

CREDENCIAL NorCal Chapter Book Club Your Inner Camino

Zoom Meetings @ 6 - 7 PM 2020 May 7, 14, 21, 28 Hosted by Laurie Ferris, Chapter Coordinator



Get a stamp for each session and receive entries in the drawing for a set of Karin's books. Attend all four sessions for a "BookClubStella" certificate of completion with a NorCal stamp. *Ultreia!*

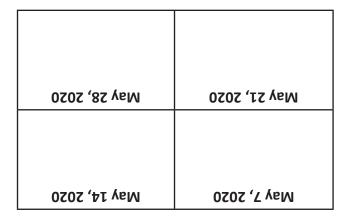
Questions? Contact Laurie Ferris at norcal@americanpilgrims.org

See Google doc for reading plan and optional activity for each week.

This is an interactive book club and we encourage everyone's participation. **Ultreia!**

As you go through the readings, make note of your top three choices on what you might want to discuss in our meetings. When you join the Zoom session, write the number/title of your first choice point in the Zoom Chat. If you see that your choice has already been taken, add your second or third choices.

Welcome Pilgrim! Use this credencial as a quick reference for the book club sessions. On the reverse side are the readings with numbered ponder points for each week.



Your Inner Camino

Book Club Credencial

Get a stamp for each session you attend!

Week #1 - May 7: Pages 1-17

Week #2 - May 14: Pages 18-31

- 1. The pleasure of anonymity (<u>listen to audio recording 1:08 mins</u>)
- 2. Use them all
- 3. Where are you going?
- 4. Would you walk up and pee on your grandmother?
- 5. Increase your aliveness
- 6. Acceptance
- 7. Feel good about it
- 8. Take notes
- 9. Slow down
- 10. Connect with your surroundings

- 11.Foot check
- 12. The beauty of the Camino
- 13. Notice the reaction
- 14. Lighten your load
- 15. The rewards of suffering
- 16. Breathe consciously
- 17. Drop it
- 18.Laugh
- 19. You are not your story
- 20.The next step

Week #3 May 21: pages 32-47

21.Get curious

22.Let it be

23. The grass isn't greener

24. What's the ultimate?

25. Listen to the voice

26.Appreciation

27.Expect the unexpected

28. Think about it

29. The bigger why

30. Give yourself a break

31. There are no problems

32. What is the message?

Week #4 May 28: pages 48-64

- 33. For entertainment purposes only
- 34.Reframe it
- 35. Close the back door
- 36.Perfect does not exist
- 37. The true friend
- 38. Time is not the problem
- 39. Follow your excitement
- 40. Decide it's possible
- 41.Embrace change
- 42.It is never too late
- 43. Happiness
- 44. After the Camino