

TUESDAYS

1. Centering Prayer Meditation 22 Sep-8 Dec
 Ellen (Rose) Gormley & Eileen White 10.30-12.00
 Centering Prayer is a method designed to facilitate the development of contemplative prayer by preparing our faculties. It presents ancient Christian wisdom teachings in an updated form. This term, we will continue our practice of Centering Prayer & reflect on talks by teachers of contemplative prayer.

Cost: Voluntary contribution at each session (11 weeks)

2. French Level 2 (Advanced Beginners) 15 Sep-1 Dec
 Marie Hélène Dolan 10.30-12.00
 For students who can produce simple French sentences & can ask & respond to simple French questions. In a friendly, relaxed atmosphere, these classes will enable students to communicate with more fluency, to feel confident in most everyday situations.
€150 (11 weeks)

3. Italian (Advanced Beginners) 15 Sep-8 Dec
 Heather Abrahamson 10.30-12.00
 Do you know your espresso from your cappuccino? Your vino bianco from your vino rosso? If you have the basics & lots of enthusiasm, with a shot of grammar & vocabulary, then this is the right level for you. Join me on our Italian journey!
€160 (12 weeks)

4. Italian (Intermediate) 15 Sep-8 Dec
 Noreen Kane 9.30-11.00
 Chi va piano va sano e va lontano! Learn Italian step by step through relaxed, conversation - based lessons about travel, culture and daily life. Tailored to your pace and interests - perfect for turning your Italian holiday dreams into reality!
€160 (12 weeks)

5. "Possession and Dispossession - Reading Buddhist & Christian Foundational Texts" 15 Sep-20 Oct
 John O'Grady 10.30-12.00
 "The history of Buddhist and Christian contacts is strewn with misunderstandings about origins and futures. Dialogue is often clouded, along with mutual appreciation and cooperation. In a future where our world is under threat from natural disturbances and from warring ideologies, how might a Buddhist-Christian dialogue on the role of scripture help us avoid confrontation and build cooperation? Dialoguing on key texts of Buddhism and Christianity let us search for what builds understanding and community and minimizes the stranglehold of division."

€80 (6 weeks)

6. Which art for the sacred?

3 Nov-10 Nov

Sabine Schratz OP

10-00-12.00

When it comes to the question of whether modern art is beautiful, opinions often diverge along emotional lines, & the answer is then solomonically left to the 'eye of the beholder'. But what about modern religious art? Are there any criteria in selecting it for our churches? In this short course, we will explore this issue by examining a highly controversial debate that took place in the Holy Office in the 1950s, regarding the works of artists such as Matisse & Picasso. This was part of a broader discussion about the relationship between the Catholic Church & modernity in the lead up to the Second Vatican Council.

€45 (2 weeks)

WEDNESDAYS

7. Silver Swans

16 Sep-9 Dec

Nadia Quick

10.30-11.30

Silver Swans is a ballet class for adults of all ages. Dance is now considered to be one of the most beneficial ways of improving mobility, posture, co-ordination & energy levels & imparting a sense of wellbeing & fun. No previous dance experience is necessary!

€140 (12 weeks)

8. German (Conversation)

16 Sep-9 Dec

Margaret Quinlan

10.30-12.00

A relaxed, participative class for level B learners of German who wish to improve their knowledge of all aspects of the language – listening, speaking, reading and writing.

€160 (12 weeks)

9. Songs of Praise: From Panis Angelicus to Bob Dylan

16 Sep-21 Oct

John Scally

10.30-12.00

Following the success of our two courses last year on how cinema can open up fascinating windows into the mystery of God this series will explore how music: sacred & secular can give us invaluable insights to understand our faith better. Using words & music it will assess such composers & songwriters as Thomas Aquinas, Handel, Van Morrison, George Harrison, Brendan Graham & Enya.

€80 (6 weeks)

10. "SPEAK TO THE EARTH, AND IT WILL TEACH YOU" 11 Nov-2 Dec
(JOB 12:8) READING SCRIPTURE IN A TIME OF ECOLOGICAL CRISIS
Jane Mellett 10.30-12.00
Discover how the Bible reveals God's love for the whole community of creation, inspiring a deeper relationship with God through the natural world and renewing our response to today's ecological challenges. This four-session course introduces key biblical texts through an ecological lens, discovering how Scripture reveals God's love for the whole of creation and invites us into right relationship with the natural world.

€55 (4 weeks)

11. Beginners Spanish Conversation 16 Sep-21 Oct
Janine Gore 10.30-12.00
Would you like to feel comfortable with everyday situations in Spanish?
Would you like to learn a bit more about the culture of Spain & other Spanish speaking countries? Then this is the class for you! Lots of chat; lots of fun. No pressure.

€80 (6 weeks)

12. Beginners Spanish Conversation 4 Nov-9 Dec
Janine Gore 10.30-12.00
This course is a continuation of the previous 6 weeks.
Would you like to feel comfortable with everyday situations in Spanish?
Would you like to learn a bit more about the culture of Spain & other Spanish speaking countries? Then this is the class for you! Lots of chat; lots of fun. No pressure.

€80 (6 weeks)

WEDNESDAY EVENING COURSES

13. Torn Asunder or Grown Apart? Exploring the Separation
of Judaism & Christianity 7 Oct-18 Nov
Freya Dasgupta 7.00-8.30 pm
Once part of a single whole, Judaism & Christianity emerged as separate & distinct religious traditions through complex historical processes. Through the study of the Second Temple period, texts produced during this era, & contemporary scholarship on the subject, this course offers an exploration of the possible & plausible answers to the question of how Judaism & Christianity emerged as two discrete religious traditions.

€80 (6 weeks)

14. Art, Literature & the Search for Truth 7 Oct-18 Nov
Brian Dooney 7.00-8.30 pm

'Beauty is truth, truth beauty, that is all / Ye know on earth, & all ye need to know.'
(John Keats 'Ode on a Grecian Urn')

These sessions explore how songs, poems & stories can be sources of truth for us in our lives, whether in terms of awareness (understanding self & others) or critical appreciation of forces at work in society today.

€80 (6 weeks)

15. "Indeed, He is Risen!": making sense of the Resurrection 7 Oct-18 Nov
Michael Kirwan SJ 7.00-8.30 pm

Christians proclaim that Jesus was put to death and "rose again on the third day". As Paul declares, without holding fast to this belief, our faith is utterly meaningless. So how are we to make sense of this doctrine, especially for a scientifically minded and sceptical age such as ours. The course will examine the various scriptural narratives about the Resurrection and consider several theological commentators (Rowan Williams. N.T Wright). We will also look at selected artwork which can help us engage with this, the central mystery of Christian faith and life.

€80 (6 weeks)

THURSDAYS

16. Tai Chi for Health & Relaxation 17 Sep-10 Dec
Jane Bailey CJ 9.30-10.30

The ancient Chinese practice of Tai Chi is becoming ever more popular in the West. With its slow, gentle movements, it is an excellent way of promoting physical & mental well-being. Suitable for people of all ages & abilities. Beginners & improvers welcome.

€140 (12 weeks)

17. Tai Chi for Health & Relaxation 17 Sep-10 Dec
Jane Bailey CJ 11.00-12.00

The ancient Chinese practice of Tai Chi is becoming ever more popular in the West. With its slow, gentle movements, it is an excellent way of promoting physical & mental well-being. Suitable for people of all ages & abilities. Beginners & improvers welcome.

€140 (12 weeks)

18. Exploring English Literature 17 Sep-10 Dec
Phil Dunne 10.30-12.00

In this class, we read, discuss & share novels, poetry & drama. Our reading material is a mixture of classic & contemporary work written in English & translated, writing of both established & emerging writers. No prior knowledge is required. Our emphasis is on enjoyment.

€135 (10 weeks)

19. An Echo of Eternity: Ignatian & Carmelite Perspectives on Prayer 24 Sep-22 Oct
Stephen J. Costello 10.30-12.00
“The function of prayer is not to influence God, but rather to change the nature of the one who prays,” Soren Kierkegaard. Topics covered: The human person as body, soul, and spirit. Prayer and conversion. Teresa of Avila’s teachings from *The Interior Castle*. John of the Cross on dark nights of the soul. Teilhard de Chardin: Circles of Presence. Ignatian vs. Carmelite approaches to contemplation. *Visio divina*.

€70 (5 weeks)

20. European Art & History 17 Sep-12 Nov
John O’Riordain 10.30-12.00
We look at ‘our own’ artists; **Barry**, founder member Royal Academy, **Maclise**, who "had no rival in Europe", **Orpen**, Stillorgan native, knighted for his art & war-artist service, **Lavery**, ‘poet of painting’ (a contemporary said ‘*Lavery takes my breath away*’), Lavery revealed the beating heart of Irish independence struggles, **Seán Keating** (the only celebrity who stayed here) documented the evolving Free State. Interestingly, women introduced modernism to Ireland, we explore **Mainie Jellett**, **Evie Hone** & **Mary Swanzy**. (Gallery visit incl.).

€110 (8 weeks)

21. Pope Leo's challenge to Artificial Intelligence 19 Nov-10 Dec
Isabelle Smyth MMM 10.30-12.00
Pope Leo has confronted the challenges of Artificial Intelligence in his first encyclical "Magnifica Humanitas". In these four weeks we will discuss the issues he addresses. No previous understanding of AI is required. The basics will be explained & any questions discussed. We will dip into the Church's social doctrine & discuss Pope Leo's invitation to everyone "to conceive of ways of cooperating & of more effective international institutions, capable of safeguarding the global common good".

€55 (4 weeks)

22. The Gardened Soul: A Path to an Abundant Life 22 Oct-26 Nov
David White 10.30-12.00
How can the spirituality of gardening help to create a fuller life? Through spirituality, theology, mythology & literature, we will explore what it means to be human in an imperfect world blessed with opportunity.

€70 (5 weeks)



23. Cantus Lumen (Song of Light) Choir

Patricia Feighery

17 Sep-10 Dec

2.00-3.00 pm

A weekly gathering to practice & perform together & to enjoy both the community & well-being benefits of group singing for relaxation. This is an open-door choir-no audition or previous experience is necessary-simply enjoy all the benefits & fun of choral singing.

Voluntary Contribution at each session (9 weeks)

THURSDAY EVENING COURSES

24. Emmanuel-God is With Us: Exploring

Christ's Natures & Relationships

Niamh White

8 Oct-19 Nov

7.00-8.30 pm

This course explores who Jesus Christ is & how he relates to the world. It considers questions such as: How to understand the relationship between Christ's human & divine natures? How does Christ's life relate to sin & salvation? What can Christ's relationship with the marginalised & with creation teach about discipleship? What does it mean to understand Christ as a Jew & a Palestinian?

€80 (6 weeks)

25. Open Studio: A 6-Week Experience in Creative Community

Maria Matthews

8 Oct-19 Nov

7.00-8.30 pm

Open Studio is a six-week experience in a creative community designed for artists, makers, storytellers & curious creatives of all backgrounds & experience levels. Through hands-on creative exploration, meaningful conversation & collaborative activities, participants will cultivate a sustainable creative practice while discovering the inspiration, confidence & connection that come from creating alongside others. Whether you're returning to creativity after years away or actively growing your artistic practice, Open Studio offers a welcoming space to make, share, & belong.

€80 (6 weeks)

26. Online Creative Writing Course

Betsy Cornwell

8 Oct-19 Nov

6.45-8.15 pm

Join New York Times bestselling author Betsy Cornwell who is a teacher at the University of Galway & the Irish Writers Centre, for a series of welcoming, accessible creative writing classes. We'll create our own fiction, nonfiction, & poetry & share it with each other, as well as reading a range of sample writing in all these genres. All levels of experience are welcome.

€80 (6 weeks)

FRIDAYS

27. Sacred Dance / Dance Meditation Terry Hennessy
10.30-12.30
Experience harmony of body, mind & spirit as you dance to beautiful music. Sacred dance is influenced by the classical & European folk traditions. No previous experience necessary - clear instructions are given. A warm welcome awaits all. €120 (6 weeks)
28. Sacred Dance / Dance Meditation 6 Nov-11 Dec
Terry Hennessy 10.30-12.30
Experience harmony of body, mind & spirit as you dance to beautiful music. Sacred dance is influenced by the classical & European folk traditions. No previous experience necessary - clear instructions are given. A warm welcome awaits all. €120 (6 weeks)
29. French Level 3 (Intermediate) 18 Sep-4 Dec
Marie Hélène Dolan 10.30-12.00
In this course, the emphasis is on easing students into conversational French. Learned grammatical concepts are revised & put into a variety of conversation-based exercises that strengthen comprehension & self-expression. These classes will give you the confidence to converse on a range of topics. À bientôt!
€150 (11 weeks)
30. Where Myth Meets Memory 18 Sep-23 Oct
Paudie Holly 10.30-12.00
A journey into the rich world of Irish myth & folklore. Explore the original stories, the culture that created them & the practice of storytelling.
This course features an in-depth analysis of the Gaelic Revival, the work of the first folklorists & an entertaining look at the lives of the traditional Seanchaí.
€80 (6 weeks)
31. The Miracles of Jesus 6 Nov-11 Dec
Sean Goan 10.30-12.00
The Gospels have many references to the wondrous deeds performed by Jesus during his ministry, from healings to exorcisms, to feeding the multitudes. How are we to understand these texts? This course will focus on reading the Gospel miracle narratives in context to explore how they might speak to people of faith today.
€80 (6 weeks)



32. Irish (conversation) 18 Sep-23 Oct
Fidelma Ní Ghallchobhair 10.30-12.00
This course is suitable for those who studied Irish early on in life but lack the confidence to chat as Gaeilge.

€80 (6 weeks)

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This course is a continuation of the previous 6 weeks, suitable for those who studied Irish early on in life but lack the confidence to chat as Gaeilge.

€80 (6 weeks)

Make sure you are signed up to receive our emails about forthcoming events and retreats. Email info@lumenop.ie or sign up on our website.

Please note while most of our courses are in person the Creative Writing course with bestselling author Betsy Cornwell is only available as an online option.

The Centre will be closed for mid-term break
from 26-30 October 2026.

Parking, while available, is limited, so you are encouraged if possible, to make alternative arrangements, use public transport, car share, cycle or walk.

We look forward to welcoming you to Lumen.