

Healing Pathway is an experiential spiritual and healing practice that supports well-being and resilience by promoting energetic alignment to all aspects of our being – physical, emotional, mental and spiritual. Programs are supported locally and nationally by the Healing Pathway Society.

This first-level course introduces participants to the basic concepts of heart centred, hands-on healing within the Christian tradition.

Participants learn and practise specific healing sequences, elements of self-care, and how to centre themselves through prayer and meditation. The application of a healing ministry within a congregation or faith community is also discussed.

We can learn to tap into Universal or Divine Energy and use it to heal. We can learn to be more connected to Universal energy, more grounded and more centred, creating more resiliency for ourselves and others.

All of this helps both in healing what already needs to heal in our bodies, and keeps us healthy in body, mind and Spirit.

No prerequisites required.

Location

Grace United Church

581 Howden Street, Peterborough ON

Healing Pathway Society is the national governing body of Healing Pathway in Canada and is a



Ministry of the United Church of Canada. The Society oversees the Curriculum, code of ethics, and standards for all Healing Pathway practitioners and Instructors.

Visit: healingpathway.ca

Contact: healingpathwaycanada@gmail.com

HEALING PATHWAY

Phase I workshop
Grace United Church,
Peterborough ON

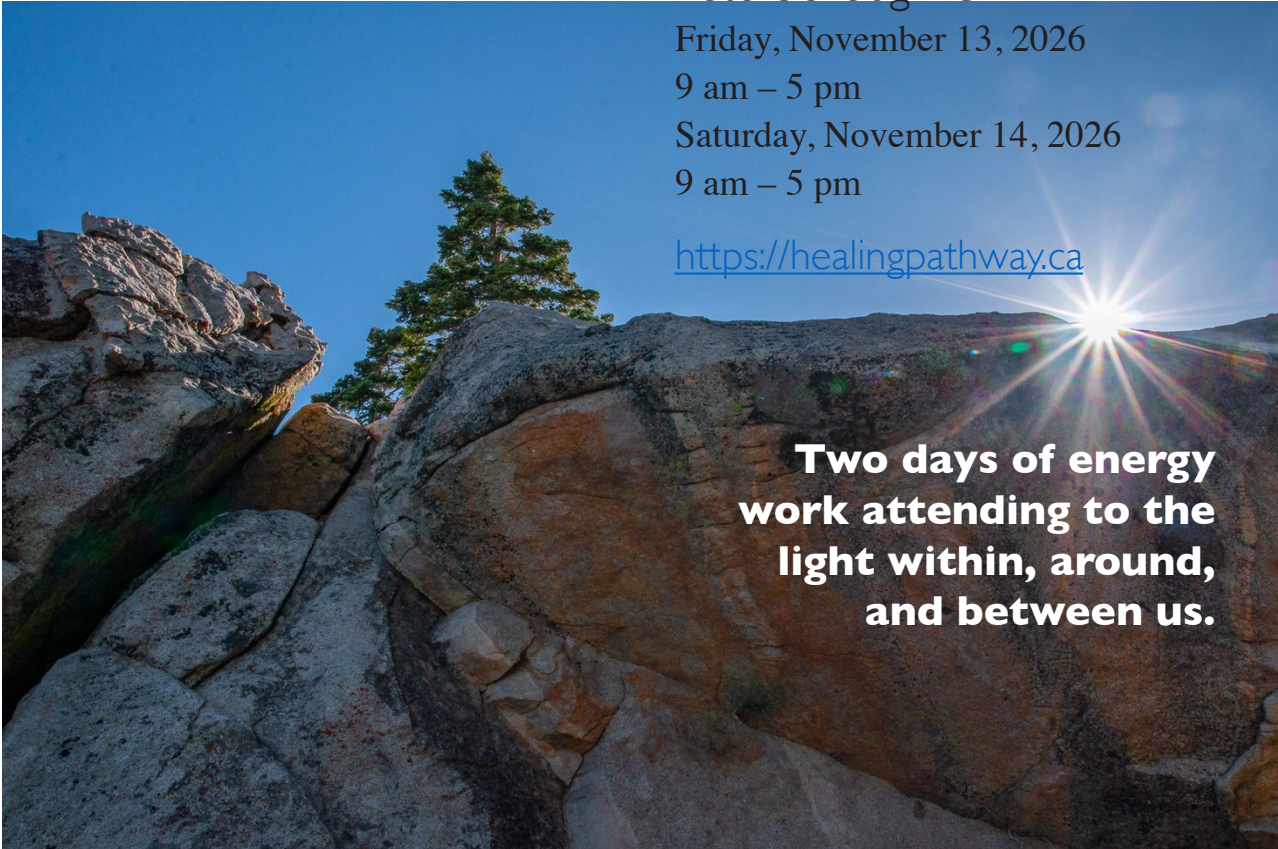
Friday, November 13, 2026

9 am – 5 pm

Saturday, November 14, 2026

9 am – 5 pm

<https://healingpathway.ca>



**Two days of energy
work attending to the
light within, around,
and between us.**

Life is busy and at times things can feel overwhelming. Are you looking for a place of calm in the storm? Come and be in a safe, quiet place as you learn about and explore energy in new ways. Leave feeling empowered to support yourself and others in the challenges of everyday life.

Join us in experiencing self-care techniques that focus on energy healing as a spiritual practice grounded in Christianity and present in all the wisdom teachings.



At this experiential workshop you will:

Connect into and experience heart- centered energy



Share and receive energy treatments



Learn specific self-care practices: centering, grounding, and meditation.



Be part of a supportive and caring healing community.

What past participants have shared:

“Healing Pathway is a spiritual practice . . . a healing balm in my life.”

“I am connected in body, mind & spirit.”

“I know what it is to be fully present to the moment, others & universal power.”

Instructors:

Come, be inspired, and immerse yourself in a workshop course with two experienced, heart centred facilitators – Joanna MacQuarrie and Cathy Murphy. Together they offer years of wisdom and healing experience. Share in their passion for this transformative practice.

Joanna MacQuarrie Rev. Joanna first experienced Healing Pathway over twenty years ago and introduced it to congregations in Grande Prairie, Calgary and Peterborough. She completed her HP Instructor training after retiring from active ministry. It is a gift to introduce people to HP, which offers further tools for caring for one another within congregations, families and communities. She's excited to behold how some simple energy balancing techniques and an intention to work with the divine Spirit can so enhance well being in mind, body and spirit.

Cathy Murphy, retired after 35 years+ in social services and child welfare, and has been involved with Healing Pathway since 2010. Cathy is now enthusiastically sharing this work as an Instructor, and looks forward to sharing energy work with you! She is active in the Healing Pathway practice and pastoral care team at Barrhaven United Church in Ottawa, ON.

Coordinator

Mary-Ruth Begbie, Healing Pathway practitioner.

Registration November 13 and 14, 2026

Email or mail the following information:

Name:

Email:

Phone:

Fees

- ☐ Early bird fee - \$150 (\$100 subsidy provided by "in the Spirit Choir" fundraisers for first 12 registrations).
- ☐ Full fee - \$250 after October 30th
- ☐ Repeater fee - \$125

E-transfers and Registrations to:

mbegbie80@gmail.com

Questions? Please email Mary-Ruth

Email: mbegbie80@gmail.com

Food

Snacks and a light lunch will be provided. **If you have special dietary needs or allergies, please let us know.**

Clothing

Please dress in comfortable clothing and shoes.

What to bring

Please bring a pillow, blanket and water bottle.