The Mission of St. Anselm

To prepare and train formators, leaders and evangelizers at all levels in the Church.

The Institute aims to develop self-awareness and a high EQ (Emotional Quotient) in its participants through integrating the best of psychology with a deep spirituality and sound values. It takes place in the context of relationships and community living based on the model of the Blessed Trinity.

The Institute of St. Anselm was founded in 1984 by Fr Leonard Kofler MHM under Cardinal Basil Hume OSB. It was founded to train leaders and formators in the Church. Fr Kofler is a Mill Hill Missionary who is also an accredited psychotherapist, group psychotherapist, supervisor and trainer. He was ordained in 1959. In 1968 he took up further studies in sociology, psychology and pastoral theology and was in charge of formation at a minor seminary. In 1978 Fr Kofler joined the staff of the Missionary Institute London as a lecturer. In 1980 he was elected president and continued to lecture and counsel till July 1985. He also gave lectures for London University Extra Mural Departments. He saw the need to train leaders for the Church and founded the Institute of St. Anselm which began in 1985 with the first Diploma Course.

For further information please contact:
Institute of St. Anselm, 51–59 Norfolk Road, Cliftonville, Kent CT9 2EU, UK
☎ +44 (0)1843 234700  Fax +44 (0)1843 – 234701
Email office@st.anselm.org.uk  Website www.st.anselm.org.uk

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Our Courses
All our Courses offer space for reflection and integration of one’s life. The Courses are geared towards personal growth and development of the participant. It is a golden opportunity to reflect upon one’s life and ministry, enabling one to go back to it refreshed, enthusiastic and full of ideas. We cherish the unique opportunity to experience living in a multicultural community.

The approach enables people to free themselves from burdens they have carried for many years. Past participants describe it as a privilege to live in a caring and warm atmosphere in which they are affirmed and built up, enabling them to share their worries and problems and experience much healing.

Every priest and religious in busy and stressful ministry, needs a solid stretch of time for themselves in order to avoid burnout. The Institute offers opportunities for rest and relaxation as well as courses for seven weeks, 12 weeks, 18 weeks, and 9 months.

You will find that the time and effort spent on the course will continue to enrich you for the rest of your life.

At the Institute of St Anselm all our rooms are ensuite. We have an excellent catering team who offer tasty, healthy and simple home cooking.

All Courses are suitable for a Sabbatical

Rest and Relaxation
Looking after Yourself
We have some places available during term time for those who require a period of rest and relaxation. From the Institute it is a two minute walk to the beaches of Cliftonville. Experience our breath-taking sunsets. Or visit the new Turner Contemporary art gallery - entrance is free! The coast of the Isle of Thanet offers an opportunity for beautiful walks and reflection.

Margate station is 2 km away. The fast train to London is 1½ hours and 20 minutes to Canterbury, an attractive city, with a magnificent Cathedral. We are also just a few miles from the Royal Harbour of Ramsgate, and the town of Broadstairs, where Charles Dickens spent his holidays.

Our Logo
The triangle symbolises the Blessed Trinity of the Divine Persons: Father-Son-Holy Spirit, in perfect relatedness. This is our model for the communication of true authentic love in our relationships; united in our uniqueness in the one God Who makes us whole.

The circle symbolises creation, the world and especially community living in relatedness, supporting each other in a life-giving way. At St. Anselm’s we learn how to relate more effectively to God, others, ourselves and the environment.

The tree symbolises life and growth through relationships, involving a process of working through pain and suffering to joy and inner freedom.

Course Content
The content of the course encourages reflection on one’s relationship with God, with others and with oneself. As a participant you will be guided in the process of getting to know yourself better through a deeper understanding of your emotional life, your spiritual life and your general pattern of behaviour.

In one-to-one meetings and participation in growth groups you will develop your listening skills and improve your relating skills. You will be helped to work towards a greater simplicity of life and a readiness to forgive and be reconciled with others, recognizing God’s infinite mercy and our sinfulness.

You will learn to use everything that happens to you, including the differences found in others, as a gift from God and an opportunity to develop the process of personal growth. As you leave the Institute of St Anselm you will take with you the means to help you continue with that process in your future life.