

Irenaeus Newsletter



February 2024

From the desk



Just recently someone asked me if we were no longer focusing as much on spirituality as we have done in the past now that we're doing so much outreach work. The answer of course was no. Spirituality and the Gospel of Christ are at the core of what we do. So in the centre each day there is a direct focus on spirituality whether it be Mass, prayer for healing, Art and mediation or Godly play. It's lovely to see some of our guests coming into our spiritual sessions and beginning to realise why the Irenaeus centre is there and why we are called to do what we do. Be assured we still do our sessions in parishes and with Religious and many other groups, because our focus is on our relationship with Christ and our awareness that without him we are nothing. Everything else comes from that. If we can help you in any way on your spiritual journey please don't hesitate to get in touch and if you want to see what we do or just want a coffee or a chat please call in and see us. *Chris*

WHAT'S ON AT A GLANCE

COME & SEE DAYS

10:30am - 4pm 3rd February & 2nd March 2024

CRAFT WORKSHOPS

1pm 5th February & 4th March 2024
(booking essential)

AGAPE MASS

7pm 1st February & 7th March 2024

AN INSIGHT INTO TRAFFICKING

12:45pm 7th February 2024

SCRIPTURE MORNINGS

10:30am 8th, 15th, 22nd & 29th February 2024

LENTEN EVENINGS @ IRENAEUS

7pm 5th, 11th, 19th & 26th March 2024

LENTEN EVENINGS @ ST. JOHN STONE

15th & 22nd February 2024

WALKING THE WAY OF THE PASSION

27th March - 31st March 2024

HERITAGE WEEK

5th - 8th February 2024

For more information about all our events contact
jenny@irenaeus.co.uk or Tel: 01519391199



'AND WE'RE OFF!'

A look at Mark's Gospel

At the Irenaeus Centre

32 Great Georges Rd. L22 1RD

10.30am - 12 noon

8th; 15th; 22nd and 29th February 2024

(zoom links also available)

For further information contact
jenny@irenaeus.co.uk



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

www.irenaeus.co.uk

32 Great Georges Road, Waterloo, Liverpool L22 1RD

Chris
07761 304 184

Moir
07815 171 734

Jenny (main office)
0151 949 1199

Moira's Meanderings



Peace and freedom are two aspects of life that have been running through my mind over these past weeks. Its hard to see so many areas of our world at war. With the war in Ukraine and in Gaza I find myself being thankful for our freedom. We see so many people having to leave their homeland and leave everything behind. With the approaching feast of St. Bakhita and our afternoon on Trafficking and modern slavery it reminds us that even in our society of Great Britain there is a hidden world of horror and violence. People come into our centre and due to their poverty they have very little freedom in life. We pray that we can help in a little way by providing support and acceptance as well as a little food to help them on their way.

The truth will set you free

Authentic spirituality is always on some level or in some way about *letting go*. In a consumer society, however, we have little training in how to let go of anything.

Rather, *more* is usually considered better. Jesus said, "the truth will set you free" (John 8:32). Once we truly see what traps us and keeps us from freedom, we should see the need to let it go. As Meister Eckhart said, "*the spiritual life is more about subtraction than it is addition.*" But capitalist societies make everything into addition.

The freedom Jesus promises involves letting go of our small self, our cultural biases, and even our fear of loss and death. Freedom is letting go of wanting more and better things; it is letting go of our need to control and manipulate God and others. It is even letting go of our need to know and our need to be right—which we only discover with maturity.

...Healthy spirituality leads us to true liberation by naming what's real, what's true, and what works—now and in the long run. This ultimate reality, the way things really work, is quite simply described as *love*.



Only when we are able to "let go" of everything within us, all desire to see, to know, to taste and to experience the presence of God, do we truly become able to experience that presence with the overwhelming conviction and reality that revolutionize our entire inner life. —Thomas Merton

AN INSIGHT INTO TRAFFICKING

**An afternoon of reflection
12:45pm Wednesday 7th February 2024**

**At the Irenaeus Centre
Great Georges Rd. L22 1RD**

We will begin with a light lunch after which, Petra Smrckova of the Medaille trust will share some of her experiences working with Trafficked people



For more information contact
jenny@irenaeus.co.uk
or Tel 0151 9491199

Comments from people helped by the Medaille trust:

"I've never been to a place where everything is given for free, without having to use shameful ways to pay for it. God bless"

My life has been like a jigsaw. I just need to put the pieces together. If it was not for all the love and support from everyone I've had around me I would not have come this far in life"
(Chloe - Sexually exploited)

Since I arrived at the safe house, I have been supported to find a solicitor...and am now trying to build up my life in the UK
(Mike - Abused and made to work for no pay)

I understand what it is like for people when this is not their country. It is very difficult to go outside. I have been able to build my confidence and I want to help other women do the same.
(Mariam - Fleeing political persecution)

Those were the days...

Join us for our heritage week.
Sharing the stories and history of the
church and the Waterloo area.

5th - 8th February 2024



LOOKING TOWARDS THE CROSS



LENTEN EVENINGS AT THE IRENAEUS CENTRE.

TUESDAYS
7pm - 8:30pm

**5th, 12th, 19th & 26th
March 2024**

(zoom links available)

For more information contact
jenny@irenaeus.co.uk

Or telephone 0151 949 1199

WALKING THE WAY OF THE PASSION

**Wednesday evening
27th March - Sunday
morning 31st March
2024**

At the Irenaeus Centre
32 Great Georges Rd.
L22 1RD

Limited residential places available
- BOOK EARLY

For further details contact 0151
949 1199

or

jenny@irenaeus.co.uk



SUPPORT FOR THE DIVORCED AND SEPARATED

The Restored Lives course is run over six weeks,
one evening per week.

The talks cover the key issues to help you to
move on and highlight the practical steps and
tools to enable you to tackle the issues that arise
from separation and
divorce.

For more information
contact Maureen
07967753371



EUCCHARISTIC MINISTRY TRAINING DAY 17th February 2024



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

ART AND MEDITATION
Thursdays 2-4pm

KNIT AND NATTER
10.30 - 12 noon Tuesday

GODLY PLAY
Creative time of prayer
12 Noon Tuesday

TAI CHI
Tuesdays
1:15pm - 2pm

PRAYER FOR HEALING
Mondays 2pm - 3pm

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

BEREAVEMENT SUPPORT
Thursdays 1:15pm - 2pm

