

Irenaeus Newsletter



September '26 *From the desk*



Part of the Gospel reality is the call to serve. It's the natural response to becoming aware of God's love for us. In very practical ways we are to feed the hungry, visit the sick, have concern for those in prison. Consider us at the Irenaeus project we are struggling to get volunteers particularly on a Monday afternoon. Do think about a couple of hours when you can serve the least of your brothers and sisters.

Chris.

WHAT'S ON AT A GLANCE

AGAPE MASS @ IRENAEUS

3rd September & 1st October '26

SONGS WE REMEMBER

2-4pm Wednesday 9th & 23rd September '26

EUCCHARISTIC MINISTER TRAINING

9.15am - 4pm 26th September '26

COME AND SEE

3rd October & 7th November '26

BE WOMEN OF COURAGE

(Women's weekend)

16th - 18th October '26

SCRIPTURE MORNINGS

'YOU EITHER GET IT OR YOU DON'T'

A look at the parables

4th, 11th, 18th & 25th November '26

DATES FOR YOUR DIARY

Advent day of prayer 10am - 4pm Saturday 12th December '26

Frank Sinatra Christmas sing-a-long 2pm 16th December '26

Men's Weekend 22nd - 24th January '27

Silent Retreat 12th - 14th February '27

Easter Retreat - 24th - 28th March '27

For regular events see the back page and for more information about all our events contact centreirenaeus@gmail.com

BE WOMEN OF COURAGE

A women's weekend of sharing and exploring the call of God in our lives



16th – 18th October 2026

The Irenaeus Centre L22 1RD

For more information contact
centreirenaeus@gmail.com



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

www.irenaeus.co.uk

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*Moira's
Meander-*



HAVE YOU EVER NEEDED TO SORT THROUGH YOUR BELONGINGS?

This month, I had the chance to tidy and sort through all my belongings—old papers, clothes I no longer wear, and small things I had forgotten I owned. I was surprised by how much clutter one room could hold, and it made me think about the emotional baggage I carry too, such as old worries, regrets, or habits that no longer help me.

We often hold on to things we no longer use, hoping they might be useful someday even though that day may never come. It can be hard to let go of thoughts and memories we no longer need.

After many years in education, I have always loved this time of fresh starts: new pencils, new books, and new routines. Maybe this month, we can also make a fresh start, clear away what feels cluttered, let go of what weighs us down, and begin again.

SCRIPTURE MORNINGS

*"You either get it
or you don't"*

A look at the parables

🕒 10.30am - 12 noon

📅 Wednesdays 4th, 11th,
18th & 25th November 2026

📍 At the Irenaeus Centre
Waterloo L22 1RD

💻 (Zoom links available from centreirenaeus@gmail.com)

COME AND SEE

**Our next series will be
Reflecting on the
Church in our times**

10:30am - 4pm

**The new series begins 3rd October '26
(speaker to be confirmed)**

Key note speakers during the year will include

Eamonn Mulchay

Austen Ivereigh

Steve Murray

Richard Sloan

Michelle Moran

**Donna Worthington
and many others**

**Bring a
packed
lunch**

Suggested donation £10

For more information

email centreirenaeus@gmail.com

or tel: 0151 949 1199

EUCCHARISTIC MINISTRY TRAINING DAYS

We will be leading our next Eucharistic Ministry

Training Day 9:15am - 4pm at Irenaeus on

Saturday 26th September 2026

**Parishes are invited to book places £15 a head to be paid in
advance. Book a place by emailing
centreirenaeus@gmail.com**



Simplicity requires that we learn to live a centred life, to “make God our portion”...

Isn't simplicity really what the ancients called “purity of heart” that single-minded search for the essence of life rather than grasping after its frills?

Simplicity is openness to the beauty of the present, whatever its shape, whatever its lack. Simplicity, clearly, leads to freedom of soul. When we cultivate a sense of “enoughness,” when we learn to enjoy things for their own sakes, when we learn to be gentle even with what is lacking in ourselves, we find ourselves free to be where we are and to stop mourning where we are not.

Simplicity of life in a complex and complicated world is marked, I think, by four characteristics:



Joan Chittester

- honesty
- unencumbered
- be open to the ideas of others
- be serene in the midst of a mindless momentum that verges on the chaotic.

Women's Wellness Hub



**LEARNING
&
SHARING**

Relaxation methods

Healing/Joy



Affirmations

Meditation

Date... 14th September,

Time... 11am. 2026

Irenaeus Project...

4 WEEK TASTER

DEMENTIA AWARENESS SESSIONS

(Alzheimer's society)

Has your parish or group had a dementia awareness session recently?

Irenaeus offers dementia awareness sessions for parishes and groups.

Each session lasts approximately one hour and is open to everyone of any age.

If your parish, school or group would like to arrange a session, please get in touch with Moira for more information.

Contact moira@irenaeus.co.uk



IRENAEUS ARE HERE TO HELP!



Are you planning events in your parish?

Have you considered a retreat or parish mission?

Irenaeus can support your parish with:

- Scripture sessions
- Retreats
- Parish missions
- Dementia awareness sessions
- Eucharistic Ministry training
- Bereavement support



We can deliver these sessions either in your parish or here at Irenaeus. We'd be delighted to work with you to meet the needs of your community.

Don't hesitate to contact us on
centreirenaeus@gmail.com.

“The more you have, the more you are occupied.

The less you have, the more free you are.”

Mother Teresa



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 11am

PRAYER FOR HEALING
Mondays 2pm - 3pm

KNIT AND NATTER
Mondays & Tuesdays
10am - 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)
Restarts in September

ART AND MEDITATION
Thursdays 2-4pm



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