

“Healing is a lifelong journey into wholeness.”

Can I Be Healed?

Although healing results are highly individualized, some clients report that their symptoms improve or even disappear after a series of sessions. However, we make a distinction between *healing* and *curing*.

Healing, as we understand it, is the balance between body, mind and spirit that engenders the ability to deal peacefully with whatever life brings. We are all on a lifelong journey of healing.

Is There A Religious Affiliation?

The work of Healing Partners honors all spiritual paths. The prayers or meditation that are part of the process are adapted to the spiritual orientation of the client.

What Is The Cost?

There is no charge for healing sessions, but donations are gratefully accepted. Healing Partners is funded solely by donations, which are used to cover operations and training for interested individuals. Donations should be made payable to **St. Alfrid's EPISCOPAL CHURCH**, and are tax deductible.

Opportunities

Training workshops are held periodically for people who wish to become volunteers and members of our healing community. For more information about this or other service opportunities, please call our director Jean Holbrook at (727) 789-6660, or **St. Alfrid's Church** at (727) 785-1601.

OUR HISTORY

The Pilgrimage, Inc. was founded by The Reverend Tanya Beck, in 1991, as a 501(c)(3) not-for-profit organization.

To better serve the needs of the growing client base, a satellite was opened on the grounds of **St. Alfrid's EPISCOPAL CHURCH**, situated in Palm Harbor, in northern Pinellas County.

DIRECTIONS

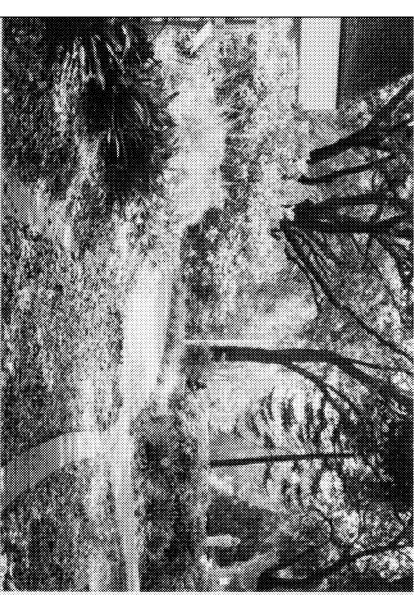
From US 19 North – West on Curlew Road, 2 1/2 miles on right side (north).

From Alternate 19 – East on Curlew Road, one block east of County Road 1, on left side (north).

From Belcher Road – West one mile, right side (north) of road.

The Pilgrimage
at **St. Alfrid's**

Healing for Spirit,
Mind, and Body



A Not-For-Profit
Service Organization

The Pilgrimage
St. Alfrid's EPISCOPAL CHURCH
1601 Curlew Road
Palm Harbor, Florida 34683-6515
(727) 785-1601

THE PILGRIMAGE AT St. Alfrid's

DURING INDIVIDUAL healing sessions, trained partners use a unique process that combines relaxation, healing touch, and prayer. We honor all spiritual paths and traditions.

Who Can Benefit

The need for healing is universal. All of us experience times when we are out of balance, out of harmony with ourselves, each other, and our surroundings.

This lack of balance may manifest in our emotions, our physical bodies, our spiritual condition, or all three.

How It Works

Called *The Pilgrimage Integrative Healing Process*,* this unique approach is designed to support the innate healing ability that resides within each person.

Offering healing for the spirit, mind and body, it is based on two primary understandings:

- 1) That mind and body are connected in infinite ways, as science continues to demonstrate, and
- 2) That there is a powerful energy within each individual that can be activated in the service of healing.

A Holistic Approach

This holistic approach makes it appropriate for people seeking support for a broad range of health and life issues.

**Featured in Prevention Magazine, March 2001*



Many of our clients are suffering from serious or chronic illness or the after-effects of surgery, radiation, or chemotherapy.

Others are facing difficult life situations, while some simply want to feel better and learn how to relax under stress.

The Healing Session

In individual healing sessions, two trained Healing Partners create a connection of genuine caring with the client in a peaceful atmosphere of safety and support.

During this hour of guided relaxation, healing touch, and prayer or meditation, the client need only be open to receiving the benefits of the process.

Clients often report feelings of deep relaxation and peacefulness immediately following the session.

Other benefits reported include lowered anxiety, diminished pain, improved mental outlook, and increased energy and connection to the healing power within.

THE PILGRIMAGE VOLUNTEERS

All healing partner volunteers are trained in *The Pilgrimage Integrative Healing Process*, and are committed to empowering others.

Volunteers come from many walks of life and include nurses, counselors, massage therapists, business professionals, teachers, and other caring individuals.

OUR LOCATION

We are located on the grounds of **St. Alfrid's EPISCOPAL CHURCH**, in the two-story building called Memorial Hall. The beautiful surrounding gardens provide a peaceful place in which to mediate, pray, or simply take in the beauty of nature.

We also do healing sessions in homes, hospitals, nursing homes, and other locations.

To schedule an appointment or for more information

call Jean Holbrook (727) 789-6660.