

# Inspirational Moments

Welcome to the Summer 2008 issue of Sue Kenney's words, stories and events on my path as a pilgrim who has walked the Camino de Santiago de Compostela.

## Stories from My Path

The Toronto Fringe Festival has just ended as I prepare to perform a one-woman theatrical adaptation of *My Camino* at the San Francisco Fringe Festival from September 4-8, 2008. Never in my wildest dreams did I think I would be performing live theatre at the age of 52. And never in the past did I imagine I would be sending out an email to over 3000 people announcing my age either! Things have changed. The past is gone and it can't be altered. I'm fondly reminded of it with stories, conversations, pictures, movies, memories and more. The future, well it hasn't even happened. I can't touch it, see it, feel it or walk in it. Actually, I'm convinced it never happens. Every time I think I'm there, the **future** disappears and shows up as the **present** moment and before I know it, it becomes the **past** again. The place to be is the present moment. That's where the real life journey takes place. Are you there?

*Love and light,*

**Sue**

*"I'm living a dream I didn't know I had." Sue Kenney*

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## This Month's Virtue is journey.

A virtue represents moral excellence, honor and integrity. **Pause to be reminded of the value of our role in this life journey. To contribute something great to the universe. To share our gifts with others and be our full potential. To be on our life journey. My Intention - I am my journey.**

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## A Pilgrim to Remember

I wish to acknowledge my condolences to a fine pilgrim who dedicated the last years of his life to sharing the Camino with his music. Fiddler, Oliver Schroer died on July 3, 2008 of leukemia. I had the great honour of volunteering for 2 evenings and I made a donation of my books and DVD's for a fundraising event for Oli held at Hughes in Toronto.

May you find eternal peace on your journey Oliver.

<http://www.oliverschroer.com/index02.htm>

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**Las Peregrinas Screening: Soul Therapy Studio in Yorkville** is sponsoring a screening of the Camino documentary **Las Peregrinas** as a fundraiser to send Sue Kenney to the San Francisco Fringe Festival. **Friday August 22<sup>nd</sup> at 7:00pm.** \$20.00 Includes a Q&A with Sue after the film. Go to [www.soultherapy.ca](http://www.soultherapy.ca) or call to register. Soul Therapy Studio's 14A Hazelton Avenue Suite #304 @ Yorkville Avenue 416-906-5110

**Walk the Camino** - A group pilgrimage for women over 40 is being planned for 2009 by Chantal Viau of Entre-Amies Getaways. For more information go to [www.entre-amiesgetaways.com](http://www.entre-amiesgetaways.com)

**Radio Interview** Listen to Sue's interview on Saturday June 14<sup>th</sup> talking about the Camino with intuitive Carole Matthews. <http://www.iamhealthyradio.com>

**Watch FlipBook** - a short film about the Muskoka Novel Marathon [http://current.com/items/88923112\\_flipbook](http://current.com/items/88923112_flipbook)

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**Workshop:** THE INTEGRATIVE HEALTH INSTITUTE PRESENTS

## The Leadership Journey:

One Day Workshop with Sue Kenney– Putting it all Together

This workshop will focus on experiencing concepts that develop an approach for creating in the present moment. By applying a state of heightened awareness in every aspect of our life, we can manage our judgments, prepare to receive, be creative, set intentions and manifest that which we truly desire. Open possibilities for yourself and others to create the life you truly want. **Reserve your space today! Call 416-260-6038**

**Friday August 8, 2008 9:30am-4pm. Lunch included \$150.00**

**46 Sherbourne St. (King and Sherbourne) 2nd Floor**

**416.260.6038 [www.integrativehealthinstitute.ca](http://www.integrativehealthinstitute.ca)**

### Testimonial

By using the lessons of the Camino as a metaphor for a life journey Sue Kenney Kenney is a master storyteller who continues her own journey as a Pilgrim, guiding and inspiring others to explore their own journey on the road to self-awareness and discovering their life purpose and passions. Through her book "My Camino" and her workshops Sue has taught me to open up to the many possibilities in walking and exploring my own path on my journey in seeking out my life's true purpose and passions. I have learned to be more aware of the steps I take each day on my journey and know that I can be open to "receive, live in gratitude and know that the Universe is there to support me on my journey". Sue, thank you for sharing your many "gifts" and helping others through your work. H. Kane.



## My Camino...

a one woman show performed by Sue Kenney at the **17th annual San Francisco Fringe Festival** September 3-14th, 2008 at the Exit Theatre. Shirley MacLaine walked the medieval pilgrimage route in Spain known as the Camino de Santiago de Compostela and so did Canadian fringe performer Sue Kenney! In this one woman show, Sue tells stories about her personal spiritual quest walking 500 miles alone in the winter. Sue enacts her journey on stage by walking on a manual treadmill, complete with her backpack. This is an engaging, funny and enlightening walking performance that is sure to inspire you. The stage play is adapted from Sue's best selling book, My Camino which is soon to be a feature film. **For show times and tickets go to [www.sffringe.org](http://www.sffringe.org)**

**California Creativity Workshop:** Following the Fringe festival I have been invited to do a creativity workshop at the fabulous Creative Chakra Spa next to the beach in Marina del Ray, LA. Check [www.creativechakra.com](http://www.creativechakra.com) 310-823-9378 or email [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca) for more details.

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## imagine hope a middle east peace circle

You are invited to participate in a project that is close to my heart. It is a peace circle called Imagine Hope that supports the peace process in the Middle East. A group meets **every other Tuesday night throughout 2008**, in sync with the newly re-established peace talks between the Israeli and Palestinian leadership. The heart of this circle involves a creative inner wisdom process designed to access our deepest visions of hope for the Middle East. Please go to [www.imaginehope.ca](http://www.imaginehope.ca) for more detailed information.

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## Vision 10 Million

Walking is a simple universal act that can be done in any part of the world. There is no language barrier to walking, and it's free. I see pilgrims from all over the world walking. 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 too believe there is a strong co-relation between walking and creativity.

## Where will you be walking on October 10, 2010? 101010

I see 10 million pilgrims will walk on a journey to create an abundance of universal love. I don't know how I will communicate this to the world; I don't know what will have to be done or who will be involved; I don't know where it will take place and I don't know which people will come forward. A number of people have come forward to begin the process

of creating this worldwide vision. **If you'd like to be a part of the founding group please contact me at 416 985 8759 or [sue.kenney@sympatico.ca](mailto:sue.kenney@sympatico.ca)**

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Parachute Club concert with Lorraine Segato and the Parachute Club at Lula Lounge on August 8. Lula Lounge is located at 1585 Dundas West (at Dufferin) Doors open 7:00. Showtime 9:30. Admission \$20.00 in advance at [ticketweb.ca](http://ticketweb.ca), \$25.00 at the door. Call 416 588 0307 or visit [lula.ca](http://lula.ca)  
The group can be found on-line at the [PClub Blog](#)

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## Camino Books:

**Sue Kenney's *My Camino* - \$19.95** The true story about the spiritual journey of a woman confronting her deepest fears. [www.suekenney.ca/mycamino.htm](http://www.suekenney.ca/mycamino.htm)

### Testimonials

Hi Sue ... I'm 3/4 of the way thru your book. I LOVE IT AND I LOVE YOU ... YOU ARE MY SEEEESSSTTAAA !!!! Reading it while in Maui (the rainforest cleansing my molecules etc) was soooooo wonderful. Patricia

Hi: I have a great compliment for you ..... loving your book - I feel like I am walking with you (as you suggested in the Introduction).  
Read most of the book "My Camino" - plan to finish it this week-end. After reading half the book I watched the DVD - loved it - a couple of times I was brought to tears. As you can tell ... this was my 'Sue' week-end! Brenda Palmer, Palmer and Associates

Hello Sue, I really enjoyed your book, thank you. My review is live and can be found [www.bellaonline.com/articles/art33869.asp](http://www.bellaonline.com/articles/art33869.asp)  
Rachel Webb, Spain

**Confessions of a Pilgrim by Sue Kenney—\$19.95** The word Confessions is referred to in its other meaning as a statement of one's beliefs. Sue returns to the Camino on the Portuguese Route entrusted with a sacred Native Eagle Feather and a mission to find a worthy recipient. To purchase books go to Amazon, Chapters or Indigo sites/order a signed copy at [www.suekenney.ca](http://www.suekenney.ca) **Watch a film by BookShorts on Confessions of a Pilgrim** [www.bookshorts.com](http://www.bookshorts.com)

### Testimonial

Hi Sue, I gave you latest book to our minister Rev. John Larsen to read. I thought he would like to be familiar with your writing before you speak to us in June. He started to read your book yesterday and couldn't put it down. That makes the score 2 for 2. I think this book will surpass the sales of your first book by a long shot. Sharon

**Stone by Stone storytelling CD** – written, produced and narrated by Sue Kenney. Sue tells stories about the people and experiences she encounters on her solo journey on the Camino. **\$15.00** order on line at <http://cdbaby.com/cd/suekenney>

### Testimonial

Hello Sue, thank you for the CD's and bookmarks which arrived today. We will happily sell them at the SC-CC conference and donate the proceeds back to the conference as you suggested. Your generosity is appreciated. Walk in Peace. Shirley Handley, SC-CC registration

### Other Books

**New Pilgrim Book** My dear pilgrim friends Mony Dojeiji and her husband Alberto have written a book about their incredible journey walking 5000 kilometers from Rome to Jerusalem. Check out the website at [www.walkingforpeace.com](http://www.walkingforpeace.com)

**Pilgrimage to Heresy** by Tracy Saunders is a tale of intrigue which begs the question: Who is really buried in the Cathedral in Compostela? Two love stories...one doomed from the start. And a mystery...perhaps. [www.pilgrimagetoheresy.com](http://www.pilgrimagetoheresy.com)

**Along the Templar Trail: Seven Million Steps for Peace** by Brandon Wilsome contains more than forty photos, with maps, stages and a gear list. [www.pilgrimstales.com](http://www.pilgrimstales.com)

**Other Camino sites:** [www.santiago.ca](http://www.santiago.ca)

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### Camino Documentary

#### **Las Peregrinas...the women who walk.**

*Las Peregrinas*, is a powerful and moving feature length documentary about facing our deepest fears by questioning the value of everything we were taught to believe is important. Five women walk the Camino and here we are privy to the struggles and epiphanies of their journey. See a clip from the film at [www.suekenney.ca/lasperegrinas.html](http://www.suekenney.ca/lasperegrinas.html)

#### Testimonials:

**Hi Sue, I watched the movie last night. WOW WOW !!!! it was wonderful. I laughed and I cried. I look forward to meeting you soon. Great Job Girl!!!!  
Paulina**

Hi Sue! Thanks very much for responding so quickly to my email. I am so sorry that I missed your presentation on Saturday. I have spoken with some people who were there and they were so inspired by you and by what you had to say. I am quite sure that there will be a group of women from Belleville walking the Camino before too long! Julie Roberts

## **Sue's Background**

After spending over 20 years in the telecom industry, 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 where she became aware of her life purpose. When she returned home she began telling stories of her journey and changed her life. An international inspirational speaker, author, life coach, 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. To invite Sue to speak at your next event contact her 416 985 8759 or go to [www.suekenney.ca](http://www.suekenney.ca). If you are interested in finding out more about life coaching, contact Sue directly to set up a free trial call.

**Feel free to share this newsletter with others.** If you have any comments or suggestions please email [www.suekenney.ca](http://www.suekenney.ca) **If you are thinking about walking the Camino and would like some help, feel free to email or contact Sue.**

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