

Inspirational Moments

Welcome to the February issue of Sue Kenney's words, stories and events on and off the Camino de Santiago de Compostela. In this issue, I discuss the concept of finding self-love as the foundation to going on a life journey in both personal and business situations. May you find eternal peace and love on your journey.

Namaste.

Sue Kenney

Contents

Stories From the Path

This Month's Virtue

Walking the Camino April 2005

Workshops and Retreats

8th Annual Pilgrims Gathering Toronto

My Camino Author Events

Book Update Sue's Profile

Contact

Stories from the Path

This Month's Virtue is Love

A virtue represents moral excellence, honour and integrity. On the Camino there is a very special place called O'Cebreiro, in the mountains of Galicia. In old texts O'Cebreiro is mysteriously referred to as Mont Febrayr or Zebruariil, the month of February. Ironically this is the same month as St. Valentine's Day, known as the month of Love.

Love

"If I consider Dante's notion that the secret rhythm of the universe is the rhythm of love, and that all virtues and vices come from a place of love, then I must be following the right path." *Sue Kenney's My Camino*

It is said that everyone has a love affair on the Camino. My philosophy about life had developed to a point where I believed that every thought, feeling action, intention and emotion should come from a place of love. Intuitively I knew, first I must love myself so I decided that I would have a *love affair* with myself.

On the Camino I was one of the first pilgrims to wake up each morning to walk in solitude, often when it was still dark. I believed that by intending and physically creating a state of self-love that I would eventually become it. After three weeks of walking I finally arrived at the mountain of Cebreiro, in a region of Spain called Galicia. There I would stop to admire the magnificence of the mighty mountains around me and was moved by the sense that I could feel all the love of the universe. Through this experience I learned that I could not only give and receive love, I learned to **be** in a state of love. By being love, I found that I could open possibilities for myself and others to be a leader in life. Today I work with individuals and businesses to develop skills with this approach to leadership based on the virtues of love, compassion, awareness, gratitude and surrender.

Intention

I am love

Intentions are stated in the present moment; as if it is so.

Repeat your intentions daily to create the reality you truly desire.

Do you want to be a pilgrim?

A Pilgrim's Journey to the Soul... If you are interested in walking a spiritual journey on the Camino, but don't want to go alone, this could be of interest to you. There will be a small group of pilgrims, lead by Sue Kenney who will walk the last section of the Camino Frances. The intent is that everyone in the group has their own solo journey walking alone, with the support of a familiar group and a leader. The journey begins in the valley before the mountains of O'Cebreiro in a new refugio in Vega de Valcarce on the Camino Frances and will cover approximately 164 kilometers. We will be staying in the hostels for pilgrims along the way. We will meet as a group on Sunday April 10, 2005 and begin walking on Monday April 11, 2005 for 10 days. The destination for this journey is Santiago, Spain where each of the pilgrims who complete the last 100 kilometers will receive the official Compostela certificate. If this approach to beginning a new pilgrimage in your life interests you, please contact me right away at sue.kenney@sypatico.ca or call 416 985 8759 to obtain a detailed outline and registration form. Confirmation must be received by **February 16, 2005**. Travel arrangements to the pilgrim's refugio in Vega de Valcarce, near Leon, Spain are available through a special fare arranged for the participants. To spiritually prepare you for this incredible journey of self-discovery, a 2-day workshop retreat facilitated by Sue has been planned for March 12 and 13, 2005 at Gibraltar Point Artists Retreat on Centre Island, Toronto harbor. This workshop has been designed to prepare the participants to become a pilgrim, both on and off the road to Santiago and is open to everyone. Details are listed in the Workshop section of this newsletter.

Want to see what the Camino looks like by web cam?

www.santiago-today.com Find out what's going on in Santiago today.

Workshops and Events

Journey to the Soul - 2 Day Retreat on Centre Island March 12/13

A spiritual life skills workshop with Sue Kenney.

Are you prepared to make a commitment to creating the future you truly desire? Do you want to live with passion everyday of your life?

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 on **March 12 and 13, 2005** at Gibraltar Point Artists Retreat. www.artscapetoronto.on.ca 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 the people who plan to go on the Camino in April, although it is also open 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 in meditation, breathwork, journalizing 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.

Retreat Fee \$485.00 plus gst Fee includes 2-day workshop, one night accommodation at Gibraltar Centre for the Arts (on Centre Island, Toronto) meals and refreshments. The retreat begins Saturday morning on the 8:00 am ferry to Wards Island followed by a 4-kilometer walk to the retreat. Come and be a part of the journey.

To Register or to get more information email sue.kenney@sympatico.ca or call 416 985 8759.

Writer's Workshop- How to write *good!* March 11, 2004 Centre Island, Toronto 9:00-4:00pm

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, learn skills, share experiences and have fun too. The workshop will be held at Gibraltar Centre for the Arts on Centre Island, Toronto. This unique centre offers a creative environment, fantastic view and freshly prepared food. www.artscapetoronto.on.ca

Workshop Fee \$95.00 plus gst Register or to get more information email sue.kenney@sympatico.ca or call 416 985 8759.

You are Invited...

Please share this schedule with anyone you know who might be interested in these events.

Friday February 11 Ancaster Chapters Book Store-Hamilton Author reading and book signing. 7-9pm (Author reading at 8:00pm)

Sunday February 14 TSN Telelatino Viva Dominica Valentine's Day Special TV Interview 6:00pm

Tuesday February 22 Breakfast Television Halifax Guest Appearance 7-9:00am Saturday February 19 Indigo Book Store, Trinity Common, Brampton Author reading and storytelling followed by a book signing. 2:00-4:00 pm

Saturday February 26 and Sunday February 26 Good Morning Canada Guest appearance

International Woman's Day Tuesday March 8 Check my web site for details about a special evening of storytelling about the Camino.

8th Annual Gathering of Pilgrims. May 10-17, 2005. This year's event is jointly sponsored by the American Pilgrims on the Camino and the Little Company of Pilgrims Canada and will be hosted in Toronto, from May 10 to 17, 2005. The program will be three separate events: accredited Training for aspiring *Hospitaleros*, The Gathering, and a Spiritual Retreat. Don't miss this event if you want to meet and learn more about the historical, architectural, spiritual and other aspects of the Camino de Santiago de Compostela. Experts are coming from all over the world to this event being held at St Michael's University of Toronto campus. You will find the complete program of scheduled activities and registration materials at the Little Company of Pilgrims Canada website <http://www.santiago.ca>. All registration forms must be received by March 1. This year's program promises to be an unforgettable experience with international experts and numerous workshops. We are expecting a sold out event so reserve your space early to avoid disappointment. We look forward to seeing you in May. If you have questions, please contact sue.kenney@sympatico.ca.

Book Update

Sue Kenney's My Camino

Last week I had the pleasure of being invited by my mum to speak at her woman's church group in Oakville. After telling my stories and answering many questions a lady sitting near the back stood up and introduced herself to me. I could see that she had been crying. She said that my book has become an important part of her life. She has read it many times over and it inspired her to start walking again, even alone. (Something she would never do in the past.) She also read parts of the book to her husband out loud and he was also moved by the stories. I was honored.

When we were going through the editing process, my editor Bruce Pirrie suggested we read the entire book out loud as we made changes. The first time we did this, I asked him why and he said, "If you don't read it out loud then how will you know what it sounds like?" That seemed logical to me. What I didn't realize was because the book was read aloud, it has been written with a style that welcomes oral reading: a wonderful opportunity to engage in an intimate activity with another person or even a group. It's a great way to *be love* by reading what you love, out loud.

Testimonials

Hello Sue, I just wanted to mention that I saw you on Breakfast Television last week and you made a tremendous impact using your sorrow stones story. Congratulations on all of your success! I would appreciate if you would forward a promotional package to me in regard to your seminars which I will provide to our corporate events coordinator with a strong endorsement! Take good care,

Joyce Paron President - Canada

EXIT Realty Corp. International

Sue, I heard such great things about you this weekend; what a great presence you had in the store and you sold a good number of books too!

Christa Yoshimoto

Regional Marketing Manager: Western Ontario

Indigo Books and Music Inc.

A very special thanks to everyone who shared my book 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 *Santiago*.

Sue's Profile

Sue Kenney

Pilgrim. Author. Speaker. Leader.

Sue's life work is based on a philosophy that core leadership skills include awareness, love, compassion, discipline, humility, grace and simplicity. Through inspirational speaking and workshops Sue provides a new approach to achieving balance in one's business and personal life.

Got the February blahs...What about doing a *Lunch and Learn*? Here are some ideas to consider to help you gain more balance in your life; goal setting through intentions; handling stress using breathwork; increasing awareness for creativity; teamwork through surrender and there's more. .

If you need a unique speaker for a special event then let's talk. sue.kenney@sympatico.ca
Creative budgeting welcomed

Sue's Background

After spending over 20 years in the telecom industry, in October 2001, 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 3000 books have been sold and she is well on her way to becoming a national best seller. Sue Kenney was born and educated in Toronto. A sought after professional speaker and engaging personality. 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. www.suekenney.ca

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications Available at most bookstores including Chapters and Indigo. \$19.95 plus gst or order www.suekenney.ca

Stone by Stone

 Meditative Storytelling CD with Sue Kenney

Available at on my web site www.suekenney.ca To listen to parts of the CD go to www.cdbaby.com/suekenney

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 just 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