

G R O W **f** H

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NEWSLETTER OF THE INSTITUTE OF ST. ANSELM'S



“And the Word became Flesh.”

This is a most powerful way of expressing the fact that the Son of God came into this world in a human body. He was born of the Virgin Mary. It is a mystery of highest degree. It is incomprehensible, but revealed in Jesus. Let us for a moment reflect on this Word.

“The Word of God is living and active, sharper than any two-edged sword.” This sentence expresses the dynamism of the Word that became flesh. Seeing that it is the Word of God, it is of unparalleled importance for us. When the Word of God speaks, we have to listen and to allow ourselves to be enriched by it. If we do not listen to the Word of God, we deprive ourselves of the most important messages for us and all humankind. As a consequence, we will suffer, we will go astray as individuals as well as societies. We really can't afford not to listen to the important messages of the Word of God. There are so many messages Jesus – the Son of God,

the Word made flesh- brought us. However, I will limit myself to three ways in which the Word can change our lives for the better.

This Word of God is living. It was always with God the Father and is now living among us, since the first Christmas. The Word is not only living, but it is Life itself, as He says: “I am the Way, the Truth and the Life.” Since it is Life, it is living so as to be life-giving. In fact, it is the author of life. We need to allow God to be life-giving in us. Do I appreciate this great gift from God, my life? Or do I neglect my life? Do I foster my life by eating enough and healthy food, by drinking enough liquid, by sleeping enough and getting enough physical exercise? Or do I not bother about my life? How often are we destructive of life? When we overeat or drink too much, we do not allow the Word to be life-giving in us. When we do away with life, we make ourselves the master over life. We are not aware of all the implications this has for humanity.

Particularly through the sacraments, Christ- the Word Incarnate - wants us to have life more abundantly. He wants to nourish us and strengthen us that we may be better equipped to follow Him by becoming more humble, forgiving, more loving, more compassionate and reconciling. Each time we perform an act of love, we become more alive. Life-energy will flow through our body. I can nourish my life, by listening to the word of God, by allowing myself to be connected with the source of Life. The more I am connected with the source of life, the more alive I will become.

This Word of God is living in the heart of the Father, lived among the people of Palestine and is now living in the mouth of the preacher and the heart of the hearer where it becomes active. Let this Word of God become active in each one of us particularly during the Christmas season. Let it enrich our lives, our relationships, the words we speak and the people who hear them. Let the Word transform our values, our desires, our drives, our motives, our lives and our society as it transformed the lives of many people in the past and many societies in

history. What is more needed than this Word in our time of Bank and economic crisis! It is a Word that points us to the essential aspect of our life, love. As such it does not return empty. It will bear much fruit in each one of us by helping us to become more considerate for others and less selfish.

The Word is more piercing than a two-edged sword, when we believe and love it. It penetrates the innermost being. It is more powerful than any other power. Let us look at the Saints, how powerful it was in St. Paul, St. Peter, St. Francis, Theresa of Avila, the Little Flower, etc. This Word can achieve the same in us, provided we allow it. Therefore, let us receive this Word of God. Let it penetrate our inmost being, so that we may become more transformed and like Christ in many ways. As it pierces our emotions, it will heal them and transform them into resources. Let the Word of God pierce our un-forgiveness, our bitterness, our hatred, our jealousy, our envy and our hurts so that they may become transformed into love. This is what I wish you all for Christmas and the New Year 2010. Len.

Extract - "My renewed profound thanks & appreciation" Bishop Michael Ekwoy Apochi- Bishop of Otukpo, Nigeria



I am using this time, without further delay, to write this letter and express my renewed profound thanks and appreciation to you and the entire staff of the Institute of St Anselm for the warm welcome, great love and generosity you showed to me during the summer course. I enjoyed and treasured every bit of my encounter with you, every member of staff and my fellow participants during the course. I find this encounter very educative, enriching, formative and encouraging; it helped me to experience a personal growth, a great act of Christian charity, generosity and love, a great sense of the universal mission of the Catholic Church, particularly the

Institute's interest in the ongoing formation and growth of leaders in the church from all over the world. Indeed, I left the Institute more enlightened, better disposed and equipped for a great ongoing integral formation of myself in the priestly vocation, and more determined to offer the best of example of my Episcopal life to work more zealously in love and charity for the spread of the Good News.

Please accept my renewed thanks and appreciation for offering me the opportunity to participate in the summer programme 2009.



! NEWS FLASH !

We have recently had the good news, that we have been awarded our NCFE Investing in Quality Licence.

Homily given by Fr Anthony Chantry MHM

I feel it a great honour to be with you all here today for this very happy celebration marking 50 years of service as a priest and a Mill Hill Missionary, in the person of Fr Len Kofler. When on behalf of Len, Thalia first asked me to preach at the event I did not hesitate to accept this privilege, mainly because it provides me with a golden opportunity to represent not only the high esteem in which our Society holds him but also the deep appreciation we all have, of him and the wonderful ways he has served the Lord and us, during the past half century, nearly half of which has been spent here at St Anselm's. The welcome presence of His Excellency the Papal Nuncio, the personal representative of the Holy Father, speaks for itself.

Len is first and foremost a missionary. His first missionary appointment was to New Zealand where from 1962 until 1967 he ministered to the Maori people in the parishes of Panguru and Rotorua. He learned their language and customs, and enjoyed their songs and dances. Much of what he experienced has stayed with him all his life. 30 years ago, in 1979, I first met Len at St Joseph's College, Mill Hill: I was a student and he was my teacher, my first teacher of psychology. We students greatly respected him as a man of great learning, yet always approachable, caring and personable.

And so it was that in 1977 Len came to St Joseph's College, Mill Hill with an appointment to do "Operational Research" for our Missionary Society. A year later he became a lecturer at the Missionary Institute of London. In 1980 Len was appointed President of the Missionary Institute during which time he developed his skills of administration and management as he proceeded to upgrade, expand and reshape the Institute, bringing it up to a level of national prominence.

It was in the course of these years that Len began to nurture a concept and hatch a plan that would eventually change the lives of hundreds of people throughout the world. Seeing and experiencing the needs of those around him—formators, parish priests and leaders—he was determined to begin a programme "to train those directly responsible for human and spiritual growth in others". The proposed project immediately captured the imagination of more enlightened Church leaders, notably the late Cardinal Hume, as well as our own SG, Bishop De Wit and many other congregational leaders and bishops.

Your dream came true in 1984 when St Anselm's was born. You began in Damascus House, Mill Hill which soon proved too small. So you began your legendary hunt for accommodation that brought you to Margate on a hunt for a hotel.

Over 4,000 Church leaders and formators from over 80 countries have passed through one or more of the many life-giving programmes of this Institute. Furthermore, a mini St Anselm's has been set up at Chem Chemi in Nairobi, Kenya at the invitation of the Association of Sisters of Kenya. I once heard Len describe the mission of St Anselm's as the work of teaching people how to love. We can have no better example of love than the love of God as shown forth and lived out by Jesus Christ. Len's genuine interest in WHO we are is the measure of the man, and an illustration of his profound spirituality which strives to reach, as Paul writes, "the fullest knowledge of God's will". Humble Scholar, Dedicated Missionary, Patient Leader, Playful Hunter-gatherer, Faithful Friend, Inspiring Teacher, Gentle Spiritual Guide, Compassionate Carer, Sensitive Healer.

We wish you long life and much happiness and every blessing in all that you do. There is no doubt that God chose you and sent you out on a Mission of proclaiming God's Love to the world. We are witnesses to this.

**Fr John McCluskey MHM**

When we recall the story of Fr Len's 50 years of priestly ministry in this context it is not difficult to recognise the same pattern and development unfolding, and the emergence of those same key words—renewal, conversion, formation and ongoing formation—as guiding lights beckoning him forward. And we may say that if the Second Vatican Council is the pivotal event in the life of the Church during these 50 years, equally the launching of the Institute of St Anselm can be said to be the pivotal event in the story of Fr Len's priestly and teaching ministry. He will remember the early years of searching, of reading the signs of the time,

experiencing the need for a more rigorous approach to formation—incorporating and integrating the disciplines of psychology and spirituality—and also the need for specific and focused preparation for leadership within the Church. He will know also that while it is one thing to read the signs of the times, and to begin to see what needs to be done, it is quite another and more daunting thing to dare to stand up, speak up, and step out to do what needs to be done for the vision to take flesh.

[The full version of these extracts can be viewed on our website](#)



Back at the Institute



Jamie McCaul-representing his brother Fr Dermot McCaul who was a staff member for many years



His Excellency the Papal Nuncio Archbishop Faustino Sainz Muñoz



From left: Students showing their dancing skills: Len with the Right Honourable Roger Gale MP, who has given us tremendous support over the years and Len with some of the past counselling staff at the Institute



Len watches on as Fr Wynand Huys (right) conducts the orchestra at the Jubilee celebrations and below

Len inspects the Austrian Guard of Honour before their 3-gun salute



With the congregation singing and clapping, there was an electric atmosphere in the church that day.

Fr Wynand almost raised the roof with his story about the eagle. He illustrated the work of the Institute and shared how the course at

St Anselm's helped him to become the "Flying Dutchman".



You can read Fr Wynand's full transcript on our

website

www.st.anselm.org.uk



To all past participants of the Institute

It would be a great help to us if you would send us your email addresses so that we can keep in touch more easily.

We do not want you to miss out on any future publications.



Archbishop John Onaiyekan—Archbishop of Abuja
Celebrating his 40th Jubilee in July with
Sr Lindi Ndlovu FMM & Sr Gina Morgan FMM both celebrating their 25th

A fond farewell to Sr Benigna Aoko and Sr Kate Lyimo who have been valued members of St Anselm's for some time. We also treasure and miss our dear Sisters Hyasintha Kokushubira, Christina Njuu, and Lindi Ndlovu who have moved on to pastures new.

We wish them all the very best for the future and hope that they will keep in touch and remember us, as we will remember them and their own special contributions to the Institute.



Sr Benigna



Sr Hyasintha



Sr Christina



Sr Kate



Sr Lindi

And finally, a big, big welcome to our new Assistant Director, Sr Mary Goretty Ochieng. Sr Mary was here with us as a student from 2001 to 2005 and after leaving us was Directress of Chem Chemi in Nairobi, where our "baby sister" Institute is located.

Because of her knowledge of the workings of the Institute and its values, she graciously accepted the post of Assistant Director. We know she will be a great asset to the Institute and look forward to working alongside her for many years to come.



Sr Mary Goretty



The Summer Group with Staff and Team

**Inc: front from left: Bishop Michael Apochi-Diocese of Otukpo, Bishop Moses Costa-Diocese of Dinaupur
Archbishop John Onaiyekan-Archdiocese of Abuja, Bishop Martin Uzoukwu-Diocese of Minna, Fr Len,
Thalia, & Claire**



Diploma Group 2008/2009

!! YOU ARE ALL INVITED !!

The 25th Silver Jubilee of the
Institute of St Anselm

will be held on 13th May 2010 at 11.00am

In St Anne's Parish Church, Cliftonville, Kent.

Please let us know in writing if you are able to attend this memorable occasion.

Fr Len's Book **'HEALING RELATIONSHIPS'**

Jeremy ROWE, M.Phil (inset:: Jeremy & students in our extensive Library of over 5,000 books)

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



SR QUEENIE
CEREJO
A PAST PUPIL OF
ST ANSELM



PETER GLEESON
A DEAR FRIEND OF
ST ANSELM



† MHM'S †

FR. HERMAN
KASKENS
1925-2009

BR JAN VOSSEN
1920-2009

BR PIET HOSMAN .
1923-2009

FR WILLIAM
MCDONALD
1937-2009

FR. JAAP MÜHREN
1927-2009

FR WIM
VAN DEN HURK
1922-2009

FR HARRY
STEEGMANS
1922-2009

FR TON VAN HOUT
1940-2009

FR ANDREW
MCGANN
1939-2009



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 27 June—13 August 2010

Diploma Course 28 September 2010—8 June 2011

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—25 March 2010 (6 months)

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 6 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."

24—28 May 2010 inc.

SPECIAL SHORT COURSES for 2010

PERSON CENTRED COUNSELLING AND SPIRITUALITY—Prof. Brian Thorne	4,5 March
HEALING & THE SACRAMENTS—Fr Jim McManus CSSR	10, 11, 12 March
PERSONAL DEVELOPMENT WORKSHOP—Miss Pat Grant	22,23 April
ANNUAL 6-DAY RETREAT—Fr Denis McBride CSSR	2-8 May



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