

Irenaeus Newsletter

February 2023

From the desk



I have just celebrated my 50th birthday and realised how often I don't give thanks for the wonder of my being. I think about all the things I do wrong, all the ways I don't measure up, my bad temper etc etc. Seldom do I recognise that I am created in the image and likeness of God and that I am wonderfully and fearfully loved by God. It's not that I don't know it. I do but I often find myself focusing on the negative rather than the positive and have to drag myself back to appreciating the gift that I am. I hope you can do the same and if we can help in any way please don't hesitate to contact us

Chris

WHAT'S ON AT A GLANCE

NIA MOVEMENT TO HEAL

7th February 1:15 pm – 2pm

and then every other Tuesday

GENESIS SCRIPTURE EVENINGS (on Zoom)

Tuesdays 31st January,

7th, 14th & 21st February 7pm

KNIT AND NATTER

10:30 - 12 noon Tuesdays

GODLY PLAY

12 Noon Tuesdays Praying creatively

SONGS WE REMEMBER

Wednesdays 8th & 22nd February '23 2pm - 4pm

8th & 22nd February '23 2pm - 4pm

BREAVEMENT SUPPORT

1.30pm Thursdays

ART AND MEDITATION

2-4pm Thursdays

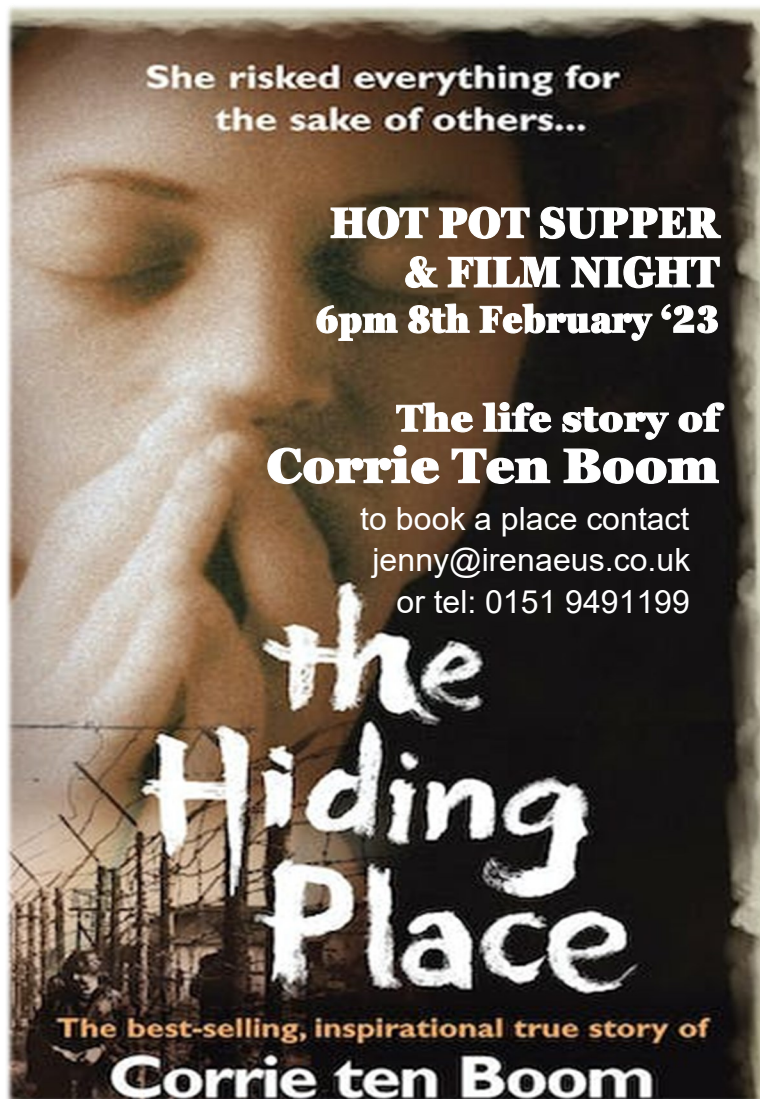
AGAPE MASS

7pm 2nd February & 2nd March '23

HOT POT SUPPER AND FILM NIGHT

6pm 8th February '23

MASS EVERY WEDNESDAY 12 NOON



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Moira's Meanderings



It has become clear over these last weeks that people are searching for something beyond themselves. Some recognise this as their particular faith and practice, whether it be Muslim, Christian Free church, Anglican, Methodist or Catholic and other main stream traditions. Many are searching for greater meaning in their lives and want to share what others seem to be experiencing. Having been open now since September, we are recognising that many of our visitors are beginning to build up friendships with our volunteers and other visitors. I believe one of the greatest needs of people today, is that of feeling that they belong and have a sense of community. This is something that we can see developing at Irenaeus.



Whenever I groan within myself and think how hard it is to keep writing about love in these times of tension and strife which may at any moment become for us all a time of terror, I think to myself,

"What else is the world interested in?" What else do we all want, each one of us, except to love and be loved, in our families, in our work, in all our relationships. God is Love. Love casts out fear. Even the most ardent revolutionist, seeking to change the world, to overturn the tables of the money changers, is trying to make a world where it is easier for people to love, to stand in that relationship with each other of love. We want with all our hearts to love, to be loved. And not just in the family but to look upon all as our mothers, sisters, brothers, children. It is when we love the most intensely and most humanly, that we can recognize how tepid is our love for others. The keenness and intensity of love brings with it suffering, of course, but joy too because it is a foretaste of heaven.

Dorothy Day

COME AND SEE

4th February 2023

10am - 4pm

**Called to be a
Merciful Church**

Led by David Wells



4th March 2023

10am - 4pm

**Called to be an
Involved Church**

Book now with
jenny@irenaeus.co.uk
or tel: 0151 949 1199

Bring a packed
lunch.

GENESIS FOR TODAY

**AN EXPLORATION OF THE BOOK OF GENESIS
WHAT IS THE MESSAGE FOR US TODAY?**

Tuesday evenings on zoom 7pm - 8.30pm 31st Jan, 7th, 14th & 21st Feb 2023

To receive a link email jenny@irenaeus.co.uk

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to: we break, we fall apart, we become numb, we ache, we hurt others and we get sick.



Brené Brown

John O'Donoghue writes

Each one of us is alone in the world. It takes great courage to meet the full force of your aloneness. Most of the activity in society is subconsciously designed to quell the voice crying in the wilderness within you. The mystic Thomas a Kempis said that when you go out into the world, you return having lost some of yourself. Until you learn to inhabit your aloneness, the lonely distraction and noise of society will seduce you into false belonging, with which you will only become empty and weary. When you face your aloneness, something begins to happen. Gradually, the sense of bleakness changes into a sense of true belonging. This is a slow and open-ended transition but it is utterly vital in order to come into rhythm with your own individuality. In a sense this is the endless task of finding your true home within your life. It is not narcissistic, for as soon as you rest in the house of your own heart, doors and windows begin to open outwards to the world. No longer on the run from your aloneness, your connections with others become real and creative. You no longer need to covertly scrape affirmation from others or from projects outside yourself. This is slow work; it takes years to bring your mind home.



Are you finding life difficult?

Would it help to speak with somebody?

Chat and a Cuppa

**10am – 4pm
Monday – Thursday**



Counselling Drop in

Wednesday 10am – 2pm



BEREAVEMENT SUPPORT

Thursday 1:30 – 2:15pm



For more information contact
Tel: 01519491199
Email: jenny@irenaeus.co.uk
Website www.Irenaeus.co.uk

EUCCHARISTIC MINISTRY TRAINING DAYS

**18th February 2023
20th May 2023**

We will be leading two Eucharistic ministry training days at Irenaeus. Parishes are invited to book places by emailing jenny@irenaeus.co.uk or Tel: 0151 949 1199

We are also happy to come along to your parish or a group of parishes if there are large numbers .



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

ART AND MEDITATION
Thursdays 2-4pm

KNIT AND NATTER
10.30 - 12 noon Tuesday

GODLY PLAY
Creative time of prayer
12 Noon Tuesday

NIA MOVEMENT TO HEAL
1:20pm - 2pm
every other Tuesday

'SONGS WE REMEMBER'
SING-A-LONG
2pm 2nd and 4th
Wednesday of the month
(Dementia friendly)

BEREAVEMENT SUPPORT
Thursdays 1.30pm

COUNSELLING SUPPORT
Wednesdays 10am - 2pm



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

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