

Inspirational Moments

Welcome to the January issue of words, stories and events experienced on and off the Camino de Santiago de Compostela. This is the first newsletter of the new year and I look forward sharing with you as you journey on your own Camino.

The Tsunami disaster stories have had an incredible impact on the world raising our collective consciousness to a higher level. It's truly incredible that Canada is one of the top five countries in humanitarian aid. People are giving not only their money; they are giving their time and unconditional love to complete strangers without any expectation at all. There is a sense of deep compassion all around. May you find peace in this moment. Namaste.

Sue Kenney

Contents

Stories From the Path
This Month's Virtue
Do you want to be a Pilgrim?
Draw Winners
My Thanks
My Camino Author Events
Workshops
International Pilgrims Gathering
Book Update
Sue's Profile
Contact

Stories from the Path

This Month's Virtue is Compassion

A virtue represents moral excellence, honour and integrity. The virtue of compassion is essential on the journey to finding and being one's higher purpose.

Compassion

The Dali Lama states that compassion, the intent that all other beings be free of suffering, is a critical to cultivate enlightenment. On my Camino, it was the kindness of strangers, villagers and pilgrims who provided me with food shelter and compassion, which was essential to my survival.

Over the past several months while on my book tour, my friends, family and total strangers provided for me. There were times when I shared a hotel room with a friend on a business trip in Calgary; was invited for dinner at one of my reader's home in Victoria; was a guest at a chalet in Canmore and even slept in the back seat of my car in Vancouver. Friends and strangers prepared meals, gave me shelter and cared for me unconditionally and with compassion for the journey I was taking as first time author, alone on the road.

Living with Compassion

On the Camino, I would pick up stones along the way. I was told, "If you pick up a stone and put your sorrow into it, when you place the stone down you leave some of your sorrow behind." With each stone I thought less of myself, and more about the sorrow of others. I found that by placing their sorrow in the stone, I had more compassion. And by the time I arrived at the end of my journey, I had no sorrow left.

Each day I pick up a stone for the people who were affected by the Tsunami disaster and I put their sorrow into it. This is my way of being compassionate to complete strangers.

Intention

I put the sorrow of others into a stone.

Do you want to be a Pilgrim?

A Pilgrim's Journey

Join Sue Kenney as she guides other like-minded individuals on the first Pilgrim's 10 day Journey to the Soul, leaving in April 2005.

This journey has been designed for individuals who are interested in a spiritual journey on the Camino, but don't want to go alone. It's a journey of self discovery that includes a series of workshops designed to prepare one for becoming a pilgrim, on and off the road to Santiago. The journey begins with monthly workshops and teleclasses to address preparations for the mind, body and spirit of a pilgrim. For 10 days in April, this group will embark on a pilgrimage covering almost 200 kilometers on the Camino de Santiago de Compostela; a medieval pilgrimage route in Spain. The destination is Santiago, Spain. If this approach to beginning a new pilgrimage in your life interests you, please contact me at sue.kenney@sypatico.ca or call 416 985 8759. See details below for the Journey to the Soul information night on January 19, 2005. For more on the Camino go to the new Camino section on my web site or <http://www.santiago.ca>

Thanks to You

Thanks for all the referrals.

Here are the winners for the draw for people who provided book/workshop referrals. Congratulations and thanks to everyone for your referrals!

Grand Prize Journey to the Soul Weekend workshop valued at \$295.00

Dave Buckton, Grimsby, Ontario

Gift Basket valued at \$95.00

Barb Taylor, Washago, Ontario

Creating Presence Workshop Certificate valued at \$35.00

Karly Berry, Calgary, Alberta

A very special thanks goes to **Brenda Baird of Innovation Island** web design and services (<http://www.innovationisland.com>) for creating a fantastic new look and design for my web site. Thanks for your compassion and understanding during the process. If you are looking for a new web design I would highly recommend her services. Check out <http://www.suekenney.ca>

My thanks to **Bruce Pirrie**, (who edited My Camino) for your expert creative, writing and editing advice. If you are looking for an expert writer, someone to edit your book or advise on a story line for any creative project contact Bruce at kpirrie@aol.com. He's the best.

Testimonials

Sue Kenney's My Camino is more introspective, self aware, and open than most. The writing invites your mind to roam into the beautiful formative experience of hiking long paths. Her encouragement of others and direct involvement comes from an uncommon particular "place of love".

Trevor Lind, Kelowna BC

Sue,

I enjoyed your storytelling CD and the lessons and insights you gained. I loved the part-that by facing our own fears we are all called to be saints.

Fr Tom Bluger

To write a review of My Camino go to <http://www.amazon.ca/suekenneymycamino>

You are Invited...

Please share this schedule with anyone you know who you think might be interested.

Friday January 7 City TV's Breakfast Television appearance

Liza's guest. Live in Toronto.

Saturday January 8 Indigo Book Store, Trinity Common, Brampton Author reading and storytelling followed by a book signing. 2-4:00 pm

Thursday January 13 Probis Meeting, Bracebridge 10-12:00pm

Funds go to Tsunami relief effort Key note address; My Camino. Book signing to follow. Contact Sue for info

Sunday January 16 The Meadows Consultants Meeting Woodstock

Key note address; My Camino. Book signing to follow. 1-2:00pm

Tuesday January 18 Rogers Daytime TV appearance, Kitchener

Live interview sometime between 11:00am and 12:00pm

Wednesday January 19 Camino Journey Information Night 7-9:00pm

Timothy's International Coffee, Meeting room upstairs,

Oakville, Ontario 321 Lakeshore Rd E Contact sue.kenney@sympatico.ca

If you are interested in joining a small group of pilgrims to walk the Camino guided by Sue Kenney, please come out to find out about the plans for this journey.

Everyone welcome.

January 23 Health Expo Keynote Speaker My Camino

2:00-2:45pm Author Signing to follow. For info go to www.lavita.ca

Supreme Banquet and Convention Centre 8311 Weston Road, Woodbridge

January 25 CTV's Breakfast Television, Morning Show, Halifax NS

Guest Appearance Talking about My Camino and pilgrimage as a metaphor for life.

January 28, 29 and 30th Journey to the Soul workshop conducted by Sue to be held at Soul Spa in Thornhill. See website for more details.

Saturday January 29 Indigo, the movie will be premiered in North America. This is a new genre of Spiritual movies and has received international favourable reviews already.

Tuesday March 8 Toronto TBD Check my web site for details about a special evening to be held on **International Women's Day** for a speaking event with Sue Kenney telling stories of both her journey's on the Camino.

Workshops

Journey to the Soul 2005

New spiritual life skills workshop by Sue Kenney.

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

Sue will be conducting a 2 ½ day intensive workshop that will take you on the journey of a pilgrim; as a metaphor for traveling your own life path. Sue will guide you to developing a plan to create the life you want to live through the discovery of the use of intentions, focus, passion and creativity. This is an interactive workshop that will also engage meditation, breath work, journalizing and walking as part of the learning process. By the end of the weekend, you will have developed effective rituals/new habit that can be integrated into your life.

January 28, 29 and 30th.

Friday 6-9pm Saturday 9-5pm Sunday 9-5pm Snack and refreshments provided.

Soul Spa Healing Arts Studio

A converted heritage home in Old Thornhill.

Forest Room www.soulspastudio.com

\$295.00 plus gst

To Register email sue.kenney@sympatico.ca or call 416 985 8759

A Gathering of Pilgrims, Toronto, May 10-17, 2005

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. **To find out more go to** <http://www.santiago.ca>

Want to see what the Camino looks like by web cam?
<http://www.crtvg.es/ingles/camweb/primenucamarasflash.htm>

Book Update

Sue Kenney's My Camino

The total book count is over 3000 including some sales in the US. You can go to my web site at <http://www.suekenney.ca> to order on line. Thank you to all those who gave the book as a gift over the holidays. The feedback from people has been inspiring.

Reviews

Last month I was written about in 24 Hours, Oakville Beaver and there was a picture of me signing books at the Bloor West Village Chapter's store in the Metro (Toronto) paper. I did an hour long call in CBC radio show called Wildrose Forum with Don Hill in Edmonton and was also on CBC radio in Vancouver and Victoria. Check out the reviews on my web site and Amazon.ca. Please feel free to send your comments.

Special thanks to the people who send their comments about the book and CD.

Many of the libraries have now stocked the book and it's being read by more people. Feel free to write a review send it to me and I will post it on my web site. There is a service on the Chapters web site where you can refer the book to someone else www.chapters.ca. Thanks to everyone who shared their copy of the book with someone. If you know a Book Club who is interested in having me as a guest at one of their meetings to talk about my stories/philosophy, tell them to contact me directly. I encourage you to give me feedback: what works and what doesn't. Tell me what you need from me. And please let me know what you are doing for me so I can thank you! Thanks again.

Sue's Profile

Sue Kenney

Pilgrim. Author. Speaker. Leader.

Sue's life work is based on a philosophy that core leadership skills begin with awareness, love, compassion, discipline, humility, grace and simplicity. To see a list of Leadership Virtues for Pilgrims and how to manifest them into your life, go to <http://www.suekenney.ca>

Sue's Background

In October 2001, her 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 I began telling my stories and then recorded a storytelling CD called Stone by Stone. 1000 copies were sold in six months. People who listened to the CD came back asking when the book was coming out. Although she had never written a book 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, Sue was recently selected as a keynote speaker at the Mayor of Hamilton's Leadership Roundtable. As 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. She has inspired thousands on CBC Radio, Breakfast Television, MCTV, Omni's Bio Library, the New VR, Cogeco Cable, Rogers Daytime, the Toronto Star, Muskoka Today, B101 FM, Moose FM, Lite 105.9 FM and many others.

**For media interviews contact Sue directly at
416 985 8759 or email sue.kenney@sympatico.ca
Or go to www.suekenney.ca and check out the new Media page
complete with press releases and pictures.**

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 on web site <http://www.suekenney.ca>

Stone by Stone Meditative Storytelling CD

Available at <http://www.suekenney.ca/bookorder>

May you experience compassion as you walk through your life journey.

Sue

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If you have any comments or suggestions please email sue.kenney@sympatico.ca

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