

# Inspirational Moments

Welcome to the January/February 2006 issue of Sue Kenney's words, stories and events on and off the Camino de Santiago de Compostela. [www.suekenney.ca/newsletter](http://www.suekenney.ca/newsletter).

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

## This Months Virtue is *Harmony*

A virtue represents moral excellence, honour and integrity.

### Contents

#### This Months Virtue is Harmony

**Author Events** – Sunday February 5<sup>th</sup> in Uxbridge **SOLD OUT Event**. Sue will speak to over 100 people...

**Workshops** – **Your Camino** Interactive workshop builds skills to *be* on a life journey each day....

**Writer's Corner** - **Inspirational Moments is now a monthly column** in Barrie Life and times, Owen Sound....

**Book Award** – **Recommend My Camino to irewards Readers' Choice Awards Battle of the Sexes**....

**March 8<sup>th</sup> is International Women's Day** Did you know that women weren't allowed to row until 1980 at the Argonaut...

**Book Review** - I got your book as a Christmas present this year ...

**Home from the Camino** – **\*New \*Orillia Chapter of Little Company of Pilgrims** April 1<sup>st</sup> meeting...

**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** – **Speaker. Coach. Workshop Facilitator. Leader**. Are you looking for an inspiring, entertaining speaker

**Sue's Book and CD Give the gift of inspiration** – My Camino-Stone by Stone storytelling CD...

## Harmony

It is said that there is a natural harmonic tone that is produced by the movement of celestial spheres.

Not long ago, I received an email from Monica, a woman who read my book and then decided to walk the Camino and she asked me to coach her to prepare for the pilgrimage she planned to do in the fall. The first time I walked the Camino, I returned with a sense of purpose about sharing this pilgrimage experience to inspire others using my voice. Once I defined that intention, I found the course of my life began to change and new opportunities were presented. We agreed to a weekly coaching phone call that worked well for both of us. Monica lived really wanted to meet me but she lived on Saltspring Island in British Columbia and I didn't have time in my schedule. Then I had a request to meet with a client in Vancouver and I took it as a sign to accept her invitation to visit.

A few weeks later, Monica met me in Victoria and I knew then that we were going to be life-long friends. We boarded the ferry and talked endlessly about our personal lives. Characteristically, it rained the entire way. Stepping out of the car, it was hard to see the house since it was built into the side of a valley. We walked down a stone path leading to a cedar door. It was so peaceful, I momentarily forgot about all the emails I had yet to answer. She opened the door her two dogs greeted us. I took a deep breath and paused, noticing the natural cedar beams that supported the cathedral ceiling. Huge windows displayed a painterly outdoor scene of pine and cedar trees. A creek flowed past the house, racing downhill to meet the ocean. I stood in awe watching as a raven flew overhead.

Time flew by quickly as Monica and I filled the hours with deep conversation and long walk's in the forest that created a sense of harmony with nature. In a serene mood, we made plans to go to a concert performed by my friend Sonia, a talented baroque soprano singer. We were entertained with a menu of Spanish, French and German medieval love songs. Following the concert, Sonia came back to the house with us and we had dinner together. That evening our conversation focussed on how walking created harmony and balance in our lives.

The doorbell rang and a brass band walked in. Monica's 16 year old son plays the trumpet and had arranged for his band to practice their classical pieces. They set up in the sunroom and as soon as they started to play, we became still absorbing the healing qualities of the music. It all seems so simple; walking and music are essential keys to finding

harmony. As pilgrims in life, all we need to do, to be in harmony with the universe, is to walk in nature. Wishing you peace and harmony on your way.

**Sue**

**Intention** *I am in harmony. 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!

**Sunday February 5 Uxbridge Seniors Centre**, Lunch and Stories with Sue. **Sold Out** event...[www.suekenney.ca](http://www.suekenney.ca)

**Wednesday February 8, 7:30 pm A Million Steps** -"Camino" by Oliver Schroer Recorded as he and Peter walked the Camino. Presentation Goodes Hall, Queen's University, 143 Union Street Room 348 Admission Free

**Saturday March 4 Canadian Women's Expo Being Your Brand Workshop 4-5:00pm** Develop and grow your brand with some straightforward tips from Sue using word of mouth advertising. You'll learn how to brand your introduction; brand your voice mail message; brand your website and we'll look at ways to brand at every interaction with your client.. Free. Airport Road Mississauga March 3 to 5th. For other events to go [www.canadianwomensexpo.com](http://www.canadianwomensexpo.com)

**Saturday March 4 Women's Breakfast Series Speaker Sue Kenney 9-12pm** Soul Revival Events, Woodbridge Contact [diane@soulrevival.ca](mailto:diane@soulrevival.ca) for tickets. [www.soulrevival.ca](http://www.soulrevival.ca)

**Wednesday March 8 is International Women's Day-What are you doing to celebrate?** Book Sue Kenney to speak to your group and celebrate women's accomplishments in the sport of rowing and walking the Camino de Santiago alone. Contact Sue ASAP to book breakfast, lunch or a dinner talk. [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) 416 985 8759

**April 5 Deja Vu's Women of Worth** - Inspirational Speaking Event in Markham contact Theresa at [deja\\_vu@hotmail.com](mailto:deja_vu@hotmail.com) for tickets

## 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? Sue shares her insights on how to be more disciplined 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](mailto:sue.kenney@sympatico.ca) or [www.suekenney.ca/workshops](http://www.suekenney.ca/workshops)

**Saturday February 25 at Wonderworks on 79A Harbord St in Toronto 9-4pm \$125.00 plus gst. Bring a friend and get 20% off your workshop fee.**

## Book Award

**Book Award –Recommend My Camino to irewards Readers' Choice Awards Battle of the Sexes....**

The success of the **irewards Readers Choice Awards** program has inspired us to ask our fellow booklovers what books you think every man and woman should read. Your feedback will contribute to a Battle of the Sexes style feature about must reads for him and for her. So whether it's a tried and true classic, a great summer beach read or a **self-help book that changed your life** – **My Camino**- we want to hear from you! To pick the winners, we've developed a short survey. As an added thank you for sharing your opinions, your name will be entered into a draw to win one of three Chapters/Indigo/Coles gift cards worth \$100 each. So don't delay, the survey closes on February 6th. <http://new.indigo.ca/cgi-bin1/DM/y/exzj0MSf4H0M2f0HFWx0GP>

## 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@columnist.com](mailto:avery@columnist.com)

**Make New Connections-** Join Brady Magazine's Writing Forum  
[www.brady magazine.com](http://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](mailto: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](http://www.gingerpress.com)

## 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](mailto:sue.kenney@sympatico.ca)

### I had a number of responses to the New Year's Tips for Pilgrims that I sent out last month. Here are a few of the comments...

*If you would like a copy sent to you or someone you know just let me know. Sue.kenney@sympatico.ca*

Thank you so much for your beautiful e. mail, and definitely I am living all your top ten tips, they are good ones and keepers.

Hi Sue..Thanks for the Top Ten list below. Just one comment and one question; the title says "Tips for Pilgrims", and it sounds like tips for someone hiking the Camino (or any other trail), but I am also assuming that it can, and should, be applied to life in general.

From your 7 Pilgrim Virtues for Business Leaders I am working on:

5. Be grounded in the present moment, that is where the future is created
3. Be disciplined in everything you do. Define your intentions, set your goals then develop rituals to make it happen.

Hi, Loved reading your comments. You are one great gal. Your comments on walking alone are a boost for all who wonder if they can do it too.

Thank you Sue for your New Year's Tips. There is so much beauty contained within relatively few words. Every day is a pilgrimage.

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](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

## New Title...Confessions of a Pilgrim

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. Due out in the fall.

## 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](mailto: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://www.santiago.ca)

Inspirational Speakers [www.oustandwomenspeak.com](http://www.oustandwomenspeak.com)

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

<http://www.vivatastings.com>

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

Enjoy. [www.gogratitute.com](http://www.gogratitute.com)

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

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