

# Inspirational Moments

Welcome to the December issue of words, stories and events from my journey on and off the Camino de Santiago de Compostela. Feel free to share this with other like-minded pilgrims. Wishing you peace as you journey, wherever that may be.

*Sue*

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## Stories from My Path

### **This Month's Virtue**

I will define a virtue that has proven important to me as a leadership quality both on the Camino and in my life.

### **Courage**

Everyday I walked the Camino, I faced many different fears such as being afraid of getting lost; wild dogs; walking alone; not being able to speak Spanish; falling off the side of a mountain; being robbed or attacked while alone; getting lost and much more. After several days of walking, it became more obvious to me that these fears were real but they actually distracted me from my deepest fear: facing myself. This was a fear I controlled. I knew the only way I could embark on a spiritual journey was to face this fear. One day a Greek pilgrim told me that he believed some of the pilgrims on the Camino would become saints. I didn't agree with him because I had my own idea of what a saint was, based on the religious context of the word. As though he knew my thoughts, he announced that he was talking about the real meaning of the word saint. I asked him what he meant by that and he said these profound words to me, "A saint is one who faces their fear". I understood completely. From that point onward, I took each step forward with the intent of facing my fear. In the end, I walked back to myself, no longer afraid.

### **Facing Fear**

For some reason, I was afraid the rowing crowd wouldn't be interested in my story. Two weeks ago on the spur of the moment, I decided to drive to Boston. Not to watch a Red Sox game but to attend a world famous rowing regatta called the Head of the Charles. There were 7000 athletes and 250,000 spectators at this historic event. In 1998 I was part of a crew that made history as the first Canadian Master's Womens 8 to ever race in the 40 year history of the regatta; so it's a very special event for me. Leaving at 8:00 am I drove to Boston alone. 11 hours later I arrived but there were no hotel rooms available, so I slept in my car. The next morning I went to the regatta site at 7:00 am, with a back pack filled with books and CD's. Before leaving I had checked into getting a table at the event but it would cost me \$1800.00 US and that was definitely out of my budget. As I walked towards the regatta site, I wasn't sure why I was there or what I was going to do, but I trusted something would come to me. I noticed a vendor who had already set up a table for a draw for protein products, so I walked up to him and started up a conversation about his business. While we were talking, an idea came to me. I asked him if he wanted another prize for his draw and told him about my book. He said he would take 2 signed books for the draw and some bookmarks to give away to people passing by. Now my book was in full view for others to see and it cost me \$40.00. By the end of the day, my books were on 5 different vendor tables; I had four retailers interested in carrying my book in the US; I had two rowing magazines who would read my book

and consider doing a review; and many more people who were interested in how I brought my experiences in the sport of rowing into the Camino. By facing fear, I learned again that it is only my own fear that will stop me from living my passion.

**Intention: Each day I face my fear.**

## Thanks to You

### My Camino Draw

Between October 1 and December 31, 2004 I will be rewarding your referrals for books/CD's, workshops and/or speaking engagements. For every potential book/CD sale you refer to me, it will entitle you to a ballot. If you know of anyone interested in an employee event such as a Lunch and Learn, workshop or keynote speaker just email the details and you'll be entitled to another ballot. Thanks to You, a draw will be held on January 1, 2004. The prizes for the draw include; Grand Prize: Journey to the Soul weekend workshop valued at \$295.00; Other prizes: A Canadiana Gift Basket Valued at \$95.00; A Creating Presence evening workshop certificate valued at \$35.00.

To be a part of this offer just send me an email with your name/the name of the person you are referring to me and their contact information. You will receive confirmation of the number of ballots entered, by email. Any questions should be directed to [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca). Good luck and thank you, again.

**In October there were 9 Referral Ballots**

A big thanks to the people who sent in their referrals.

## Testimonials

*"I have just started your book this week, and I must say, you have a rare gift for natural story telling. This type of first person writing can often be quite tedious, but you have a good way with words, mixing irony, reality of life and personal thoughts without being preachy or over bearing. It is interesting having heard you read from it before starting myself. Now it is as if I hear your voice every time I pick it up."*

**Ken Salah, Toronto**

For more readers testimonials or to write a testimonial go to <http://www.amazon.ca/suekenneymycamino>

## Sue Kenney's My Camino

### Author Event Listing-November 2004

Thanks to everyone who has come out to my author events and to those who have invited friends and family. So far I have had a fantastic response and I expect that November is going to be very exciting with many Chapters book store events scheduled and a western Canada author tour ready to go. If you would like me to come out to your office or community group to present my stories, feel free to contact me for more details.

## Please come out and join us...

Everyone at Sue Kenney's events receive free stones and a bookmark.

**Saturday November 6 Chapters Book Store**, London 1037 Wellington Road

3:00 pm - 5:00 pm Author Reading, Storytelling and Book signing to follow

**Sunday November 7 Chapters Book Store London** 86 Fanshawe Park Road

2:00 pm - 4:00 pm Author Reading, Storytelling and Book signing to follow

**Thursday November 11 Runners Room** Oakville 6:30 pm - 7:30 pm

Inspirational talk on Camino/Rowing.

**Friday November 12 Chapters Book Store in Guelph** 435 Stone Road W

7:30 pm - 9:00 pm Author Reading, Storytelling and Book Signing to follow

**Saturday November 13 Chapters Book Store on the Queensway** (across from Sherway) 2:00 pm - 3:30

pm Author Reading, Storytelling and Book Signing to follow.

**Saturday November 13 Tim Sims Playhouse, Toronto** (Second City) **Flash Fiction Comedy Jam**

Sue Kenney and Bruce Pirrie will interviewed by Gerry Schaefer followed by a reading from their comedy/romance novel **The Green River Book Club**. Starts at 10:30 pm. Tickets at the door.

**November 25 Chapters Book Store in Peterborough** 7:00 pm to 9:00pm

Author Reading, Storytelling and Book Signing to follow

**November 28 Chapters Book Store in Barrie** 1:00 pm to 3:00 pm

Meet the author. Have your book and gift books personally signed.

**November 29 Chapters Ottawa South Keys** (2210 Bank St. near airport) 7-8:30 pm.

Meet the author. Have your book and gift books personally signed.

**November 30 Chapters Book Store Ottawa Pinecrest** Shopping Centre 2735 Iris St. 7-8:30 pm Meet the author. Have your book and gift books personally signed.

## Western Canada Author Tour Kicks Off with Sue Kenney's Key note address on the Camino to 700 people at the Presidents Cup Breakfast in Calgary

**Thursday November 18 9:00 am** Calgary Chamber of Commerce Presidents Cup

Challenge annual fundraiser breakfast. Breakfast and keynote Sue Kenney's My Camino.

For information and tickets go to:

[http://www.calgarychamber.com/abcalcoc/doc.nsf/doc/presidents\\_cup.cm?Open](http://www.calgarychamber.com/abcalcoc/doc.nsf/doc/presidents_cup.cm?Open)

## Western Tour Schedule

**Friday November 19 Calgary Self Connection Book Store** 2:00 pm - 4:00 pm

Willow Park Village 10816 MacLeod Trail SE 403 284 1486 Author Reading and book signing.

**Saturday November 20 Calgary Self Connection Book Store** 10:00 am-12:00 pm

4004 19 St NW 403-284 1486 Author Reading, Storytelling and Book Signing

**Sunday November 21 Chapters Victoria** 1:00-3:00 pm 1212 Douglas St 250-380-9009 Author Reading, Storytelling and book signing to follow.

**Tuesday November 23 Chapters Kelowna** 6:30-9:00pm 2271 Harvey Ave U1240

250-868-8084 Author Reading, Storytelling and Book signing to follow.

**Wednesday November 24 Chapters Edmonton** 7:00-9:00 pm Strathcona 10504 82 Ave 780-435 -1290

Author Reading/storytelling and book signing event

# Buy Canadian

## Holiday Shopping the Canadian Way

Chapters Indigo did some research before launching their new web site. Here's what they found out about Holiday Shopping. The Ipsos-Reid survey also showed that today's busy Canadians will dedicate a lot of time to holiday shopping. In fact, Canadians spend an average of 22 hours holiday shopping, including researching, browsing and purchasing. And, 19% of Canadians admitted that if they were to shop online they would do it during the day, while at work!

## Holiday Gift Special

With the holiday season fast approaching, the stories of the Camino are unique gift of inspiration and hope for friends, family, employees and clients. Order a personally signed copy as a gift for someone special and we will mail it directly to them.

Sue Kenney's **My Camino** book and **Stone by Stone** meditative storytelling CD can be ordered on line at <http://www.suekenney.ca>

Volume discounts for commercial orders available.

**Holiday gift wrap and a personalized gift card is included with this special.**

## Workshops

### Girls Weekend at Fern Resort November 26, 27 and 28

2 nights/5 meals, Creating Presence workshop and other events \$299.00 plus taxes.

Join Sue for a fun and lively weekend at Fern Resort in Orillia. This is for girls only. There will be outdoor activities, yoga, walking, golf, food, chocolate and fun. As part of the scheduled events, Sue will be facilitating a Creating Presence workshop on Saturday and Sunday morning. Would you like to reduce stress, be more creative and have more choices in your life? Then this workshop is for you. You will learn to be more present and in the moment through breath work, meditation and interactive learning. This is a lively and interesting workshop that offers a new perspective to life skills. To book your spot contact Fern Resort at 705 325 2256 or check my website at <http://www.suekenney.ca> or email me for an e-flyer.

### \*New\* **Writer's Workshop** 4 Week Teleclass begins November 8.

Are you ready to write a book but aren't sure where to start? Sue is teaming up with professional writer/editor Bruce Pirrie (of Second City fame) to offer a writer's workshop. To register for the workshop or for more information email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

# Journey to the Soul 2005

*New spiritual life skills workshop by Sue Kenney.*

**A new year is about to begin.**

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

Back by popular demand, 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.

## Workshop Dates January 28, 29 and 30th.

Location to be confirmed. Details will be available on the December Inspirational Moments Newsletter or contact [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca).

## Walking the Camino

**Are you interested in walking the Camino but not comfortable doing it alone?**

A group of individuals who are being downside out of their jobs in January 2005, have requested me to take them on the Camino. After serious consideration I have decided to develop a program to prepare each person for the journey of a pilgrim. I will offer customized training and coaching for the mental, spiritual and physical aspects of the journey. You will learn the skills to embarking on a spiritual pilgrimage that will involve my personal experience and expertise on various disciplines including walking meditation, the law of intentions and increasing awareness. You will have access to my experiences having walked the Camino twice; 780 kms in December 2001 and 500 kms in April 2004. There will be monthly workshops (in Toronto) and weekly conference calls beginning January 2005. The ultimate journey will be a 10 day pilgrimage on the Camino Frances, scheduled for April 2005. If you are interested in being a part of this spiritual group, or you would like more information, please contact me at [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) or 705 689 2975.

**To find out more about the Camino there is an organization in Toronto called the Little Company of Pilgrims. Go to their web site at <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

The book signings at Chapters and Indigo were very successful last month. The manager at the World's Biggest Book Store told me that I wasn't like other new authors (dah!) in the inspirational genre who struggled to become known. Apparently every time he put my books on the shelf, they sold!

**Sue Kenney's My Camino** is now in it's third printing and is available on [Amazon.ca/com](http://Amazon.ca/com) and [Chapters.ca](http://Chapters.ca). Sales have been consistent and the book signings have had a good attendance. Last week at the EWomen's networking event where I was the key note speaker at the Rosewater Supper Club in Toronto, 30 out of 50 people bought the book. That's 80% of the audience!

Watch for an article coming out in the Bloor West Villager and Etobicoke Guardian next weekend.

## Referrals

Thanks for all the fantastic referrals. It's really working. Word of mouth recommendations, book clubs and repeat customers who buy the book to give away to someone, are the most happy clients. We have many people in the draw for December.

## Reviews

There will be a review in Cottage Times magazine and a copy of each magazine goes into the National Post in Metro Toronto. The Lindsay Post is writing an author profile to be published November 19. Check out the reviews on Amazon.ca now. Special thanks to the reviewers.

### Thank You.

Many of the libraries have now stocked the book and it's being read by more people. Please continue to ask for My Camino at your local library or bookstore. Feel free to write a review and post it on Amazon.ca or 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; go to [www.chapters.ca](http://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, please let me know. If my calendar's free I will be there.

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!

**Thank you!**

## Sue's Profile

### Unemployed Pilgrim to first time Canadian Author in one year.

In October 2001, my position as an account executive with an international telecommunications company was deemed redundant. Five weeks later, I took my first step on the Camino de Santiago de Compostela, a pilgrimage route that would see her cover 780 kilometers in 29 days. When I returned home I began telling my stories. Then I recorded a storytelling CD called Stone by Stone and sold 1000 copies in six months. People who listened to the CD came back to me asking when the book was coming out. Although I had never written a book before, I decided to embark on a new journey to become an author. On September 26, 2003, I went to The Word on the Street literary festival in Toronto, armed with my CD. I talked to many people and presented my book idea to various publishers. I found three who were interested in seeing an outline. Shortly after, White Knight Publications signed a deal with me to publish my first book. Last winter I started writing and on June 25, 2004, 3000 copies of Sue Kenney's My Camino rolled off the press. The response has been overwhelming.

With a 1200 copies sold in a few months, Sue is on her way to becoming a Canadian best seller. A sought after professional speaker and engaging personality, Sue was recently selected as one of seven authors to do a reading at the Mayor's ArtsWeek Kickoff 04 event in Toronto and outsold Susan Swan and Gale Zoe Garnett in book sales that day. Don't miss the chance to hear her story.

Sue Kenney was born and educated in Toronto. As an international keynote speaker, training consultant 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 interviews contact Sue directly at 416 985 8759  
or email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

## Sue Kenney's My Camino

**This is her story.**

ISBN 0-9734186-3-X Published by White Knight Publications 416 925 6458.  
Available at most bookstores including Chapters and Indigo. \$19.95

**Stone by Stone** Meditative Storytelling CD available at [www.suekenney.ca](http://www.suekenney.ca)

For more about Sue Kenney visit <http://www.suekenney.ca>

May you find peace on your journey.

Namaste

*Sue*

If you have any comments or suggestions please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

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