



Volume XXII

December 2008

NEWSLETTER OF THE INSTITUTE OF ST. ANSELM



Christmas a time of rebirth of ourselves and the Institute of St. Anselm



Christmas reminds us of the birth of Jesus in his human nature - the greatest event in the history of human kind - when the Son of God took on a human form. This event raises a fundamental question for us: Why would the Son of God enter human history in this way? Theologians have given us the answer by stating that God wanted to save us and reconcile us with Himself. Man's free will always inclines him to go his own way, and to run away from God's plans for human kind; that is why the human person is in constant need of reconciliation, with self, with others and with God.

Each year we celebrate this feast of the birth of Jesus in the hope that a new birth will take place in each one of us, and in the institutions to which we belong, or which form an integral part of our society. At the moment, for instance, such a rebirth is taking shape in our banking institutions. Jesus shows us how this re-birth can take place. His whole life is an example for us to imitate, so as to bring about a rebirth in ourselves and our human institutions. There are several ways in which we can follow the new born baby Jesus.

One striking feature of Jesus' life was his constant desire to fulfil His Father's will. This is important for all human beings, as we strive and desire to fulfil God's will in our own lives. How many politicians really consider God's will, when it comes to legislation? How many bank managers ever think of God's will when they make important financial decisions? What is it that guides them?

To look for God's will is absolutely essential for all human beings in all institutions. This is a great challenge for all of us, in whatever situation we find ourselves. We are always inclined to do our own will, even though it often leads us into deep misery and pain, both as individuals and collectively. We have seen how our whole financial system nearly collapsed because of the greed of individuals, creating global stress. Christ was born into a life of poverty, and stressed how difficult it is to be rich and enter the Kingdom of Heaven.

Another way to follow Christ is to grow in love for His Father. This is the first commandment. This is the foundation stone of human society. We, too, are called for a life of love with God, our Father. This love needs to grow as we live in this world. A person who truly loves God, loves also God's creatures; this means loving all human beings and all creation. If each person would strive to grow in love with God and all creation, we would be able to sort out our many problems, conflicts and environmental issues.

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Human society has lost its foundation and therefore is in great pain. If we are to bring about a better world, we all need to be converted and take to heart these messages. We have to accept God's plan for us as the basic foundation for living. Our society is far from achieving this goal, and yet, without accepting this basic order, we shall bring about much disorder and suffering in the world. Christ, as a way of life, is essential for every human being who wants to achieve his ultimate goal and lead a fulfilling life.

An inevitable aspect of following Christ is to undergo suffering as He did, suffering which led to the redemption of the human race and the world. Healing and salvation can only come into this world through Christ and with Christ. This applies to us as individuals as well as to society. Only by following Christ in His suffering can we become truly Christ-like. All human growth implies suffering and pain. The suffering brought about by our present financial crisis can be an opportunity for tremendous growth in each person and in our human institutions. Let us make use of these enormous opportunities and discover our true values.

I have tried to steer the Institute of St. Anselm through such crises, and to rediscover its mission for the Church, and for society as a whole. In the last year, the whole Institute has undergone such a process of purification and growth, leading to a re-birth; this has caused much suffering and birth pain. However, a new Institute is emerging, in new premises, and in consolidated course programmes with emphasis on leadership and formation. This is how we now see the Institute fulfilling God's will: returning to its original vision, by providing courses, which are so badly needed in our time, for leaders and formators in the Church.

The whole purpose of the Institute is to help leaders and formators to grow in love for God, our Father, and all human beings. It will use the most up-to-date psychological and spiritual approaches, in order to develop the leadership and formation personality. In this process of personal growth, the Paschal Mystery plays a daily part. All the pain and daily suffering is meant to help us to undergo a process of purification and transformation, so that more divine illumination and union with God may become part of our daily lives as leaders and formators. Len.



**My wish for each one of you
is that this Christmas may be a new beginning
of a deep journey into Christ,
and the whole of the New Year 2009
may bring a flowering of the fruits of Christ's Spirit.**

L. J. J. J.

Rebirth of the Institute in our new building—a former hotel



The swimming pool is beautiful but it just cannot stay



Make sure everyone is accounted for before the swimming pool gets covered



The finished floor goes down over the swimming pool



Now it's a very large recreation room for the students



Moving in day. Sr Cecilia and Claire still manage to smile despite the chaos





The reception area gets a makeover



Seating area in the reception



The Dining Hall



The Lecture Hall

! NEWS FLASH !

We have this month received the good news, that after many inspections and implementing many requirements, we have been successful in our accreditation with ASIC (Accreditation Service of International Colleges). We will now be included on the new Sponsors' Register with the Home Office. Hopefully this will mean easier visas for everyone.



New Computer suite for the use of the students



Conversion of the lodge to provide 7 new offices and EQ therapy hall



The Chapel



Typical Room

Ordination of Br Felix



We had the great privilege of witnessing the ordination to Diaconate of Br Felix Nkongolo Mfuamba while he was here studying on the Diploma Course 2007/2008. Bishop John Hine was kindly available to preside over the ceremony.

Br Felix was born in Kabuluanda, Kasai occidental in the Democratic Republic of Congo (formerly Zaire). He joined the Josephites Congregation in 1998 in Ilebo, made his first vows in 2000 and was finally professed in 2006.





The Summer Course Group 2008

End of an Era

This year of many changes in the Institute has also marked the end of a long and faithful relationship, spanning many years, beginning with the foundation of the Institute of St Anselm. Fr Derek Clark SDS worked tirelessly both on the teaching staff and senior management. He subsequently served on the Board of Trustees as its chairman and on the Advisory Board. He tendered his resignation to both Boards at their recent meetings. After many years of dedicated hard work and service Derek certainly deserves a rest, from these duties at least. But he will be sorely missed by the Institute and not least by Len to whom he has offered unfailing support and friendship; we wish to convey to him our heart felt gratitude for all he has been to the Institute over the years. *Ad multos annos!*

Another much valued staff member to whom we have had to say goodbye, for the time being at least, is Sr Mary McMonagle ISU. Mary first joined the Institute as a participant and later served for a short time on the management team before being called to Rome to serve on the General Council of her congregation. She returned to the Institute in 2006 and worked extremely hard both as a growth facilitator and lecturer. In October this year she answered the call to assist in the formation programme of her congregation in Cameroon. We wish to thank Mary for her hard work on our behalf and we wish her many blessings in her new ministry in Cameroon.

A third person to whom we wish to express our gratitude is Sr Mary Goretty, the current director of St Anselm in Nairobi, who very kindly volunteered to come and help us during this year's Summer Course. Mary rendered invaluable service both as growth facilitator and lecturer. Her presence during the summer, much appreciated in itself, is further evidence of the close bond between our two Institutes. For that too we can only give heart felt thanks and commend the work of both centres to the continuing guidance and inspiration of the Holy Spirit.



Diploma Boys 2007/2008 with Len

Fr Len's Book **'HEALING RELATIONSHIPS'** is the product of forty years' experience and of directing at St. Anselm's. It deals with Petruska Clarkson's Five Relationships, in the light of Fr. Len's own personality model, in a Christian, coherent and easily accessible way, with plenty of exercises and case studies. "It shows counsellors how they may be able to point the client towards Christ as model and mentor, and thus how the damaged person might find true inner healing." The book will be of help to anyone who cares for others, and, for those who have studied at St. Anselm's it will provide an additionally personal resource.

Jeremy ROWE, M.Phil

How to obtain:

Your local bookseller should be able to get a copy for you.

Alternatively, you can write directly to the publisher at:

St. Paul's Publishing,
187 Battersea Bridge Rd.,
London
SW11 3AS, UK.

The book's copyright is 2007
The ISBN Number is 978-0-85439-739-6
Price: £10.99.

You will be asked to pay postage.

OBITUARIES



**ARCHBISHOP
DR OSKAR SAIER
1938-2008**



**FR KURIAKOSE
THOMAS
(PRABHU)**

A past pupil of St Anselm



**SEÁN COLLINS
OFM**

1945-2007



**CARDINAL
ALFONSO LOPEZ
TRUJILLO**

1935-2008



**WE COMMEND
TO THE LORD
ALL WHO HAVE
DIED OVER THIS
LAST YEAR.
MAY THEY REST
IN PEACE.**



Courses at the Institute of Saint Anselm

Training for Leadership and Formation

7 week Certificate Course 28 June—14 August 2009

Diploma Course 29 September 2009—9 June 2010

The Courses are integrative, drawing from many disciplines, skills, and approaches to the different areas of human growth. These form a background for the practice of growth facilitation from within a Christian spiritual perspective.

Whether you are a Major Superior or a village Priest, your congregations and parishioners turn to you for guidance and help in understanding their lives and in dealing with their problems. Do you feel equipped to guide them as they need in times of difficult emotional challenges? Do you feel capable of helping to resolve the individual's emotional pains and troubles that, if left untended, will tear at the fabric of the parish's and community's spiritual life? The special human development skills necessary in guiding communities or parishes are learned and practised in the Institute of St Anselm's unique, foundational leadership courses, courses that complement the administrative and business skills offered at other educational facilities. The Institute offers two courses: a year-long Diploma in Leadership and Community and an abbreviated seven-week Certificate in Leadership and Community that is suitable for those in a leadership position that prevents them from taking nine months away.

Sabbatical Programme

29 September 2009—17 December 2009 (3)

29 September 2009—25 March 2010 (6)

29 September 2009—9 June 2010 (9)

The programme is for those needing time and guidance to work more intensely on their own personal journey. It is experiential and process-oriented with opportunities for personal growth facilitation and group work.

Participants can join from October for 3, 6 or 9 months. They will follow the Diploma Course, omitting skills training, thus allowing more time for reflection.

EQ Development

PERSONAL GROWTH THROUGH EMOTIONAL HEALING

There is a growing realisation of the importance of EQ (Emotional Intelligence) development for optimal success in all spheres of life. Those with a high EQ are proven to be more stable, secure, confident and effective in all aspects of their life. They are less depressed or stressed, healthier, more productive at work, have better relationships and are generally happier than others. Good EQ assists the development of a sound SQ (Spiritual Intelligence) thus fostering wholeness and integration.

Daniel Goleman points out in *Working with Emotional Intelligence* that "We are being judged by a new yardstick: not just how smart we are, or by our training and expertise, but also by how well we handle ourselves and each other."

SPECIAL SHORT COURSES for 2009

HEALING & THE SACRAMENTS—Fr Jim McManus CSSR	25, 26, 27 Feb
PERSON CENTRED COUNSELLING AND SPIRITUALITY—Prof. Brian Thorne	6, 7 Mar
ANNUAL 6-DAY RETREAT—Fr Denis McBride CSSR	3-9 May



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