

Irenaeus Newsletter



March/April '26 *From the desk*



I've spent the last few months with my wings clipped because of an accident with my knee. Moving from a zimmer to two crutches now to one and with the brace that's been on my leg gone, I feel like I've been given my life back. I'm still limited mobility wise but it's onwards and upwards. With the lovely spring weather we've had and the start of our gardening group and the sustainable food club beginning it all feels like new life is coming. That of course is what we'll be celebrating liturgically these next weeks as we move out of the darkness of Lent into the wonder of Eastertide. If we can help you on your journey don't hesitate to let us know.

Chris

WHAT'S ON AT A GLANCE

AGAPE MASS @ IRENAEUS
7pm 9th April & 7th May '26

COME AND SEE
11th April & 2nd May '26

SONGS WE REMEMBER
Wednesday 2pm - 4pm
Wednesday 8th & 22nd April, 13th & 27th May '26

**THE MY STORY OF SUFFERING AND VULNERABILITY
EASTER RETREAT**
6pm Wednesday 1st April-10pm Saturday 4th April '26

**THIS THEN IS MY PRAYER
SCRIPTURE MORNINGS**
10:30 - 12 noon Wednesdays
15th, 22nd, 29th April & 6th May '26

**LIFE IN THE SPIRIT SEMINARS
A JOURNEY TO PENTECOST**
7pm Tuesdays
14th, 21st, 28th April, 5th, 12th & 19th May '26

**MORE THAN BRUISES: UNDERSTANDING DOMESTIC
ABUSE**
2pm - 4pm Tuesday 5th May '26

**DO YOU WANT TO SUPPORT THOSE WHO ARE
BEREAVED?**
How to support people and stages of grief etc.
9:30 - 1:30 Saturday 16th May '26
regular events see the back page and for more information
about all our events contact
centreirenaeus@gmail.com or Tel: 0151 949 1199

COME AND SEE

'LORD TEACH US TO PRAY'



10:30am - 4pm
11h April '26

Keynote speaker
Mary Hardiman.

10:30am - 4pm
2nd May '26

Keynote speaker
Mike Anderson

Suggested donation £10

For more information
email centreirenaeus@gmail.com
or tel: 0151 949 1199

Bring a
packed
lunch



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

www.irenaeus.co.uk

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*Moira's
Meanderings*



Spring has arrived!

The trees where I live are bursting with fresh green leaves and vibrant blossoms. Cherry blossoms are at their peak, and birds fill the air with cheerful song.

Every year, I'm surprised by how lifeless winter feels until spring explodes with colour.

As Easter symbols emerge and we mark Laetare Sunday, anticipation for the Easter resurrection grows.



This then is my prayer

An exploration of the
Letter to the Ephesians



Wednesday mornings 10:30am - 12 noon

15th, 22nd, 29th April & 6th May 2026

At the Irenaeus Centre

Great Georges Rd.

L22 1RD

Zoom links also available

Contact: centreirenaeus@gmail.com

Spring Whispers

Poet: Catherine Pulsifer

In winter's grasp, the world lay still,
A landscape draped in white and chill.
But hark! Spring's whispers softly sound,
As nature wakes from slumber profound.

With gentle touch, the sun's warm ray,
Unfurls the buds in colours gay.
From barren branches, new life springs,
A symphony of joyful things.

The flowers bloom in vibrant hue,
Their fragrant scents refresh and woo.
Each petal, like a painter's brush,
Transforms the world from grey to lush.

Leaves unfurl, for all to see,
Dancing upon each welcoming tree.
The black and white of winter's reign,
Now bathed in hues that bring no pain.

Oh, how the beauty of spring's embrace,
Fills every heart with joy and grace.
Renewal whispers in every breeze,
As nature awakens from her freeze.

So let us revel in this wondrous sight,
As spring unveils her colours bright.
A season of hope, a time to sing,
As life renews in splendid spring.

EUCCHARISTIC MINISTRY TRAINING DAYS

We will be leading our next Eucharistic Ministry

Training Day at Irenaeus on

Saturday 26th September 2026

Parishes are invited to book places by emailing

centreirenaeus@gmail.com



More Than Bruises: Understanding Domestic Abuse

“Shining a light on what too often stays hidden.”

2 pm – 4pm Tuesday 5th May'26

At the Irenaeus Centre
Great Georges Rd.
L22 1RD

For more information contact centreirenaeus@gmail.com

A JOURNEY TO PENTECOST

LIFE IN THE SPIRIT SEMINARS

Organised by the Liverpool
Charismatic, Diocesan Service of Communion

7:00pm – 8:30pm Tuesdays

14th, 21st, 28th April,
5th, 12th & 19th May 2026

At the Irenaeus Centre
Great Georges Rd, L22 1RD

Please book at
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

Contact: centreirenaeus@gmail.com or tel. 0151949 1199

Barbara Holmes writes:

The spiritual journey is a constant interplay between moments of *awe* followed by a general process of *surrender* to that moment. We must first allow ourselves to be captured by the goodness, truth, or beauty of something beyond and outside ourselves. Then we universalize from that moment to the goodness, truth, and beauty of the rest of reality, until our realization eventually ricochets back to include ourselves! Yet we humans resist both the awe and, even more, the surrender. The ego resists the awe while the will resists the surrender. But both together are vital and necessary.

...Joy beckons us not as individual monastics but as a community. It is a joy that lives as comfortably in the shout as it does in silence.

It is expressed in the diversity of personal spiritual disciplines and liturgical rituals. This joy is our strength, and we need strength because we are well into the twenty-first century, and we are not healed.



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

