

Inspirational Moments

Welcome to the March issue of Sue Kenney's words, stories and events on and off the Camino de Santiago de Compostela.

As the plans unfold in preparation to walk the Camino again, I am reminded of the simplicity of the life of a pilgrim: one only has to walk, rest, eat, drink, sleep and talk. The Camino is a discipline that rekindles ones intentions to live life with the virtues of love, compassion, truth, gratitude and simplicity. And already, the Camino is testing me daily to make sure that I am ready in body, mind and spirit. There is a growing sense of fear as I get ready to embark on another journey. Although, this time it rests more comfortably in a state of increased awareness. Besides, I remind myself, I just have to put one foot in front of the other.

Wishing you eternal peace and love on your life journey. Namaste.

Sue

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Stories from the Path

Recently I was given a CD by the recording artist Denis Grady who heard me speak when I was in Calgary as the key-note at a Chamber of Commerce event. The recording is called **Impressions of a Pilgrimage** composed by Dick Lemair and recorded in the Cathedral in Santiago, performed on the 14th century organ that was recently refurbished. I was moved to tears as I listened acknowledging the familiarity of the interior of the Cathedral. It truly felt like I was right there in the Cathedral with him as it was being recorded.

After exchanging a couple of emails with Dick I discovered that he has disciplined his life in a way that he is able to compose and produce fine music, from his heart. To find out more go to

www.pelgrimagetosantiago.com

This Month's Virtue

Discipline

A virtue represents moral excellence, honor and integrity.

On my first Camino I walked 780 kilometers, putting one foot in front of the other over a million times. Through that discipline I learned the pilgrim's way; *"There is hope, that hope itself exists."* This time I am walking for 10 days on a journey that will involve the journey of five other people. We are going in a group, although each pilgrim will walk alone on their own way. My intention is to live without judgment of others.

Intention

I am without judgment of others.

*Intentions are stated in the present moment; as if it is so.
Repeat your intentions daily to create the reality you truly desire.*

Our Camino April 2005

Group Pilgrimage on the Camino de Santiago April 9 to April 21

The backpacks are fitted and the boots are broken in. In a couple of weeks, I will lead a group of five people to walk on the Camino Frances pilgrimage route from Vega de Valcarce to Santiago, Spain covering 180 kilometers. If you would like to receive updates as we journey along the path, send me an email asking for the Camino updates, and I will include you in the list. sue.kenney@sympatico.ca

My Offer to You...Putting Intentions into a Stone

Just like when I walked the Portuguese Route last April, I will bring a stone from home. The purpose is to put all my intentions and the intentions of others into the stone and carry it with me on my journey. When I have completed the pilgrimage, I'll put the stone down in the Cathedral in Santiago releasing the intentions with it. If you would like me to carry your intentions on the Camino, please send me an email providing as much detail as you wish. Intentions can be your wishes or prayers, for your self, for others or for the universe.

Sue.kenney@sympatico.ca

It is also customary to "Hug the Apostle" to give thanks to all the people who helped me on my journey. You will all be included with my deepest thanks.

Walk the Camino with Sue Kenney in September 2005

Plans are underway for Sue to lead another group pilgrimage on the French route in the middle of September 2005. It will likely be a 12-14 day walk from Leon/Astorga to Santiago. Although it's a group environment, pilgrims will be encouraged to walk their own journey and carry their weight, without obligation to remain with the group. If you are interested and want more information about this inspirational journey, please email me at sue.kenney@sympatico.ca or call 416 985 8759. Also, be sure to check my website, as I will be updating the information ongoing.

Events. You are Invited...

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

8th Annual Gathering of Pilgrims. U of T. May 10-17, 2005. There are still some openings. Register by April 15. This year's gathering 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. Sue Kenney will be doing a workshop/profile on the Portuguese Camino and another one on Walking with Intention. 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 site <http://www.santiago.ca>. If you have questions, please contact sue.kenney@sympatico.ca.

April 25, 2005 Women at their Best Conference at the Nottawasaga Inn in Alliston. 6-10pm

Key note address with Sue Kenney for tickets contact 705 435 8874. Proceeds go to the local women's shelter. Check out my website under events for more information. www.suekenney.ca

April 23/24, 2005 CTV Television Interview

Sue was interviewed on Good Morning Canada with Tara Robinson and it will be aired on Saturday between 8-9am and Sunday 7-8am. Feel free to send in your comments.

Book Review

Sue Kenney's My Camino

Sue is a woman with brains, brawn, beauty, and soul. Herein lies the tale of a remarkable woman, reinventing herself at 45 years of age. Sue lovingly recounts her odyssey on the Road I savor, the Camino Frances. Let her lead you through the echoes of her mind, and the grit of the Road as she rediscovers her inner fire. The Camino itself has been dormant for years, and is finally awakening from its slumber. Those who walk it return to walk a different Path. Sue brings us the before and after snapshots of her soul. A deeply personal and revealing look into one Peregrina's life. Well done, Sue!

Buen Camino. Grant Spangler

GASpangler@hotmail.com

Workshops

***Past participants of Sue's workshops receive a 20% discount or bring a friend**

and you'll get 20% off any workshop. Note: one offer per customer

Writer's Workshop- *How to write good!*

Saturday May 7, 2005 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 and learn effective writing techniques. The workshop will be held in Oakville in the conference room on the second floor at Timothy's Coffee on Lakeshore Road from 9-4:00 pm. **Workshop Fee \$95.00** plus gst
Visa/Mastercard accepted

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

Journey to the Soul – Level 1-2 Day Retreat June 11/12 2004

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 in Floral Park near Washago, Ontario.

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 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 centering, meditation, breathwork 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.

Includes 2-day workshop, breakfast, lunch and refreshments. 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.

Workshop Fee \$350.00 plus gst

Includes continental breakfast daily, lunch, refreshments and snacks.

Journey to the Soul –Level 11-Week-long Intensive Retreat

November 14 to November 18th, 2005 - 6 days - Location TBD

A spiritual life skills workshop with Sue Kenney.

Intuitive Facilitation by Sue Kenney and a variety of special guests.

Plans are underway to offer a week-long retreat for individuals interested in personal/business development with a spiritual theme. Past workshop exposure is helpful but not a pre-requisite. Topics will include increasing gradient awareness levels; skills to create your future; defining life purpose, mission and vision; reclaiming inner voice; judgment of self and others; intentions; communicating your true self; the gift of opening possibilities for yourself and others; finding inner and outer life balance; reducing stress and finding time for what you want.

The week will be filled with a variety of other workshops in various disciplines including daily meditation, yoga, drumming, storytelling, art and creativity. Since there is a full moon on the 15th, we will celebrate. There will be some free time scheduled but this is an intensive program that will require your commitment and you should only register if you are serious about setting out on a new life journey. Spaces are limited.

To pre-register or get more information email sue.kenney@sympatico.ca or call 416 985 8759

Workshop Fee \$950.00 plus gst

Includes continental breakfast daily, lunch, refreshments and snacks.

Accommodation costs are extra.

Book Update

Book sales are very strong as more stores are carrying the book and word of mouth has created a lot of interest. With Mother's Day approaching, it will make a beautiful gift of inspiration. Last month I was in Halifax for an interview on Breakfast Television and I did two incredible book signings at the Coles Book stores there. Special thanks to the managers of the stores who accommodated me on last minute notice. Also, did my last book reading/storytelling at one of my favourite stores, the Indigo in Brampton before the store closed. Special thanks to Gloria DiChiora and the people at the store. I also did the first in a series of artists and writers in residence event at the Gibraltar Centre for the Arts on Hanlan's Point. That night some of the artists studios were open to the public for a tour of the facilities, followed by storytelling about My Camino. Admission was a book donation to the Gwendolyn McEwan Library located at the centre. Thanks to everyone who brought a book and to the artists presenting their studios. Special thanks to Ray Stedman from Artscape for taking the initiative to organize this highly successful event.

Testimonials

Good Afternoon Sue! We met at your book signing this past Friday evening, at Chapters in Ancaster, perhaps you remember signing your book for Sandra. Many strangely linked events happened to me that day, one of them was our chance meeting. Just as I was looking at books about spirituality, angels, etc., I ran straight into your table!! I took it as a sign, so how could I not read what you wrote?

I read the book that night and the following day, and I must say, for not having read too many books on this type of subject matter, your experiences and thoughts hit home with me in many many ways. In particular, your pilgrimage experience. The questions you asked about life and the answers you were searching for, it's like you wrote exactly what I was thinking! Thank you for putting pen to paper, your book has truly been God's gift to me, as I know it will be for every human being who reads it!

What I really wanted to let you know is that I have decided that since your book is about a journey, what I am going to do is also send your book on a journey!! I mean, the energy and life and power in the words you wrote alone are enough to propel the book to jump right off my bookshelf and rejoice: "Hey you, I love you, now pick me up and read me!" Sue, here's my plan;

I am going to write my name, e-mail address, and the date I read your book on the first page of My Camino, and I will gift it to someone I think needs to hear your message and I will ask that she do the same when she has read it, and so the book's journey continues...Who knows where it will end up??? Maybe one day back in your hands, or maybe in mine!!!! I thank you again for such inspiring words, and I really heard what you were trying to express, and will apply it to my own life! Love's energy and power is very contagious, I intend to pass it on !! I look forward to receiving your newsletter.

See you later, love Sandra Mattina

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 the way.

Sue Kenney's My Camino

ISBN 0-9734186-3-X published by White Knight Publications Available at most bookstores including Chapters and Indigo. For a signed copy go to my web site to order. Call me for special pricing if you want to purchase a bulk order. www.suekenney.ca \$19.95 plus gst

Stone by Stone Meditative Storytelling CD with Sue Kenney

Available at on my web site at www.suekenney.ca/bookorder

To listen to parts of the CD go to www.cdbaby.com/suekenney

Sue's Profile

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

Workshops ideas to consider; 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 for one hour. Or if you need a unique speaker for a special event call me 416 985 8759. <http://sue.kenney@sympatico.ca>

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 3500 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. 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.

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