

Inspirational Moments

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

A Gathering of Pilgrims

Nine days had passed. Weary yet still spirited, I and the three pilgrims I had brought with me, stepped out of the wilderness of the aromatic eucalyptus forests to arrive in the city of Santiago. We had walked over 180 kilometers on the Camino de Santiago de Compostela, a medieval pilgrimage route in Spain. The sights and smells were familiar to me since I had been here before. The first time I walked the Camino I covered 780 kilometers over 29 days, alone in the winter. The second time I walked I also went alone on the Portuguese Camino covering 500 kilometers along the Galician coast.

This time, I had returned to the path once again to lead this group of novice pilgrims on their journey. Upon arriving in Santiago, we visited the gorgeous Cathedral and then found our way to the Pilgrim's Office. Close together as a group, we climbed the worn wooden stairs that lead to a large room. Each of us presented our *credential*, a pilgrim passport that had been stamped when we stayed at various *refugios* (hostels for the pilgrims) on the way. This provided proof we had walked, entitling us to receive a Compostela; a certificate that stated we had completed a religious or spiritual journey on the Camino. Once we had completed this ritual, we were officially registered as members of a universal fraternity of pilgrims who had come from all over the world to walk in the footsteps of the pilgrims of the past.

The bond that is created with fellow pilgrims is unbelievably strong and enduring. Next month, pilgrims from across North America will all meet in Toronto from May 10 to May 17, 2005 at St. Michael's College, University of Toronto for the **Eighth Annual Gathering of Pilgrims**. The event, sponsored by American Pilgrims on the Camino and The Little Company of Pilgrims, is open to everyone, not just pilgrims. It is a celebration of the Camino de Santiago de Compostela. www.santiago.ca.

Wishing you eternal peace and love on your life journey. Namaste.

Sue



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Stories from the Path

Wednesday April 20, 2005. Santiago, Spain. The ancient city was absolutely incredible and more mystical than I remembered. As promised, I carried a stone with me along the entire way that included all the intentions I had received from people before I left. Once inside the Cathedral I went to my favourite statue of St. Bernadette and left the stone on a ledge, set in near a pillar. Then I gave the St. James a big long hug for all of you, to give my thanks. When I went downstairs to honor the tomb of the Apostle, I could almost feel the intentions of the pilgrims of the past still present in the tiny room. The journey continues.

This Months Virtue Presence

A virtue represents moral excellence, honor and integrity.

Being present means living in the moment by putting all your attention on what is happening now. It means leaving the future and the past out and not judging the situation or the person right away. Once there is judgement, the chance for randomness ceases and the opportunity to create something completely new is gone.

After the Camino I flew to London, England. Walking through the city center I struggled to integrate the Camino into the modern day world of commerce and speed. I was annoyed and frustrated with everything around me. I wondered why I was there. It seemed that everything I focussed on was about money, cars and getting ahead. It reminded me of regrets I had of the past and fears of the future. I suspected that my ego was being tested and I wished that I had just gone home from Spain so I didn't have to deal with this. Fear had angered and frustrated me by enticing my ego's desires, taking me away from the present moment. I decided to surrender to the moment without judgment trusting there was a lesson for me. I began to see something very different. I came to realize I was more often disturbed by life in the modern day world when I was facing fear. I had walked the Camino for the third time reflecting myself in the grace of life as a humble pilgrim and once again, I learned a simple lesson; to be still and listen. Life is in the present.

Intention I am present.

Intentions are stated in the present moment; as if it is so. Repeat your intentions daily to create the reality you truly desire.

I arrived home from the Camino late Sunday. On Monday night, still suffering from jet lag and testing my ability to be present, I did a key-note address to a group of 300 women in Alliston. It was a sold out event and they even turned 60 people away at the door. One woman said she would pay any price for a ticket because she had to hear me speak. For the first time ever, people gave me a standing ovation. After my stories, I answered questions from the audience. A woman asked me how I stay focussed on my dreams and purpose in life when I am not on the Camino and back into the rat race of busy life. I said that I constantly worked on being present. By being centered and focussed in the present moment, I am my purpose.

Walk the Camino with Sue in September 2005

There is a lot of interest already and plans are underway to lead another group pilgrimage on the French route in the middle of September 2005. It will be a 12 day walk from Leon/Astorga to Santiago. Although it's a group environment, pilgrims will be encouraged to walk their own journey and carry their weight, without obligation to remain with the group. If you are interested and want more information about this inspirational journey, please email me at sue.kenney@sympatico.ca. or call 416 985 8759. Also, be sure to check my website, as I will be updating the information ongoing.

Book Review

Sue Kenney's My Camino

I am a retired teacher since June '04. I am 55 and love to walk. I have just completed your first book - My Camino. It has stirred some questions in my mind about whether it is something I want to do. At Christmas my brother gave me your book. He had attended an event you spoke at and then read your book. What really strikes me is the connection I have with what you wrote - like you were reading my thoughts and I wasn't even there.

Theresa van Koeverden

Events

Friday April 29 Guest appearance at the "Oh Susanna" Euro-style variety spectacle! Edmonton's smash hit late night variety/talk show is coming to Toronto for a limited run at The Poor Alex Theatre! Hosted by international glamour-gal Susanna Patchouli (Mark Meer) and her co-host Eros, God of Love (Jeff Haslam), Oh Susanna! features sparkling conversation, high-spirited competition, laughs, music and more. Guests for our Toronto run include Deb McGrath and Teresa Pavlinek of Women Fully Clothed, director Bruce Pirrie, writer Sue Kenney and the legendary Joe Flaherty of SCTV fame. www.varsconatheatre.com/ohsusanna

Friday May 7th Author reading and book signing the Barrie Chapters from 7-9pm

Friday May 6th Arts and Letters Club Luncheon keynote speaker. 12-2pm 14 Elm St. 416 597 0223

Tuesday May 10-17th 8th Annual Gathering of Pilgrims. U of T. Workshops with Sue Kenney and many other international experts. Some spaces still available <http://www.santiago.ca>

Sunday May 29 Babytime and Parenting Show International Centre Mississauga
Author reading/book signing 2-4pm www.babytime.ca

Wednesday June 8 Free Creating Presence Workshop/author signing Chapters Markham 7:00pm

Thursday June 9 Free Creating Presence Mini-workshop/author signing Chapters Burlington 7:00pm

Sunday June 26 Chapters Author Reading and book signing Chapters Markham 2:00-4:00pm

Workshops

Writer's Workshop- *How to write good!*

Saturday May 7, 2005 Are you ready to write a book but aren't sure where to start? Have you been writing a book for years but not sure how to finish it? This workshop is designed to help you to get focussed, learn new writing techniques, add humor and be more creative. Sue is teaming up with professional writer/editor/director Bruce Pirrie (of Second City fame) to offer a unique one day writer's workshop. You'll meet other writers and learn effective writing techniques. The workshop will be held in Oakville in the conference room on the second floor at Timothy's Coffee on Lakeshore Road from 9-4:00 pm. Space still available. **Workshop Fee \$95.00** plus gst Visa/Mastercard accepted. **To Register email sue.kenney@sympatico.ca or call 416 985 8759.** Spaces still available.

Journey to the Soul – Level 1-2 Day Retreat June 11/12 2004

A spiritual life skills workshop with Sue Kenney.

Are you prepared to make a commitment to creating the future you truly desire?

Learn life skills that can assist you to create balance and passion in your life. Be a part of this interactive 2-day workshop retreat in Floral Park near Washago, Ontario. This unique workshop has been designed take you on the journey of a pilgrim, as a metaphor for traveling your own life path. Sue is offering this workshop to anyone interested in learning new skills to begin a new life journey. Sue will guide you to create the life you want to live through the use of intentions, focus, passion and creativity. This interactive workshop will help you to develop awareness by engaging centering, meditation, breathwork and walking, as part of the overall experience. By the end of the retreat, you will have developed effective rituals or habits that can be integrated into your life to set the platform for creating what you truly desire. Includes 2-day workshop, breakfast, lunch and refreshments. Come and be a part of the journey. **For more information email sue.kenney@sympatico.ca or call 416 985 8759.**

Workshop Fee \$350.00 plus gst Includes continental breakfast daily, lunch, refreshments and snacks.

Journey to the Soul –Level 11-Week-long Intensive Retreat

November 14 to November 18th, 2005 - 5 days –More details to come....

Intuitive Facilitation by Sue Kenney and a variety of special guests.

Plans are underway to offer a week-long retreat for individuals interested in personal/business development with a spiritual theme. Past workshop exposure is helpful but not a pre-requisite. Topics will include increasing gradient awareness levels; skills to create your future; defining life purpose, mission and vision; reclaiming inner voice; judgment of self and others; intentions; communicating your true self; the gift of opening possibilities for yourself and others; finding inner and outer life balance; reducing stress and finding time for what you want.

The week will be filled with a variety of other workshops in various disciplines including daily meditation, yoga, drumming, storytelling, art and creativity. Since there is a full moon on the 15th, we will celebrate. There will be some free time scheduled but this is an intensive program that will require your commitment and you should only register if you are serious about setting out on a new life journey. Spaces are limited.

To pre-register or get more information email sue.kenney@sympatico.ca or call 416 985 8759

Workshop Fee \$950.00 plus gst Includes continental breakfast daily, lunch, refreshments and snacks.

Book Update

As an author of a book on the Camino, I found the Spanish treated me with ultimate respect and admiration. At the Pilgrim's Office I met the priest who publishes the Compostela magazine and he asked if I would write a testimonial that he could publish in the next issue. Later that day I had a conversation with one of the book stores in Santiago and the owner agreed to carry my book. Here at home the interest in my story continues to grow. At the Women at their Best event one in every five people there bought a book or a CD. Book sales are very strong as more stores are carrying the book and word of mouth has created a lot of interest. With Mother's Day approaching, it makes a beautiful gift of inspiration.

A very special thanks to everyone who shared my book or CD with someone else, to those who helped me at events, and for all the great feedback I received from you. All of this gives me the courage to continue putting one foot in front of the other, even if I can't always see the way.

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications Available at most bookstores including Chapters and Indigo. For a signed copy go to my web site to order. Call me for special pricing if you want to purchase a bulk order. www.suekenney.ca/bookorder \$19.95 plus gst

Stone by Stone Meditative Storytelling CD with Sue Kenney

Available at on my web site at www.suekenney.ca/bookorder

To listen to parts of the CD go to www.cdbaby.com/suekenney \$14.95 plus gst

Sue's Profile

Sue's life work is based on a philosophy that core leadership skills include awareness, love, compassion, discipline, truth, humility, grace and simplicity. Through inspirational speaking 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. Workshops start at \$50.00 per person or if you need a unique speaker for a special event call me 416 985 8759.

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. When she returned home she began telling stories of her journey and then recorded a storytelling CD called Stone by Stone. People who listened to the CD came back asking when the book was coming out. Although she had never written before, Sue decided to embark on a new journey to become an author. Last winter she started writing and on June 25, 2004, 3000 copies of Sue Kenney's My Camino rolled off the press. The response has been overwhelming. Over 2500 Storytelling CD's Stone by Stone have been sold in 20 months. The average independent artist in Canada sells 200 CD's a year! Sue Kenney was born and educated in Toronto. An international inspirational speaker, 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. Contact Sue directly to discuss your needs.

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