



# The Well at Willen

## Programme of Events

### January to July 2012

### In the Library

#### Writing at the Well

Held on 9th & 23rd January, 6th & 20th February, 5th & 19th March, 2nd & 16th April, 14th & 28th May and 11th & 25th June, 9th & 23rd July, at 7.45 p.m. in the Library.

#### Spirited Exchanges

Held on 18th January, 21st March, 16th May and 18th July, at 7.30 p.m. in the Library.

A group for those examining their faith and trying out new thoughts: "Swimming beyond the flags."

#### A Look at a Book

A regular opportunity to 'meet the author'. Authors for 2012 include Malcolm Rothwell, Tess Ward and Kenneth Steven.

*For further details on other events in the Library, please contact our Librarian Barbara Merrifield on 01908 242693 or visit the Library Section on our Website on [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)*

### Social Events

#### Open Table

In Partnership with MK Peace and Justice Network, held at 7.30 pm on the 1st Friday of the month

*Cost: donation (Booking Required)*

#### Fellowship Supper

Held at 7.30 p.m. on 20th April, 18th May and 15th June, followed by an evening Labyrinth Walk or short meditation.

*Cost: Donation (Booking required)*

#### Burns Night

21st January at 7.30 p.m. a traditional Burns Night Supper with music and entertainment. In partnership with Willen Church.

*Cost £10.*

#### To Book please contact:

Tel: 01908 242190

Fax: 01908 242187

email: [bookings@thewellatwillen.org.uk](mailto:bookings@thewellatwillen.org.uk)

or on our website [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)

Follow us on our blog: [blog.thewellatwillen.org.uk](http://blog.thewellatwillen.org.uk)



The Well  
Newport Road, Willen  
Milton Keynes  
MK15 9AA





## Quiet Days

### **Themed Quiet Days 10.00 – 4.00pm (booking required)**

*Cost: Donation of £15 suggested, meal included*

#### **22nd February ‘Dust & Glory’**

A Quiet Day for Ash Wednesday, using the season of Lent to explore our humanity and our calling, with Revd Canon Vincent Strudwick.

#### **3rd March ‘God’s Grandeur’**

An exploration of the work of Gerard Manley Hopkins, with Fr Colin Griffiths SSM.

#### **5th April ‘Christ our Passover’**

A Quiet Afternoon 2.00 – 5.00pm for Maundy Thursday, with Revd Liz Baker & Fr Colin Griffiths, SSM, followed by a Passover Supper at 6.00pm.

#### **19th May ‘Spirituality and Forgiveness’**

Reflections on the nature of forgiveness, and the giving and receiving of forgiveness, with Marcus Armstrong & Margaret Moakes.

#### **23rd June ‘A path of Grace.’**

An opportunity to explore the Labyrinth as a pathway of prayer, growth and discovery, with Revd Liz Baker.

## **Drop in quiet days,**

Held on the 2nd Wednesday in the month, 10.30 – 3.00pm, an opportunity to enjoy part of a day at The Well, beginning with a short meditation at 10.30, with the option to share in a Eucharist at 12.15pm. Bring a packed lunch or book lunch with the community – refreshments provided.

*Cost: Donation of £5.00 suggested.*

## Retreats

### **16th – 18th March ‘Embroidery Retreat’**

With Janet Knox, an opportunity for stitchers of all abilities to spend time with an expert and sympathetic needlewoman, with a view to starting a regular group for fellowship and creativity.

*Cost: £75 includes materials and lunches.*

### **13th – 15th July ‘Mindfulness Retreat,’**

With Helen Stephenson. Mindfulness is a mind-body based approach that helps people change the way they think and feel about their experiences, especially stressful ones. Research is increasingly demonstrating its effectiveness for stress related illnesses, depression and other anxiety states. Mindfulness is also known for its benefits for the overall well-being of the practitioner.

*Cost: £75, lunches included.*

## **Individual Retreats –**

We offer both personal and individually guided retreats (IGR) on either a day or residential basis. For further details contact us on 01908 242190 or visit the Retreats section of our website; [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)

## Worship at the Well

### **Morning Worship**

Held weekday mornings at 7.30 a.m. in the Round Room

### **Weekly Eucharist**

Held each week at 12.15 p.m. with a service for Healing on the 4th Wednesday of the month. in the Round Room.

### **Evening Prayer**

Held at 6.00pm daily in the Library.

### **Dayspring Meetings**

Held on the 1st Friday and 3rd Thursday of the month at 1 Linford Lane





# The Well at Willen Programme of Events

## July to December 2012

### SOCIAL EVENTS

**Open Tables** – In partnership with MK Peace and Justice Network, 7.30 pm on the 1st Friday of the month (Booking Required)

**Fellowship Supper** 7.30 on 19th October, followed by an evening Labyrinth walk or short meditation.

**COST: DONATION (BOOKING REQUIRED)**

**Harvest Supper** (with Willen Church) 6th October at 6.30 come and celebrate with a Harvest Supper and Entertainment

**Bonfire Night** (with Willen Church) 3rd November Bonfire fireworks and supper

FOR FURTHER DETAILS AND COSTS PLEASE CONTACT US

### IN THE LIBRARY

**Writing at the Well** 7.45pm on 9th & 23rd July, 3rd & 24th September, 1st, 15th & 29th October, 12th & 26th November and 10th December.

**A Look at a Book**, a regular opportunity to ‘meet the author’. Authors for 2012 include:  
Tess Ward (May) and  
Kenneth Steven (September).

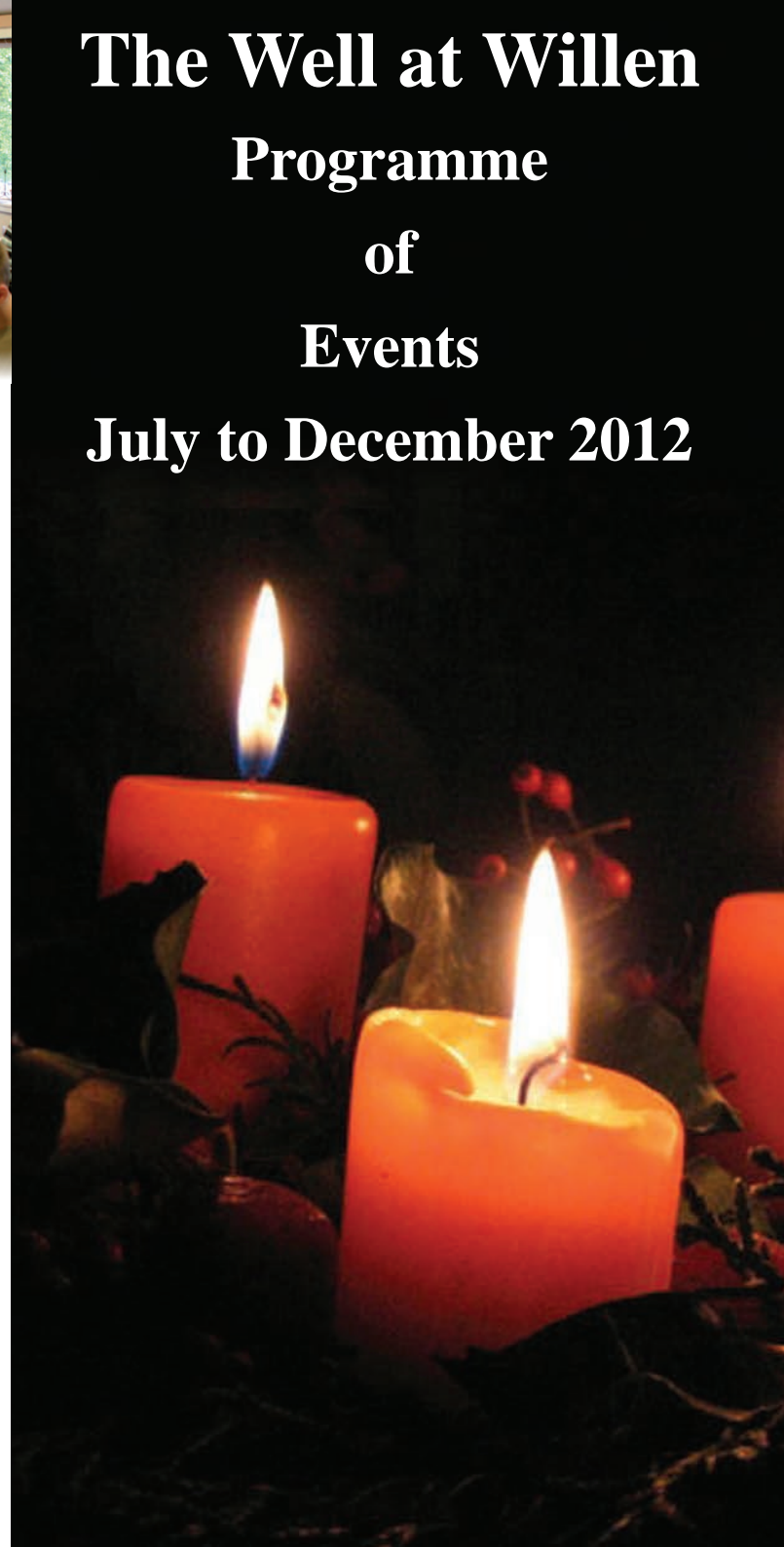
*For further details on other events in the library, please contact our librarian, Barbara Merrifield on 01908 242693 or visit the library section on our website on [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)*

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or on our website [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)  
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TheWell  
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Willen Milton Keynes  
MK159AA





## QUIET DAYS

**Themed Quiet Days** 10.00–4.00pm (booking required)  
**Cost: Donation of £15 suggested, lunch included.**

**1st September ‘Spirituality and Social Change’**  
 Reflections on our interaction with those around us in need, with Marcus Armstrong and Margaret Moakes

**6th October ‘Finding the Light Within’** A reflection with Quakers and members of other faiths on the mystical roots of their religious practice.

**13th October ‘He leads me besides still waters’**  
 Praying with sculpture led by Sarah Burrow

**24th November ‘Reflecting Compassion’** Exploring our needs for loving kindness with Fr Jonathan Ewer SSM & Helen Stephenson

**1st December ‘The Light of God’** Exploring the symbolism of the Advent Wreath with Revd Liz Baker.

**Drop in Quiet Days** 10.30–3.00pm 2nd Wednesday of the month. An opportunity to enjoy a day or part of a day at The Well, the day starts with a short meditation at 10.30 followed by quiet time and the option to share in a Eucharist at 12.15pm. Bring a packed lunch or book lunch with the community. Refreshments provided.

**COST: DONATION OF £5.00 SUGGESTED.**

## RETREATS

**COST: £75. LIMITED ACCOMMODATION IS AVAILABLE.**

**13th - 15th July ‘Mindfulness Retreat,’** with Helen Stephenson. A mind-body approach to dealing with life experiences and stress.

**21st – 23rd September ‘Creative Writing Retreat’** with Kenneth Steven. An opportunity to work with the popular Scottish Poet which will help participants deepen their spiritual and creative paths.

**17th /18th November ‘Women’s Interfaith Retreat’**  
 A retreat for women of all faiths and an opportunity to share our experiences with Revd Dilly Baker.

**Individual Retreats** – We offer both personal and individually guided retreats (IGR) on either a day or residential basis.

**DAY RETREAT, £25 WITH LUNCH.**

**RESIDENTIAL RETREAT, £35 PER DAY FULL BOARD.**

**IGR FEE, £10 PER DAY**

(Discounts are available for longer stays; please ask about our bursary support)

To book contact us on 01908 242190 or visit Retreats Section of our Website on [www.thewellatwillen.org.uk](http://www.thewellatwillen.org.uk)

## SERVICES, STUDY, DISCUSSION AND OTHER EVENTS

**Morning Worship** Weekday mornings at 7.30.

**Silent Worship** Monday and Friday at 12.15

**Weekly Eucharist** Wednesday at 12.15 with a service of Healing & Wholeness on 4th Wednesday of the month.

**Evening Prayer** 6.00pm every day

**Dayspring Meetings** 1st Friday and 3rd Thursday of the month at 1 Linford Lane

**Spirited Exchanges** 7.30pm on 18th July, 9th September and 28th November, for those examining their faith and trying out new thoughts: “Swimming beyond the flags.”