

Inspirational Moments

Welcome to the June 2006 issue of Sue Kenney's written words, stories and events about the ongoing journey on the Camino de Santiago de Compostela.

This month's Virtue is Vision. 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.

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www.suekenney.ca/newsletter

Let's begin with a story...

It's another sunny day at my cottage on the shores of Lake Couchiching. The summer is moving into full swing and I'm still not ready. Last year, because the fall weather lingered well into the winter months and I took advantage of the situation. I hired a contractor in November to build a deck on the front of my cottage and bury my water line. We discussed the plans, bought the wood and then he was to start the project. The first glitch was when he told me he needed to dig a trench and while I was out of town, he had someone come in with a back-hoe and they dug deep holes all over the front lawn. He assured me that he would have everything back to normal in a few weeks. He left one day, and never returned. When spring arrived, the only person I could call to rescue me from this embarrassing situation was my cousin Dave. In true fashion, he arranged for five of his friends to come up on the weekend and assured me they would take care of everything. They arrived on a Saturday morning. I purposely hadn't explained how bad the property looked so when Dave and his friends showed up with their girlfriends too, no one said a thing. They assessed the situation and immediately got to work. Dave went to work on the water and his friends took on the task of building the deck. The ladies asked if I had any more shovels so they could also help. I borrowed some from my neighbour Bill, and while I drove back and forth getting sod and supplies, the women took turns filling in the trench with soil. With the new sod, it actually looked better than it had in 20 years. Over dinner everyone talked about the

transformation they had been a part of that day. No one really took charge that day and yet, it all got done. They pulled together and worked towards a common vision, ultimately making a difference in my world and the world at large. They had vision. Namaste.

Sue

Newsletter Contents

1. Life Coaching... Sue offers a unique leadership coaching program that uses the metaphor of walking to explore vision, mission and purpose through principled leadership virtues. Contact Sue if you would like to learn more about a personal program. www.suekenney.ca/coaching

2. Camino Theatre- A one-woman show at the London Fringe Festival begins on a treadmill.... My Camino Playwright/Author: Sue Kenney/Bruce Pirrie. A solo performance by Canadian author Sue Kenney adapted from both the medieval pilgrim tales from the Codex Calixtinus; a 12th century pilgrim guidebook and her own mystical encounters from her 780 kilometer spiritual quest walking the Camino de Santiago de Compostela. Aug 5, 6, 7, 9, 10, 12. Grand Theatre

471 Richmond St. London tickets \$9.00 at the door.

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

- **Book Signing Art Among the Pines: Dwight Ontario Community Centre on Sunday July 2 from 11-3pm in support of** the Muskoka Literacy Council with a Silent Auction. 705-635-3511 or info@galleryinthewoods.ca
- **Chapters Kelowna My Camino Book Signing** Monday July 17 from 7-9pm. www.chapters.ca
- **Keynote Address July 16 Kelowna, BC.** Sue will be the opening keynote address for Okanagan Eduvacation School. If you are interested in setting up a meeting with Sue while she is there contact her at sue.kenney@sympatico.ca
- **Storytelling Event** Pape/Danforth Library in Toronto October 4 between 6:30-8 p.m. it is!
Pape/Danforth District Riverdale Branch phone: 416-393-7597 drajewska@torontopubliclibrary.ca
- **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 **Saturday October 14 at 4 Winds on the Danforth Toronto 9:30-4pm \$125.00 plus gst. Bring a friend and get 20% off.**

- **SmallBiz Expo Testimonial-** Hi Sue, You probably don't remember me, but I spoke to you briefly at the Smallbiz expo/tradeshaw in Whitby last month. I had mentioned that I had read about your book in a email newsletter, and you were interested in knowing which one. Sorry it took me a while to find it (I am a bit of an information junkie *smile*). It was on this site <http://www.womencandoanything.com/> They had a contest to win one of your books (Darn! I wasn't one of the winners). ;) Anyway, you might already know they were promoting your book, but just thought I'd let you know it was reaching at least one reader. Tina Oshawa, Ontario

4. Writer's Corner

Muskoka Novel Marathon-write a book in 3 days. I've done it and it's a blast. Proceeds go to the Muskoka Literacy Council. We'll be filming a short called FLIP! based on the event. This is your chance to star in a movie. www.huntsvillefestival.on.ca

Canadian Authors Association is having their conference in Peterborough...July 6 to 9, 2006 Sir Sandford Fleming College Brealey Campus, Peterborough ON
www.author.ca/peterborocaa/caaconference1.htm

Author Carol Ann Cole- *Lessons Learned upside the head* is a book with the potential to help you make positive changes in your life and the lives you touch each day - if you are willing to listen to your heart. Carol Ann Cole is an author, a professional speaker and a member of the Order of Canada.
www.carolanncole.com

Author Gail McNaughton-Gail has self-published 5 books: "The Angelic Heart", "Blowing Kisses", "An Agricultural Safari in Brazil and Argentina", "Garden Memories In The Web Of Life" and most recently, "To Have A Cup Of Tea With A Cat & Other Cat Tails". Gail writes about the feeling she has for life through the eye of an artist but with a third eye, spiritual view. www.gailmcnaughton.com to order books, cards.

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

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 for \$5 each. Contact Jill Foster, CEO Tel 705 645 4171

5. Camino Films

Las Peregrinas...the women who walk. This is a feature length documentary about 5 women who walk 240 kms of the Camino in October 2005. Set to be released in the fall on DVD, we are looking for grass roots associations and women's organizations to sponsor launch events that include a movie premiere followed by a discussion group. If you are interested or know someone who might be interested contact me directly. 416985 8759 sue.kenney@sympatico.ca

6. Camino Radio

I have been approached by a radio station in Seattle to produce and host a live radio/internet show in the fall. My vision is to have a radio show that people could tune into to find out about the physical, emotion, spiritual and historical aspects of the Camino. I would set aside time each week to talk about preparation and also address the issues presented returning home from the journey. I would love to share the Camino with a radio

audience. I would lease the radio time at a cost and develop my own content. I need to find sponsors to finance this initiative. Let me know if you would like to be involved.

7. Contest

Free contest. Win *My Camino* or *Stone by Stone* storytelling CD. Go to www.shopaware.com

8. Media

Confessions of a Pilgrim BookShorts film is released at BookExpo Canada. **Quill & Quire** quotes screen writer Sue Kenney

http://www.bookshorts.com/newsletter/newsletter_june06.htm

Confessions of a Pilgrim It's the true story about my inner journey walking the Portuguese Route of the Camino, to Finnestera, Muxia and back along the route in both directions. Before I left to walk, I was given an Eagle Feather by a native friend. In a dream, she was told to give it to me with instructions that sent me on a quest. And so the journey continues. Book Release November 2006

9. Book Reviews and Testimonials

My Camino Book Review

This is a true story of one woman's personal transformation. Sue Kenney, single mother of three daughters, competitive rower, and successful businesswoman, found herself under the axe of corporate downsizing. This precipitated a search for greater meaning and self-love. Kenney's quest led her to the Camino, a 780 kilometre long pilgrimage route in the north of Spain. While undergoing the rigorous and simplified life of a pilgrim, the author met many people whose lives were shifting, inspiring her to face her own deepest fears. I found it very moving to read of Kenney's surrender to the divine, opening her up to deeper compassion for self and others. And the details of the northern Spanish landscape, food, and culture really draw the reader in. This story of pilgrimage really made me stop to reflect, ask richer questions about life, and wonder how I might be of greater service to the world. I suspect that you too will ponder these things.

There are a few too many commas and the tenses sometimes get mixed, but overall *My Camino* is a compelling read. To find out more about the book and about Sue Kenney's workshops and pilgrimages to the Camino, visit her website www.suekenney.ca James Wells www.workeroforacles.com workeroforacles@yahoo.ca

Write a Review for My Camino and you could win a \$1,000 gift card. When viewing a product, simply look for the logo and click on Write a review. <http://new.indigo.ca/cgi-bin1/DM/y/e3Op0MSf4H0OQS0HNlp0Gd> You will be taken to the review page where you'll be able to write a review. Don't forget to hit SUBMIT and look for your review on our site. Thanks for helping.

10. 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 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

Porto Peregrino- The best Brazilian Camino Site www.caminhodesantiago.com

The Little Company of Pilgrims go to www.santiago.ca

American Pilgrims Association www.americanpilgrims.com

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

Travel and Transitions transformational experiences www.travelandtransitions.com

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

www.suekenney.ca

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