

For Summer Programme Events, please see overleaf and mark the number of places required for each event on list

Name: _____

Phone No: _____

Email address: _____

or Postal address:

I enclose a cheque £_____. (Helpful but not required to book)

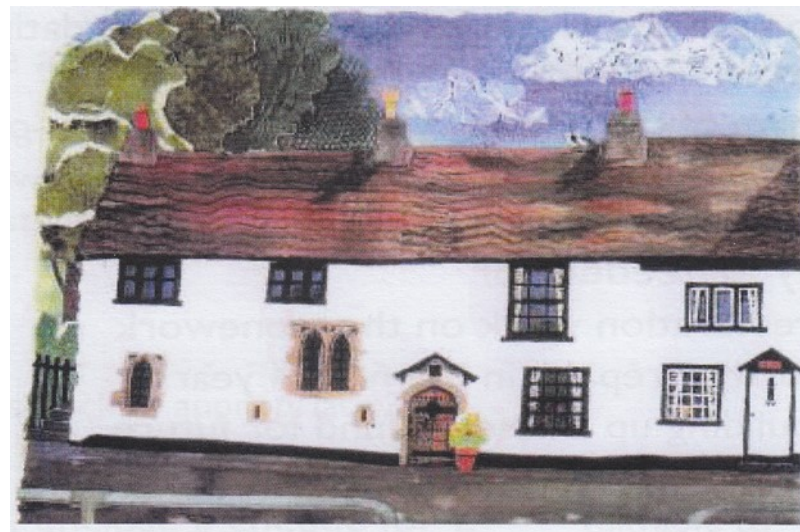
Either copy, paste and return by email to:
warden@thewellcentreforspirituality.org.uk

or post to:

The Warden, The Well, Centre for Spirituality, at Elsie Briggs House,
38 Church Road, Westbury-on-Trym,
BS9 3EQ.

For further information:
phone the Warden on 0117 950 7242

Summer Programme 2019



The Well

Centre for Spirituality

at Elsie Briggs House

38 Church Road, Westbury-on-Trym

Bristol BS9 3EQ • 0117 950 7242

www.thewellcentreforspirituality.org.uk

Email: warden@thewellcentreforspirituality.org.uk

The Well, Centre for Spirituality

The Well, Centre for Spirituality, is based in Elsie Briggs House, originally a 15th century hall house, next to the Parish Church in Westbury-on-Trym. It has been a place of ecumenical, contemplative prayer and spiritual exploration since 1991. The House offers an ancient Quiet Room and another meeting room with space for up to about 20 people. The Library is available with books to borrow. The lovely garden, which is part of the Quiet Garden Movement, has interest all year. Individuals and groups seeking a place for quiet days and silent retreat are very welcome. By arrangement with the Warden, overnight accommodation is possible for one or two people. The Well belongs to the Small Pilgrim Places Network (SPPN) a national organisation promoting quiet places in which to pray. As a member of the Retreat Association, The Well can be found in their Handbook or on their website.

Getting to know the House ... Come and visit the House on a Tuesday afternoon. Sit and relax with a cup of tea in the garden, if it's fine, or in the warmth of the kitchen, if the weather is cooler.



Sue Parfitt discussing with participants, Julia and Sue.

Saturday, 16th February, 2019 "Christians of Palestine—An endangered Species"

Volunteers who can help, even occasionally, are always welcome.

For all events marked: "£" No-one should be prevented from attending any of these events for financial reasons. If any of these *suggested donations* **pose a problem, please give a donation according to your means. If you are able to offer more, you will be helping to fund future events.

Events marked: * in the Programme, are events which are being held at The Well but are not part of the House Programme. For details and to book for the event, please use the name and contact details given in the Programme entry.

There is no need to book for regular events in the Programme, just come. Please book early for House Events:

BOOKING FORM

Date of Event:	Title of Event:	Suggested Donation **	No. of Places
Fri. 10th May	'A Journey Through Sound' With Matthew-Heyse Moore NB: At Clifton Cathedral		_____
Sat. 18th May	'Living Well with a Precarious God: Sexuality and Gender in a Changing World' with Canon Rachel Mann	£20.00	_____
Thurs. 30th May, 27th June & 25th July	Relaxation for Living evenings With Hilary Milsom	£6.00	_____
Sat. 15th June	'Come and Take a Breather...' With Hilary Milsom	£20.00	_____
Sat. 13th July	with Mary Colwell	£20.00	_____
Sat. 27th July	Introducing the Sufi Way With Amin	£20.00	_____

Weekly Programme

For further details about any of the House events at The Well or if you would like to spend time in the House, please get in touch. Contact the Warden on: 0117 950 7242 or email: warden@thewellcentreforspirituality.org.uk



Saturday, March 23rd, 2019—Successful Abseilers

From left to right: Uschi, Carla, Ralf, Catherine, Frances

The House offers a regular programme of events that encourages exploration of the contemplative tradition. All groups are open to anyone who might be interested.

TUESDAYS

2:00pm – 3:00pm **THE JULIAN MEETING**

1st & 3rd Tuesdays, beginning on 14th May. A time of silence with a short reading at the beginning and the end of the silence. Contact Sue Heap for details on: 0117 973 3866.

3:00pm – 5:00pm **OPEN AFTERNOON**

A chance to meet people and get to know the House. All are welcome to enjoy the House, Garden, Library and a cuppa. House will be open from 30th April.

5:00pm – 6:00pm **SHARED SILENCE**

An hour of meditative silence, come for as long as you like, a few minutes or the hour.

WEDNESDAYS

*7:15pm-8:45pm **CENTERING PRAYER**

Weekly in term time. Beginning 8th May. No session in Half Term: 29th May. Last session of term 17th July. Based on the teaching of Thomas Keating. Newcomers, please come on the first Wednesday of the month, when we offer a short introduction to the method of Centering Prayer. For details, contact: Emma Lanham: 0117 908 6884 or Julia Richmond on: 0117 942 6128.

THURSDAYS

6:00pm–7:00pm **SILENT VIGIL FOR PEACE& HEALING OF CONFLICT**

Every week, from 2nd May. To hold the fear of a worried world in Light & Love. Everyone is welcome from all faiths and none. Come for a few minutes or the hour. Bring a prayer book, beads, prayer mats or just yourself; whatever will help you in the silence. Contact the Warden: 0117 950 7242 or warden@thewellcentreforspirituality.org.uk.

8:00pm–9:00pm **CHRISTIAN MEDITATION (WCCM)**

Every week from 2nd May. Based on teaching from the Desert tradition and the work of John Main OSB. Contact: Caroline Price on carolineshalom.price@gmail.com or 07786 934687.

The Summer Term ends: 27th July, 2019 and the Autumn Term begins: 3rd Sept, 2019

Monthly Groups

WEDNESDAYS

7:30pm—9:00pm **BOOK GROUP**

Usually, the first Wednesday of each month:

1st May: “Equal Music” by Vikram Seth

5th June: “The Gifts of Reading” by Robert MacFarland

3rd July: “The Awakening” by Kate Chopin

Contact Penny De Lacy on: 0117 942 3952 or email: pdelacy@blueyonder.co.uk **£3.00**

7:00pm **FILM NIGHT**

Usually, the last Wednesday of the month, with shared supper first:

29th May:

26th June:

24th July:

Contact Katy Staples: katystaples@yahoo.com **£6.00**

THURSDAYS

30th May, 27th June and 25th July

6:45pm—7:45pm **RELAXATION FOR LIVING and more**

Relaxation tools for stress-free living. Easy ways to feel relaxed, energised and in control, to enable meditation and prayer. Led by qualified RFL practitioner, Hilary Milsom.

Hilary will teach simple, fun exercises of everyday use. To book contact the Warden for details on the back of this Programme or use the booking form. **£6.00**

FRIDAYS

7:45pm for 8:00pm **TAIZÉ PRAYER**

1st Friday of the month. Beginning on 10th May. Taize Prayer is a time of songs, readings and intercessory prayer. Contact Richard Rigby for details on: 0117 904 9813.

SATURDAYS

*4th May and 20th July—None in June

10:30am–1:00pm **MINDFULNESS & COMPASSION**

Come to one, some or all. Led by qualified practitioner Vicki Thomas. *Take time out of busy lives to learn valuable skills for calming the mind and self-acceptance.*

Contact: Vicki 07985 075295. **£20.00**

The Friends of Elsie Briggs House

Since 1998, the Friends of Elsie Briggs House (registered charity number 1064760) have supported the House with voluntary practical help and by regular financial contributions. They have often raised money for major maintenance work on the fabric of our 15th century building.

They also own and maintain the cottage (39 Church Road). This provides free accommodation for the warden.

Many people already support the Friends on a regular basis, for which we are extremely grateful. Others, including many who come to the House regularly, are hardly aware of their existence.

We would like to welcome more of you as Friends. As the Friends are a charity, it is possible to Gift Aid donations to The Well, which enables us to increase the value of a donation by 25%. The suggested subscription is £25.00 but please give a subscription of whatever you can afford.

If you are interested in becoming a Friend, please let Frances know, and we will send details, or pick up a yellow form in the kitchen when you next come to visit.

UPCOMING EVENT

FRIDAY, 10th May, NB: IN THE APOSTLES' ROOM AT CLIFTON CATHEDRAL, PEMBROKE ROAD, CLIFTON, BS8 3BX 7:00 for 7:30pm Refreshments served from 7:00pm

This is a fund-raising event for the upgrade at The Well.

Matthew will perform two works of his own composition:

A Mass for our Time is a project which brings phrases from various spiritual traditions together in a rich wash of sound to evoke the interconnectedness of all life while celebrating its diversity. The intention is to promote cross-cultural understanding and to sow seeds for peace for our time.

Song of the Forest is a collection of music inspired by trees and other flora and fauna to be found in a woodland. It seeks to weave a magical and contemplative tapestry of sound in a way that evokes the beauty and power of mountains, rivers and forests and the interconnection between forest species and ultimately all of life.

Matthew is a local musician, teacher and composer whose music takes its inspiration from natural landscapes and the timelessness of ancient chant. Matthew weaves a tapestry of sound with piano and clarinet in a way that evokes the beauty and power of mountains, rivers and forests. Matthew's website: heartmusicbristol.wordpress.com

Entry is free. There will be a basket for donations for the upgrade of the kitchen and bathroom at The Well; please be as generous as you can.



A retreatant enjoying

a solitary Quiet Day

Special Events

FRIDAY, 10TH MAY

7:00 for 7:30pm

Refreshments served from 7:00pm

NB: In The Apostles' Room, Clifton Cathedral, Pembroke Rd

'A JOURNEY THROUGH SOUND' -

A fund-raising evening of reflective music and sounds of nature with Matthew Heyse-Moore, in aid of the upgrade at The Well. Matthew will offer works of his own composition, giving time for some silence and stillness after each piece. The effect is a time of meditation or prayer. See more details under Upcoming Events towards the back of this Programme.

SATURDAY, 11th MAY

11:00am —3:30pm

WESTBURY VILLAGE FAIR

The House will be open during the Westbury Fair. We will be serving tea and cake throughout the day. If you haven't visited the House before, then do come and visit any time during the day, you will receive a warm welcome. If you have visited before and/or know the House well, then we would be very pleased if you would come as a volunteer

SATURDAY, 18th MAY

9:30 for 10:00am—4:00pm

'LIVING WELL WITH A PRECARIOUS GOD: SEXUALITY AND GENDER IN A CHANGING WORLD'

Led by Canon Rachel Mann

Canon Rachel Mann is a priest and writer who is fascinated by the dynamic relationships between our individual, corporate and divine identities. This day is an opportunity to reflect on the meeting-points between God, theology and the rich variety of human identities. Rachel has written five books, including a book about growing-up trans. Her PhD was on Christian-feminist readings of the Bible and Victorian Poetry.

Special Events Cont'd

*FRIDAY, 24th MAY—MONDAY, 27th MAY

THE DISCOVERY OF WILL:

A COURSE ON THE ESSENTIALS OF PSYCHOSYNTHESIS

Led by Peter Crowe and Samantha Cairns

Designed for those wishing to forge a meaningful path through, what Keats called, “the vale of soul-making”, the course is for people seeking greater self-expression, more fulfilling connections and a deeper sense of purpose to their lives. This four-day intensive offers a transformative and enriching opportunity for personal development and spiritual discovery through a programme that encourages you to open to possibility, embrace your potentiality, and explore creative insights and inspiration.

Contact Peter: on [07543225011](tel:07543225011) or [email: info@petercrowe.co.uk](mailto:info@petercrowe.co.uk)

£320 including £50 deposit

SUNDAY 9th, 23rd and 30th JUNE

3:00pm—5:00pm

CREAM TEAS - AT THE WELL

Summer at The Well means traditional Cream Teas with scones and cakes will be served in the House during these afternoons. Come and enjoy the House and garden while meeting others in this very special place. If you have not visited The Well, do come and see it in all its summer glory.

SATURDAY 15th JUNE

9:30 for 10:00am—4:00pm

COME AND TAKE A BREATHER

with some downtime at The Well with Relaxation for Living and More. This day will help us learn some gentle ways of relaxing to help our spiritual life and prepare for meditation and reflective time, as well as receiving guided tips on how to reduce stress and come back into balance. This will be a fun and easy day, being free from tension and anxiety, for our journey into rest, feeling relaxed, energised and in control. Hilary Milsom is licensed to teach Relaxation for Living and More. Email: hilarymilsom.rfli@gmail.com

£20.00

SUNDAY, 30th JUNE

3:00pm—5:00pm

CREAM TEAS FOLLOWED BY THE FRIENDS OF ELSIE BRIGGS HOUSE AGM

Enjoy a traditional cream tea with supporters and Friends of Elsie Briggs House. If you don't know the House, you would be most welcome. If you haven't come to the House for a while, come and see if there is anything new. The AGM will give more details of how the fund-raising is going for the upgrade of the kitchen and bathroom. All are very welcome.

SATURDAY, 13th JULY

9:30 for 10:00am—4:00pm

A Day of Reflection with the Environment and Nature

Led by Mary Colwell

Mary is an award-winning writer and producer who is known for her work with BBC Radio, producing programmes on natural history and environmental issues; including their Natural Histories, Shared Planet and Saving Species series. During this day we will be invited to stop and ponder, in a prayerful way, on the wonder of our world and the risks it faces. This inspiring and hopeful day will appeal to anyone who loves this astonishing planet. Although a familiar topic, Mary will share her own observations.

£20.00

SATURDAY, 27th JULY

9:30 for 10:00am—4:00pm

INTRODUCING THE SUFI WAY

Led by Amin

The Sufi Way is a lineage of universal Sufism first brought to the West in 1910 by the Indian mystic Inayat Khan. Amin plans to give a personal account of how he got involved, guide you in a couple of exercises and share some contemplative silence together, as well as leaving ample time for questions and discussion. Amin worked as a Humanistic Psychotherapist since 1983, he now calls his work “Reflective Conversations”.

£20.00