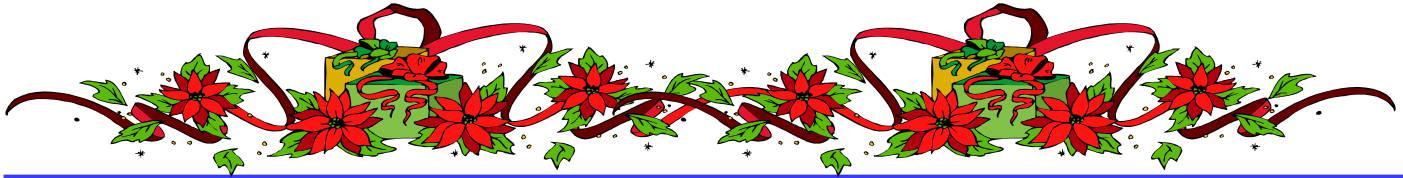




December 2010

Volume XXIV

NEWSLETTER OF THE INSTITUTE OF ST ANSELM



Celebrating 25 Wonderful Years

“Christ – the Light in the Darkness”

Many people would agree that we need light that enlightens the darkness of our time. We live in a time of massive confusion. What one person considers as right is very wrong for another person. Abortion is an example of such confusion. There are many people who consider it as murder. Others, however, instruct children that they have a right to have one. What one person considers as wrong is right for another person. Everybody seems to consider as right or wrong whatever he/she feels is right or wrong. We have become victims of moral relativism that is devastating our society as we can see from our bank and economic disasters. Obviously, every person has to make decisions with regard to their actions. We also think that we are the ultimate authority of deciding what is right and what is wrong. To me this is where society is well off the track and well on the way to self-destruction. This has led to moral and ethical chaos in our society in the 21st century.

It might be good to look into what has led up to this confused situation. There are many factors that have contributed to this confusion. However, I would like to mention just a few. This has worried me over the last thirty years or so. Sigmund Freud, Carl Rogers, Abraham Maslow, Albert Ellis with their theories had an enormous influence on shaping the mentality and values of many people and many Christians. Christian counsellors have tried to integrate these theories into their integrative counselling approach. Much of their work has given us a better insight into how human beings function. However, some of their teaching is directly opposed to Christian beliefs and has led to conflicts in people.

I shall just mention a few areas and leave it then to each one of us to reflect how we have been influenced by their theories. This may help us to rectify some of our

false values and bring them in line with our Christian values. The last authority is not psychological theory, but the word of God.

Freud rightly stressed the influence of the unconscious for our actions. However, by stressing it so much, did you pick up the message: “I can’t help and I am not responsible for my behaviour and therefore I can’t do anything?” Do you use this as an excuse for persevering in destructive behaviour such as being aggressive or withdrawn or constantly in a victim role? We can use techniques which Freud developed to get in touch with our unconscious dynamics and with God’s grace overcome behaviour patterns which we developed in early childhood.

Carl Rogers’ non-directive model of counselling has helped us much to listen empathically to the client and to help him/her to find their own solutions to their problems. A delicate situation arises for example when you apply it to abortion counselling. Have you internalised Carl Rogers’ teaching as saying that in every helping or educative situation or in the confessional you have to apply this non-directive attitude? What has happened to the Ten Commandments in this process of appropriating Carl Rogers’ doctrines? Has Carl Rogers become the ultimate authority?

Maslow was very optimistic about human nature. Since human nature is good, it is best to bring it out. What has happened to the doctrine of original sinfulness and to our experience as human beings, and particularly as therapists? Our Catholic doctrine is a fair balance between a totally



corrupt nature and a totally good nature. How do I see human nature? Albert Ellis objects to the word 'absolute'. Christians do believe in the absolute truth that there is one true God. This God has revealed Himself to us through his eternal, unchanging word and through Jesus Christ, his only Son. Do I believe that Jesus Christ is the ultimate truth? What are the consequences of such beliefs?

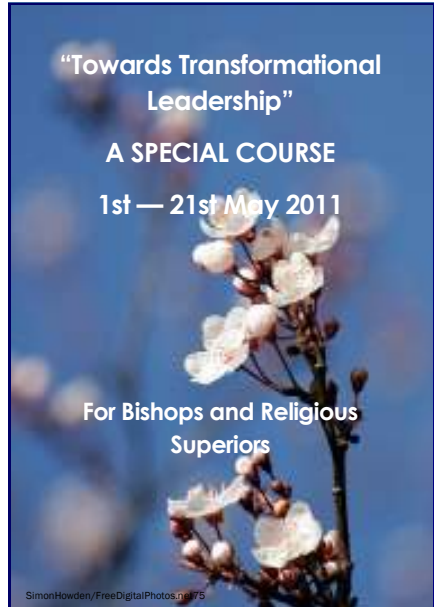
These are just a few examples of how we may have acquired a certain amount of moral relativism. By becoming aware of areas of our moral relativism, we can go back to the true light of the World, to illumine us again during this Christmas season.

Often in counselling training the values of these giants in the therapeutic world replaced our Christian values. The average trainee counsellor was not in position to question these doctrines of Freud, Rogers, Maslow and Ellis. Although counselling is supposed to be neutral with regard to values, the new high priests of the counselling profession imbued their clients with these values. Sometimes this was done in a very unprofessional way. I would like to illustrate this by one example I experienced when I was a chaplain to sisters in Salzburg.

One evening a sister in her forties from another congregation arrived in the monastery I was in. This sister had to go to the mental home in Salzburg for a check up. She asked me to bring her communion. So I did. After communion she said: "I would like to discuss something with you." I gave her time and she described what had happened the night before. "Last night a psychologist came to see me for an interview. Afterwards he said the problem you have is that you are a sister." Obviously she was shocked at this ill-informed and unprofessional remark.

When we read in the Bible: "The light shone in the darkness" we will find a way out of this chaos. Over 2000 years ago, the Word of God, the Light entered this world. This light is still shining into our darkness and brings warmth to our lives, gives deep meaning and a clear direction for our lives. We are truly happy to have such a star to lead us to the ultimate truth which can only be found in God, in the person who claimed "I am the Truth, The Way and the Life."

We have heard the passage from the Bible: "The Word of God is living and active, sharper than any two-edged sword." This Word was with the Father in the beginning and co-eternal with him. At the appointed time it was revealed to the apostles. They proclaimed it to all nations and people humbly received it in faith and believed in it. It became active and life-giving, because it is Life. May this Word become even more active and life-giving in each one of us during this Christmas and in the New Year 2011. May this Christmas help us to come closer to the Truth. This is my prayer and wish for each one of you. **Len Kofler.**



"Towards Transformational Leadership"

A SPECIAL COURSE

1st — 21st May 2011

For Bishops and Religious Superiors

SimonHowden/FreeDigitalPhotos.net/75

The Institute of St Anselm, the international centre for training leaders and formators, sees supporting leaders in the Church as one of its major goals. The position of Bishop brings with it a heavy burden of stress so, with this in mind, we have devised a special course. And at just three weeks' duration, it should hopefully fit in to the busiest schedule.

COURSE OVERVIEW:

- Holistic Spirituality
- Growth Groups
- One-to-one sessions
- Relationships
- What is authentic power?
- Forgiveness/reconciliation
- Communication and helping skills
- The art of understanding each other
- Authority problems
- Emotional Integration
- Conflict resolution & stress management
- Crisis, an opportunity for growth
- Self care

Lectures start at 9.00, Monday to Friday, and the day's programme varies with groups, lectures and exercises. Weekends are free for reflection and relaxation. The Eucharist is celebrated each day at 12.20pm; Morning & Evening Prayer is celebrated by the Community or if preferred, individually.

Course price £1,000 including board and lodging.

For more information visit www.st.anselm.org.uk



Academic Staff



Fr Len Thalia Sr Mary



Claire Fr John Sr Therese



Fr Wijnand Sr Patricia Jeremy

Celebrations

25th Birthday of the Institute of St Anselm, 50 priestly years for Fr John McCluskey & 25 priestly years for Fr Francis Nolan and Fr Ivan Fang Not to mention Len's 75th Birthday!

This year the Institute celebrated 25 years of its existence. A huge celebration was planned and many dignitaries were invited. At the last minute Fr Len was taken ill and we decided to cancel it. Everyone was very worried about Fr Len but the students and staff wanted to go ahead with a small in-house celebration to mark the occasion and to pray for his recovery. He has since made a full recovery and is back at his beloved Institute.



Annette Kneath a Trustee accepts the framed Papal Blessing which was to be presented to the Institute for the 25 Jubilee



Fr John (Centre) , (Centre right) Fr Francis (Centre left back) Fr Ivan With the Archbishop and Bishops from the Summer Course



The blessing of Saint Anselm



Fr Len, 75 and still going strong



Br Andrew one of our very first participants returns to celebrate with us

A fallen Austrian tree is transformed into Saint Anselm
Given to Fr Len by his family to mark the 25th Anniversary of the Institute



Fr John McCluskey

Fr Francis & Fr Ivan



Our Jubilee Mass, rich with different cultures



Concelebrants

Testimonial extracts from participants past and present

"After several weeks at St Anselm's I am ready to return to my ministry with renewed strength and a sense of gratitude, with hope and trust. These past weeks have given me the opportunity to recover what had been lost on the journey and to welcome within me what is in the process of growth. The environment, the sharing with the participants on the courses, the input, support and accompaniment by team members have been excellent; the needs of the body, mind and soul had priority when designing my personal program. My thanks and appreciation for each one of you at St Anselm's and blessings for the journey ahead!" *Sr Mechthilde Schnieder MSC 2010* (Sr Mechthilde was with us for 3 weeks during which time she spent 4 days on Fr Len's workshop on "Conflict Resolution" 3 days at Sr Margaret Taylor's Workshop "Re-uniting Spirituality & Sexuality" and had various EQ and 1-2-1 sessions.)

"My experience of St Anselm everyone's generous warm hospitality leaves me to feel at home immediately. The course leads one to inner journey. The gentle understanding approach frees me to open up and unload the pain, hurt, trauma, which follows the healing process that leads to forgiveness; furthermore it equipped me with techniques and skills to live life more fully". *Saba Tensaew, Lay*

"When I was told to go to St Anselm, I really didn't know why I was sent there. The superior just told me to go for the course and it was a big surprise for me. I just obeyed. Before attending the course I was all confused and had a very low self image and even low self esteem. After attending the nine month Diploma Course I was able to understand myself better, could make decisions for myself, my self image and self esteem was boosted-up. I was able to let go many of the things that were of little importance, I was able to content my feelings, keep prejudices under control. I have learnt to enjoy my aloneness and in this way got rid of my loneliness. I gained a lot of self confidence and as a result of this I was able to counsel others. Above all to take care of myself as I ought to. I keep myself constantly connected to God prayer daily and review my day." *Fr Bennett Aranjo SDB*



OUR CURRENT TEAM

1. "The diploma Course enabled me to consolidate the learning of my life and to discover new treasures along the journey. I feel equipped to face my 70s with renewed passion for life and its mission." *Sr Bernadette Gauthier, Sisters of St Joseph of Cluny, Australia*

2. "The course gave me an opportunity to take time out from a very busy pressurised work schedule and to face the issue and emotions in my life which needed healing and integration, especially my experiences of loss. A very worthwhile, enriching journey." *Fr Francis Nolan, Diocesan.*

3. "The Diploma Course for me was a year of personal growth, a time for reflection and to care for myself and I had time to journey to my true-self by working on my issues of the past events and able to move forward with renewed strength. I also learned a number of useful communication skills for my own growth which will be helpful for my relationship with others. I am grateful to God and to all who helped me to have time in St Anselm for my inward journey." *Sr Sosamma, Holy Spirit Sisters*

4. "It was a time for pains, encounter, confusions disappointments and challenges which led to wonders, discoveries, excitements, happiness, freedom and the like. My life was never the same as before. I was rich and the knowledge spread quickly to people in Tanzania. What I acquired at The Institute of St Anselm has become so much part of me that I hope to radiate it for the rest of my life." *Sr Mary Costa, Holy Spirit Sisters, Mushi, Tanzania*

5. "St Anselm's is the beacon of hope that constantly directs me to the "Pearl of great price" making every day here a privilege and a blessing." *Sr Marion Hendricks, Holy Cross, Cape, South Africa*

6. "Since I came to St Anselm, I've experienced God's transforming power when I worked through some blocks in the process of my inner growth and His total acceptance and love." *Sr Pauline Chow, Franciscan Missionaries of Mary, Hsinchu, Taiwan*

7. "St Anselm is a place of experiencing who you are, made in the image and likeness of God. It is a place of integrative rebirth. I thank God for blessing the initiative of the initiators" *Fr Moses Kailie, Archdiocese of Freetown and Bo*

8. "As a trainee student, 'The Diploma year in group work', has been an enriching experience with multicultural living as a facilitator of groups and one to one sessions. It has been for me an integrative growth in my human, emotional, psychological and spiritual well being based on Fr Kofler's personality model of the Holy Trinity. "Come as you are; be nourished and empowered in love; to become what you are in the Lord's vineyard". Thanks to the transformational and visionary leadership of Len Kofler. May God bless the work of the Institute of St Anselm.

Fr Dominic Savio Vaz, Diocese of Goa and Daman



Fr Len, Sr Mary Goretty & Support Staff
From left to right: Jean, Sarah, Jason, Fr Len, Sr Mary, Claire, Gordon, Front row: Jan, Lynne, Laura. Inset: Pippa



The Leadership in the Institute

Fr Len Kofler has a dynamic charisma that epitomises the goals and principles of the Institute. Having just turned 75 in April this year, Fr Len's GP recommended a complete rest. The news came as a terrific blow to both staff and students who were preparing the Silver Jubilee celebration of the Institute and to acknowledge the sterling work led by a seemingly indefatigable and indispensable leader.

Having been delegated to step in during Fr Len's absence, Sr Mary Goretty Ochieng, the Assistant Director, executed her role as a solid and gracious presence in the Institute with the strong support of very capable Staff members. In no time she was able to count on the collaborative spirit among staff, team and students alike. It was a joy to witness the grace of office personified. It is indeed a mark of great leadership when other leaders are allowed to do things in their way and we commend Fr Len for being an effective model.

The celebration of the Institute, albeit on a smaller scale, was held on 13 May 2010 within the Institute and Fr Len Kofler was duly acknowledged in absentia. In his letter to the Institute and subsequent address he stated, 'I am grateful to each one of you: Staff, Team and Participants for all your prayers, good wishes and for supporting one another during my absence.'

Fr Len returned in July this year and he continues to serve the needs of the Institute alongside Sr Mary Goretty and fellow staff members.



After graduating from the Institute of St Anselm, what next for the participants?

All the programmes of the Institute are geared towards personal process. The courses on formation, leadership and community building; transformational leadership; and individual/group facilitation open the students up to the following opportunities:

On a personal level, they are able to go back and lead meaningful, fulfilled, and responsible lives, able to make personal choices and continue the process of inner conversion and renewal. In a special way for some of them, through the World Movement for Reconciliation (WMR), they commit themselves to a life of continuous personal inner conversion, forgiveness and reconciliation.

They touch other people's lives in a renewed way and use the skills they have acquired to build better relationships in their communities and ministries e.g. Formation, Parish Work, Community Leadership, Teaching, Social Work, Church Leadership, Parish Council Leadership, etc. The St Anselm's sabbatical programme in Nairobi, which belongs to the Association of Sisterhoods of Kenya, is run by a team prepared in the Institute of St Anselm.

Some of the participants have been able to pursue further studies in Counselling and Psychotherapy (MA or MSc in Counselling and Psychotherapy) in public universities in the UK and in other parts of the world.



WMR (World Movement for Reconciliation)

We have a vision of a worldwide and genuine fellowship among all human beings. To be brought about by actively awakening the deepest desire in everyone to live in peace, harmony and justice with others. We are convinced that the key to making this vision a reality for all, is the reconciliation to be brought about within ourselves and within our day to day relationships with others, regardless of race, creed, colour, class,If each person did this, it would ultimately change the way nations relate to each other. In working towards the realisation of this vision, we endeavour to help people recognise, activate and integrate their gifts and potential.

Workshop: Conflict Resolution

The World Movement for Reconciliation (WMR) was an initiative by Fr Len Kofler and Sr Therese Garman launched in 2000 to promote worldwide peace and reconciliation. To mark its 10th anniversary this year, Fr Len, Sr Mary Goretty Ochieng and Fr Wynand Huys, staff members of the Institute, conducted a week-long course in Conflict Management for participants and dealt with areas such as:

- ◆ Viewing conflict from different perspectives
- ◆ The key ingredients for a collaborative approach to handling conflict
- ◆ Appropriate assertiveness
- ◆ Working towards authentic power and self-empowerment
- ◆ Culture and conflict

These topics were covered through lectures interspersed with functional skills exercised in groups with facilitators to guide the process. The workshop culminated with a Eucharistic celebration during which participants signed up as members of the movement. New members received a distinct badge and committed themselves to the aims and principles of WMR.

This year we celebrated the 10th Anniversary with renewed and steadfast commitment.

This year's Summer Course—A full house!



Summer Course 2010

From Left to Right:

- ◆ Bishop Alfred Rotich
- ◆ Bishop Peter Atuahene
- ◆ Bishop Julius Marandi



- ◆ Archbishop Abraham Viruthakulangara
- ◆ Fr Len
- ◆ Bishop Kurien Valiakandathil
- ◆ Bishop Thomas Pulloppillil
- ◆ Bishop Vincent Barwa

On returning to Ghana, Bishop Peter Atuahene (2nd from left) wrote:

[LETTER OF APPRECIATION](#)

Greetings from the Catholic Dioceses of Goaso, Ghana.

I have safely returned home to Ghana and to my Diocese and I have resumed work in earnest and I cannot but, with deep heart-felt gratitude, write to show appreciation for the wonderful experiences I had during the few weeks course. I also thank you for reducing the course fee for me and my brother bishops.

The course has opened an opportunity for me to continue growing and I am extremely happy for the awareness that I now have as I continue my work as Bishop.

On my part I will always remember you and your staff in my prayers. It is my prayer that the Lord may give you good health and longer life to continue to serve humanity. I hope that one day I will be able to return for a visit or for further updating.

Once more I thank you very much for the opportunity.

Yours sincerely,

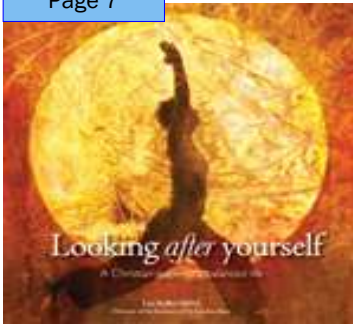
Most Rev. Peter K. Atuahene
CATHOLIC BISHOP OF GOASO



Cultural Masses



2009-2010 DIPLOMA GROUP



Looking After Yourself: A Christian Guide to a Balanced Life

Author: Fr Len Kofler

Drenched in an abundance of learning, in his latest book Father Len brings together for the first time an impressive range of practical tips and guidelines for working on your own body, mind and spirit. Using easy-to-digest theory and engaging ‘try it yourself’ suggestions, he enables you to make quick, positive changes to the way you look after yourself. Every area of life is an opportunity

for growth, and Len Kofler’s gentle style will shepherd you on a journey towards a fully human life in a truly Catholic sense, using Jesus of Nazareth as your model. The journey is one towards greater freedom, fulfilment, happiness and healing and will richly reward all who travel it.

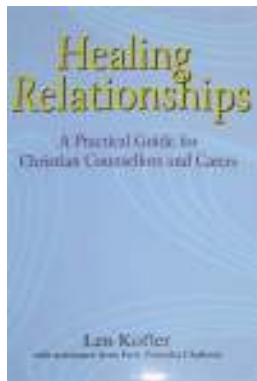
The book costs **£8.95** + p&p

How to obtain: *Order online from Redemptorist Publications www.rpbook.co.uk*

For those of you in the UK, your local Waterstones should be able to get a copy for you.

Healing Relationships—Author: Fr Len Kofler

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.



25th Jubilee Book

“A History of the Institute”

Available to buy through the Institute of St Anselm priced £3.50 + postage & packing

The book’s copyright is 2007

The ISBN Number is 978-0-85439-739-6

Price: £10.99.



NEWS UPDATE

Fr Len’s newest book “**Healing Groups**” *A Practical Guide for Christian Leaders*, is just about to go to print. It will be available from St Pauls Publishing as above.

Fr. Len Kofler, MHM, D.D., S.Soc., PhD Dip Couns., Accredited Psychotherapist, Group Psychotherapist, is Austrian by birth.

He has been a counsellor for more than forty years, caring for clients with many different problems. In 1984 he founded and then became Director of the Institute of St Anselm at Cliftonville, where priests, religious and lay people from all over the world come to learn leadership and counselling skills.

Dear Benefactors and friends of the Institute

We want to take this opportunity to thank all those who have supported us throughout the last 25 years. It is a great privilege to be able to ask for your assistance, especially in these uncertain times. Your generous donations, loans and moral support enable us to keep our course fees low, which benefit our religious in developing countries and keeps a roof over our heads (literally). Major roof repairs are necessary this year.

May God bless you all. Fr Len Kofler MHM—Director

TOWARDS THE FULLNESS
OF LIFE:

4th January to 14th April 2011



This course is strongly focused on you as a person. It will be partly designed for your choice and needs, particularly your spiritual needs. These months may be the best of your life giving meaning and direction to it.

Towards the Fullness of Life will cover topics such as:

Transactional Analysis
Dream-work
Crises in Human Development
Mystical Journey
Emotions and Blocks to Human Communication,
God – Representation
Stages of Faith
and EQ Development.

This is a one-off chance for YOU.

Don’t miss out — places are limited. It is a great opportunity for you to enrich your life and enhance your future work.

Whoever you are, priest or religious, teacher, social worker, counsellor, pastoral worker, father or mother, this course will help you to find new meaning in life.

Towards the Fullness of Life will be given by
Institute of St Anselm staff.

This 14-week course costs only £5,450 including board and lodging.

To book a place phone + 44 01843 234700 or email office@st.anselm.org.uk

Courses at the Institute of Saint Anselm

These 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? There is a growing realisation of the importance of emotional development for optimal success in all spheres of life. Those with high emotional intelligence are proven to be more stable secure and effective in all aspects of their life. They are less depressed, more productive at work and have better relationships. 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.

Special one-off 14 week course "Towards the Fullness of Life" 4 Jan to 14 April 2011
(open to priests, religious & laity)

Diploma in Human Development, Leadership, Formation & Community Building
(open to priests, religious & laity)

Semester 1 — 20 September to 15 Dec 2011: Semester 2 — 3 Jan to 31 May 2012

The two semesters of the Diploma programme have been structured in such a way that participants can begin with either of them. Each Semester is complete in itself, in order to suit those who wish to do only one of them and go back to their ministry
(Both semesters must be completed to receive a Diploma)

Sabbatical programme: Provision is made for those who wish to take the opportunity to do their Sabbatical in either of the two Semesters (open to Bishops, priests, religious & laity) (as above)

7 week Summer Certificate Course: 26 June to 12 August 2011

An intensive course for formators and leaders in the Church (open to Bishops, priests, religious & laity)

3 week Course: "Towards transformative Leadership" 1 May to 21st May 2011
(for Bishops & Religious Superiors and their teams only)

Self Care: The Institute also welcomes those who want to have a few days off and come to meet their need for rest, relaxation, reflection & holiday. While here, there is opportunity to attend a lecture, receive accompaniment, enjoy the seaside walk; according to personal needs etc.

EQ Development — PERSONAL GROWTH THROUGH EMOTIONAL HEALING — 2011

The Institute offers opportunities for participants to work deeply with emotions through hands-touch-on techniques. This enables deep emotions and memories to be unravelled, re-experienced and healed. The following workshops have been scheduled:

23-29 Jan	6-13 February
6-12 March	3-9 April
22-28 May	31 July-6 Aug

(open to priests, religious & laity)



EQ Therapists
Thalia Slinn & Paula Turner

SPECIAL SHORT COURSES for 2011- (open to priests, religious & laity)

RE-UNITING SPIRITUALITY & SEXUALITY——Sr Margaret Taylor	12,13,14 January
HEALING & THE SACRAMENTS——Fr Jim McManus CSSR	16, 17, 18 February
PERSONAL EFFECTIVENESS WORKSHOP——Miss Pat Grant	3,4 March
APPROACH TO SELF IN PERSON CENTRED THERAPY——Prof. Brian Thorne	10,11 March
ANNUAL 6-DAY RETREAT——Fr Denis McBride CSSR	20 to 26 March



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