

Inspirational Moments

Welcome to the March/April 2006 issue of Sue Kenney's written words, stories and events on and off the Camino de Santiago de Compostela.

It's never too late to have a happy adolescence. That was the theme and opening line for the invitation to a dance in celebration of my 50th birthday. I am not the kind of person who dreads the idea of getting older because I believe I am going to live to be 100 years old! To me age equates to wisdom, and I really like the idea of being wiser. I wanted to bring my family and friends together to celebrate and since my birthday is eight days before my partner Bruce's, we decided to have a dance. We hired a band, *The Mockers*, who play Beatles tunes (that way everyone would know the words to the songs) and booked the Argonaut Rowing Club banquet facilities in Toronto. Since I had trained and competed as an Argonaut rower for many years, I was thrilled that the proceeds from the cash bar were contributed to the rowing club. The party was simple and set in the style of a high school dance. We put up some balloons, streamers and piled bags of chips on each of the tables. There was a pot of coffee and a food table with sandwiches and pickles. My mum made her famous butter tarts and Bruce's friend Sandra, made five birthday cakes; one to celebrate each decade. We had specified that all ages were welcome to come and many people came with their children, including teenagers to hear the band. My daughters came and my mum, at 74 years, was the oldest person there. It was a diverse and eclectic group of people both young and (old) wise, drawn together to share this right of passage with music, food, and dance. It was a fun evening.

As I stood in the lobby at the end of the night, I thought about the words my rowing coach used to say when we were training for a big race. He said, "The race begins at the half-way point." The first time I heard this, I thought it was ridiculous to even consider all that work was done just to set up the second half of the race. As I became a more experienced competitive rower, I learned that my coach's training philosophy was an extremely effective strategy to winning races and as usual I thought about how I could relate this to my life. I noticed that I was beginning to see more clearly that everything I had accomplished, learned, and experienced in my life up until this point has been in preparation for living with purpose. It's almost like I've been setting up for a race, but not a rowing race. Rather, the race of my life. If I live to be 100 then I'm at the halfway point, and that means the race has just begun. Yeah. Yeah. Yeah...

Namaste,

Sue

Monthly Virtue *Wisdom* A virtue represents moral excellence, honour and integrity.

Intention. *This must be an earnest desire not a wish. Repeat your intentions daily to create your reality. ie I amwise.*

Newsletter Contents

- **Author Events** –Friday May 19th 6:00pm to 8:00 pm at the Spanish Centre in Toronto...
- **Workshops** – Are you thinking about finding a Life Coach? Toronto Friday May 26th at 7:00pm...
- **Media**-Watch Sue on Sunday April 23 on **Book Television** 9pm and on **Bravo!** Thursday April 27 5pm...

- **Movie - *The Sorrow Stones*** is a 3 minute movie produced by Judith Keenan from Bookshorts ...
- **Writer's Corner**-Canadian Authors Association is having their conference in Peterborough...
- **Book Review**-A 6 page feature in Muskoka Magazine profiles the Camino...
- **Home from the Camino**- Las Peregrinas...the women who walk. A Documentary on the journey of 5...
- **Other Links** –*Emily Magee Muskoka photographer's new web site*
www.optiknerve.ca
- **Camino Theatre**- Watch for details about a one-woman show at the London Fringe Festival July...
- **Sue's Profile** –Are you looking for an inspiring, entertaining speaker for your conference or event?

My Camino Mother's Day Book Offer

Give the gift of inspiration for **Mother's Day May 14th** – Special Offer- Buy one book and get the other one for half price!!! Reg \$19.95/book. Special *** 2 Books \$29.95*** plus tax and shipping. Go to www.suekenney.ca/bookorder to order your copy. **Offer good until May 3rd**. **Testimonial** "Thank you for an incredibly inspirational and motivating presentation last night! I was at the IAAP York Region Chapter meeting last night and was filled with a renewed sense of finding purpose when I left I bought the book and can't wait to lose myself in your story! I enjoyed chatting with you following the presentation and have spent much time surfing your website as well hats off to the bravery you've demonstrated in sharing such a personal journey with people! Never lose faith!" **Kathryn Nevins**

- **Inspirational Speaker** –Are you looking for an inspiring, entertaining speaker for your conference or event? If you are a non-profit group, there is a special rate for you. Contact me for details.
- **Media**-Sunday April 23 on **Book Television** 9pm and again on **Bravo!** Thursday April 27 5pm Go to the Word this Week to see a piece on the Camino and the Knights Templars www.booktelevision.com/wordThisWeek.cfm<http://www.booktv.ca/><http://www.bravo.ca/schedule/index.asp?date=4-27-2006>
- **Movie - *The Sorrow Stones*** is a 3 minute movie produced by Judith Keenan of Bookshorts www.bookshorts.com co-written by Sue Kenney and Bruce Pirrie to be released in May 2006. More to come...
- **Independent Documentary -*Las Peregrinas...the women who walk***, follows the journey of 5 Canadian women who leave the comforts of their modern life to walk the Camino as simple pilgrims. It is a powerful and moving documentary about facing our deepest fears by questioning the value of everything that we were taught was important in life. If you are interested in assisting with this project in any way, please contact me.

Events: You are invited...*Please join me and feel free to invite others too!*

- **Leadership Coaching**-Have you considered getting a life coach? Find out why people are talking about getting a coach and what the benefits are. Join

Sue on Sunday June 4th from 2-4 pm in Toronto for a **free** event. For location details and to register contact sue.kenney@sympatico.ca. Please invite a friend.

- **Workshop** - Your Camino A life skills workshop with Sue Kenney. Interactive workshop that builds on skills to *be* on a life journey each day. Do you want to be more disciplined about living with purpose and learn how to create intentions? Sue shares her insights through the simple act of ritual and discipline. Through intuitive facilitation, you'll learn how to effectively use intentions to set goals that align with your purpose. To register contact us at 416 985 8759 or email sue.kenney@sympatico.ca Friday May 26 in Toronto 9:30-4pm \$125.00 plus gst. Bring a friend and get 20% off your workshop fee.
- **Friday May 19th 6:00pm to 8:00 pm Storytelling at the Spanish Centre in Toronto.** Come and hear Sue tell her stories from her journey on the Camino. Be the first to see footage from the Documentary *Las Peregrinas...the women who walk*, that was filmed in October 2005. Contact Victoria@Spanishcentre.com for details.
- **July 16-19 Kelowna, BC.** Sue will be the opening keynote address for Okanagan Eduvacation School. If you are interested in booking a customized workshop, speaker, or special event in Calgary, Banff or Kelowna with Sue while she's in the west, call soon to book early. 416 985 8759 sue.kenney@sympatico.ca
- **Camino Theatre- A one-woman performance at the London Fringe Festival August 4-13th.** Go to www.londonfringe.ca for more details.
- **Other Camino Workshops: Brook Broadbent a pilgrim and coach,** offers workshops in Ottawa based on his Camino experience called *Living from the Heart and Walking the Camino*. Contact Brooke at 613 239 2751.

Writers Corner

- **Canadian Authors Association is having their conference in Peterborough...** July 6 to 9, 2006 Sir Sandford Fleming College Brealey Campus, Peterborough ON www.author.ca/peterborocaa/caaconference1.htm
- **Muskoka Magazine** Read about a Pilgrim's Progress in March April edition. Go to www.suekenney.ca/media to read and see pictures of Sue's journey.
- **Blank Page Writers Group** If you think the group could be of help with your writing, join us each month (12 months a year) on the first Thursday, 7-9 p.m. at the Gravenhurst Public Library
- **The literary voices of Muskoka, Parry Sound and Haliburton** are strong and clear - the Library is proud to announce publication of a new anthology of poetry and prose by writers who participated in the "Poetry Night in Muskoka" reading series last winter and spring. Details about this exciting publishing event are included in the attached release. Copies of the anthology are available at the library for \$5 each. Contact Jill Foster, CEO Tel 705 645 4171

Sue's New Book A sequel to My Camino...written by Sue Kenney

Confessions of a Pilgrim *It's the true story about my inner journey walking the Portuguese Route of the Camino, to Finnestera, Muxia and back along the route in both directions. Before I left to walk, I was given an Eagle Feather by a native friend. In a dream, she was told to give it to me with instructions that sent me on a quest. And so the journey continues. More to come...*

Book Reviews and Testimonials If you have comments or if you would like to write a

review about My Camino, please email sue.kenney@sympatico.ca I just finished your book. I want to Thank You for sharing your story... or sharing your Journey. I am grateful to have read it and experienced your telling of your Camino. This is an unforgettable and inspiring story and I am privileged to have read it. I began reading your book a couple nights ago and found it incredibly hard to put down. I finished it after two sittings. Thank you Sue, for your journey, your words and for sharing them with me. Sincerely, Mark Stewart

Vision 10 Million *Walking the Camino has become my life. I believe that walking is an art form. I believe that walking is an art form and through the artistic process we all contribute love to the universe. 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 believe there is a strong co-relation between walking and creativity. Walking is a simple universal act that can be done anywhere; there is no language barrier, no equipment and no training required. One day I would like to have my own foundation that pays artists to walk. I see 10 million pilgrims worldwide walking on November 1, 2010. What do you see? Write and tell me what you see.*

Thank you...*A very special thanks to everyone who shared my book, newsletter or CD with someone else. I am truly grateful for your kindness.*

Sue's Profile Sue's life work is based on a philosophy that core leadership is based on awareness, love, compassion, discipline, truth, humility, grace and simplicity. Through **Inspirational Speaking, Coaching and Workshops** Sue provides a new approach to achieving balance in one's business and personal life. Workshops ideas; principled leadership skills; getting more balance in your life; goal setting through intentions; handling stress using breathwork; increasing awareness for creativity; teamwork through surrender and there's more. 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. When she returned home she began telling stories of her journey and then recorded a storytelling CD called Stone by Stone. Sue decided to embark on a new journey to become an author and wrote My Camino. Sue Kenney was born and educated in Toronto. An international inspirational speaker, workshop designer and independent film producer, Sue gracefully integrates the lessons of the Camino with her business and athletic expertise, offering a unique perspective to a life journey.

Other Links

- The Little Company of Pilgrims go to www.santiago.ca
- American Pilgrims Association www.americanpilgrims.com
- Camino pictures; Grant Spangler <http://community.webshots.com/user/ElCaminoSantiago>
- Travel and Transitions transformational experiences www.travelandtransitions.com

Feel free to share this newsletter. If you have any comments or suggestions please email sue.kenney@sympatico.ca

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