

The Autumn Programme 2026



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

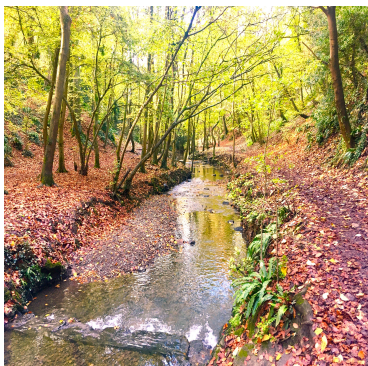
Email: warden@thewellcentreforspirituality.org.uk

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 1st September, closes on Friday 18th December and reopens Tuesday 5th January 2027.

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 1st September.

2:00—3:00pm THE JULIAN MEETING

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

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 3rd 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 4th 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

15th September and 20th 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

Fridays

7.30pm–8:30pm TAIZÉ PRAYER

**4th September, 2nd October
6th November, 4th 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**

13th September, 11th October, 8th November, 13th 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 Doors Day & Art Exhibition

**Saturday 19th September
10.00 – 4.00pm**

**Art work & sale of paintings and cards by local
artist Jo West**

Medieval House Tours

Refreshments and home made cake



All Welcome

CREATIVE WRITING WORKSHOP

Led by Matthew Barton

Saturday 7th November

9.30 – 1.00pm

The focus of these sessions will be on playfulness as a vital element of creativity; in group and individual writing exercises we will explore our relationship with the living word, challenging ourselves to free language and perception from accustomed forms, and at the same time refreshing our sense of connection with the world and ourselves. All you need to provide is paper and something to write with.



£15.00

THE BIG HELP OUT VOLUNTEER DAY AT THE WELL

Saturday 3rd 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 pruning 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

RUMOURS OF ANGELS

Refuelling Hope for a Challenging World led by Dave Tomlinson

Saturday 24th October

10.00 – 4.00pm

'The only way to deal with an unfree world is to become so absolutely free that your very existence is an act of rebellion'
Albert Camus

Despite the despair many of us feel about world affairs, there are reasons for hope, 'rumours of angels' to empower us to become harbingers of a better world. We need a 'conspiracy of goodness', a moment of defiant hope in a culture of despair. But what to do? Where to start? Drawing inspiration and direction from the radical message of Jesus, these are the questions this day will be exploring.

Dave Tomlinson is an Anglican priest and writer. He regularly



speaks on Radio 2's 'Pause for Thought' and has a podcast called 'The Holy Shed'.

**Tea and coffee served
from 9.30.**

**Please bring a packed
lunch
£25.00**

ADVENT QUIET DAY COMING INTO THE LIGHT

Led by Alison McTier



Saturday 5th December

10:00 – 4:00pm

A Quiet Day to explore the season of Advent through scripture, prayer, music and image.

Alison McTier is the Director of the Retreat Association, a spiritual director and regularly leads quiet days and retreats. She is passionate about the value of retreats, spiritual direction and reflective prayer.

**Tea and coffee served from
9.30am**

**Please bring a packed
lunch**

£25.00



CAROLS BY CANDLELIGHT

Saturday 12th December

7.00pm



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 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. **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
19 th September	Open Day & Art Exhibition	Donations	
24 th October	Rumours of Angels Day	£25.00	
31 st October	Volunteer Day		
7 th November	Creative Writing Workshop	£15.00	
5 th December	Advent Quiet Day	£25.00	
12 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.