

# Inspirational Moments

Welcome to the September 2006 issue of Canadian pilgrim Sue Kenney's written words, stories and events about the ongoing journey on and off the Camino de Santiago de Compostela. This month's Virtue is to Contribute. A virtue represents moral excellence, honour and integrity. An intention is one's virtue stated in act of being.

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## A film with soul.

Spiritual cinema is genre of films that are never released as main stream even though they include some of the most visionary and inspiring movies you'll see. Because they don't fit into the typical theatrical release mold, they are often discovered by word of mouth. For the last year I have been working with a special group of people, on creating a compelling documentary called **Las Peregrinas...the women who walk**, that is one of these films. Las Peregrinas tests the question: What is lacking spiritually, emotionally, and physically from the lives of modern women that compels them to voluntarily choose to suffer both the joys and anguish of walking hundreds of kilometers on a medieval pilgrimage route? On this journey, no one gets eaten by a bear. No one even breaks a nail. Instead the film follows the nurturing path and events of the women's journey through the process of adapting to becoming simple pilgrims on a quest of **self-discovery, leadership, empowerment and choice.**

The Camino de Santiago de Compostela in Spain has become the pilgrimage of choice for modern Christians and spiritualists of every kind. Traveled by pilgrims for the last 1100 years, the Camino's legendary power to transform lives continues to be documented, theorized upon, painted and discussed by countless artists, filmmakers, writers and photographers the world over. I realized a life altering experience when I walked the Camino in 2001. Now as a veteran pilgrim, author, and inspirational speaker, I returned to Spain to shepherd a group of female pilgrims.

## Las Peregrinas Worldwide DVD release-November 3<sup>rd</sup>, 2006.

The film will be screened at **Gatherings** held all over the world on the weekend of November 3,4 & 5<sup>th</sup>. My vision is to give people an opportunity to watch the film as a group, in a variety of settings, and then following the screening, offer a forum for conversation.

**You can sponsor a Screening. Do you know 10 people who would be interested in seeing this film?** We encourage you to order a Gathering Package to raise funds for the cause or project of your choice. Gathering Locations listed on [www.suekenney.ca](http://www.suekenney.ca) **Gathering Package \$50.00 (plus tax, shipping and handling) Order at [www.suekenney.ca/film](http://www.suekenney.ca/film) or (Contact Sue Kenney Canada 1) 416 985 8759**

Here is a list of some of the events underway....

<u>London ON</u>	<u>Nov. 5/06</u>	<u>2 PM</u>	<u>King University College, 266 Epworth Ave.</u>	<u>Joan Mortimer</u> <a href="mailto:mortimer4655@rogers.com">mortimer4655@rogers.com</a>  519-679-4655	<b><u>\$10 to Breast Cancer</u></b>
<u>New Mexico US</u>	<u>Nov. 4/06</u>	<u>1 PM</u>	<u>2900 San Joaquin SE Albuquerque NM</u>	<u>Luana Duggan</u> <a href="mailto:luanaduggan@hotmail.com">luanaduggan@hotmail.com</a>  505-256-0783	<b><u>Donation to Barret House Shelter for Women</u></b>
<u>Toronto</u>	<u>Nov. 3/4</u>		<u>TBD</u>	<u>Nicole Belanger</u> <a href="mailto:nikobel@winwthresults.ca">nikobel@winwthresults.ca</a>  <u>WIN</u>	<b><u>Donation</u></b>
<u>Melbourne Victoria Australia</u>	<u>Nov. 5/06</u>		<u>709 Drummond St. North Carlton</u>	<u>Rebecca McParland</u> <a href="mailto:Rebecca.McParland@forensicare.vic.gov.au">Rebecca.McParland@forensicare.vic.gov.au</a>  03-9347-3891	<b><u>Cancer Society</u></b>
<u>Flanders Belgium</u>				<u>Bernard VanKerckhoven</u>  <a href="mailto:bernardvankerckhoven@telenet.be">bernardvankerckhoven@telenet.be</a>	
<u>South Africa</u>	<u>Nov. 5/06</u>	<u>2 PM</u>	<u>37 Broadway Westville</u>	<u>Sylvia Nilsen</u> <a href="mailto:nilsens@mweb.co.za">nilsens@mweb.co.za</a>  27 31 267 2059	<b><u>R20 donation to SPCA</u></b>
<u>Port Stanley ON</u>	<u>Nov. 3, 4 &amp;5</u>	<u>2:30 and 8pm daily</u>	<u>237 Colborne St.</u>	<u>Brenda Murray</u>  519-782-7326  1-888-582-7326	<b><u>\$10</u></b>

<u>Ottawa</u> <u>Kitchener</u> <u>Cambridge</u> <u>ON</u>	<u>Nov.3/06</u>	<u>1.and</u> <u>2.2:30 PM</u>  <u>3.7:30 PM</u>	<u>1. Zehrs</u> <u>Laurentian</u> <u>Power</u> <u>Centre</u> <u>Ottawa</u>  <u>2. Strasburg</u> <u>Kitchener</u>  <u>3. The</u> <u>Village on</u> <u>the River</u> <u>Spa. Queen</u> <u>St.</u>	<u>Tania Heinemann</u>  <u><a href="mailto:taniar@goldnen.net">taniar@goldnen.net</a></u>  <u>519-220-1509</u>	<u>\$12-15 to</u> <u>Argus</u> <u>Residence</u> <u>for Youth</u>
<u>Washago</u> <u>On</u>	<u>Nov. 4 and</u> <u>5/06</u>	<u>11 AM</u>	<u>reSource</u> <u>Gifts, 3395</u> <u>Muskoka</u> <u>ST.</u>	<u>Susan Smandych</u>  <u><a href="mailto:resourcegifts@rogers.com">resourcegifts@rogers.com</a></u>  <u>705-689-4912</u>	<u>\$20</u>

Be the first to see the women who walk.

Namaste.

*Sue*

## 1. Camino Events

- **Writer's and Editors Network-Breakfast Meeting Saturday November 18.** For information contact [karmik@rogers.com](mailto:karmik@rogers.com)
- **Storytelling Event** Pape/Danforth Library in Toronto October 4 between 6:30-8 p.m. Hear Sue's stories, a reading and a Q&A to follow. Pape/Danforth District Riverdale Branch phone: 416-393-7597
- **An Author's Story-Sue Kenney's journey to becoming a writer started with a long walk and developed into writing books, screenplays and a stageplay. Hear her story at the Yorkville Writers Centre on Yorkville on October 24 at 7:00 pm.** Contact Mitch Kowalski [www.writerscentre.ca](http://www.writerscentre.ca)

**2. Little Company of Pilgrims-Next meeting is on Sunday October 1, 2006 at St. James Anglican Church in Orillia from 2-4pm. Everyone is welcome. Come out and learn about the Camino, hear stories from past pilgrims, learn about how to prepare for the Camino, share ideas and meet new people. If you would like to be a guest speaker or present at this meeting, please contact Sue at [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

### **3. Next Book: Confessions of a Pilgrim** Written by Sue Kenney.

Edited by Bruce Pirrie. *It's the true story about my inner journey walking the Portuguese Route of the Camino, to Finesterra, Muxia and back along the route in both directions. Before she left to walk, Sue was given an Eagle Feather by a native friend. In a dream, she was told to give it to me with instructions that sent her on a quest. And so the journey continues. To pre-order books contact [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) Check out the short film about the book co-produced with BookShorts at [www.bookshorts.com](http://www.bookshorts.com)*

**5. Flip Book** is a animated short film produced by Sue Kenney and Directed by Bruce Pirrie about the Muskoka Novel Marathon. We are excited to have received funding through Bravo FACT and look forward to the national broadcast release in the Bravo television network. [www.Bravo!FACT A Foundation To Assist Canadian Talent.htm](http://www.Bravo!FACT.A.Foundation.To.Assist.Canadian.Talent.htm)

**4. 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.*

***A special thanks to everyone who has sponsored a Gathering for the documentary. You are a part of a special contribution to the world.***

## **Other Links**

*The Third Annual International Dance With Words Poetry Contest*, [www.Dance-With-Words.com](http://www.Dance-With-Words.com)  
New Refugio on the Le Puy route of the Camino in Lectoureh-Gers [http://perso.orange.fr/gerard-du-camino/Mon\\_site\\_web/fichierhtm/adresses.htm](http://perso.orange.fr/gerard-du-camino/Mon_site_web/fichierhtm/adresses.htm) University [www.campus-stellae.org](http://www.campus-stellae.org)

Website of the Association for The Establishment of European Pilgrimage Routes. Current Project is the pilgrimage to Rome. [www.eurovia.tv](http://www.eurovia.tv)

Porto Peregrino- The best Brazilian Camino Site [www.caminhodesantiago.com](http://www.caminhodesantiago.com)

The Little Company of Pilgrims go to [www.santiago.ca](http://www.santiago.ca)

American Pilgrims Association [www.americanpilgrims.com](http://www.americanpilgrims.com)

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

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

Feel free to share this newsletter. If you have any comments or suggestions please email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)

[www.suekenney.ca](http://www.suekenney.ca)

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*b2b*