



December 2011 Volume XXV

GROWTH



NEWSLETTER OF THE INSTITUTE OF ST ANSELM

A SPECIAL REFLECTION FROM FR LEN KOFLER

“When we allow ourselves to become vulnerable, healing takes place in us.”

You may have heard all kinds of rumours about my health. Therefore, I have decided to let you know what happened this year to me during the Summer Course. We had a very lovely group of participants from all over the world. I enjoyed giving lectures and accompanying them on their inner journey. I felt full of energy during the first four weeks. During the last three weeks, I was struggling, because I perspired during the night. Often I felt tired, especially after giving a lecture or joining in other activities. Each week I went to the doctor. I thought it was a cold or flu or virus infection. I managed to officiate at the concluding Mass on Friday and went back to the doctor on Monday afternoon. After a thorough examination, the doctor sent me with a letter immediately to the hospital. After I had done some business in Ramsgate, I drove to the hospital. They admitted me, which I had not expected. As it was the 15th August the feast of the Assumption of Our Lady, I had arranged that I would say Mass in the evening for some staff. The Lord had other ideas!

Very quickly, after many blood tests they found out that I had an infection in my heart. I was told that I had to take antibiotics. Innocently, I asked whether I could take them at home, because I had arranged to go to Austria on the 30th August to officiate at my sister's Golden Jubilee as a nun on the third of September, and also to baptize two babies of two of my nephews in my own parish in Austria on the 11th of September. I was informed that this would not be possible, since I had to stay in hospital at least

for two weeks, if not longer. Thus, I had to adjust to a totally new situation. I had to spend my holidays in hospital and not in Austria. At first this was a shock to my system. Then I said to myself: "Whatever happens to you is or can be a grace for you, provided you make the best use of it." I was determined to do that.

Thalia and Claire kindly brought me the necessary things I needed, seeing that I had come into the hospital with nothing but the clothes I stood up in. I soon settled into the Sandwich Bay Ward where I had my own space – the bed and an easy chair. This was enough space for me to feel at home and enjoy my stay in hospital. I had several dear visitors who came to keep me company. Often, I was very impressed by the love and care of the cleaners, kitchen personal, nurses, doctors and consultants shown towards me and other patients. I experienced and saw here 'love in action' – the best of our society. I was surprised how patient the nurses were, particularly with some 'demanding' patients.

As I was reading a German book *Die Liebe (love)* by Peter Lauster, I tried to practice what I read. He describes the essence of love (Liebe) as positive attention to a thing, plant, animal or human being, without expecting anything in return. I noticed how I got energised as I was speaking to cleaners, kitchen personnel, nurses, doctors and consultants. I tried to affirm them for the wonderful work they are doing and noticed how



Do not fear what may happen tomorrow. The same loving Father who cares for you today will care for you tomorrow and everyday. *St Francis de Sales*

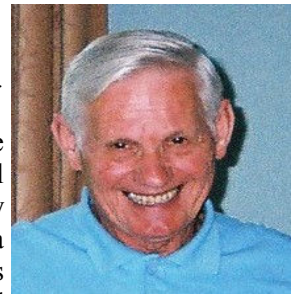
**And out of
darkness, there
came light...**

**Find space for
silence in my
life set aside
some time for
listening, God
speaks with a
small still
voice.**

**Silence helping
me to tune in.**

many friends I had in no time. Most people seem to respond to love.

Once it was clear that I had a heart infection, I was shifted to the Cardiac Ward where I felt I was in a five star hotel. After several tests they found that the mitral valve of the heart had been badly damaged and needed an operation, for either a replacement or a repair. I was told that this surgery would take place in St. Thomas's in London, and that they had already made arrangements for a bed to be secured in the near future. From this moment onwards I was looking forward to going to London and to having the operation as soon as possible.



After fourteen days in Margate hospital, the ambulance brought me on the 29th of August to St. Thomas's Hospital in London. I enjoyed my two-bed room facing the Thames and Parliament buildings. Every day I had a new companion in my room whilst I was waiting for my infection to be cleared before they could operate. My days were very rich, encountering new patients and workers in the Stephen's Ward. Many doctors came to listen to the murmur in my heart. I was slightly anxious about when the day of my operation would be. When I heard that I was booked for the 8th of September, I was very pleased, hoping that the infection would have cleared by that time. Specialists for infection and antibiotics reassured me that it would most likely be the case. However, I enjoyed my stay in St. Thomas and the very caring treatment in Guys where they extracted a tooth after I had been brought there by ambulance, since they expected that the infection of the heart had been caused by an infection introduced by that tooth!

**“to allow myself to become vulnerable
as Christ became vulnerable
at the Incarnation.”**

As I was waiting for the operation I found out that it would be open heart surgery which I had studied in a book. I asked myself: “Do

you really want to have your chest broken into, or would it, perhaps, be better to let things take their effect without the operation?” Then I came to the conclusion that if I want to be healed, I needed to allow myself to become vulnerable and be broken. I reflected much on this thought. How often do we try to avoid pain and vulnerability, with the result that healing can't take place. It reminded me of the Incarnation – the Son of God taking on a human form and becoming very vulnerable as a little baby. My decision was clear: “Go ahead and become vulnerable as Christ did.” In His vulnerability He redeemed us and brought salvation to all of us. I wanted to follow His example.

The 8th of September, the feast of Our Lady was fixed for the operation. I hoped that I was going to be the first one that day, and so I was. I went into the operation with great confidence entrusting myself completely to God and the experts. I was in no way afraid of it. When I woke up, I thanked them. Thalia was also there. I was in a good mood. I recovered very quickly and on the third day after the operation I had a shower and on the fourth day they removed the bandage over my chest. I was surprised how fast the wound had healed. The only thing which was not quite clear was whether there was still an infection on the mitral valve. I was still receiving antibiotics to be sure the infection would go. For four weeks I had antibiotics every four hours.

My joy was extremely great when the infections specialist told me that the infection had

**“All the big events regarding my illness occurred on the feasts
of Our Lady: 15th August, 8th September
and 15th September.”**

gone and I could go back home to Cliftonville. I had been over a month in the two hospitals. It was on September 15th, the Feast of Our Lady of Sorrows, that I received this good news. All the big events regarding my illness occurred on the feasts of Our Lady: 15th August, 8th September and 15th September.

On the 16th of September I left St. Thomas hospital and went back to Cliftonville, but not to the Institute. Thalia kindly offered me her annexe to recuperate from the operation and the whole treatment. Since then I have made great progress and I am sure in a year's time I will be in much better health than I was during the past few years.

Since my return to Cliftonville, I have not been allowed to visit the Institute or to see the

new participants. I was told that I had to rest completely. This was, and is not, easy for me. However, I do what is best for the process of healing to take effect. I miss staff, team and participants. I hear that the course is going well and that we have a lovely group of participants who are highly motivated to work on themselves.

I am most grateful to all of you who have prayed for me. I was always optimistic and in good mood except for two instances. I found my stay in the hospitals extremely enriching. To all the many visitors, chaplains, cleaners, cooks, nurses, doctors and consultants I would like to express my sincere thanks for the love, care and support I have received during my stay in the hospitals. My special thanks go to Claire and Thalia who provided me with all I needed. For the first time in my life, I missed Sunday Mass. This was a strange feeling for me. This was the first Sunday in Margate hospital. The second Sunday was a great surprise. Fr John, Thalia and Claire were with me as I concelebrated Mass, John being the main celebrant.

My ultimate thanks go to God who in His wisdom and providence has provided me with this great opportunity to grow and to come closer to Him through the instrumentality of so many caring and loving people, whom I have met during these special weeks of my life. I was always convinced that there was meaning in all this happening.

The most important thing I learned from my experience is to allow myself to become vulnerable, as Christ became vulnerable at the incarnation. Healing can only come about by allowing ourselves to become vulnerable. This is my Christmas prayer and wish for each of you: "Just as The Son of God became vulnerable, we must allow ourselves to become vulnerable, so that healing on all levels may come to us, at Christmas and throughout the New Year 2012".

Len Kofler.

PROF. BRIAN THORNE

THE SPIRITUAL QUEST TODAY Brian Thorne

Thursday 22nd March 2012
7.30pm-9pm

Total Cost of £10
(required upon application)

A well known therapist and writer reflects on his lengthy experience and its relevance is the world of counselling and psychotherapy and to the life of the church.

Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia and a lay Canon of Norwich Cathedral. He is the author of 14 books covering the fields of therapy education and pastoral theology.

Email or ring us now to book your place
01843 234700 www.st.anselm.org.uk

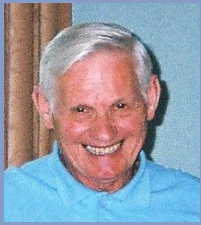
Deck the halls



HAPPY CHRISTMAS ONE AND ALL



Senior Staff at the Institute of St Anselm



Fr Len



Thalia



Sr Mary



Claire



Fr John



Fr Wijnand



Sr Marcellina



Sr Marion



Jeremy

THE SUMMER COURSE—7 WEEKS OF HUMAN DEVELOPMENT

A STORY OF ENLIGHTENMENT BY 3 PARTICIPANTS STILL CURRENTLY WITH US

The Summer Course and following weeks since, have been quite enriching for me. During this time I have been able to review my life, the quality of my relationship with God, myself and others. This has motivated me to accept the challenge of working at my self-esteem and appreciating the loving presence of God. I feel deeply moved to share with others the effect of this self-care programme on my life and express this good news by my way of life when I eventually return to my community.

Sr Ngozi Okoye (Little Sisters of Jesus) - Nigeria



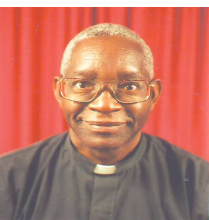
The Institute of St Anselm has been a pillar of courage when I needed to delve into my inner world and find my true self. I have been helped to redirect my gaze and focus on the gift that I am; moulded by God into a vessel of love, integrity and hope. It is with deep gratitude that I acknowledge the skills I've gained that will accompany me in my growth towards wholeness and inner strength.

Sr Dorothy Patiu MSC – Papua New Guinea

The seven-week summer course was really an icebreaker for me from several angles. I was able to experience a lot of transformation taking in my outlook and understanding. I am able to relate more openly and specifically placing emotions and feelings in their true perspective. I started to realise the depth and meaning in every event that is taking place around me. There is a change in my overall attitude and life has become more meaningful, significant, challenging, and happy.



George Vazhayil—Montford Fathers of St Gabriel—India



I thank God for the opportunity I had to be at St. Anselm where I was able to learn so much about the virtues that enhance integral human growth. Love as one of the greatest commandment of Christ was emphasized and we even had the opportunity to practice in the cause of the course in our living and praying together.

Other virtues include: Forgiveness and patience; Attentive listening; Community living and praying (communal in diversity); Sharing with others of our own experiences and feelings; Delegation of responsibilities As the saying goes, 'No man is an island'. It is always important to cultivate good relationships for our own personal development and fulfillment of our responsibilities/ministries. The course offered us an opportunity to meet, interact and appreciate people of other nations and cultures.

May the Lord bless you all at St. Anselm with His boundless graces. +Most Rev. Peter Kairo, Archbishop of Nyeri—Kenya

I participated in the programme last year as the final part of my preparation for diaconate (and hopefully priestly) ordination. At St Anselm's I was exposed to a huge range of experiences I hadn't found in seminary, although human formation is one of the areas given as essential for priestly formation. Not only was the programme challenging, but the opportunity to live and mix with priests and religious from many national backgrounds was something new to me. In seminary, being lay and English was normal: at St Anselm's, almost unique. I'm now in my diaconate year in a parish in Lincoln, England, and find many situations where my St Anselm's learning is helpful. An ability to empathise with parishioners, especially at times of loss and grief, is essential, and listening skills, too, are invaluable. Group dynamics helps in the meetings I attend, and insight into personality types gives me an added understanding when I'm talking to people I've not met before. St Anselm's encouraged me to think about how I relate to other people; perhaps the most valuable lesson I learned last year. I now take time each day to review and assess the encounters I've had and the feelings I've felt; this helps my personal wellbeing, which in turn makes me more effective in the parish.



Simon Gillespie: 2010-'11—Deacon of Nottingham Diocese—England

CELEBRATION OF CULTURAL MASSES IN THE INSTITUTE



Accompaniment in full swing



China celebrates their New Year!



Dancers at the Offertory—Archbishop, Bishops and Sisters from Asia



A Shirt from Sierra Leone



Africa unites: : Liberia, Nigeria, Kenya, Tanzania, Benin, Cameroon, Ghana, Uganda, Sierra Leone

Whilst Fr Len is recovering from illness, the Institute is in the good hands of an outstanding Staff body, dedicated Support staff and faithful Team members.



**Fr Len flanked by fellow-Mill Hill Priests:
Fr Wijnand and Fr John**



Members of Staff with Fr Len who is well on the road to recovery. Thank God!



Director and Assistant Director of the Institute.



Thalia, a pillar of Support & EQ Therapist



Team Members: 2011/2012



Executive Staff with Support Staff





Birthday moment: Cheers!



Spontaneous word of thanks to Claire (Registrar)



Joy at Graduation of Archbishop Peter Kairo, Sr Premila and Fr Joe



Annual Outing to Canterbury: Picture taken in Crypt of Canterbury Cathedral. Group enjoying the sunny weather



Participants show great interest in the Institute's Growth Magazine

Yoko says her special thank you to Staff, Team and Participants



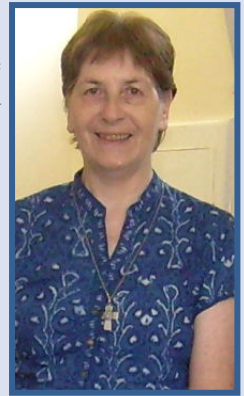
A WORD OF THANKS TO SR THERESE GARMAN

Sr Therese Garman, a Sister of Divine Providence, has been serving various needs within the Institute for the past 23 years. She is particularly noted for her exceptional work in the background where she could be relied upon to complete any tasks assigned to her in an admirable and professional manner. Her main tasks were:

- The co-ordination of staff meetings.
- Setting in motion the accreditation of the Institute.
- Quality Assurance regarding course work and assessment of staff and students.
- As pioneer member of World Movement for Reconciliation, secretary, and instrumental in keeping the movement going within the Institute since 2000.
- Co-ordinator of 2nd and 3rd year courses and lecturer for trainees until June 2011.

Sr Therese has shared her wealth of knowledge, expertise and methodology with trainee facilitators and members of the Staff. Trainees and staff members duly acknowledge her as having been influential in their proficiency with various techniques and skills.

At the end of the academic year, Sr Therese had been recalled by her congregational leader to assist the ageing Sisters in her community. Consequently she has had to discontinue her full-time service in the Institute. While we miss her obliging presence, we are fortunate that she is still able to assist us on a monthly basis or telephonically when needs arise.



AWARD PRESENTATION TO FR LEN KOFLER

At the Graduation Ceremony of the Summer Course, after students received their respective Certificates and Diplomas, Bishop Martin Musonde and Archbishop Peter Kairo expressed a tribute of gratitude on behalf of all students to Fr Len Kofler for his superlative achievement within the Institute for more than 25 years. Archbishop Kairo presented Fr Len with a framed Certificate for Distinguished Leadership. Although his presence in the Institute is missed by all, we are kept informed of his steady recovery.

CONGRATULATIONS TO SR MARY GORETTY OCHIENG

Sr Mary Goretty, the Assistant Director, defended her Thesis and achieved her PhD in Education on 31st January 2011. She attended and celebrated her graduation at the Catholic University of Eastern Africa, Nairobi, Kenya, on 7th October. With Fr Len's absence, due to illness, Sr Mary Goretty continues to dedicate her services to staff and students alike. She delivers comprehensive lectures with fellow staff members in a spirit of collaboration, joy and enthusiasm. We are proud of her accomplishment and feel blessed to have a staff member of her calibre among us.



MR SIMON GILLESPIE: CANDIDATE FOR PRIESTHOOD

On 25th March, His Lordship, the Bishop of Nottingham, accepted Mr Simon Gillespie, one of the participants in the Institute, as a Candidate for the Priesthood. This occasion was marked by a multi-cultural Eucharistic celebration in which the priests – staff and students as well as visiting priests – concelebrated with the Bishop.

In his homily the Bishop referred to the feast of the day, The Annunciation, which he said, '...celebrates the call Mary received; the call that was to change the course of history.' In closing he added, 'Candidacy is a calling but it is also an offering – you offering yourself as a white, shining clear witness to the Truth. Today the Church gratefully accepts your offer of yourself and asks you to wait for the One who is to come.'

This was followed by a tastefully prepared dinner and social gathering for Staff, Participants and Guests.



OUR THANKS TO SR PATRICIA COSGROVE

After five years of cheerful and generous service to St Anselm's Patricia returned to her community in Ireland in June of this year. She began as a participant in the Sabbatical programme at the beginning of 2006 and then stayed on, working first with the team and then as a staff member. Having already trained as a counsellor in Ireland she was able to begin working with Growth Groups, and was soon fully involved in the other groups and in one-to-one Growth Facilitation. Patricia will be remembered as a warm and welcoming presence in the Institute. She was always generous with the time and attention she gave to successive groups of participants. She went out of her way to welcome and companion them: formally in growth facilitation sessions, and more often informally with her cheerful presence and readiness to chat and listen to anyone, at any time. All who knew her will join us in thanking her for her service to St Anselm's and wishing her well for the future.





Fr Len with Bishop Martin Musonde and Archbishop Peter Kairo Summer Course 2011



DIPLOMA & Certificate Course 2010/11



Summer Course 2011



DIPLOMA & Certificate Course 2011/12



OBITUARIES

Tribute for Mill Hill Missionary:

Fr Jan Swagemakers

†
Fr. Jan Swagemakers
1935-2011

†
Sr Sylvine Vas
A beloved past participant and staff member
R.I.P. Sept 2011

†
Fr Eric Mead
Parish Priest
St Anne's Church
Cliftonville
R.I.P. Nov 2011



The parish of Our Lady of Muswell in north London and the Institute of St Anselm, Margate, have paid tribute to Fr Jan Swagemakers, who lost his battle with a brain and lung tumour on 16 March 2011. Fr Jan will be fondly remembered by participants of the IPD programme during his close association with them in Trinity House for the two years, 1998 – 2000. He was then seconded to the Archdiocese of Westminster where he spent the remaining eleven years of his life in pastoral ministry in the parish of Our Lady of Muswell.

His Golden Jubilee of ordination was celebrated in February in anticipation of the actual date in July. He died peacefully two weeks later. A memorial service was held in the Institute on April 6 2011 con-celebrated by Fr John McCluskey (main celebrant), Fr Len Kofler (Director) and Fr Wijnand Huijs. This Mass was attended by Fr Jan's housekeeper, Nora O'Neil, all members of staff and the students. May he rest in peace.

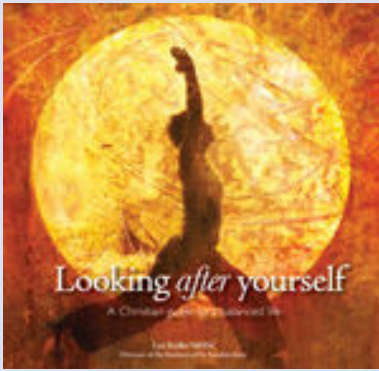
Picture Jan & Sylvine



WE COMMEND TO THE LORD ALL WHO HAVE DIED OVER THIS LAST YEAR.

MAY THEY REST IN PEACE.

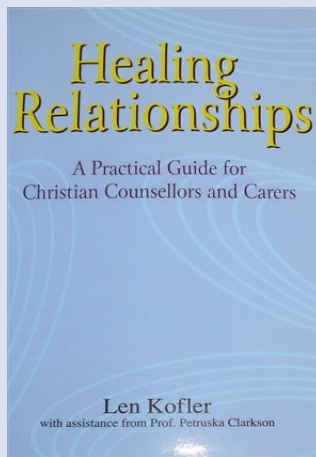




**Looking After Yourself:
A Christian Guide to a Balanced
Life—Author: Fr Len Kofler**

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
Order online from
Redemptorist Publications
www.rpbook.co.uk

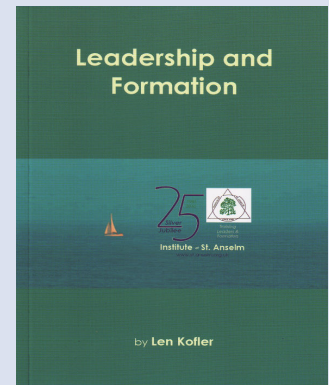


**Healing Relationships
Author: Fr Len Kofler**

Fr. Len’s book 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

The book costs **£10.99** + p&p
Order from St Paul’s Publishing
+44 (0) 207 978 4300
www.stpauls.org.uk



**A History of the Institute
Author: Fr Len Kofler**

This little book, **Leadership and Formation**, written by Fr. Len Kofler, Director of St. Anselm’s, commemorates the Institute’s Silver Jubilee. It is a history of the Institute’s development, since 1985. It outlines clearly the philosophy and theology of the Institute, and incorporates a description of all our present courses. If anyone should ask you about the Institute, about what you did there as a participant, or about what our attitudes are concerning the Formation of the leader’s personality, this book will provide many of the answers. If you do not know about our work, but are interested in finding out about it, the book provides the best possible introduction.

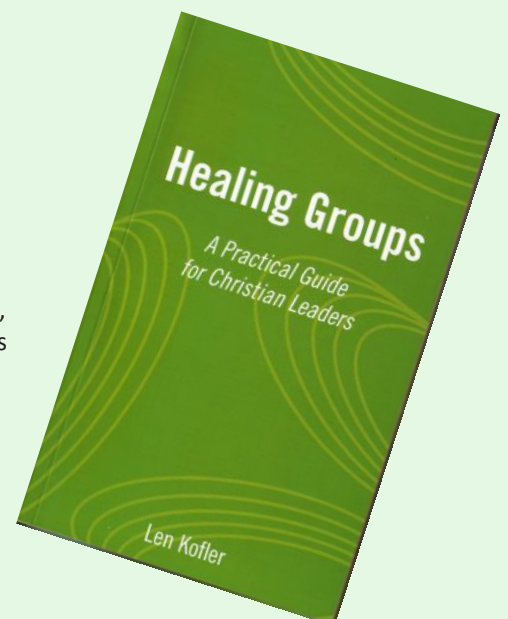
The book costs **£3.50** + p&p,
Order by emailing
office@st.anselm.org.uk

**Healing Groups:
A Practical Guide for Christian Leaders
Author: Fr Len Kofler**

Healing Groups is a practical guide to good Christian leadership. It explores and explains the skills and discipline of counselling and of counselling groups, paying particular attention to the character and techniques required by any leader. Every leader has, to some extent, to be a counsellor. Our model for good leadership is Jesus Christ, while our model for the group is the Blessed Trinity.

Not every section of the book will be of equal interest to every leader or potential leader, yet most of it is relevant to all. It provides extensive suggestions for training, and includes a continuous programme for the development of leadership skills. It is, therefore, a detailed practical guide, as well as a scholarly exploration of the theories of leadership. It is a manual for those wishing to improve their leadership abilities and style, and it is a companion volume to Len Kofler’s book, Healing Relationships.

The book costs **£11.95** + p&p
Order from St Paul’s Publishing +44 (0) 207 978 4300 www.stpauls.org.uk



“All leaders have a group entrusted to them, which they must guide and serve.”

COURSES 2012 (including full board & lodging)

Summer Certificate Course (7 weeks)

Community & Pastoral Leadership

24th June—10th August 2012

£3,000

Diploma Course (2 semesters totalling 30 weeks) (Autumn & Spring Courses in one)

Human Development, Leadership, Formation & Community Building

25th September 2012— 6th June 2013

£10,800

Autumn Certificate Course (12 weeks) (Semester 1 of the Diploma)

Human Psycho-spiritual Development & Community Building

25th September—20th December 2012

£4,920

Spring Certificate Course (18 weeks) (Semester 2 of the Diploma)

Human Psycho-spiritual Development, Leadership & Community Building

8th January—6th June 2013

£7,020

(2 semesters totally 30 weeks constitute a Diploma and can be done separately and in any order)

Preparation Course (6 weeks)

Preparing Priests for entering pastoral ministry in the UK.

Runs for six weeks at various times of the year

£1,680

Rest & Relaxation

£40 a day

EQ Workshops

May 2012

13th—19th (7 days)

£560

August 2012

29th July—4th August (7 days)

£560

A SPECIAL MENTION—An Evening with Professor Brian Thorne

Thursday 22nd March 2012 from 7.30 - 9pm

(see page 3 for details)

£10

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