



Irenaeus Newsletter

February'26 *From the desk*



At the end of November I fell in Sacred Heart school in Crosby. As I came out of the small chapel there chatting over my shoulder to one of the staff, I missed a step and knew straight away I had done serious damage to my right knee. It turned out that it was the same damage that I'd done to my left knee two years ago. A major operation followed and then two weeks with my leg completely immobilised. After the initial 'Why me?' I realised that God somehow wanted me to learn again the lesson of trust and acceptance. I was given time to reflect and pray and sleep as well as read and ponder on the deaths of my cousin, my niece and my friend all in the previous six months. It struck me again that we all need to take time each day to pray and ponder. Even though I try to spend time in silence each day I realise that I was being called to go deeper and touch the well that is within each of us. If we can help you in your journey please get in touch **Chris**

WHAT'S ON AT A GLANCE

AGAPE MASS @ IRENAEUS

7pm 5th February & 5th March '26

COME AND SEE

7th February & 7th March '26

SONGS WE REMEMBER

Wednesday 2pm – 4pm

Wednesday 11th & 25th February '26

11th & 25th March '26

COME BACK TO ME: SILENT RETREAT

20th - 22nd February

PILGRIMAGE THROUGH LENT

LENTEN EVENINGS

7pm Tuesdays 24th February,

3rd, 10th, 17th & 24th March '26

BLESSED ARE YOU

SCRIPTURE MORNINGS

Wednesdays 10:30 am- 11:45am

18th & 25th February, 4th & 11th March '26

THE MYSTERY OF SUFFERING AND VULNERABILITY

6pm Wednesday 1st April-10pm Saturday 4th April '26

For more information about all our events contact

jenny@irenaeus.co.uk or Tel: 0151 949 1199

COME AND SEE 'LORD TEACH US TO PRAY'



10:30am - 4pm

7th February '26

Keynote speaker

Nicholas King SJ.

10:30am - 4pm

7th March '26

Keynote speakers

**Ronan & Joanne
Johnston**



Suggested donation £10

For more information

email centreirenaeus@gmail.com

or tel: 0151 949 1199

**Bring a
packed
lunch**



www.irenaeus.co.uk

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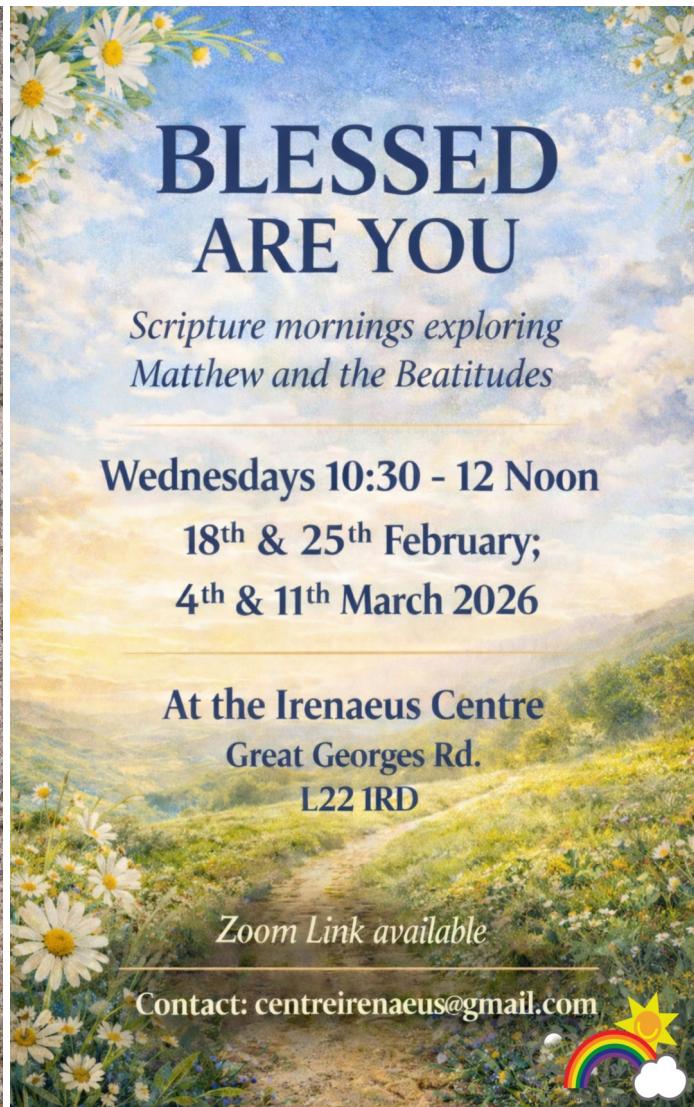
jenny@irenaeus.co.uk



Each year around this time leading up to Lent, I reflect on how I can grow and strengthen my relationship with God. While it's tempting to focus on what to give up, that's not the true purpose.

St. Maximilian Kolbe said "Lent is a time of grace, a time for conversion, a time to come home to God."

The central question is how we may more fully recognise God in our lives. During Lent, Irenaeus offers two opportunities for reflection: on Tuesday evenings, we will explore the theme of pilgrimage and the journeys of the Saints; on Wednesday mornings, Chris will lead a session focused on the beatitudes found in Matthew's Gospel. We invite you to join us for one of these sessions, providing an opportunity to reflect and engage in thoughtful discussion with others.



EUCARISTIC MINISTRY TRAINING DAYS

We will be leading a Eucharistic ministry
training day at Irenaeus on
14th March 2026

Parishes are invited to book places by emailing
centreirenaeus@gmail.com



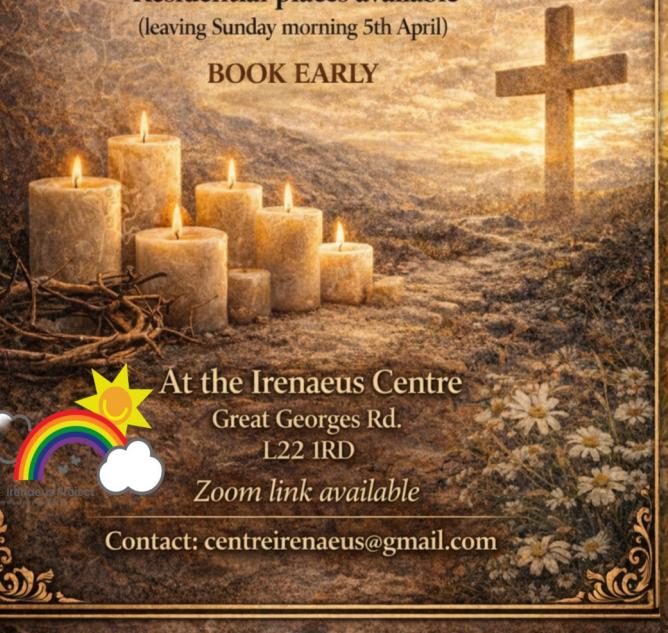
THE MYSTERY OF SUFFERING AND VULNERABILITY

A guide through Holy Week

6pm Wednesday evening 1st April to
10pm Saturday 4th April 2026

Residential places available
(leaving Sunday morning 5th April)

BOOK EARLY



At the Irenaeus Centre
Great Georges Rd.
L22 1RD

Zoom link available

Contact: centreirenaeus@gmail.com

Joan Chittester said this when reflecting on the seasons and our response to the seasons of life.

The turn of the seasons in the north is a kaleidoscope of the seasons of life, of the face of God in time, of the very process of what it means to be alive. In the seasons we see the story of ourselves played out: early on, life without shape; later, life in pursuit of direction; finally, life on the way to its horizon; at the end, life, mellowed, going down into the sea of eternity. Through all of them, like warp and weft, lies the essential pattern, the obligation to say yes.

Yes, yes, yes life teaches us to say. Yes, yes, yes, we must learn to say back. Otherwise, we will surely die long before we have ever learned to live.



Ronal Rolheiser is sharing his thoughts on why Christians suffer.

Pain will flow into us more deeply when we take God seriously not because God wants it or because pain is somehow more blessed than joy. None of these. Suffering and pain are not what God wants; they're negatives, to be eliminated in heaven. But, to the extent that we take God seriously, they will flow more deeply into our lives because in a deeper opening to God we will stop falsely protecting ourselves against pain and become much more sensitive so that life can flow more freely and more deeply into us. In that sensitivity, we will stop unconsciously manipulating everything so as to keep ourselves secure and pain free.

Simply put, we will experience deeper pain in our lives because, being more sensitive, we will be experiencing everything more deeply.



COME BACK TO ME WITH ALL YOUR HEART

A silent retreat

Led by Moira Meeghan

6pm Friday 20th February – 1pm Sunday 22nd February 2026
At the Irenaeus Centre, Great Georges rd. L22 1RD



Heart speaks to heart...

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

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

Join us for Mass 12 Noon every Wednesday

OTHER ACTIVITIES

WOMEN'S WELLBEING

Monday 12 noon - 2pm

PRAYER FOR HEALING

Mondays 2pm - 3pm

KNIT AND NATTER

Mondays & Tuesdays

10:30 - 12 noon

SCRIPTURE SHARING

Tuesdays 12 Noon

COUNSELLING

Wednesdays 10am - 2pm

'SONGS WE REMEMBER'

SING-A-LONG

2pm, 2nd and 4th

Wednesday of the month

(Dementia friendly)

ART AND MEDITATION

Thursdays 2-4pm

