

The Summer Programme 2026



The Well Centre for Spirituality at Elsie Briggs House

38 Church Road, Westbury-on-Trym
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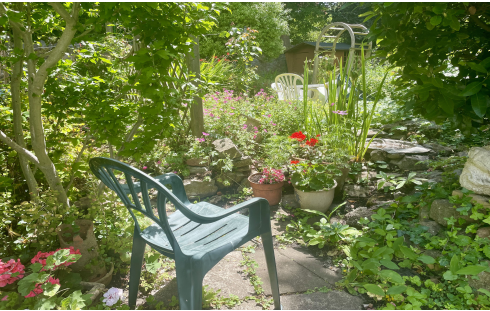
Website: www.thewellcentreforspirituality.org.uk

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 Summer 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.

Suggested contributions for these events are in this programme as well as how to give. (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.

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.

We are currently fundraising for extensive renovation work very much needed on the house and appreciate any financial support you can give. Consider becoming a Friend of Elsie Briggs House or leaving a legacy in your will.

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 97242.

Please note that The Well opens on Tuesday 14th April, closes on Friday 31st July and reopens Tuesday 1st September.

WEEKLY PROGRAMME

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 14th April.

2:00—3:00pm THE JULIAN MEETING

This group meets on the 1st & 3rd Tuesdays of the month. Beginning on 21st April. 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 14th April. 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 SHARED SILENCE

An hour of meditative silence each week beginning 14th April. 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 15th April. 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.

1.00pm—4:00pm GARDENING DROP-IN

Join our friendly volunteer group for afternoons of gardening, while enjoying the beauty and peace of our cottage garden.

4:00pm—5:00pm CHRISTIAN MEDITATION (WCCM)

Beginning on 16th April. 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 17th April. 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 21st April, 19th May, 16th June, 21st July

7:30pm-8.30pm HEALING PRAYER GROUP

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

Fridays

7:30pm-8.30pm TAIZÉ PRAYER

8th May, 5th June and 3rd July

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

10th May , 14th June, 12th July

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 vickithomas@blueyonder.co.uk Tel: 07985 075295

£10.00

COMMUNITY EVENT
Open House and Garden
Cream Teas

Saturday 9th May
12:00am—4:00pm



All are welcome to come and enjoy a cream tea with family or friends in our beautiful garden and have a tour of our ancient medieval house.

Fundraising Event

POETRY MORNING

The Poetry of Gerard Manley Hopkins

A workshop led by Matthew Barton



16th May 9.30 – 2.00pm

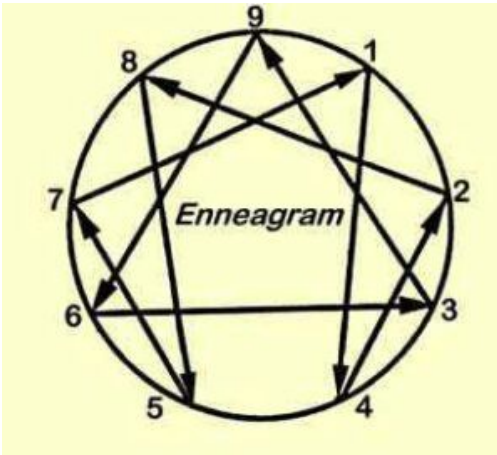
'The world is charged with the grandeur of God'

This workshop will explore how Hopkins's profoundly idiosyncratic and innovative works erupted into 19th-century poetic idiom and in some ways changed the course of poetry. In (playful) group and individual writing exercises, we will touch in to some of the ways in which Hopkins, with his extraordinary ear and sensitivity to the living Word, summoned reality in his works in an entirely original way.

Matthew Barton has published four full collections of poetry, and a translation of Rilke's Duino Elegies. Awards for his work include BBC Wildlife Poet of the Year, 2nd prize in the National Poetry Competition, the Strokestown prize, and an Author's Foundation Grant. He was also co-founder and editor of Raceme, a Bristol-based poetry journal.

Please bring a packed lunch £25.00

Introduction to The Enneagram



**Weekend of
6th & 7th June
10.00-4.00pm**

The Enneagram is an ancient tool which comes from several wisdom traditions. It has been described as a 'powerful tool for self discovery, personal and spiritual growth.'

It fosters self-awareness and transformation through understanding the nine different personality types that make up the human family – their gifts and blind spots. It is most helpful when combined with other spiritual practices and should not be seen as a one-off personality assessment but as an ongoing tool for a life-long journey.

This weekend workshop is for beginners on the Enneagram journey, with little or no knowledge of the Enneagram but who want to begin a journey of self discovery. It will help you to identify your own personality type and to have an understanding of all the others.

£90.00

Future workshops are planned for those who want to go deeper and further on the Enneagram journey.

Please bring packed lunches, refreshments provided.

This is a non-residential weekend, however we have accommodation for two people coming from further away. £45/night inc. breakfast. Please contact the Warden for details.

CREATIVE ARTS PROGRAMME

Summer's Evening of Poetry and Song

Saturday 27th June 7.00pm



An invitation to a lovely summer's evening in The Well sharing friendship, poetry, prose and song. Please send contributions of favourite poems, readings and songs, or your own writings, to the warden. Light refreshments provided.

All Welcome £5.00

Creative Writing

Saturday 25th July 9.30 -1.00pm

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



QUIET GARDEN HALF-DAYS

Saturday 25th April 1.30 – 4.30pm

Saturday 30th May 10.00 – 1.00pm

Saturday 20th June 1.30 – 4.30pm

Saturday 18th July 10.00 – 1.00pm



An invitation to come for a quiet morning or afternoon in the beautiful, peaceful Well garden or house. Ideas and materials for reflection offered as well as opportunities for journaling and creative activities. Refreshments and home made cake provided.

Booking essential: please contact the Warden. £15.00



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 or 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 Accompaniment

The ministry of Spiritual Accompaniment 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.

There is no need to book for 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
16 th May	Poetry Morning Workshop	£25.00	
6 th & 7 th June	Enneagram Weekend	£90.00	
27 th June	Summer Poetry Evening	£15.00	
25/4, 30/5, 20/6, 18/7	Quiet Garden Retreats	£15.00 each	
25 th July	Creative Writing Workshop	£15.00	

Phone No: _____

Email address: _____

Postal address: _____

Or book 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.