



Pilgrim . Author . Filmmaker . Producer . Actor . Speaker . Leader

Sue Kenney - www.suekenney.ca

Inspirational Moments

Welcome to the Fall 2008 issue of pilgrim Sue Kenney's words, stories and events on her Camino back home.

Stories from My Path

A new Camino journey is beginning for me in **India** next week. From Delhi, I fly to the Dharamsala, resting some 2000 meters high in the Himalayan Mountains. The residence of the Dali Lama is located here, along with the homes of several thousand Tibetans in exile. To begin my 2 month journey, I will spend the first 10 days as a server at the Dhamma Sikara ashram where Vipassana meditation is practiced in a state of noble silence. The purpose of this meditation is to alleviate suffering in the world and I'm honoured to make a contribution to that cause. When I am not working preparing meals and cleaning, I will meditate for 4-5 hours a day and attend a discourse in the evening. My intention is to do several courses while there.

On December 21st, winter solstice, I will join a group of 8000 Vipassana meditators in Mumbai (Bombay) at the new Global Pagoda, lead by the beloved teacher R.N. Goenka. It is said when a large number of people meditate in the presence of "The Sacred Relics of the Buddha" they generate a very pure atmosphere and charge the environment. It's not unlike the effects of walking the Camino in the footsteps of millions of pilgrims. www.globalpagoda.org. I trust India will guide me along my path and it will be perfect as it is.

May you find peace on your journey.

Love and light,

Sue

"I'm living a dream I didn't know I had." Sue Kenney

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This Month's Virtue is harmony.

A virtue represents moral excellence, honor and integrity. **How can we express our spirits in a harmonious way. My Intention - I live a harmonious life.**

Camino Pilgrims

Pilgrim Lupe Rodrigues lived in harmony. She walked the Camino and celebrated it through her paintings, travels and as an art critic on CBC Radio in Toronto. I am truly sad to inform you that she died of cancer last month. You can read about her life through Matt Galloway's words <http://www.cbc.ca/hereandnowtoronto/lupe.html>. Now "the way" is behind her.

Here is a story shared by fellow pilgrim Grant Spangler. At 77 years of age, Mimouna El Mazougui, arrived yesterday in Compostela after completing the Camino de Santiago from the French town of Saint-Jean-Pied-de-Port. The unique thing is that she did the Jacobean Route with the aid of her walker, since she suffers an ailment in her legs which prevents her from walking normally. In spite of it all, Mimouna assures us it was not a difficult experience to do the Camino, but speaks of it as a marvelous experience. "I left fifty days ago from France and every day I made about thirty kilometers. There were days when I had to walk more than the usual distance, because the walker didn't let me walk the original route and I had to go on the highway."

Camino Books-Give the gift of Inspiration

Sue Kenney's *My Camino* - \$19.95 The true story about the spiritual journey of a woman confronting her deepest fears. Soon to be a feature film. To order on line go to <http://www.indiepool.com/KS2006.html>

Confessions of a Pilgrim by Sue Kenney—\$19.95 The word Confessions is referred to in its other meaning as a statement of one's beliefs. Sue returns to the Camino on the Portuguese Route entrusted with a sacred Native Eagle Feather and a mission to find a worthy recipient. To order on line go to <http://www.indiepool.com/KS2006.html>

Testimonial – "I finished it last night, Sue, how powerful. I am on my journey, my pilgrim and elated by the gift of how words open hearts, minds, souls, deep possibility. Keep on 'walking' peregrina! Sincerely, Margot/RavenSpeaks"

Camino Inspired Events and Workshops

Walk the Camino - A group pilgrimage for women over 40 is being planned by Chantal Viau of Entre-Amies Getaways. The group will walk for 8 days covering over 100 kilometers to qualify for the Compostela pilgrim certificate. For more information go to <http://www.entre-amiesgetaways.com.html> or call Chantal Farand-Viau 416-617-4868 Chantal@entre-amiesgetaways.com

Library Talk-I often do author/storytelling events at Libraries with great success. At Brentwood library, we had over 40 people come out to hear my stories of the Camino. Here's what the librarian had to say: "It was one amazing book talk yesterday. The customers who attended it and came to the library today morning are thrilled about your journey and the presentation you delivered. Thanks a million again. Thanks a lot for your book donated to the library too. Regards,Lidia/Librarian at Brentwood District Library ldabrowska@torontopubliclibrary.ca. Let me know if you'd like me to come to your library.

International Woman's Day is March 8, 2009. Again this year we have plans for another variety show of talented artistic women to celebrate their talents. It will be a fundraiser for the Global Fund for Women and the Canadian Women's Foundation. Events will take place leading up to the date so mark your calendar now. If you'd like to contribute as a volunteer, sponsor or contributor, please email Luba at paolucci5611@rogers.com. Check my website for more details. www.suekenney.ca

A CEREMONY OF THANKSGIVING AND VISION FOR THE YEAR AHEAD

1197 HIGHWAY 54, CALEDONIA, ONTARIO (905) 765-4913 1:00 – 5:00 P.M. Join Diane Longboat and others on **Sunday November 16, 2008** to celebrate the 4 Year Anniversary of the Sacred Fire of the Great Peace *Hosted by: Soul of the Mother*. Please call or email Vivi to confirm your attendance. Bring own lunch (905)765—6141

Camino Film Check out this wonderful Camino Film
<http://www.overlander.tv/camino.htm>

Walking Creativity Workshop in Algoma-Lake Superior to celebrate the 90th anniversary of the gathering of the Group of Seven to walk the shores of the lake, paint and talk about art and creativity. Let me know if you'd be interested in doing a workshop with me. Here are some testimonials from the group who attended:

- "This workshop was liberating and gave us permission to be creative!"
- "Sue's workshop is remarkable-grounded in her truth-a model worth following."
- "It was a thought provoking and insightful day."
- "Mind opening."
- "Experienced walking as a meditative, spiritual experience."

imagine hope a middle east peace circle

You are invited to participate in a peace circle called Imagine Hope that supports the peace process in the Middle East. This group meets **every other Tuesday night throughout 2008 in Toronto**, in sync with the newly re-established peace talks between the Israeli and Palestinian leadership. The heart of this circle involves a creative inner wisdom process designed to access our deepest visions of hope for the Middle East. Please go to <http://www.imaginehope.ca.htm> or contact Larry@nausbaum.ca.

The Leadership Journey Workshop and Coaching

"Leadership is not what you do but rather who you are being in the world."

In this workshop, Sue guides you on how to apply the lessons from the Camino as a metaphor for a life journey. She shares insights about a creative approach to open possibilities to be your full potential and contribute to the universe. Explore how you can prepare to receive all that you are entitled to and make meaningful choices in your life to create happiness as you journey your own life Camino. **For more information contact sue.kenney@sympatico.ca or watch for details in the next newsletter.**

Vision 10 Million Walking is a simple universal act that can be done in any part of the world. There is no language barrier to walking, and it's free. I see pilgrims from all over the world walking. Beethoven was paid a salary for simply walking. Three Austrian noblemen guaranteed him 4000 Gulden a year if he would walk each day from sunrise until noon because he composed better while walking. I too believe there is a strong co-relation between walking and creativity.

Where will you be walking on October 10, 2010? 101010

I see 10 million pilgrims will walk on a journey to create an abundance of universal love. I don't know how I will communicate this to the world; I don't know what will have to be done or who will be involved; I don't know where it will take place and I don't know which people will come forward. A number of people have come forward to begin the process of creating this worldwide vision. **If you'd like to be a part of the founding group please contact me at 416 985 8759 or sue.kenney@sympatico.ca**

Stone by Stone storytelling CD – written, produced and narrated by Sue Kenney. Sue tells stories about the people and experiences she encounters on her solo journey on the Camino. **\$15.00** order on line at www.cdbaby.com/stonebystone

Storytelling - There is a public version of **Noticeboard** on the main Storytelling SC-CC website at <http://www.sc-cc.com/english/current-noticeboard.pdf>.

Camino Documentary

Las Peregrinas...the women who walk.

Las Peregrinas, is a powerful and moving feature length documentary about facing our deepest fears by questioning the value of everything we were taught to believe is important. Five women walk the Camino and here we are privy to the struggles and epiphanies of their journey. See a clip from the film at www.suekenney.ca/lasperegrinas
Arrange to hold a screening at your home or with a community group. Contact sue.kenney@sympatico.ca

Sue's Background

After spending over 20 years in the telecom industry, Sue's position as an account executive with an international telecommunications company was deemed redundant. Five weeks later, she took her first step on the Camino de Santiago de Compostela, a pilgrimage route covering 780 kilometers in 29 days where she became aware of her life purpose. When she returned home she began telling stories of her journey and changed her life. An international inspirational speaker, author, life coach, workshop designer and entrepreneur Sue gracefully integrates the lessons of the Camino with her business and athletic expertise, offering a unique perspective to a life journey. To invite Sue to speak at your next event contact her 416 985 8759 or go to www.suekenney.ca. If you are interested in finding out more about life coaching, contact Sue directly to set up a free trial call.

Feel free to share this newsletter with others. If you have any comments or suggestions please email www.suekenney.ca **If you are thinking about walking the Camino and would like some help, feel free to email or contact Sue.**

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