

Irenaeus Newsletter



September '25

As we begin this month, all activities are resuming after the summer holidays, and the centre is once again vibrant with participation.

From the desk

We remain committed to supporting our parishes. If you are interested in inviting us to lead a series of talks, a Parish Mission, or retreat days, please don't hesitate to contact us.



Our regular weekly activities in the centre include Art and Meditation, Tai Chi, "Songs We Remember," and Gospel Sharing sessions. Additionally, we are offering a new Bereavement Training course, along with a Day of Renewal, Macmillan Coffee Morning, and Women's Weekend.

Detailed information can be found below, and everyone is welcome!

WHAT'S ON AT A GLANCE

SONGS WE REMEMBER

Wednesday 2pm – 4pm
10th & 24th September '25

BEREAVEMENT SUPPORT TRAINING

10am - 3pm Friday 12th September '25
at Irenaeus

SCRIPTURE MORNINGS

10:30 - 12 noon
24th September, 1st & 8th October,

MACMILLAN COFFEE MORNING

10:30 - 12noon Thursday 25th September '25

AGAPE MASS @ IRENAEUS

7pm 2nd October '25

COME AND SEE

10:30 - 4pm 4th October '25 with Fr. David O'Mally

DAY OF RENEWAL

10am - 4pm 11th October '25
at Irenaeus

ARE YOU THIRSTY? COME TO THE WELL A WOMEN'S WEEKEND

Friday 17th - Sunday 19th October '25

Our 12 Noon Wednesday Celebrations of Mass
have resumed.

For more information about all our events contact
jenny@irenaeus.co.uk or Tel: 0151 949 1199

SCRIPTURE MORNINGS

LED BY CHRIS THOMAS

Their/our journey – a
look at the Old Testament

10:30 – 12 noon Wednesday mornings
24th September, 1st & 8th October 2025

At the Irenaeus Centre
Great Georges Rd L22 1RD



Available contact
jenny@irenaeus.co.uk



www.irenaeus.co.uk

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The Irenaeus Project
the glory of God is a person fully alive

*Moirá's
Meanderings*



Life is very fragile and the death of a loved one can happen at any point, sometimes we have time to adjust, when a person has a life threatening disease, but sometimes as many of us have experienced, death can be sudden and it comes as a real shock.

The death of a loved one can affect us in many different ways. On 12th September we will be reflecting on the effects of the death of a loved one, stages of grief and how we can help those around us cope with grief. The day will include the importance of listening, Gerry Hughes SJ, when speaking about listening says

‘The gift of being a good listener, a gift which requires constant practice, is perhaps the most healing gift anyone can possess, for it allows the other to be, enfolds them in a safe place, does not judge or advise them, accepts them as they are without desiring to change them, and communicates support at a level deeper than words.’ Why not joins us on our course, the information is on the poster below.



**JOIN US FOR
OUR
COFFEE
MORNING**

**10:30am - 12 noon Thursday
25th September 2025
At the Irenaeus Centre
Great Georges Rd. L22 1RD**

**Bake us a
Cake to share
or sell!**

**MACMILLAN
CANCER SUPPORT**

EUCCHARISTIC MINISTRY TRAINING DAYS

**We will be leading Eucharistic ministry
training days at Irenaeus on
25th October 2025 & 14th March 2026**

**Parishes are invited to book places by
emailing jenny@irenaeus.co.uk**

**BEREAVEMENT
SUPPORT**

**Explore ways that we can support
people in a time of grief
Consider the stages of grief and
what might help people.**

**10am – 3pm Friday 12th September 2025
at The Irenaeus Centre,
Great Georges Rd. Waterloo L22 1RD**

**Book a place with Jenny
Tel: 0151 949 1199
jenny@irenaeus.co.uk**

Donation £10

Bring a Packed Lunch

GRIEF

Doug Manning in his book ‘Don’t Take My Breath Away’ says

The pain of grief is the price we pay for love.

If we choose to love someone, we are choosing to be hurt. When we have to let go, that is what grief is about.’

Grieving is as natural as crying
when you are hurt, sleeping
when you are tired, eating when
you are hungry or sneezing
when your nose itches. It is
nature’s way of healing a broken heart.



WOMEN'S WEEKEND

Are you thirsty?



Come to the well

6pm Friday 17th October – 1pm Sunday 19th October 2025

At the Irenaeus Centre Great Georges Rd L22 1RD

Residential places available (book early)

RESIDENTIAL	£95
NON-RESIDENTIAL WITH MEALS	£70
NON-RESIDENTIAL [SELF CATERING]	£30

To book and for more information contact
jenny@irenaeus.co.uk Tel: 0151949 1199

*As a deer longs for flowing streams,
so my soul longs for you, O God.
My soul thirsts for God,
for the living God.
When shall I come and behold
the face of God?* (Psalm 42:1-2)

Paul Rietmann when reflecting on Psalm 42 and

Contemplative prayer writes:

These verses from Psalm 42 beautifully express the longing we have for God. We long for God like a deer longs to drink from a flowing stream.

Our longing for God is a real spiritual thirst. We long to enter into God's presence and behold God face to face.

Richard Rohr writes that our longing for God is like a "homing device." It is an inner motivation or instinct which propels us on our spiritual journeys to seek union with God. Our longing moves us forward and guides us home into the holy presence of God. This longing reminds me of how birds instinctively know when, how and where to migrate. Salmon know how to swim back upstream to the headwaters of their birth. A similar spiritual process is going on inside our souls.

From where I sit on my chair each morning and evening, I nurture my longing for God through contemplative prayer. I express my longing. I let it flow in the silence of my heart. And I sense that my longing is bringing me home, closer to God — day by day, step by step, sitting by sitting.



COME AND SEE

'LORD TEACH US TO PRAY'

10:30 - 4pm

4th October '25

Keynote Speaker

David O'Mally SDB



10:30 - 4pm

8th November '25

Keynote Speaker

Maria Burgess



Bring a packed lunch

Suggested donation £10

For more information

email jenny@irenaeus.co.uk

A CHARISMATIC DAY OF RENEWAL

A day of prayer, praise and Fellowship

A YEAR OF JUBILEE

HOPE FOR OUR WORLD

Guest Speaker
Abhy Thomas

Co-ordinator of the
Charis National
Service of Communion

10am – 4pm

11th October 2025

At the Irenaeus Centre

Great Georges Rd

L22 1RD

Suggested donation £10

Bring a packed lunch

The Irenaeus Centre and St Thomas' Oratory



WARM AND COSY!
CALL IN FOR A CUPPA AND A CHAT
KEEP WARM AND ENJOY THE COMPANY
We are open 10am - 4pm Monday - Thursday

OTHER ACTIVITIES

PRAYER FOR HEALING

Mondays 2pm - 3pm

WOMEN'S WELL BEING

Mondays 12 noon - 2pm

KNIT AND NATTER

Tuesday 10.30 - 12 noon

COUNSELLING

Wednesdays 10am - 2pm

ART AND MEDITATION

Thursdays 2-4pm

**Many of our activities are
cancelled for the month of
August but the centre will
remain open.
All activities will resume in
September.**



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the glory of God is a person fully alive

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