

For Autumn 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)

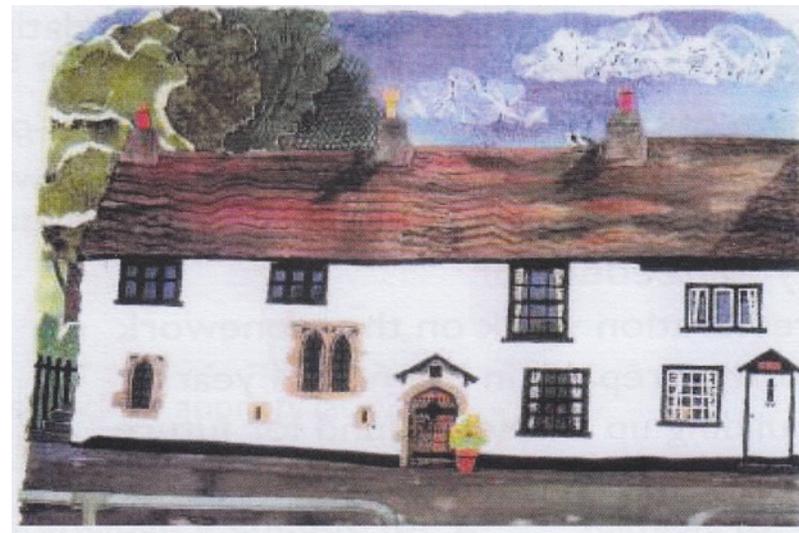
Either copy, paste and return by email to:
warden@thewellcentreforspirituality.org.uk

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

Autumn 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.



Canon Rachel Mann (4th from left in back row) with participants after:
 "Living Well With a Precarious God..." 18th May, 2019

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
Thurs.26th Sept 31 Oct, 28 Nov TBC 19 Dec	6:45-7:45 evenings Relaxation for Living and more With Hilary Milsom per session:	£6.00	_____
Sat. 5th Oct	'Seeing The Light in Life' Prayerful Photography with Revd Steve Radley	£20.00	_____
Sat. 2nd Nov	"Take a Breather..." Relaxation for Living With Hilary Milsom	£20.00	_____
Sat. 9th Nov	"Candles Against The Darkness" Reflective Storytelling With Ken Luxon	£20.00	_____
Sat. 30th Nov	"Winter Fuel" A Day of Reflection with the With Janet Lunt	£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



Advent Candles in the Quiet Room

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 3rd Sept. 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 on 3rd Sept.

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 4th Sept. No session in Half Term: 30th Oct. Last session of term: TBC 18th Dec. 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 5th Sept. 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 5th Oct. 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 Autumn Term ends: TBC 20th Dec, 2019 and the Spring Term begins: 7th Jan, 2020

Monthly Groups

The Friends of Elsie Briggs House

WEDNESDAYS

7:30pm—9:00pm **BOOK GROUP**

Usually, the first Wednesday of each month:

4th Sept: Caroline Duffy Poems— You are invited to choose 3 poems to share.

2nd Oct: “Lanny” by Max Porter

6th Nov: “Swimming With Seals” by Victoria Whitworth.

TBC 4th Dec: Share favourite readings, poems, etc.

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:

25th September, 30th October, 27th November, TBC 18th December

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

THURSDAYS

26th Sept, 31st Oct, 28th Nov, *TBC* 19th Dec

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, prayer and daily life. Led by qualified RFL practitioner, Hilary Milsom, who will teach simple, fun exercises for everyday use.

Contact Hilary: email: hilarymilsom.rfli@gmail.com **£6.00**

FRIDAYS

7:45pm for 8:00pm **TAIZÉ PRAYER**

1st Friday of the month. Beginning on 6th Sept.. Taize Prayer is a time of songs, readings and intercessory prayer. Contact Richard Rigby for details on: 0117 904 9813. **£3.00**

SATURDAYS

*21st Sept, 26th Oct, 16th Nov and TBC 7th Dec.

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

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 EVENTS

Bristol Doors Open Day is coming up on Saturday, 14th September. Volunteers would be really welcome, especially as it seems we are to have more visitors each year. 2018 brought over 350 people into the House and Garden. Please come for 1 hour or as long as you feel able, all would be welcome. If you haven't visited the House before, please come and see it.

TBC and Upgrade to the kitchen and bathroom. You may have noticed, as you read through this Programme, that all the dates in December have *TBC* beside them: *To Be Confirmed*. This is because the upgrade **may** happen in December. It's not yet finalised as we go to print. However, when it gets closer to December we'll be able to tell you more.



This is the image that Mary Colwell used to begin:
A Day of Reflection With The Environment and Nature
on Saturday, 13th July, 2019.
We were invited to look and wonder at our precious
planet Earth

Special Events

SATURDAY, 14th SEPTEMBER

10:00am until 4:00pm

Refreshments served

BRISTOL DOORS OPEN DAY

Entry is free

The entry in The Architecture Centre programme for the event says:

“Squeeze into this 15th century cottage, one of Bristol’s oldest buildings, stepping back in time as you walk through the antique front door. Climb the twisted stairs and marvel at the huge stone fireplace, then finish your trip to this hidden treasure with a wander around the delightful garden.” Do come and visit us if you haven’t come before.

SATURDAY, 5th OCTOBER

09:30am for 10:00am —4:00pm

“SEEING THE LIGHT IN LIFE”

Led by Revd Steve Radley

“Let there be light.” God saw the light was good and separated the light from the darkness. It’s the interplay of light and darkness which creates beauty and mystery. This interplay forms the basis of photography. Revd Steve Radley, a former RAF chaplain, found healing from some of his experiences of war through photography. In this retreat day Steve will share how your smartphone or camera can be used prayerfully, helping see life in new ways.

£20.00

*FRIDAY, 11th—SUNDAY, 13th OCTOBER

THE WAY OF COUNCIL & THE WISDOM OF CHALLENGE

Led by Pippa Bondy - www.ancienthealingways.co.uk

Council: an ancient form and modern practice that invokes the community’s experience, where we listen to people, place and spirit. The Council’s root are within the natural world, spanning cultures and beliefs. The Council’s core practice sets a container for empathy and honesty. It provides a way of bearing witness and of peace-making and helps cultivate non-hierarchical power. When in Council we step into a timeless space and spirit moves through us. pippa@ancienthealingways.co.uk or 0781495613

£190.00

Special Events Cont'd

*FRIDAY, 18th — MONDAY, 21st OCTOBER

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 being open to possibility, embracing potentiality, and exploring creative insights and inspiration. Contact Peter: [07543225011](tel:07543225011) or [email: info@petercrowe.co.uk](mailto:info@petercrowe.co.uk) **£320 including £50 deposit**



Barry Eastman, the group who after the of Holy Trinity next door, leaves from our path. Thank Barry and all the

one of looks grounds Church, sweeps shared you, group.

SATURDAY 2nd NOVEMBER

9:30am 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**

SATURDAY, 9th NOVEMBER

9:30am for 10:00am—4:00pm

“CANDLES AGAINST THE DARKNESS”

With Storyteller Ken Luxon

Get ready for the long dark nights when the sun is a distant memory. Recall those flames which stand against the darkness. Join me in a cellar with a saint, seek the lost story in a man’s life and hear about the worst party you never went to. Ken is a Methodist lay preacher and storyteller who loves to tell old story’s to adults.

20.00



An Autumn scene in the Quiet Room hearth

SATURDAY, 30th NOVEMBER

10:00am for 10:30am—4:00pm

Note slightly later time.

“WINTER FUEL”

Led by Janet Lunt

In the spiritual life, we are very familiar with ‘desert’ imagery. Yet wintertime also offers a wealth of ideas to feed on. Using winter symbolism and scripture, the day aims to offer you springboards for your own prayer walk and creative thought, turning our sights towards the Christmas season.

£20.00