



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. ***Ultréia!***

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Questions? Contact Laurie Ferris at

activity for each week.

See Google doc for reading plan and optional

encourage everyone's participation. ***Ultréia!***

This is an interactive book club and we

your second or third choices.

that your choice has already been taken, add first choice point in the Zoom Chat. If you see

Zoom session, write the number/title of your to discuss in our meetings. When you join the your top three choices on what you might want As you go through the readings, make note of

ponder points for each week.

reference for the book sessions. On the reverse side are the readings with numbered

Welcome Pilgrim! Use this credencial as a quick

May 7, 2020	May 21, 2020
May 14, 2020	May 28, 2020

Get a stamp for each session you attend!

Your Inner Camino **Book Club Credencial**

Week #1 - May 7: Pages 1-17

1. The pleasure of anonymity ([listen to audio recording 1:08 mins](#))
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

Week #2 - May 14: Pages 18-31

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