

# The Spring Programme 2026



## The Well Centre for Spirituality at Elsie Briggs House

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# 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 Spring 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. (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 looking to recruit some more volunteers to help around the house and garden, with fundraising and grant applications. Please contact the warden for more information.

For further information or questions about the programme and to book for our special events please book online through the website or contact the warden: Email: [warden@thewellcentreforspirituality.org.uk](mailto:warden@thewellcentreforspirituality.org.uk).

Tel: 0117 97242.

**Please note that The Well opens on Tuesday 6th January, closes for Easter on Friday 3<sup>rd</sup> April and reopens Tuesday 14<sup>th</sup> April.**

# WEEKLY PROGRAMME

Please note no morning prayer in January and February

## Tuesdays

**7.45—8.15am MORNING PRAYER**

A simple Taize style prayer with chants, Bible reading, silence, and prayer for the day beginning again on **3<sup>rd</sup> March**.

**2:00—3:00pm THE JULIAN MEETING**

This group meets on the 1st & 3rd Tuesdays of the month. Beginning on 6<sup>th</sup> January. 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 6<sup>th</sup> January. 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 6<sup>th</sup> January. Come for as long as you like, a few minutes or the hour.

## Wednesdays

**7.45—8.15am MORNING PRAYER**

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

**7:15pm—8:45pm CENTERING PRAYER**

From 7<sup>th</sup> January. 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**

### **7.45am—8.15am      MORNING PRAYER**

A simple Taize 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 8<sup>th</sup> January. 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](mailto:shelagh.layet@gmail.com) For more information about the World Community for Christian Meditation see [uk@wccm.org](mailto:uk@wccm.org) or [www.wccm.org](http://www.wccm.org)

**Donations invited**

## **Fridays**

### **7.45—8.15am      MORNING PRAYER**

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

### **4:00pm—5:00pm      LECTIO DIVINA & IMAGINATIVE CONTEMPLATION**

From 9<sup>th</sup> January. 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

Please note no healing prayer in January and February

**Tuesdays**            **17<sup>th</sup> March, 21<sup>st</sup> April**

**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**

**6<sup>th</sup> February, 6<sup>th</sup> March and**

**Good Friday 3<sup>rd</sup> April**

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**

**11<sup>th</sup> January, 8<sup>th</sup> February, 8<sup>th</sup> March**

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.

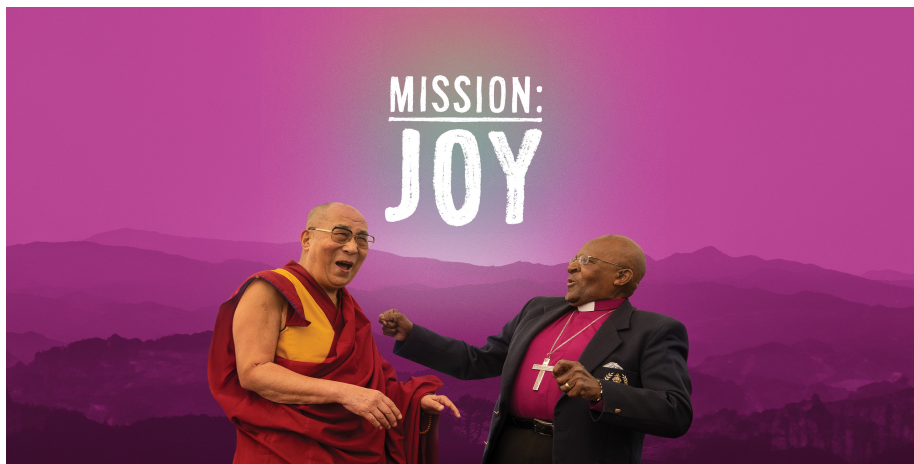
Contact [vickithomas@blueyonder.co.uk](mailto:vickithomas@blueyonder.co.uk) Tel: 07985 075295 **£10.00**

# MISSION JOY

## Finding Happiness in Troubled Times

Saturday 17<sup>th</sup> January

10.00 – 12.30pm



Spend a morning at The Well listening to the wisdom of Bishop Desmond Tutu and the Dalai Lama as they explore together sources of joy and hope that they have found in the midst of their personal suffering and the struggles of their peoples and nations.

With time afterwards for reflection, sharing our own thoughts, and discussion about finding joy and hope in our own troubled times and those of our world.

Bishop Desmond and the Dalai Lama shared a deep personal friendship and love which crossed the divides of race, culture, class and faith. This film is full of their joy, humour and compassion, their laughter and tears. Refreshments provided.

*"In each of us, there is an innate ability to create joy out of suffering, to find hope in the most hopeless of situations, and to heal any relationship in need of healing".* Bishop Desmond Tutu

*"Every day, think as you wake up, 'I am fortunate to be alive. I have a precious human life. I am not going to waste it'"* Dalai Lama      **£15.00**



# CREATIVE ARTS PROGRAMME

## A Winter's Evening of Poetry and Song

Saturday 31st January 7.00pm



An invitation to a cosy winter'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**

**Saturday 14th February**

**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**

# LENT COURSE

## Re-discover Jesus through The Chosen



Come and journey with us on Friday afternoons through the dramatic events of Holy Week from Palm Sunday to Gethsemane using videos from Season 5 of The Chosen. With time for reflection, sharing and discussion.

Refreshments provided **£5.00/session**

### **8 Friday afternoons 3.00 – 5.00pm**

6<sup>th</sup> February - Entry into Jerusalem

13<sup>th</sup> February - Cleansing the Temple

20<sup>th</sup> February - Woe to you Scribes & Pharisees

27<sup>th</sup> February - It would have been enough

6<sup>th</sup> March – Because of me

13<sup>th</sup> March – This is my body, this is my blood

20<sup>th</sup> March – Washing the feet

27<sup>th</sup> March - Gethsemane, Betrayal, Arrest




# LENT QUIET DAY

## A Desert in the City: The Carmelite Journey

**Saturday 28<sup>th</sup> February**

**9.30 for 10:00am—4:00pm**



Teresa of Avila

Let nothing Disturb you, Let nothing frighten you, Though all things pass, God does not change. Patience wins all things. But he lacks nothing who possesses God; For God alone suffices.

AZ QUOTES

This day will look at contemplative prayer practice, silence and solitude in the early centuries of the church. We will follow the pilgrims who travelled to the Holy Land, following the establishment of the crusader states at the end of the eleventh century and the setting up of a community on Mount Carmel. We will then accompany the hermits who moved from Mount Carmel to Europe seeking a place in western society adapting their spiritual life to urban settings.

The day will have a particular focus on Teresa of Avila and her advice to us on a life of prayer.

Our day is led by Rev. Colin Lunt chair of The Well management committee..

**Please bring a packed lunch.**  
**Suggested contribution £25.00**  
**Kindly book and pay in advance**

# **THE BIG HELP OUT VOLUNTEER DAY AT THE WELL**

**Saturday 7<sup>th</sup> March**

**10:00am – 4:00pm**

Volunteers are invited to come and enjoy a fun, warm, welcoming atmosphere and to help out at The Well for a few hours.

Help needed with Spring cleaning, gardening, painting, tip run

**Bring a packed lunch, refreshments provided**

**Please contact the warden if you would like to join in**

## **GOOD FRIDAY**

### **TAIZÉ PRAYER**

**Friday 3<sup>rd</sup> April 7.30pm**

An invitation to come and gather at the cross to remember Christ's passion in readings, prayers and song.

**£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

<b>Private, unaccompanied – Half day</b>	<b>£30.00</b>
<b>Full Day</b>	<b>£50.00</b>
<b>Exclusive use of The Well and garden</b>	<b>£80.00</b>
<b>Private, led by the Warden Half Day</b>	<b>£15/person</b>
<b>Full Day</b>	<b>£20/person</b>

## 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
17 <sup>th</sup> January	Mission Joy	£15.00	
31 <sup>st</sup> January	Winter Poetry Evening	£5.00	
14 <sup>th</sup> February	Creative Writing	£15.00	
28th February	A Desert in the City Quiet Day	£25.00	
5 <sup>th</sup> Feb-27 <sup>th</sup> March	The Chosen Lent Course	£5.00/session	

Phone No: \_\_\_\_\_

Email address: \_\_\_\_\_

Postal address: \_\_\_\_\_

Or use the booking form on the website:

<https://thewellcentreforspirituality.org.uk/whats-on/booking-form>.

Or contact the Warden: Tel: 0117 950 7242

Email: [warden@thewellcentreforspirituality.org.uk](mailto: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.