of law, and preserve our constitutional rights. Even better if you are interested in getting involved, we are here to support, guide and share community.

This group is well grounded in knowing that we are guided by the Creator and that the intention is for us to regain our inherited freedom and dominion. We are centered in love and in the creative process of establishing self-governance by the people and for the people.

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Main Article:

Nonviolent Communication

NVC

What does Marshall Rosenberg's development of the practice of NVC have to do with sovereignty?

“All that has been integrated into NVC has been known for centuries about consciousness, language, communication skills, and the use of power that enable us to maintain a perspective of empathy for ourselves and others, even under trying conditions”-Marshall B. Rosenberg, PhD

NVC can be seen as both a spiritual practice and a concrete set of skills which help us create life-serving families and communities, bringing people closer together with their own higher selves and meeting the “other” as a member of humanity -often they become our teacher.

We have been living in a world where we are trained to communicate through Blame, Demand, and Manipulation. We can see it everywhere, throughout history from governing powers to current day advertising, news, movies and even comedy. It has crept into our thoughts and opinions, the way we see the world, the way we see each other and the way we speak to ourselves. This becomes a form of violence that takes us out of any awareness of what unmet needs are trying to get our attention. We've transferred our power to someone or something else that is at fault or in charge.

When you ask your teenaged son to clean up his room, repeatedly, and you're pissed-off that he never complies you know you have made a demand of him. What really happened is that you probably started tapping into a story of what you thought was happening that quickly grew into an adversarial event which bypassed the most important event -the feeling that came right before the story, the feeling was the important message to you no matter how unpleasant it was that would let you know you had an unmet need.

We all have the same universal values and needs and our needs are never in conflict, it is the means we choose, (I'll call them strategies) we use to get these needs met where we get into trouble. Strategies can either be “costly” to the situation or effective. If we use blame demand or manipulation there is always a cost. If we need to make someone perform some remedy for us we have set up a division and given our power away.

When someone pulls out in front of me on the road and proceeds at a slow pace what actual feeling comes up? Annoyance? or does it quickly escalate to the ever popular road rage? That feeling lets me know I have an unmet need which, if explored could lead me to a less costly response. Once I've had a chance to acknowledge my need for uninterrupted travel at my chosen pace I can make an empathic guess, and it is always a guess, about what was going on for that other person, and then check in with myself in a more compassionate way towards my needs and how to get them met.

As sovereign beings we are knowing ourselves, we are knowing that we can always find the answers to how to get our needs met (and that we deserve to have our needs met) without making someone else responsible for what would make life more wonderful. We are knowing that making someone else responsible is the long way around and takes our power away.

Starting simply with the basic steps can reroute our intensions to a less costly, more effective method of seeing, knowing and doing.

A brief look at NVC Basics can point the way -but be on the alert to the difference between Feelings and Thoughts.

When a situation arises that you think is triggering -start here.

1. Make and OBSERVATION -Just the facts of what was seen or heard without evaluations or judgements.
2. Then find out what you are FEELING -Emotions or sensations, not to be confused with thoughts (the story starters).
3. The feelings were actually triggered by unmet NEEDS, find out what those might be in this situation.
4. EMPATHY GUESS -What might the other person be feeling or needing? What are they saying "yes" to? We connect when we ask rather than tell.
5. Requests -What would you like to have happen? The person you are requesting something of gets to say "No". Being upset or angry with the response is a clue that it was a demand rather than a request.

Follow these steps in order to stay out of story and fully in the "reasoning" brain. The "story" usually keeps us in conflict and sends us straight to the reptile brain for an episode of fight or flight.

-Cara Graver, Chester County Pennsylvania

Pennsylvania Pioneers in Action

Committee Reports

Community Relations Committee:

Monthly events are being scheduled, the next potluck being April 17th at Overly's Grove from 6-9 pm. Monthly events will be the third Friday of each month with exception being May and July. Ongoing research into possible Kids Camp continues. Other events with related communities are being researched and will be shared.

Strategic Planning Committee:

Focusing on educating on foundational documents, rights vs privileges, natural law, constitution, bill of rights, among other concepts. Pennsylvania Pioneer Wednesday meetings will be presenting educational material as well as offering resources.

Documentation Committee:

By Laws are in progress and delineating committee requirements and responsibilities as well as voting protocols were reviewed.

The People's Voice Committee:

Newsletter Committee:

Besides a main article, events, and resources, the newsletter will be adding a Pennsylvania Pioneers in Action. This segment will highlight what the committees are doing each month.

Welcoming and Onboarding Committee:

Working on bylaws to include a description of committees and their purpose and responsibilities. Entertaining the creating of Continuing education and technology committees.

Emergency Preparedness Committee:

Resources and report pending.

Grand Jury Oversight Work Group Committee *now Private vs Public Research* Committee:

The focus has changed to education on personal freedom issues and ways to hold officials accountable. Research being done on multiple fronts including trust law, affidavits, FOIA, RTK and bonds and oaths.

- *Committee Report Summary Compilation by: Edith (Delmi) Behr*

Open Meetings and Trainings

**Please Join Us to find out how "We the People" are
reclaiming our lawful authority!**

Join the Pennsylvania Pioneers

On the **first Monday** of every month, from 7-9 PM ET, a group of freedom-loving people from many different counties gathers to collaborate in the mission of restoring Pennsylvania to a land of freedom. (Zoom option available.)

Email: PennsylvaniaPioneers@protonmail.com When you join the Pennsylvania Pioneers you will receive notification of the following events.

Join the Pennsylvania Pioneers Assembly Training Calls via Zoom on **Wednesday evenings** from 7:30-9:00 PM ET (7:00 for Ambassadors). (The 3rd Wednesday is an informational/Q & A meeting.) These Training Calls are focused on setting up Lawful Assemblies across Pennsylvania. Attending these calls can help you understand the functions of an assembly and teach you how to become an active participant.

Pennsylvania needs eighteen (18) counties to be settled on the land to become *de jure* (lawful). Currently, Pennsylvania has four (4) "official" county assemblies settled on the land. These are Lancaster, Chester, Montgomery, and Allegheny counties. We also have ambassadors from various other counties who are interested in founding assemblies in their counties. If you are interested in starting an assembly, joining an assembly, or learning more about assemblies, please reach out to PennsylvaniaPioneers@protonmail.com .

Every Wednesday evening at 7:30 pm ET you can join us at this link

Join Zoom Meeting

<https://us02web.zoom.us/j/85085604648?pwd=N1GqIPAm9hEiPhbHapK8S4cctQufBP.1>

Meeting ID: 850 8560 4648
Passcode: 335825

Join the Pennsylvania Pioneers ongoing Workshop which we call “Sunday Book Study”. The book reading is held every Sunday **except the first Sunday of the month** (unless otherwise notified) from 3:00 - 5:00 PM ET at the home of Christina and Karen. You can come to their house or join via Zoom. A link is sent every Sunday, (except the 1st Sunday of the month) along with a reminder. As a member of the Pennsylvania Pioneers, you will be receiving all notifications regarding the Book Study. We welcome you to join us as we read about our Nation’s true history and self-governance.

Pennsylvania has a website! Please visit this site to become familiar with it. <https://www.pennsylvaniafreestate.org/> is a WONDERFUL resource to aid our Pennsylvania Assemblies in giving public notice of their lawful settlement on the land! You will also find some valuable, educational resources. Please, also, be patient as it is still under construction, but visit regularly for updated information and new content.

While visiting this site, please be sure to read the *Freedom Restoration Covenant*. The power of agreement is HUGE! The more of us who make freedom our focus and agree on the way to reclaim our freedom, the more quickly Pennsylvania will become free. This *Freedom Restoration Covenant* will be present at events hosted by the Pennsylvania Pioneers. You are welcome to autograph your name to this covenant by autographing the Celebration Event Page, which will be kept for history and uploaded to the website. You can keep a personal record of doing so by autographing the *My Autograph Page*. Your great-grandchildren will have the privilege of seeing your involvement in this historical time!

We invite you to join the Pennsylvania Republic Free State Telegram Group, where you will gain access to our various Rooms, i.e. Republic Resources, News and Chats, Assembly Resources/Documents, and more. **In an effort to keep our Telegram Group secure and private, please email PennsylvaniaPioneers@protonmail.com to request to be added to the Telegram Group.**
Thank you!

Announcements

*Every **Thursday evening** from **8 - 10 PM, ET**, **Stacy Pierce** hosts a Round Table discussion via Zoom. The topics range from **Forming and Functioning as Assemblies to Informational Q&As**. **Contact information to receive a Zoom link and recordings: Stacy-Allen: :Pierce: adeptmanagementservicesllc@gmail.com**
You can also join the Telegram Channel to access the link and many rooms with information. The Channel name is WeThePeoplesRepublic and the link is t.me/wethepeoplesrepublic

***Our Next Potluck is planned for April 17th, 2026, 6 - 9 PM. Mark your calendars!**
Theme: Movie and popcorn night; learning about Natural Law

Remember to RSVP, Sign up to bring a dish. Bring your favorite popcorn topping, (we'll have healthy salt available) a dish to share for dinner, and a pen and paper to take notes.

See Flyer in "March Events".

Family and friends welcome! Use this link to RSVP and sign up for a dish to share:

<https://www.signupgenius.com/go/10C094CAEAC2CA1F49-63369444-natural>

Use this link to download the flyer: [Pennsylvania Pioneers Movie Night Apr 2026 \(1\).pdf](#)

April Events



Pennsylvania Pioneers Potluck Movie Night!

Join us for a **Movie and popcorn night!** We will be watching a video by Mark Passio.
Natural Law: The Real Law of Attraction1-3

Bring your favorite popcorn topping, (we'll have healthy salt available) a dish to share for dinner, a pen and paper to take notes. We will be learning about Natural Law from one of the greatest teachers in the truth and freedom movement!

When: Friday, April 17th, 2026 6pm - 9pm
Where: Overly's Grove, 640 Overly's Grove Rd,
New Holland, PA 17557



Family and friends welcome! RSVP and sign up for a dish to share:
<https://www.signupgenius.com/go/10C094CAEAC2CA1F49-63369444-natural>

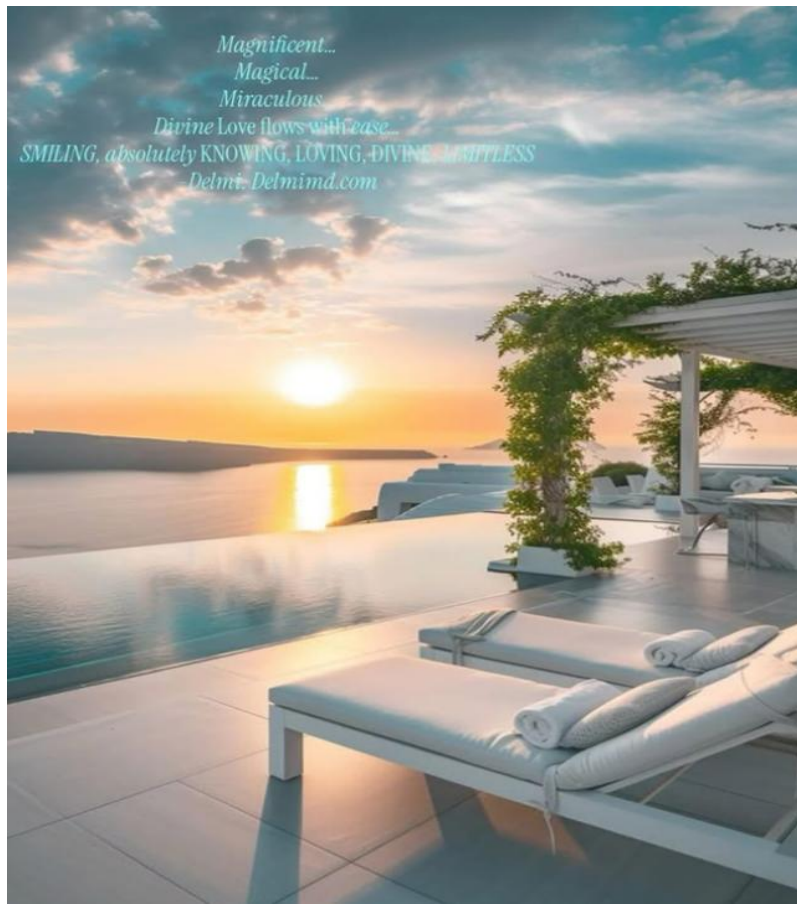


Questions? Contact Laura -- 610-256-1256 --
lauramatika@gmail.com
Hosted by the Pennsylvania Pioneers

Monthly Focus

Empowering conversation and interaction begins first with remembering who you are as a child of God. As such you are eternal, magnificent and limitless. Once you actually remember that, you remember that about all others no matter how they present themselves or how disconnected or blind they have become. In that knowing you naturally have an energy of unconditional love that is actually what everyone is looking for. In that connection you have inspired guidance on what to say or what not to say. At the very least you will uplift all others and uplifted people find their way to truth quickly. Also understand that it isn't your work to guide unless inspired to do so and that every living man and woman has access to their own connection with the Divine. In living the example of a connected and inspired unconditionally loving Child of God you will cause more change in the world than any other action done.

-Edith (Delmi) Behr



A CALL FOR:

Your news, progress reports, stories, events, questions, comments and suggestions

Please submit your questions and comments, your success stories, the events you're having, or invitations to join in a call or a special training that you are opening to anyone in Pennsylvania or beyond. Remember to keep it positive and respectful. Please send your submission to:

delmimd@comcast.net

Contact Information

If you would like to join the Pennsylvania Pioneers, or have questions, email us at [:PennsylvaniaPioneers@protonmail.com](mailto:PennsylvaniaPioneers@protonmail.com)

When you join the Pennsylvania Pioneers you will receive a Welcome Packet and be added to the email list to receive notification of the following events: Monthly PP Meetings, Workshops, Potluck Parties, Sunday Book Study, etc. We would love to have you join us!

Declare with Us...

I am stepping into my divine appointment to self-govern and govern in my county. This appointment changes my state, nation, and world!



Pennsylvania Pioneers is in alignment with the Republic for the United States of America, which is internationally recognized as the one true Republic. It has been reinstated according to the founding documents of this great land. Click this link for more information:

<https://wethepeoples-republic.org/>