

Pilsdon at 60

Introduction

In order to mark the 60th anniversary of the founding of the Pilsdon Community an oral history project has been undertaken to generate an archive of memories of the community. This has involved interviews with a wide range of people with past and present associations with Pilsdon. In addition to archiving the interviews themselves, we have started to review the transcripts to produce material that can enable us to share the Pilsdon story with anyone interested in this way of living together. This short document offers a very brief illustration of the material that has been generated. It includes selected quotes from former and current members, wardens, trustees, guests, wayfarers and volunteers. It does not represent the full range of topics covered in interviews, but we hope it will give you some idea of what Pilsdon is, has been and hopefully will continue to be in the future.

A Place of Community and Difference

Pilsdon is described by present and former members as ‘an intentional Christian community’, and the opening page of its website gives prominence to the opportunity it offers for ‘living in community’. Interviewees spoke of the distinctive values, aims and meaning of ‘community’ as constituted and practised at Pilsdon. They talked about experiences of the personal and social reality of community life - both what is good and what is hard about living communally, and about how the Pilsdon concept of community is actually made to work: the processes and mechanisms through which ‘community’ is enacted. They also spoke about the very different types of people who come to Pilsdon and the challenges and impacts of living in a diverse community.

One of the preparation things that I did was, a) visit Benedictine communities, and b) read the *Rule of Saint Benedict*, which I’d done a long time before but had forgotten really. And it was another eye opener about how relevant the Benedictine Rule is and how commonsensical it is. It is ultimately a rule that is there for the benefit of the community, not for the benefit of the individual and it’s the community that comes first. And that is what is so contrary to 20th, 21st century priorities, where the individual is all-important and all-powerful. We are a very individualistic society and we have often lost what the nature of community is and how we express the common good for all involved which might be at the expense of the individual good. *Peter Barnett, Former Warden*

The thing that struck me was the ease and openness of all the people here – Members, Volunteers, Guests. It didn’t feel like I was an outsider. There was an ease around people. I knew that Pilsdon had been in existence for a very long time but my initial experiences were more, ‘What was it today?’ Approaching it as possibly being the leader of it, for me, was more about, ‘What is it? What holds it together? How do you understand the kind of guidelines of chaotic people coming together and living calmly?’ *Michael Deegan, Current Warden*

Well I think that community on the whole is a fantastic idea. There are many, many different sorts of communities, not just Christian communities but communities of all faiths, and none. The idea of community is to live a very simple life away from the chaos of life. Most of that chaos is man-made. And I think communities are important, and I think it's important for people to come to communities to see what community is about. You know, you often hear about governments talking about local communities. There really isn't a sense of that kind of community, it's only the word community put in a bracket, really. *James Morris, Wayfarer*

I get a bit confused because I get the whole ethos of being a community, you're in a community, you wanna be in a community, you wanna live in a community, that's what you wanna do. And on the flipside of that coin people come here, they are very ill, mental health problems, alcohol problems, drug problems or all three (... ..) My theory is, if you're able to live, to stand on your own two feet... move over, let someone else get well. (... ..) I just see it like that. The core of the community will always change, the members will *always* change, the warden will *always* change, the community is the people that are here for a long period of time or even indefinitely because they *have* to be. If they don't have to be, move over and let someone else get well, that's how I see it. *Bill Scanlon, Former Guest*

There was a level of intensity or concentration that you don't get in a parish setting. ... You get difficulties in parishes but people have got a little bit of space to think through their responses or to cool off or to avoid the people that they find difficult and that sort of thing, whereas in Pilsdon you know that you may well be sitting next to them at supper, and thinking, 'Oh golly, this feels agony!' And I think that was really difficult. The gift of it was that you thought well, actually we're going to have to tackle this. Because the process of not tackling it was more difficult. *Adam Dickens, Former Warden*

Working was very rewarding because what one was doing was for the community and the people around ... I remember that summer, one of the things I always did was to use the sickle or the hook to do the banks where the daffodils grow on the way into Pilsdon, but they'd had pigs out in the field and I remember Bill Blaylock, Charlie and I, we dug up one of the whole fields, just so it could be reseeded with grass. So we spent the whole summer digging ... it was not to benefit some kind of entrepreneur or whatever, it was going directly into the community. So to my mind it was communal but it had space, I could be myself, within sociable reason, which of course, must always apply. I think it probably... It was not the only thing that changed my life but it had a *huge* impact on my approach. *Mike Thurgur, Former Volunteer*

And also I think there was something very ... very interesting and exciting almost and significant because I was only 20 when I went there, I was really quite young, about living in community with all these other people and how I related slightly differently perhaps to each different person, and the different qualities which we could bring out in each other, which perhaps we weren't aware of. So I think it helped my self-awareness and self-knowledge a lot as well. *Sarah Hallett, Former Guest*

For people to choose to live together for no other reason than they believe in something, and then they had to live with themselves and with other people and that's very, very difficult. I remember thinking, as a teenager, 'It's a copout. Monks and nuns, they're copping out.' Actually, they're not. They're choosing to do the most difficult piece of work known to man, basically, which is to live with other people who they don't have to live with. They do it by choice, they go and say, 'OK, I'll go and live with these people.' Pilsdon was not easy, it isn't easy to live in. It's hell at times. You talked about confrontations and things, we used to have those and I would be the one who had to deal with them, those moments, and try and draw people together. Sometimes, I was quite good at that and sometimes, I was so frustrated, it was easier just to simply say, 'Go and we'll see you again.' *Stuart Affleck, Former Warden*

A Place of Christian Practice

Pilsdon is an explicitly Christian community, but one that does not require its guests to share the Christian faith, nor does it seek to promote or impose Christian beliefs. It is accepting of all faiths and none. At the same time, Christian values and practice are at the core of the community's life, and interviewees reflected on both the distinctiveness and importance of Christianity as realised at Pilsdon and its particular significance for individuals.

So, there's something about religious dogma and teaching and doctrine somehow being let go of so that the essential heart and the spirituality of the early Christian life... which I think Pilsdon demonstrates. It lives what the early Christians lived, which was to live in common and to share everything in common, the early church lived that. That kind of stopped around AD 325 or something, when Constantine gave them pretty hats and pretty frocks and they became an arm of the state. *Sue Langdon, Former Member*

The reason why Pilsdon is prophetic, I believe, is because it is very countercultural in so many ways ... there is no monetary value to anything that involves the residents of Pilsdon. You are not valued monetarily by what you do or by who you are or what your circumstances are, whereas everything today seems to be how much are you worth or how much do you earn or what is it worth? And the understanding, I think, of radical hospitality. Everyone who knocks on the door is literally made welcome, 'cause you might be entertaining angels. And treated, you know, as the most important person in the community when they arrive and to be able to say three extra for lunch today, you know, ten minutes before lunch is being served and know that you're not gonna cause a panic, well, not too much anyway, I think is a privilege and is wonderful. *Peter Barnett, Warden 1994-2004*

And I think to sit down at the table and to see all the food has been home produced, prepared, cooked and cleared away, all the meat has been nurtured and whatever and some of the decoration and the cups or whatever have been made in the pottery and all of the jugs and all that. And for most people on any given day they can sit down at lunch and can say to themselves, I contributed to this, this is my contribution to the community or I made this or I sewed this or I picked that, and for that to be of worth. And I think

that's profoundly prophetic to society today, and of course it's profoundly gospel in its importance and in its origins really. *Peter Barnett, Warden 1994-2004*

It's vital at the heart, you have some kind of spiritual framework. The Christian ethos is what holds this place together. I mean, even though I'm not a Christian, I recognise that that is vital. Even though it's not really in my heart, the Christian thing, I would attend Compline some evenings because ... I'll be honest, it's not that important to me, religion, but it was really important to the people I was living with. So, the Members and the Volunteers who I'd formed friendships with, it was important to them.So, I'd just go and sit in there and I learnt the prayer so that I could join in with them..... That's what I've seen in action here, that forgiveness, that kindness, that love and when you see it in action and the good it does, to me, you can't really deny it. You see it living in action, you see it and you witness it here and you can't really deny the good it does. I can't deny the good it's done me to be near it. I think it is, it's vitally important you have those values at the heart of the Community. *Alex Kelly, Former Guest*

I think that the Christian faith, the Christian understanding of Christ and his welcome, however we understand that, I think that powerfully sustains a sort of energy to do this sort of work, because one feels carried by a story that's bigger than us. And I think within Christianity there's that idea of welcoming angels unawares, this idea of seeing beyond the surface of whoever rolls up through the gate, that sort of expectation of encounter, with another, and what that might mean on a profound level. I think the Christian faith opens up that awareness. And I think that's one of the things that certainly sustains the members. I don't know how much that affects others here. I mean, 'cause it sustains a spirit of service. *Andrew Davey, Former Member and current Chair of Trustees*

I think until I went to Pilsdon I had never been to a religious place where anything other than the orthodox view was expressed in any way whatsoever. And I found it very difficult to fit in with that. I also found your average local church ... some of the most unchristian people I've ever come across! <Laughter> And I also found that very difficult. Whereas at Pilsdon people were walking the talk basically. And it was evident that people were trying very hard to ... live their lives according to Christian principles. And the Guests appreciated that and fitted in with it because they found most of them thrived under it and it wasn't that they suddenly got a whole load of religion. It was the approach to life that came with it. *Hilary Joyce, Former Chair of Trustees*

I have great difficulties with *the church*, monumental difficulties that actually are getting worse..... I can't understand, more so now than ever, the purpose of *the church* because I don't think it has a purpose, as it were. However, to me the people who lived in Pilsdon and the community aspect of living and the coming together for quiet times and thoughtful times and reading the Bible and discovering new things - to me, I didn't have any trouble with that, that made total sense. And every day there was a revelation, a small revelation of something at some point in the day, might be a job that we'd started or something played itself out in the community or something and to me it was just an evidence, an evidence of something that you just don't see in many other places..... whereas in Pilsdon I could find it everywhere. And I think that people came from outside to visit Pilsdon, not guests, others, and I believe they could find it too. I think our biggest

privilege was the fact we didn't actually have to look, we were there, it was there and you'd have to be pretty well defended, if you like, to not see it. *Mary Barnett, Former Member*

I think this is where although Pilsdon is what, six miles from the nearest bus stop virtually and in the middle of nowhere in Marshwood Vale, and so therefore totally different from living with my front door open onto the street of St Paul's, the similarities are when you opened either the front door at Pilsdon or the front door of St Paul's, actually you entered into a gospel situation. And it was obvious for those, well, I suppose those with eyes to see and with a bit of theological training, to see the issues, the gospel issues of the parables and the miracles and the life of Christ being worked out amongst the people and the issues that were there. *Peter Barnett, Warden 1994-2004*

I think picking up on what I've said about the rhythm of prayer, I think that was really, and remained really important. There's something about being able to bring the joys of the morning or the agonies of an afternoon or whatever it is that's taken place and to have that space to be able to offer them up and to just ... re-root yourself in the life of God. And I think one of the attractive things about Pilsdon was the sense of integration, so you'd move from people walking to the chapel, take their wellies off or whatever it was and move into the Eucharist and then move into a meal together; there was a real sense of the different parts of life being held together rather than somehow being isolated from one another. And I think that's a real gift of the community. *Adam Dickens, Warden 2009-2012*

Going to daily prayer multiple times a day, in my experience, is not necessarily something I look forward to 'cause I'm basically avoidant and lazy about such things, as most people probably are. So, to get up and out of my room at 7.15 specifically to go to church is something that I have to do. It's just something you do, it becomes a practice. I have never walked out of the church regretting the decision because that's what it is. There are moments in a day when the bell rings at quarter to one and you think, 'Absolutely, I need to stop what I'm doing. I need to go pray. I need to just be silent with God, silent with myself but I need to just take myself out of this and just refresh, renew where my commitment lies with God in this.' In the day-to-day of this Community, that's where the commitment is. We hold each other accountable but the commitment is really with God. When you start adding pastures and farm and animals and human beings and everything that this place holds, your relationship, your ability to do this is... it's not a direct line. It's not between you and another person, it's really a triangle. It's between you and God and that person and that person and God and you. It's about how you ethically do things and the compass for it is the divine. We believe that we are living out what the gospel teaches us. How Jesus treated people, we are trying to emulate in the way we treat people. About welcome and engaging and listening and walking alongside. Not demanding, not checking to make sure they are the right religion before they come or whether they were sinners or not. We don't care, we don't look at those things and that resides in somehow having a relationship with God. That your ability to actually live that, you have to keep going back to getting nourished and getting renewed yourself to live that day-to-day. *Michael Deegan, Warden 2012-2019*

If people would ask me now, 'What is it about Pilsdon that you loved so much?' I would say, 'It's living the Kingdom. It's just living the Kingdom. You get up and you pray and you work and you pray and you have lunch and you wash it up and you have a rest and then you pray and then you clean and...' It just goes round and round and round and round and round, so the combination of worship and prayer just living what you pray or what you read or what you hear, just in the ordinary life. That, to me, the Kingdom of Heaven is among you. That's really key for me. *Shirley Edwards, Long-term Friend*

I feel valued there. I mean no more than anyone else but I feel valued as a human being. That's not to say I have felt unvalued elsewhere. It's just that as places go... I walk into my local church where I have been church warden, that doesn't necessarily happen. I don't feel ... valued, necessarily. I might do, under circumstances, but it's not something that ... it's unconditional at Pilsdon. It's not a question of what you can do for them or they can do for you or anything like that. It's sort of unconditional. The fact that you're human is enough. *Hilary Joyce, Former Chair of Trustees.*

A Place of Care and Love

The word 'care' was rarely used by interviewees, but there was much that speaks of what care means, how it is practised and what is its significance in the way in which Pilsdon offers acceptance, recognition and support to people in times of vulnerability. People talked about what is involved in giving and receiving care, how care can be hard to both give and receive and the importance of self care. They reflected on the way in which care is integrated into the life of the community, including through work and care of animals.

I think it's endured because everyone who's ever been to Pilsdon seems to have a kind of hope for it or for themselves or for themselves within it at whatever level, and a sort of belief that it does express in a way that does need to be explained. To me, it expresses humanity, compassion, love in its many forms, the love of people, love of security, love of a place. It's a place of sanctuary, of grief, of pain, happiness, security but it is that place that I think we all long for within ourselves, to have that place which we may get from our parents in our childhood, which we may not, but everyone really deserves to have that place sometime. And I think Pilsdon can be that place or is that place. *Mary Barnett, Former Member*

I think it's the communal things, I think it's the meal times, I think it's the celebration of living life together, it's taking care of the very mundane parts of life that are actually so important, of hospitality. We used to remind ourselves that what we do here is to provide a safe, temporary home for anybody who comes. It's a place where they will be fed, they will be housed, they can get clean, they can be safe. We don't try to do anything more than that. Or set ourselves up to do more than that. But actually that's a huge amount, because when you offer that with kindness and as far as you can, an unconditionality about who comes, I think amazing things can happen and change happens. *Andrew Davey, Former Member & Current Chair of Trustees*

And I think it's actually quite difficult to always see what is happening around you and people have their needs and they project quite a lot of stuff and it's quite difficult to

not get drawn into things you don't want to get drawn into. For all sorts of reasons, sometimes tiredness or not assessing the situation and ending up with situations that you haven't deliberately created, but which are actually quite difficult to extricate yourself from. And I don't think you can really be prepared for the demands that Pilsdon, no matter what experience you have had, I don't think if I'd been a psychotherapist it would've helped me very much, I don't think if I'd been a nurse or a doctor. I don't think any of those things would've helped me, but I think I had to fall down the traps a few times before I knew when there was a trap coming. *Mary Barnett, Former Member*

So, Pilsdon provided the space to make that choice and it was up to people then to decide what to do with it. You were offered the time and space to talk but nobody said, 'Monday morning at 11 o'clock, we'll talk,' or, 'You will come and see me.' We didn't have that kind of... if people said, 'Stuart, can I have a chat with you?' he'd say, 'Yes, after milking,' or, 'Come and help me in the garden. I'm going to do some digging so you can come and help.' That was a bit of a surprise for some people. I think they thought it would be a cosy chat in an armchair but it's much easier to talk while you're doing something. *Annie Hardy, Former Member*

..... but it was the food you see, 'cause I was eating nothing and I found it hard to eat food. Once I started eating a dinner, getting a dinner down me I felt getting good again, you know what I mean? Sister Anne said to me once, 'Oh Michael, I've got a nice pair of boots for you.' I said, 'Oh lovely, thank you.' My feet were... well, they were as sore as anything as well. So she gave me a nice pair of boots, brand new socks and all that, brand new boots and oh I thought that was great, they were really comfortable. So I said to Percy one morning, 'Right, that's it <rubs hands together> do you wanna do a bit of digging with me?' I said to him. *Michael O'Shaugnessy, Wayfarer*

The longer time went on, the more I realised people aren't gonna want anything from you. Actually, they're just trying to help you. It took a very long time to realise that and the work, I just started to enjoy more and more. Being near the animals, I got to know the animals. I've seen a few of them being born and I've really loved them.... *Alex Kelly, Former Guest*

If people have the capacity to get any kind of insight about what's actually going on, then of course the Members are there to try and support that, but it's not about offering therapy. That's the very last thing it's about. It'smuch more of a parental role. Sometimes, the overall good of the whole community has to be put first and if a Guest is creating more chaos than harmony and after several conversations, they can't get that they're creating chaos, then of course they would be asked to leave, which is very hard. *Sue Langdon, Former member*

I think as a Member,.... I was always half-conscious of everything that was going on, so your antennae are always going to pick up how people are. Are they OK? Do they need looking after more today? Are they having a bad day? Have they woken up in a really bad mood? That alongside the practical stuff, of making sure everything's running smoothly and the food's gonna arrive on time and the animals are OK, is a constant checklist

Chris and Jane Renyard, Former Members

Pilsdon doesn't hold anything against you if you just say, 'Look, I just need a break,' or, 'I don't feel like doing that today.' This is a unique opportunity to look after myself and I've learnt to love myself. Now, that's a massive statement. People said that to me in the past, saying, 'All you do is care about yourself.' Well, in a selfish way, yeah, I did but now, selflessly, I try to care for myself in a better way. *Daniel Kittow, Current Guest*

A Place to be Managed and Maintained

The Pilsdon Community has a responsibility for the continuing well-being of people, animals and buildings, for ensuring that its formal charitable objectives are met and for its financial security. This requires a variety of decisions to be made on a day-to-day basis and in the longer term, and the presence of some sort of administrative process to support those decisions. The interviews therefore covered the challenges of managing Pilsdon and the key priorities involved, particularly for the Warden.

I made early on a decision about someone who had been out drinking and I smuggled him back into the house and said, 'Go to bed and we'll say no more about it', whereas the custom usually for most people who drink at Pilsdon is that they are asked to leave there and then, and there's no ifs and buts. I thought I was being kind. But of course at breakfast time the following morning everybody knew that so and so had been drinking and why was he still here? And the community *really* wobbled, people said, 'Who is this bloke who doesn't know how we work?' And that was a real learning experience for me, because ultimately the responsibility of the community, the buck does stop, you know for the day to day life of the community, with the warden. *Peter Barnett, Warden 1994-2004*

For me, priority was supporting the Community Members. Then, probably supporting the Guests. Even before supporting the Guests, creating a safe place, a loving... a dynamic place for people to be. So, those were two key things and then you have to take responsibility for managing the land and the buildings. That's quite a big one, really..... There was the spiritual health of the Community, trying to maintain it as a place of prayer. Then, there was the public face, going out and talking about the Community, writing about it. *Jonathan Herbert, Warden 2004-2009*

I think one of the big challenges was that as a Community Member, there's a strong sense of living alongside people and being with them, and when you're warden I guess, although decisions were made amongst the team members, the buck sort of stops with you and I think there's quite a tension about trying to support somebody but also having the power to say, 'You need to leave.' And that was difficult I think. I was very conscious of having that on one level, that power, but on another level of being very conscious that that power could be misused and therefore actually being quite reluctant to use it at all unless the situation really demanded it. *Adam Dickens, Warden 2009-2012*

I think within the first month I was here, I walked a Guest out because they had been regularly drinking, so I discovered. Once I did that, there was a whole crowd of people here that exhaled and felt safer for it because they knew what had been going on but

they wouldn't say anything. You sort of think, 'Oh, that's where safety comes from.' Safety comes from having rules and sticking to them and actually taking actions. If you say, 'It's a safe place for these reasons and if you do this, you're out,' but no-one ever gets thrown out for it, then it's really not a safe place. So, it wasn't doing anything new. It was simply trying to bring back the boundaries that we should have, as any organisation, about love and respect for people but within the boundaries that we live by and a bit of prudence on the financials. *Michael Deegan, Warden 2012-2019*

When you think of the different things that make Pilsdon what it is, it's quite a long list. I think they do include, in the end, its rootedness in the Little Gidding tradition, its rootedness, therefore, in some sort of Anglicanism, some sort of gospel tradition, in the very broadest sense in. The vision that Percy set out for it, in which it is a community not a care institute, in which everybody lives together rather than some people being carers and some patients or clients; in which, therefore, the community Members ideally... this is one of the things that may have to bend over time and has bent a bit, in which the community Members are not paid. It's more vocational than a question of employment; in which the place is not exactly like home but like a family house, rather than like an institution. *John McAuslan, Former Chair of Trustees*

And also the local volunteers brought something of the wider community and the wider world into Pilsdon because otherwise I always felt there was a danger of things becoming too insular really and that our horizons just stopped at the gate or the end of the field. Yeah, they felt like important people in giving some sort of stability and continuity amongst the changes of the Membership team. And of course the other key people in the whole process of stability are the long-stay Guests, which is a bit of a misnomer really because they've been living there for longer than the Members And they help the place because they just get on with things really in their own predictable way, which when you've got a group of people whose lives have been unpredictable, actually to have a seam of predictability in the midst of it feels important. *Adam Dickens, Warden 2009-2012*

We talk about the balance of the Community, so if you have 18 or 20 people, we have people who have addiction, we have people with mental illness, we have people with life crisis and we have the people that are always here. The balance is really, if it was all addicts, we would be insane and it would be ultimately chaotic. If it was all mental illness, nothing would ever get done..... So, it's in the array of how you mix all of these things together that you hold the Community. That's how we make decisions about applications. *Michael Deegan, Warden 2012-2019*

We made a decision as a Membership, probably four years ago, that we would do our very best to run the Community without Government money. So, the money had been going down and I couldn't look out into the future and see that ever changing. The money came with lots and lots of strings and requirements. We were keeping notes on conversations with Guests, we had to have move-on plans. It was just totally against the pastoral side of Pilsdon. When you cook a meal with a Guest for three hours in the kitchen, you don't run to the office and make notes, you just don't 'cause you're living alongside 24/7 and it's about relationship not about note-keeping in a file somewhere. So, we sort of made the decision that we would do our best to operate the Community and

move away from Government money so that we could move in the directions that we felt were necessary, as Pilsdon Community, to embrace the ethos that we believe is the right thing to do and not become a government agency. *Michael Deegan*

A Place that has Endured

In 2018, the Pilsdon Community celebrated its 60th anniversary. To conclude the interviews, respondents were asked what they thought had enabled Pilsdon to survive for that length of time.

Well, I think it endures because people come and go, the structure changes, the buildings change, it gets refurbished but it comes back to that ethos that's at the heart of it. It does good, it's done good time and time and time and time again and I think when something does that, it does endure. If it's a good thing, it will last. It's just a genuinely good thing in the world to have..... There'll always be people who want to help and they'll always come here and they'll find this place and there are always gonna be people who need help. As long as there's that, there'll always be Pilsdon. *Alex Kelly, Former Guest*

Because it has stayed true... it must stay true to its original... which is a worshipping, welcoming place of unconditional love and acceptance, of setting out what you do and how you do it quite clearly and then for people to come and join. So, it has that core, as I say, like the circles. The centre of worship and then the feeding and looking after people and the farm and all the other things, all the seasonal things that happen, but it stays true to that. *Annie Hardy, Former Member*

it struck me when one of the lambs died, or two of the lambs died, whatever it was, and you think, 'How fragile the livestock are.' Then at the same time, we had the ceiling in the common room come in and you think, 'Well, how fragile the buildings are,' then you think, 'Well, how fragile the people are,' and in a way, it must be robust underneath all that to survive but it's fragile. It's more to its credit that it has survived 60 years..... I don't know what the secret is that's sustained it to cause it to endure. There's a will there, obviously, and the will is, I suppose, carried out by the Trustees and the Members and the Warden and everybody else involved. But also by people like Wayfarers that turn up and visit the place and use the place and, in a way, they're supporting us, if you know what I mean. *Bob Edwards, Former Guest and Volunteer*

I think the daily rhythm was key actually. I think that was ... the rhythm of prayer, whether you were there for it or not, but you would hear the bell ring and you knew that it was happening, and the rhythm of the cows coming out to be milked 6 o'clock in the morning and half-past-five in the afternoon; the rhythm of meals and coffee time, I think was vital, or is a vital part of the holding that happens at Pilsdon. I think it's ... I certainly found it helpful and I think people who came to live at Pilsdon also value that rhythm and that routine so there may have been challenges or difficulties but if people heard the bell they'd sort of go yeah, well, it's alright, the meal's on the table. Out trot the cows, there's Henry, all's well kind of thing. *Adam Dickens, Warden 2009-2012*