

The Autumn Programme 2025



The Well Centre for Spirituality at Elsie Briggs House

38 Church Road, Westbury-on-Trym

Bristol BS9 3EQ • 0117 950 7242

Website: www.thewellcentreforspirituality.org.uk

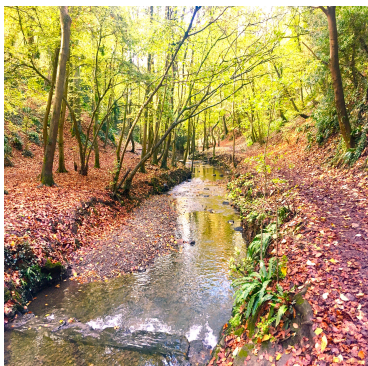
Email: warden@thewellcentreforspirituality.org.uk

Welcome to The Well,

Centre for Spirituality at Elsie Briggs House

The Well, Centre for Spirituality, is based in Elsie Briggs House, originally a 15th-century hall house, next to Holy Trinity Church in Westbury-on-Trym. It has been a place of Christian, ecumenical, contemplative prayer since 1991 after Dr Elsie Briggs left the House to the Bristol Diocese.

Lindsay Pelloquin, Warden at The Well, writes.....



Welcome to our Autumn programme.

The Well is a place of peace and tranquillity rooted in the Christian Contemplative tradition but open to people of all faiths and none. It is a place of welcome and hospitality for all those who are looking for a quiet, reflective place to be.

We are open for individual quiet days, group meetings and to all those who want to participate in our rhythm of daily prayer, retreat days and events.

Our running costs are approx. £50/day, so please give generously to help us run this special ancient building. (Details on the back page) However no one should be prevented from coming to The Well for financial reasons, please give what you can afford.

This year we begin a programme of fundraising to enable us to address some serious maintenance issues with The Well building including a possible roof replacement. We appeal to all our Friends, supporters and those who enjoy coming to The Well to help us secure its future by supporting our building fund.

We are sorry that our ancient house is not very accessible to people who cannot manage steps and stairs, but please contact us to talk about your requirements. For further information or questions about the programme and to book for our special events please contact the warden.

Email: warden@thewellcentreforspirituality.org.uk. Tel: 0117 950 7242

Please note that The Well opens on Tuesday 2nd September, closes on Friday 19th December and reopens Tuesday 6th January 2026.

WEEKLY PROGRAMME

**Please note no morning prayer in
November and December**

Tuesdays

7:45—8:15am MORNING PRAYER

A simple Taizé style prayer with chants, Bible reading, silence, and prayer for the day beginning again on 2nd September.

2:00—3:00pm THE JULIAN MEETING

This group meets on the 1st & 3rd Tuesdays of the month. Beginning on 2nd September. 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

The House will re-open on 2nd September. A chance to meet people over a cup of tea and get to know the house. All are welcome to enjoy the house, garden, and library.

5:00pm—6:00pm SILENT PRAYER

An hour of meditative silence each week beginning 2nd September. Come for as long as you like, a few minutes or the hour.

Wednesdays

7:45—8:15am MORNING PRAYER

A simple Taizé style prayer with chants, Bible reading, silence, and prayer for the day.

7:15pm—8:45pm CENTERING PRAYER

From 3th September. Meditation from the Christian tradition grounded in attention of the heart. Meeting in person, with the possibility of joining via Zoom for those not able to come in person. Please contact us prior to coming for the first time. For details of this group and for Zoom meeting link, please contact: Julia Richmond on: 0117 942 6128.

Thursdays

7:45—8:15am

MORNING PRAYER

A simple Taizé style prayer with chants, Bible reading, silence, and prayer for the day.

4:00pm—5:00pm

CHRISTIAN MEDITATION (WCCM)

Beginning on 4th September. Based on teaching from the desert tradition and the work of John Main OSB. Meditation is part of universal wisdom practised by people from all faiths and none. Contact Shelagh Layet on 07983594182 or email: shelagh.layet@gmail.com For more information about the World Community for Christian Meditation see uk@wccm.org or www.wccm.org

Donations invited

Fridays

7:45—8:15am

MORNING PRAYER

A simple Taizé style prayer with chants, Bible reading, silence, and prayer for the day.

4:00pm—5:00pm

LECTIO DIVINA & IMAGINATIVE CONTEMPLATION

From 5th September. Ancient ways of meditating on Bible passages which provide fresh and ever new ways of engaging with the scriptures followed by a time of sharing and discussion. Contact the Warden for more details. Feel free to come at 3.30pm for a cup of tea beforehand if you wish.

£5.00

5:00pm—5:30pm

SILENT PRAYER

Half an hour of meditative silence. Come for as long as you like, a few minutes or the half hour.

MONTHLY PROGRAMME

Tuesdays 7.30pm – 8.30pm HEALING PRAYER GROUP

16th September and 21st October (No healing groups in November or December)

Healing prayer in the style of the Iona Community. Prayer for ourselves, our loved ones and all those known to us in any kind of need. Prayer for the world.
£5.00

Wednesdays 2:00pm–3:30pm BOOK GROUP

Please note the Book Group has moved to St. Monica's Trust.
For more information please contact:

Penny De Lacy on 0117 942 3952 or email: delacy@blueyonder.co.uk

Fridays

7.30pm–8:30pm TAIZÉ PRAYER

5th September, 3rd October
7th November, 5th December

Taizé Prayer is a time of singing, readings and intercessory prayer. further details contact:
Richard Rigby on:0117 904 9813 **£5.00**



Sundays 10:00am–4:00pm FOCUSING:

LISTENING TO YOUR BODY'S WISDOM, CO-CREATED DAY

14th September, 12th October, 9th November, 14th December

Learn, explore and deepen your Focusing practice on this co-created retreat day. Our intention is to create a safe container together for sharing and connecting with ourselves and others and to develop a sense of community. Focusing-related workshop contributions welcome – contact to discuss. Beginner's Introductory sessions available beforehand.
Contact Tel: 07985 075295 vickithomas@blueyonder.co.uk **£10.00**

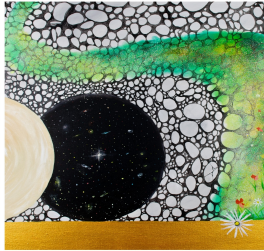
COMMUNITY EVENT

Open Day

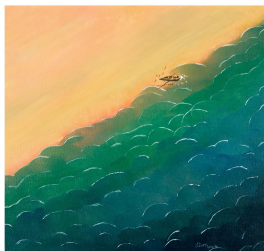
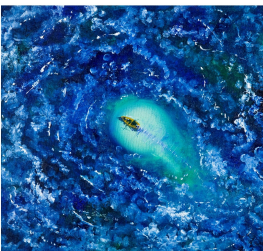
SATURDAY

**20 September
2025**

10 AM - 4 PM



- refreshments available
- explore this house built in 1445
- relax in our peaceful garden
- discover our events programme



**Exhibition and sale of
art and writing by
Neil Thorogood, local
church minister and
member of our
Management
Committee, who will
be with us all day**

**we warmly welcome you to discover
The Well Centre for Spirituality
at Elsie Briggs House**

**38 CHURCH ROAD, WESTBURY-ON-TRYM, BRISTOL BS9 3EQ
0117 950 7242 warden@thewellcentreforspirituality.org.uk**

Saturday 8th November

9:30am–1:00pm CREATIVE WRITING

Creative writing at The Well can be fun, stimulating, revealing, and a chance to explore your creative side in a safe environment.

Nigel Gibbons has been running writing workshops for over ten years, he teaches on an MSc in Creative Writing for Therapeutic Purposes, and he believes that writing is something we can all try and enjoy. These workshops will not be about the craft of writing, but the opportunity to find the words inside you, and to allow them out onto the page. All you need to provide is paper and something to write with.



£15.00

THE BIG HELP OUT VOLUNTEER DAY AT THE WELL

Saturday 25th October
10:00am – 4:00pm

Volunteers are invited to come and help out at The Well
for a day or half day

Help needed with cleaning, insulating the windows and putting
the garden to bed for the winter

Bring a packed lunch, refreshments provided

Please contact the warden if you would like to join in

FACING THE FUTURE OR BACKING INTO IT?

Progressive Faith for a Changing World

Saturday 18th October

10.00 – 4.00pm

Nothing in life stays the same – a familiar reality that may create both excitement and anxiety. But now, changes in the world are accelerating, posing huge challenges to the nature and practice of faith, and notions of God. This retreat will explore what a progressive faith may look like and how it can also remain true to its originating sources.



Dave Tomlinson is an Anglican priest and writer whose books include *The Post-Evangelical*, and *How to Be a Bad Christian*. He regularly speaks on Radio 2's 'Pause for Thought' and has a podcast called 'The

Holy Shed'. Dave is chaplain to St Ethelburga's Centre for Reconciliation & Peace, married to Pat – and a passionate Liverpool FC fan. He is also a Greenbelt trustee.

Tea and coffee served from 9.30. Please bring a packed lunch
Early, advanced bookings are requested please so we can ensure
we have a viable number to run the workshop. £25.00

ADVENT QUIET DAY

SONGS FOR A SAVIOUR'S BIRTH

Saturday 29th November

10:00 – 4:00pm



This quiet day explores the songs that heralded the birth of Jesus and offers some thoughts, music, poetry, creative opportunities and plenty of space for you to reflect on your spiritual journey as Christmastime approaches.

Tea and coffee served from 9.30. Please bring a packed lunch
Early, advanced bookings are requested please so we can ensure we
have a viable number to run the quiet day. £25.00

CAROLS BY CANDLELIGHT

Saturday 13th December

7.30pm



An invitation to our Friends, supporters, participants and all who love The Well to come to an informal Christmas evening. Contributions of readings, poems, carols and songs welcome. Please contact the warden if you would like to share something.



Followed by mulled wine and festive refreshments **£5.00**

COMING TO THE WELL

Individual Retreats

Individuals are welcome to come for a quiet day. It is also possible to meet with a guide at the beginning and end of the day if you wish. **£25.00**

Overnight Retreats

It is possible to book an overnight retreat including breakfast. Other meals can be prepared in our self-catered kitchen. **£45.00/night**

Spiritual Direction

The ministry of Spiritual Direction is offered at The Well to those who would like to meet regularly or occasionally to talk about their spiritual life and journey, to discern a sense of calling or vocation, to process times of change and transition in life, to deepen their prayer life and discover where God is and what he might be saying through the circumstances of our lives. A Spiritual Direction session is usually about an hour, and you would be welcome to stay on for a Quiet Day. **£25.00**

Meetings and Groups

Private, unaccompanied – Half day **£30.00**

Full Day **£50.00**

Exclusive use of The Well and garden **£80.00**

Private, led by the Warden Half Day **£15/person**

Full Day **£20/person**

The Well Special Events and Quiet Days

See the programme for details of these events. For full day events please bring your own lunch unless we have specified a bring and share lunch. Refreshments are provided. **We kindly ask that these events are booked and paid for in advance.** There is no need to book for weekly or monthly regular events in the programme, just come.

BOOKING FORM FOR SPECIAL EVENTS

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

Date of Event	Title of Event	Suggested Contribution	No. of Places
20 th September	Open Day & Art Exhibition	Donations	
18th October	Progressive Christianity Day	£25.00	
25 th October	Volunteer Day		
8 th November	Creative Writing	£15.00	
29th November	Advent Quiet Day	£25.00	
13 th December	Carols by Candlelight	£5.00	

Phone No: _____

Email address: _____

Postal address: _____

Or use the booking form on the website:

<https://thewellcentreforspirituality.org.uk/whats-on/special-events/>

Or contact the Warden: tel: 0117 950 7242

email: warden@thewellcentreforspirituality.org.uk

Methods of Payment

Cheques payable to: Elsie Briggs Housekeeping

Bank Transfers: HSBC Sort Code: 40-14-24 · Account No: 41339001

Please add your last name and the date of your 'visit(s)' as reference.

NB: Banks do not recognise the account name for a bank transfer. It is quite sufficient to use the sort code and account number.

There is a contactless card machine at The Well. Cash is also acceptable.