

# Inspirational Moments

Welcome to the August 2006 issue of Canadian pilgrim Sue Kenney's written words, stories and events about the ongoing journey on and off the Camino de Santiago de Compostela. This month's Virtue is Choice. A virtue represents moral excellence, honour and integrity. An intention is one's virtue stated in act of being. Vision is what you see as possible for the world. Namaste.

[www.suekenney.ca](http://www.suekenney.ca)

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## Fringe at 50

Last week, I did six performances of a one-woman stage play adaptation of My Camino; the book I wrote about my journey walking 780 kms across the north of Spain, alone in the winter. The last time I did a theatrical performance on stage was in Grade 11 and that was 33 years ago! At that time I was not only nervous, but also afraid of making a mistake that could make me a target for ridicule for the rest of my high school days. Incorporating an idea about using the stories from my journey as a stage play, I took a chance and applied to the London Fringe Festival, even though I didn't have a show written at the time. To my surprise, I secured a spot on the roster.

Since I knew the stories by heart it wasn't necessary to have them memorized but I had lighting and sound cues to incorporate. The stage play was directed by Bruce Pirrie, who has

directed numerous stage shows including seven Second City comedy shows in Toronto. With only a week before the event was to begin, we pulled together a three-act framework for the loosely defined script. Bruce came up with a brilliant idea to use a manual treadmill on stage, so I could tell Camino stories while I walked.

My one-hour show, although simple in props and style, drew an eclectic audience of regular theatre patrons as well as people interested in the tales of the Camino, but who wouldn't normally come to the Festival. I got through the six performances by believing that my choice to continue to tell the stories of the Camino was contributing to the universe in some way. One of the first reviews I read was from a woman named Joan Mortimer who wrote, *"Thank you for taking me on your walk. We felt beside you throughout the whole play, seeing and feeling the joys and sorrows and maybe leaving a little of our own behind. You have provided us with the inspiration to think about our own journeys, and where our lives are leading. Will we make a mark or will our footsteps leave no mark? Facing this choice makes me stop and think."*

Her words reminded me that this experience wasn't just about sharing my Camino stories on the theatre, it's about trusting in the choices I make about where I am going on my journey.

**Sue**

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## Testimonial

**My Camino - London Fringe Festival** "Sue, There is no complete way to fully explain all of the emotions that I have realized since meeting you and reading your book two days ago (which I just finished!) except for simply to say "Thank You". As I vaguely intimated on Saturday, the choices that I have made in my life and the paths that I have chosen to follow have made me miss out on so much. When I was reading your story, I couldn't help but to fantasize about the life I want to live and my prevalent goal to walk my own Camino and with any luck *The Camino*. Although I've said it before, I cannot anything short of admire you for the way you found in yourself at a young age what many fail to find in a life time. Perhaps the only way to find self-love is to open yourself up to the possibility that it exists...which is the one thing that I must thank you for." **Andrew Age 16**

My Camino takes us step by step, and stone by stone, along a modern day pilgrim's search for purpose on an ancient road. Heartfelt and authentic, My Camino gives us the courage to get off the treadmill of contemporary life and experience the creative and spiritual release of simple walking. **Anita Shuper**

**1. Camino Documentary -Las Peregrinas...the women who walk. An independent film. Release date November 3,4 & 5, 2006. There are now 25 locations around the world registered to screen the documentary.** This is a feature length documentary about the journey of 5 women who walk 240 kms of the Camino. It's a story about choice and empowerment. We are looking for people or groups interested in holding gatherings to view

the film and arrange a forum for conversation to follow. If you are interested in receiving a package about sharing these incredible stories, contact me directly. Sue Kenney 416985 8759 [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) Check my website for updates. [www.suekenney.ca](http://www.suekenney.ca)

## 1. Camino Workshop

**Sue's Workshop - Your Camino 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. To register contact 416 985 8759 or email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) **Saturday October 14 at 4 Winds on the Danforth Toronto 9:30-4pm \$125.00 plus gst. Bring a friend and get 20% off. Email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) to register.**

## 2. Camino Events

**Writer's and Editors Network-Breakfast Meeting Saturday November 18. For information contact [karmik@rogers.com](mailto:karmik@rogers.com)**

**Storytelling Event** Pape/Danforth Library in Toronto October 4 between 6:30-8 p.m. Hear Sue's stories, a reading and a Q&A to follow. Pape/Danforth District Riverdale Branch phone: 416-393-7597

**An Author's Story-Sue Kenney's journey to becoming a writer started with a long walk and now she's writing books, screenplays and a stageplay. Learn how she did it.** Toronto Writers Centre on Yorkville will be hosting an event in the fall. Details to follow. [www.writerscentre.ca](http://www.writerscentre.ca)

## 3. Visit the Camino

Just go to: [www.cathedralsantiago.es](http://www.cathedralsantiago.es) and click on the Spanish flag. (English will come later) Turn on your speakers for wonderful medieval music. If you click on the little clock on the left top you will get a timetable. Click on Virtual Cathedral - bottom left and you can visit the cathedral. Then you can visit the museum, the archives, the excavations etc. Have fun!

3. **Little Company of Pilgrims**-Next meeting is on Sunday October 1, 2006 at St. James Anglican Church in Orillia from 2-4pm. Everyone is welcome. Come out and learn about the Camino, hear stories from past pilgrims, learn about how to prepare for the Camino, share ideas and meet new people. If you would like to be a guest speaker or present at this meeting, please contact Sue at [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

4. **Next Book: Confessions of a Pilgrim Written by Sue Kenney. Edited by Bruce Pirrie.** *It's the true story about my inner journey walking the Portuguese Route of the*

*Camino, to Finesterra, Muxia and back along the route in both directions. Before she left to walk, Sue was given an Eagle Feather by a native friend. In a dream, she was told to give it to me with instructions that sent her on a quest. And so the journey continues. To pre-order books contact [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) Check out the short film about the book co-produced with BookShorts at [www.bookshorts.com](http://www.bookshorts.com)*

## 5. Newsletter, Book Reviews and Testimonials

Two years ago I vacationed with a girlfriend in the Dominican. While there we met a book distributor and an author both collaborating on a cookbook for single dads. Bill, the book distributor, met me for dinner a couple months later as he was in town on business. He gave me a couple of the books that he was distributing and was upset that he only had a CD version of Stone by Stone because he thought that it would speak to me. He gave it to me and told me that I would appreciate the journey of the author and I did. I listened to the CD in my car as I drove to and from work. This is the ironic thing. It's often curious to me how each of us affects the other. Some lives cross paths several times before they actually meet. Well, one month ago today, a girlfriend of mine sends me your email regarding the Book Expo. She knows that I am struggling with the completion of my novel. And felt that this would give me some much needed support and motivation. Then, for some reason last night it triggered. I got up out of bed and went to my CD collection. Sure enough, you are the author of Stone by Stone. Now I don't know, coincidences like this may not seem as miraculous as I'm insinuating it to be. But, last night was one of those nights I will remember. I never did go back to bed. I think I did some of my best writing. I'm tired today but, I would be amiss if I did not thank you for your powerful motivation. Thanks, Deb ps I'm continuing to finish my novel.....page by page.

**6. 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.

***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 stories, book, newsletter or CD with someone else. I am truly grateful for your kindness.***

## Other Links

Website of the Association for The Establishment of European Pilgrimage Routes. Current Project is the pilgrimage to Rome. [www.eurovia.tv](http://www.eurovia.tv)

Porto Peregrino- The best Brazilian Camino Site [www.caminhodesantiago.com](http://www.caminhodesantiago.com)

The Little Company of Pilgrims go to [www.santiago.ca](http://www.santiago.ca)

American Pilgrims Association [www.americanpilgrims.com](http://www.americanpilgrims.com)

Camino pictures; Grant Spangler <http://community.webshots.com/user/ElCaminoSantiago>

Travel and Transitions transformational experiences [www.travelandtransitions.com](http://www.travelandtransitions.com)

**Feel free to share this newsletter. If you have any comments or suggestions please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

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