

Inspirational Moments

Welcome to the final 2005 issue of Sue Kenney's words, stories and events on and off the Camino de Santiago de Compostela. www.suekenney.ca/newsletter.

There is no time like the present to live in the moment.

Holiday wishes and seasons greetings to my family and friends. Thank you for allowing me to be a part of your life journey. May you be blessed with eternal love on your path.

Love and light. *Sue*

Contents

This Months Virtue is Perseverance

Home from the Camino –Documentary post production and reel...

Author Events –St. Lawrence Market Wednesday December 21 in Toronto...

Workshops – Your Camino Do you want to be more disciplined about living with purpose?

Writer's Corner- The Great Canadian Novel Marathon-February 2006...

Book Review - It was so soulful. From deep in your heart and gut...

Other Links – Canadian Camino site, Nomansland Gallery Showing, Transitions and Travel...

Vision10Million –Walking as an art form. Can you see 10 million people walking?

Sue's Profile – Looking for an inspiring, entertaining speaker and workshop facilitator...

Sue's Book and CD Special \$28 – My Camino-Stone by Stone CD- Last minute gift...

This Months Virtue is *Perseverance*

A virtue represents moral excellence, honour and integrity.

Perseverance is the ability to carry on even when it seems there is no hope.

This is a story about a pilgrim friend of mine who was asked to direct a big comedy show in Toronto. Over a stretch of 18 months the show was almost cancelled; Hollywood stars changed; money fell through; venues changed; negotiations were revised; all in the midst of one of the worst years in Canadian entertainment industry. Never sure whether the show would see the stage or not, he often questioned if he should continue. I reminded him to rely on the discipline learned while walking on the Camino. He persevered through the difficult moments by putting one foot in front of the other, even though he wasn't exactly sure what would be the outcome. In the end, by metaphorically walking through the journey of this production, all the details were eventually sorted and he directed the show.

A few weekends ago I went to see the show at Massey Hall starring Jamie Farr. Afterwards I was invited backstage to meet the actors. My friend escorted me up the stairs located at the side of the stage, through security and then along a narrow hall located behind the back wall curtain that lead us to the green room. I was a bit nervous about going backstage and meeting a Hollywood star. As I walked I looked down at the old wooden floor half expecting to be lead the way. I couldn't believe what I saw. There were yellow arrows painted on the floor of the theatre. They looked just like the yellow arrows painted on the Camino path to guide the pilgrims on their way to Santiago. Now I was really curious about this unusual coincidence. If I truly believed there are no accidents and that everything happens for a reason, then I couldn't ignore this sign.

Backstage, I met the stars of the show and I was completely enchanted by their presence. Soon we left following the same way out, only this time I followed the same yellow arrows that guide the actors in the dark and found myself standing on the stage gazing out to the empty audience. The sight of the framed scalloped arches over the seats, just like the scallop shell symbol for pilgrims on the Camino, reassured me this was the right way. I knew the arrow was a sign that I should keep walking in the direction I was going and it was be my perseverance to live my life purpose to inspire people through my voice that was the yellow arrow I was following now. Again I had learned that as long as I had an idea of my direction and I continued to put one foot in front of the other, I would find my way. And who knows, if I persevere maybe one day I will be telling Camino stories at Massey Hall.

Intention *I persevere. Repeat your intentions daily to create the reality you truly desire.*

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

Wednesday December 21 St. Lawrence Market Toronto Author signing at Carousel Bakery from 11am-2pm- Get Sue's book My Camino, a stone and her storytelling CD in a gift bag all for \$28.00 & tax.

December 31, 2005 World Healing Event 6:30 a.m. to 8:00 a.m. Join the millions worldwide in the 17th annual **World Peace Prayer / Meditation** in Toronto: **St. Lawrence Hall 151 King Street East**

Sunday February 5 from 11am-2pm Blue Heron Bookstore-Uxbridge will be hosting a storytelling event at the Seniors Centre in Uxbridge for a luncheon and a talk. Details next month.

April 5 Deja Vu's Women of Worth - Inspirational Speaking Event-Markham contact Theresa at deja_vu@hotmail.com for tickets

Workshop

Your Camino A life skills workshop with **Sue Kenney**. Do you want to be more disciplined about living with purpose? Sue walked 780 kilometers in Spain on a pilgrimage route known as the Camino (The Way). Downsized from the corporate world she walked alone in the winter for 29 days and now shares her insights on how to be more disciplined through the simple act of ritual. Through intuitive facilitation, you'll learn how to effectively use intentions to set goals that align with one's purpose.

To register contact us at 416 985 8759 or email sue.kenney@sympatico.ca

Saturday February 25 at Wonderworks on 79A Harbord St in Toronto 9-4pm \$125.00 plus gst

416-323-3131 www.gowonderworks.com

www.suekenney.ca/workshops

Writers Corner

The Great Canadian Novel Marathon-February 2006-Two more accomplished writers have joined The Great Canadian Novel Marathon. Ruth Walker, founder of Lichen, and Stuart Ross, former Writer In Residence for the Writers Circle of Durham Region. Walker and Ross will be joining Durham Region novelist Susan Lynn Reynolds, author of Strandia; Sue Kenney, from Toronto, author of My Camino; Bruce Pirrie, a director with Second City and The Red Green Show; and Martin Avery, Writer In Residence at the Pickering Public Library, author of Cottage Gothic and Northern Comfort, for The Great Canadian Winter Novel Marathon. They will be joined by Susan Stott, a writer from Pontypool; Peter Brandt, from Tottenham; and Jim Rudnick, from Toronto, all of whom are veterans of the Muskoka Novel Marathon, also created by the PPL's WiR, as are Reynolds, Kenney, and Pirrie. The Great Canadian Winter Novel Marathon will be a special event fundraiser for a women's shelter in the Pickering area. It takes place the third weekend in February at the Pickering Public Library and online. For more information, please contact: avery@columist.com

Make New Connections- Join Brady Magazine's Writing Forum
www.brady magazine.com

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. Next meeting January 5th, 2006. Contact sue.kenney@sympatico.ca

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

Visit The Ginger Press Bookshop and Cafe located at 848 Second Avenue East in beautiful downtown Owen Sound. www.gingerpress.com

Book Reviews and Testimonials

If you have comments or would like to write a review about My Camino, please feel free to email sue.kenney@sympatico.ca

It was so soulful. From deep in your heart and gut. Like you were being propelled along the path by a guiding hand. Not just a spirit(s), but really a hand that embraced you, held you and ensured you did what you had to do. Some pretty powerful words in that book. I felt your cup runneth over... Reading your stories about rowing, I again was struck by the uncanny fact that, while you had started rowing when you turned 40, that too was when I started dragon boat racing. And the parallels you draw - hitting a wall, pushing yourself past anything you thought possible - were all sensations I've felt, particularly during races. I know it's not a coincidence that we're both rowers/paddlers pushing ourselves to our physical limit, but I found great resonance and comfort reading your words.

One more thing: re the endurance that you needed to push through to the end, on your own (for the most part); overcoming physical, emotional and spiritual challenges... all of that suddenly brought back memories of a meditation course I did about the same time as your 1st pilgrimage: At the end of Dec 2001, I sent myself off to a 10-day silent meditation (Vipassana) course in the countryside outside of Montreal. I had never attempted anything like that. I didn't know quite what to expect, having only spoken briefly to one woman who had completed the course, and intentionally, wanting to go there unaware of exactly what awaited me. On my gut instinct (and feeling that, if she'd done it so can I!), I went. Nothing could have prepared me for what I endured those 10 days. But it was also a journey that brought me to a place I might not have arrived at otherwise. I hope the journey this time has been full of meaning, intention and love for you - and for the others. Blessings & good health,
Amit

There was no hacking, coughing or shuffling of paper as 300 sets of ears tuned in to hear Sue's stories of rowing and walking. Everyone in the room listened. They wanted to hear Sue Kenney tell her remarkable story. And she did so in a calm, clear voice that connected with her listeners. Philip Fisher, Calgary

*My grandchildren loved the stones and have had them by their bedstands since I gave them to them. They listened to the tape that you gave me and really enjoyed it. They are six year old twins, one boy and one girl and I think you really made an impression on them. Thank you.
Catherine Beauvais*

Sue put us in touch with Susanne Pacher, a successful business owner and author of a unique website Travel and Transitions, combining travel (in the sense of new places to explore) with stories of personal growth and change. Susanne has profiled our journey and published the article on her website. You can read about our story, and get a sense of the book, at http://www.travelandtransitions.com/interviews/mony_dojiej.htm.

For a business book review of My Camino go to <http://www.smallbusinessbigideas.com/newsletter>

Book Update

Sequel to My Camino

Many people have been emailing me about when the next book is coming out. I have been begun the process of editing the manuscript of The Journey of the Eagle Feather which I wrote in late winter. I expect to have the manuscript finished and ready for publication in the summer/Fall 2006. It's about a journey I took walking the Portuguese Route of the Camino in both directions. I had been given an Eagle Feather by a native friend to take on the journey. It's a very different story than My Camino and I look forward to sharing the tales of my quest with you.

Vision 10 Million

Walking and everything about 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 too believe there is a strong co-relation between walking and creativity. Walking is a simple universal act that can be done in any part of the world; there is no language barrier, no equipment and no training required. It's good for the body and the soul and it's free. 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? sue.kenney@sympatico.ca

Thank you...A very special thanks to everyone who shared my book or CD with someone else, and especially to those who have helped me along the way. I am truly grateful for your kindness.

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications. Available at most bookstores including Chapters/Indigo, Independent book stores like Nicholas Hoare. For a signed copy go to my web site to order on-line.\$19.95 plus tax.

Stone by Stone Meditative Storytelling CD with Sue Kenney

Available at on my web site at [Error! Hyperlink reference not valid.](#) plus gst

To listen to samples of the CD go to [Error! Hyperlink reference not valid.](#)

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. Workshops start at \$50.00 per person. [Error! Hyperlink reference not valid.](#)

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. 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.

Other Links

- **The Little Company of Pilgrims** go to www.santiago.ca
<http://community.webshots.com/user/ElCaminoSantiago> Grant Spangler
<http://appropriate-entertainment.com> Don Hill's new web site

•

<http://www.vivatastings.com>

Dragonfly Media focusses on first-time authors; specializes in print-on-demand publishing with editing, design, layout and promotional services; accepts manuscript submissions.

Tobi McIntyre, the editor, was online editor for Canadian Geographic Magazine.

For information:

<http://www.dragonfly-publishing.com>

I came across a site that offers some interesting ideas about gratitude and is encouraging an experiment in gratitude. Perhaps you will want to join the experiment. At the least you may want to view the master key flash movie at the site. Good visuals.

Enjoy. www.g GRATITUDE.COM

- **Nomansland-** November 16- December 10 at OCAD Gallery is a group show, with four other people, all really great young artists-Contact Alice at scarfpants@hotmail.com
- Travel and Transitions transformational experiences www.travelandtransitions.com
- An anthology called Poetry Night in Muskoka includes a piece by Sue Kenney is available at the Bracebridge library.For the full story, go to http://www.muskokatoday.com/content/current/Martin_Avery.htm
- PRWEB June 23, 2005 -- Women travelers are hot. Women make 70 percent of all travel decisions, and 75 percent of those who take nature, adventure, or cultural trips are women. But, whether it's a business trip to New York or a solo pilgrimage on the El Camino de Santiago, traveling gives a woman an opportunity to discover more about herself, grow spiritually, and unpack the adventure within. <http://www.emediawire.com/releases/2005/6/emw253541.htm>

- Stress Reduction and Well Being Specialist 416.569.7114 melody.flynn@returntozen.com

-

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

If you wish to be removed from this list - send an email with the words unsubscribe in the subject area. Your email and contact information will not be shared or sold to anyone else.

Copyright 2005 Sue Kenney