

GROWTH

Winter 2012

Volume XXV11

NEWSLETTER OF THE INSTITUTE OF ST ANSELM

Christmas — a time for deepening our Faith

I was pleased to read the announcement of a Year of Faith by the Holy Father. Awareness of our faith is essential for everyone. In what do we put our faith? Is it money, power, government, churches, banks, football, sport or God? To find out we need to ask ourselves: "Where does most of our energy go?" Do we spend much of our time in finding pleasure, entertainment, food, drinks, money or something else?

A contemplative spends most of the time reflecting and focusing on God. Many other people, religious and priests may spend a few hours a day meditating, praying and thinking about God. The great majority of people, including the agnostic, may hardly ever think of God. However, the atheist spends much time denying the existence of God.

Christmas reminds us that the Son of God entered human history by becoming a little baby to show us the way to God the Father, as most people before the Incarnation had forgotten about Him or did not bother and threw themselves constantly into misery as narrated in the Old Testament.

Similar things happen and have happened in Europe during the last decades. Many people have forgotten God. They build their lives on other values. Because God is not the centre of their thinking, living and planning, many things go wrong in their personal lives and in the life of our society. They build their lives on sandy foundations with rules and laws for their life that constantly change. I have seen it over the last decades again and again. People who try to do without God are similar to people who try to live without air. The guidelines, rules and laws for their lives are not solid enough to carry them through difficult times into which they throw themselves through their own unconscious making. We can see it now with the hardship programmes in Europe. People can't cope with it. In past decades they learned to live on welfare, now

they find it difficult to adjust to living a simple life. They have become children of this world in all aspects. Their values are the values of worldly minded people learned through the mass media— pleasure, money, power, entertainment, holidays etc.

What are the values of the Son of God who became man? Just to mention a few: simplicity, love, humility, generosity, peace, forgiveness, and freedom. Freedom is also a value that is shared by everybody. People want to be free. How does the freedom of Christ differ from the freedom of the people of our time?

The people of the world want to do what pleases them, very often not taking into consideration the rights of other people by claiming that what they want is their right.

Continued overleaf ➔



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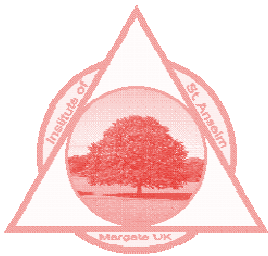
12 Course Dates

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IN BRIEF

The Spiritual Quest Today



On 22nd March this year well-known therapist and writer Professor Brian Thorne gave a lecture at the Institute reflecting on his experience and its relevance to counselling, psychotherapy and to the life of the Church. Professor Thorne lectured to a full house—members of the audience included lay and religious. Brian Thorne is Emeritus Professor of Counselling at the University of East Anglia and author of 14 books on therapy, education and pastoral theology.

Jubilee 2012



2012 was the Queen's Jubilee year in the UK, and at the Institute we had our own celebrations—shown above!

NEWS

A Vision For The Future

In May this year the Montfort Brothers of St Gabriel took on the mission of the Institute, with Br George Vazhayil as joint director. Br George reflects on this new collaboration and on the life of St Louis Marie Grignion, founder of the Montfort Brothers

St Louis Marie Grignion de Montfort was born on 31st January 1673 in the small town of Montfort in France. Even from his childhood days, he was virtuous and exhibited an extraordinary love for the Mother of Jesus and the poor. He was a great scholar, a powerful speaker, and authored many spiritual works. His capacity to paint and carve along with his poetic skills made him a spiritual 'Leonardo da Vinci'. He never bothered about the consequences of telling the truth and doing what was right in the eyes of God. He was victimized for his convictions. As a result, he died at an early age of 43 on 28th April, 1716. He established many groups: most importantly the Company of Mary, Daughters of Wisdom and Montfort Brothers of St Gabriel. The Montfort Brothers of St Gabriel are making his dream come true in 32 countries around the world. The flame lit by this holy man continues to glow and shine with greater intensity even after 300 years.

The Institute of St Anselm Kent, UK is the latest addition to the dynamic, mission-oriented collaboration of the Montfort Brothers of St Gabriel. Under the guidance of Fr Len Kofler St Anselm's has developed a distinctive portfolio of sound, innovative programmes in leadership expertise and human development. This programme is intended specially for religious, and other community leaders and facilitators. In addition to

leadership training programmes, St Anselm's also offers Sabbatical Programmes. The Montfort Brothers of the Province of Yercaud have taken up the challenge of upholding the paramount tradition of this great Institution.

This Institute concentrates on personal process that facilitates integration. An important part of the process is to recognize the strength and potential for growth in so-called 'negative experiences'. Every event can become a catalyst for growth irrespective of what has happened in the past. This is a special area of psychospiritual integration that fosters personal growth, good relationship and leadership skills. Positive integration is the core of the spiritual activity at St Anselm. At present I am assisting as Joint director of this Institute supported by Br Mathew Pannathanath. Together with Fr Len Kofler, we continue to unveil a new path in the psychospiritual realm. Let the spirit of the Lord continue to be the beacon of light to all who enter the portal of this great Institute.



From left: Br George Kalangod, Provincial Superior of the Montfort Brothers of St Gabriel; Fr Anthony Chantry, Superior General of the Mill Hill Missionaries; joint director Br George

Christmas —a time for deepening our Faith *Continued from page 1*

We often hear people say: "It is my right." They do not say so, but by implication they consider themselves the centre of creation and have the attitude: "My will must be done." Therefore, their freedom often clashes with the freedom of other people basing their demands on laws like the equality law twisting it to fit their demands. The freedom proclaimed by such people constantly clashes with the freedom of others and leads to constant conflicts. Where does this concept of freedom lead us? Governments have to restrict the freedom of people through new laws and regulations. Our freedom becomes more restricted than ever before. I think of the extreme regulations with regard to health and safety, the regulations of our banking system, visa rules and requirements, which change constantly.

The best example I know is the Institute of St Anselm which I have set up and in which I have worked for the last 27 years. 25 years ago the Institute was completely free. I could give courses the way I wanted. I could open bank accounts without much paperwork. The Institute

was not bound by so many visa regulations. Now the Institute is ruled by the many laws and regulations laid down by the government. We literally live in a bureaucratic dictatorship as compared with twenty years ago.

In myself I still feel free in spite of all these regulations and laws. I have learned to build my life around the values of the Son of God made man. The freedom that Christ puts before us is an inner freedom linked with peace. It is the freedom of the children of God. It is the outcome of trying to follow Christ as much as possible.

The more restricted we become by rules and regulations, the more we need Jesus' values to keep us free. Therefore, we all need deep faith in Christ and in His message. In this way we will not only survive but flourish in a society of many restrictions. Thus, we all need the Year of Faith to let fresh air come into our lives.

This I wish you for Christmas and the New Year 2013.

Len Kofler
Director



Strong foundations: Faith and humanity

Brother Mathew Pannathanath, Montfort Brothers of St Gabriel, 2012 Summer Course graduate and member of staff, shares his impressions of the Institute of St Anselm

My Impressions of St Anselm very much reflect my impression of Fr Len Kofler, the Founder and Director. As in any Institution, the founder's vision, mission and charisma are very much reflected in St Anselm. Seeing Spirituality and Psychology or Humanness as separate, as in the past, has not been very helpful as this tends to split an individual, rather than seeing them as whole and harmonious. This 'separate' view was, and to some extent still is, a major limitation in the religious and priestly formation.

Len perceived this as a major problem for church personnel, seriously affecting their personal life and relationships and as a consequence affecting their apostolic and pastoral commitment. He saw psychospiritual training and experience as the real solution to the problems faced by the individuals, most of which they had acquired from the family and significant

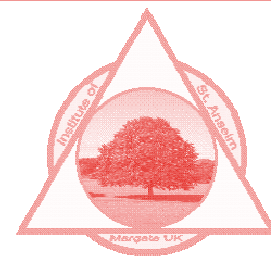
others at different developmental stages.

Training in St Anselm is experiential: healing the emotional wounds, which frees us for psychospiritual integration. This is done in a very conducive and non-threatening environment creating a spirit of unconditional love, acceptance and compassion. How much the participants value this is seen in the spirit of commitment and accountability of the staff and team at St Anselm, for whom it is a 'give back to the Institute' from which they have gained. It is also very heartening to listen to the former



participants sharing their experience at St Anselm and what a difference it is making in their lives now. In short I am very touched by what I see, hear and experience here.

Left: Br Mathew



IN BRIEF

Laurent Nouwen: Recollections of my brother



On 4th January 2012 the Institute was privileged to welcome Laurent Nouwen who gave a talk about his brother Henri Nouwen. Internationally renowned priest and author Henri Nouwen wrote over 40 books on the spiritual life. Nouwen believed that what is most personal is most universal, and that by talking about his experiences he could make his life available to others. Visit the Henri Nouwen Society at www.henrinouwen.org



The challenges and privileges of priesthood

On 14th and 15th September this year Institute Director Fr Len Kofler visited Ireland. Pippa Collins talks to Fr Len about the trip



Q Why did you choose to visit Ireland at this time?

A His Grace William Murphy, Bishop of Kerry, invited me to talk to the priests and religious of his diocese. My lectures were part of the preparations for the launch of their Year of Faith Programme. William Murphy is the Bishop of one of our former students, Fr Francis Nolan. He had hoped to attend our Summer Course, booking a place but as he was still awaiting his replacement he was unable to take his place at St Anselm's. I was also a co-celebrant at the Vigil Mass, which launched Tralee's Year of Faith. I believe it was the first time the Sisters of the Diocese had attended such a talk. I also gave an interview for Radio Kerry's religious programme *Horizons*, with Mary Fagan; it was broadcast on 23rd September.

Q What was the subject of your lecture to the Priests and religious?

A *The Challenge of being a Priest and a Religious today and the Privilege and Opportunity it offers us within the*

context of the Year of Faith was the subject, chosen by Bishop Murphy. I focused on how to foster faith, rather than talking about what is faith. How can we put our faith/beliefs into practice? Faith as conviction, as trust and as commitment. I looked at some tools for our faith development on a personal level and in our parishes. Christ is our model. Christ came to fulfil the will of his Father, He humbled himself and became obedient, even unto death. We can always grow in gratitude towards God and others.

Forgiveness is a major part in our spiritual journey and our journey of faith development. We are also called to use the external graces, which God provides for us every day. Daily we have so many opportunities to grow in love and therefore in Faith. Other ways we can work on developing our Faith is by working through our crises which will lead us deeper in our journey towards union with God.

Self-knowledge is a sure way and beginning of our constant conversion. This makes every day a challenge for us priests and religious. Every day becomes a gift from God to grow closer to Him. As priests and religious we are privileged to find so many opportunities to grow, particularly in

our time. In our personal suffering we become Christ like.

Q What, if any, are the challenges you feel are specific to Ireland?

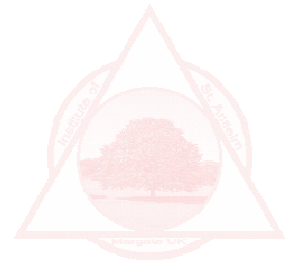
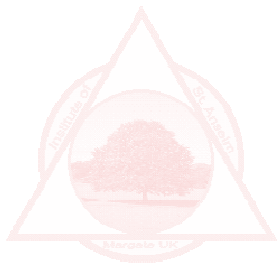
A Many priests are overworked and exhausted, there's a shortage and fewer religious are expected to take on more work. The visit reinforced my belief that practical things are needed – emotional healing is a priority. There is economic hardship and so we need to look away from the materialistic vision of happiness. Instead we must look within. Faith will provide our life with meaning, with Christ as the model.

Q What did the visit mean to you on a personal level?

A I was very touched by the warm welcome, caring and generous hospitality I received from everyone. There is a deeply spiritual Church in Ireland with many committed and generous people available to help those in need at all levels working under very difficult circumstance over the last few years. I admire their faith and tenacity. Anything I can do to support and encourage them, either by return visits or through the Institute of St Anselm, I will willingly see how I can respond.

"If I want to improve communities, I need to improve relationships. How can I improve relationships? There are two main ways: I need to improve the way I communicate and the way I deal with my emotions." Text from Fr Len's lecture

NEWS



IN MEMORIAM



Bishop Joseph Willigers
(1930-2012)
Mill-Hill Missionary

For more than 40 years, Joseph Willigers was bishop of the Diocese of Jinja, Uganda. He attended the summer course at the Institute of St Anselm in

1996. Bishop Willigers was inspired by the spirituality of St Charles de Foucault and was very much appreciated because of his sharp wit, patience, great hospitality and love for his people, especially the poor and downtrodden.

May he rest in eternal peace



Archbishop Faustino Sainz Muñoz (1937-2012)
Apostolic Nuncio Emeritus

Archbishop Faustino Sainz Muñoz, the former Apostolic Nuncio to Great Britain has died. He passed away on 31st October 2012 after a long illness.

Archbishop Faustino Sainz Muñoz served as Apostolic

Nuncio to Britain between 2004 and 2010 and was instrumental in the preparations for the highly successful UK visit of Pope Benedict XVI in September 2010.

Archbishop Muñoz was the main celebrant at Fr Len Kofler's Golden Jubilee on 28th May 2009 (below right).

May he rest in eternal peace.



We commend to the Lord all who have died over this year. May they rest in peace

Archbishop Onaiyekan appointed Cardinal

The Archbishop of Abuja, Nigeria, a former participant of the Institute of St Anselm, has been appointed Cardinal. Archbishop Olorunfemi Onaiyekan attended the Summer course in 2009, and celebrated his 40th Jubilee at the Institute (see photographs).

Pope Benedict XVI made the announcement on the 24th October, and held a Consistory on 24th November at which Archbishop Onaiyekan and five others were appointed Cardinals.



PICTURES Above right: His Grace John Onaiyekan, Archbishop of Abuja. Below: At the Institute of St Anselm celebrating his 40th Jubilee with Sr Lindi Ndllovu FMM & Sr Gina Morgan FMM both celebrating their 25th Bottom: The Summer Group with Staff and Team, including in the front from left, Bishop Michael Apochi, Diocese of Otukpo; Bishop Moses Costa, now Bishop of Chittagong, Archbishop John Onaiyekan; Bishop Martin Uzoukwu, Diocese of Minna; Fr Len; Thalia and Claire



Ordination of Simon Gillespie

On 11th June 2012, the feast of Saint Barnabas, the ordination took place of Simon Gillespie, a former Institute of St Anselm participant. Four members of St Anselm staff were privileged to witness the event at Saint Barnabas Cathedral, Nottingham



This was a special occasion not only for the Diocese of Nottingham, but also for the Institute of St Anselm. Fr Simon Gillespie spent the last year of formation at the Institute of St Anselm, focusing on his psychospiritual growth. It was with a sense of gratitude that four members of staff, namely the Director, Fr Len Kofler, Thalia, Claire and Sr Mary Goretty attended this special occasion, which took place at the Cathedral Church of St Barnabas in Nottingham.

“Thank you (Fr Len) for all your support during my time at St Anselm. It was very fitting that you presented me to my Bishop during the Ordination Mass, and I have many happy memories of that evening.” Fr Simon Gillespie

**Left: Simon’s ordination Below left: Bishop Malcolm
Below: Institute Director Fr Len Kofler**



“May St Barnabas whose feast we celebrate today, intercede for you so that you may, like him, become a great Apostle and give consolation and encouragement to all God’s people” **Extract from Bishop Malcolm’s homily**



Graduation 2012

Thanks for the past and hope for the future

ARCHBISHOP PETER SMITH



Archbishop Peter Smith was born in Battersea on 21st October 1943 studied for the priesthood at St John's Seminary, Womersley, and was ordained Priest on 5th July 1972. His first appointment was as an assistant priest at St Francis, Stockwell (1972 - 1974). In 1977 he gained his Doctorate in Canon Law (JCD) from the Pontifical University of St Thomas Aquinas in Rome and became Professor of Canon Law at St John's Seminary (1977 - 1984). He was parish priest of St Andrew's, Thornton Heath, (1984 - 1985) and Rector at St John's Seminary from 1985 - 1995. He was appointed as Bishop of East Anglia in 1995 and Archbishop of Cardiff in 2001. On 30th April 2010, the Holy Father announced that he would succeed Archbishop Kevin McDonald as the tenth Archbishop of Southwark. Archbishop Peter is Vice-President of the Bishops' Conference of England and Wales. Since 1998, he has been Chairman of the Department of Christian Responsibility and Citizenship of the Bishops' Conference. He was appointed Sub-Prelate and Chaplain of the Order of St John of Jerusalem in 2002.



Diploma and Certificate course 2011/2012



Archbishop Peter and Sr Onute Petraskaite



The Arathi by the Indian sisters: Sr Soly Mathew, Sr Zarina Jamal and Sr Sherly Joseph



Sr Fran Nicolle receives her certificate



Archbishop Peter presents Sr Ngozi Okoye with her Diploma

The 30th of May this year was Graduation Day for 2011/2012 Diploma and Certificate students. The Institute of St Anselm was delighted to welcome the Most Reverend Peter Smith, 10th Archbishop of Southwark, as the main celebrant of this year's Graduation Mass. Archbishop Peter this year celebrates 40 years of ordination to the Priesthood, and has a long association with the Institute— he attended a Summer Course many years ago, and is a personal friend of Father Len. Fr Anthony Chantry, Superior General of the Mill Hill Fathers, was also a key guest at the ceremony.

The theme of this year's Graduation Mass was 'Giving thanks for the past, celebrating the present and placing hope in the future'. Different parts of the Mass were sung in Swahili, Hindi, English and Thai;

participant Fr Elvis Shudzeka gave the first reading, and Sr Ngozi Okoye the second. Prayers of the faithful were read by Fr Francis Novienyeku; Fr Mahboob Feroze; Fr Blaise Jailosi; Fr Rudolf Ofori and Sr

"The work of the Institute simply must continue"

Sherly Joseph. Fr Damien Fuh gave a thank you speech on behalf of the participants (see opposite).

In his sermon, Archbishop Peter spoke highly of the courses, explaining that he had used skills acquired at the Institute in many areas of his ministry. Fr Chantry expressed his appreciation for the dedicated service of Fr Len, stating that 'The work of the Institute simply must continue'. At the end of the mass, Archbishop Peter presented certificates to each of the graduates.



Fr Rudolf Ofori receives his certificate



Fr Damien Fuh delivers a vote of thanks



Br George Kalangod, Provincial Superior of the Montfort Brothers of St Gabriel, with Fr Len



From left: Br George Kalangod; Fr Anthony Chantry; Archbishop Peter; Fr John McCluskey and Fr Len



Fr Francis Novienyeku receives his certificate



Sr Nathanael Lee receives her certificate



“This is a milestone moment in your life. You’ve worked and played hard, made good friends and good memories. Now you deserve to celebrate!”

PARTICIPANTS 2011/12

Sr Philomena Adah
 Fr Dom Arnaiz
 Fr Tom Breen
 Sr Constance Cameron
 Sr Paule Marie Jose Dokou
 Fr Mahboob Feroze
 Fr Damien Fuh
 Fr Marino Gemma
 Fr Tom Hannon
 Fr Blaise Jailosi
 Sr Zarina Jamal
 Fr Joseph Kamiza
 Sr Florence Kazal
 Fr Patras Kerkefta
 Sr Marie Anne Kurien
 Sr Nathanael Lee
 Fr Alfons Mondiu
 Sr Germaine Mujing Tshibanda
 Fr Francis Novienyeku
 Sr Monica Angela Nyawade
 Fr Rudolf Ofori
 Sr Juliana Ugboga Ogbole
 Sr Ngozi Okoye
 Fr Gerard O’Leary
 Sr Ifeanyi Opara
 Sr Dorothy Patiu
 Sr Onufe Petraskaite
 Fr Elvis Shudzeka
 Sr Jessica Suico
 Sr Susan Udunda
 Sr Urudo Marcelline Urukundo
 Sr Christine Chinye Uwaechie
 Br George Vazhayil

A Word of Thanks on Behalf of the Graduating Participants 2011/2012 Certificate and Diploma Course Spoken by Damien Fuh, MHM



Dear friends, most of us began our course here at the Institute in September 2011, and a few others joined in January. But we have all gone through a remarkable journey of inner transformation. When we started our journey as strangers to each other from all over the world, many wondered what it was going to be like. Personally, I glanced at the program and two of the workshops caught my attention: *Midlife Crisis* and *Aging Gracefully*. How relevant is this going to be for me? I wondered. I was neither yet in midlife, nor in a crisis as far as I was aware. And yet I was also going to be asked to think already about aging gracefully! Many of us had such questions in mind. But our anxieties were soon calmed down as our attention was pointed to the motto of the Institute: **Come as you are.**

In his original vision for this Institute, Fr. Len, our director has emphasized that as Church leaders “to guide others, we must first know ourselves. It is virtually impossible to understand the psychological, emotional and spiritual development of others until we understand something of our own processes.”

As many of the participants have acknowledged in recent weeks, we are very thankful that by helping us to focus on ourselves, our past deep emotional hurts, struggles and challenges have not only been healed but transformed into resources for our future relationships and ministry. We have been healed, nourished, revitalized and strengthened. The broken pieces of our past have been transformed into a beautiful tapestry. Once again we realize and believe more strongly that despite our past mistakes, our present doubts or even future uncertainties, we are God’s beloved carved in the palm of his hands from all eternity.

We also acknowledge that this wonderful journey of integrating our humanity and our spirituality has taken place here at St Anselm’s within an international multi-cultural community in which we have been challenged but also enriched by the mutual sharing of our giftedness and divergent cultures, a sample of which we have had in today’s liturgy.

For all that we have achieved this year, I would like to express our sincere and deep gratitude to all those who have assisted us in one way or another to make our time here very meaningful and fruitful.

May God bless and reward you all abundantly

Summer Graduation 2012

On 10th August this year, participants celebrated Summer Course Graduation with much joy

SUMMER COURSE PARTICIPANTS

Sr Agostina Ancilleri
 Sr Philomena Anwar
 Fr Thyagu Arputham
 Fr John Breen
 Sr Vidhya Dandakar
 Sr Lenita D'Souza
 Sr Martha Dung Dung
 Miss Gloria Egemba
 Sr Mariam Faqir Sain
 Sr Rubina Frank
 Sr Caroline Irudaya Raj
 Fr Sunny Kalathil
 Fr Julian Kasiya
 Sr Margarita Kitcharoen
 Sr Elizabeth Lourdu
 Sr Rita Murnu
 Sr Molly Nellanappallyil Joseph
 Br Mathew Pannathanath
 Fr Rozario Salem I
 Sr Amali Santhana Samy



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- 1 Tasteful chapel décor prepared by participants
- 2 Second year students among first years for the joint Graduation Ceremony
- 3 Sr Premila Dias, second year student, lighting candles before Mass begins
- 4 Fr John and Fr Len, with two visiting priests, celebrating
- 5 Sr Philomena Anwar, first year student, gives the first reading
- 6 Fr Benedict, second year, gives the second reading at the Mass
- 7 Fr Len conducts the homily at Mass
- 8 Fr Len and Fr John receive the offertory gifts at Mass
- 9 Praying at the Mass



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1 Indian Sisters perform an Arathi at the Doxology of the Mass
 2, 3 & 4 Fr Simon Mabhena, second year; Sr Rubina Frank, first year and Br Christian Mbam receiving their Diplomas from Fr Len, Director
 5 Fr Alan Canoneo conducts the final hymn— with creative gestures
 6 Fr Rozario Salem delivers a vote of thanks on behalf of the students
 7 Srs Philomena, Rubina and Lenita in the dining room with Fr Len



4



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7

With special thanks to support staff (from left) Jan, Jason, Marilyn, Jean and Sarah



Meet the teams...

2011/2012 Diploma Team and staff



Back row, from left: Sr Marion Hendricks; Fr Simon Mabhena; Sr Mary Goretty; Fr Benedict Mutune; Fr Alan Canoneo; Br Christian Mbam; Sr Shanta Parmar **Front row, from left:** Fr Wijnand Huijs; Claire McGuire; Fr John McCluskey; Sr Marcellina Akello

2012/2013 Diploma Team and staff



Back row, from left: Fr Tom Hannon; Br Mathew Pannathanath; Fr Bernard Kisilu; Fr Rudolf Ofori; Fr Gerard O'Leary; Fr Blaise Jailosi; Br Milton Lawrence; Fr Wijnand Huijs **Front row, from left:** Sr Shanta Parmar; Sr Premila Dias; Sr Marion Hendricks; Sr Mary Goretty; Sr Ngozi Okoye; Sr Marcellina Akello



Happy Birthday Fr Wijnand

On 13th November this year the Institute celebrated the **70th birthday** of lecturer Fr Wijnand Huijs— with a special Mass, birthday lunch and lots of cake!



Above, from left: Fr Len, Fr Wijnand and Fr John.
 Above centre: Br George presents birthday gifts
 Above right: Fr Wijnand, Fr Len and Fr John at Celebration mass
 Right: Celebratory lunch
 Far right: Sr Sophie Achieng leads the singing, accompanied by Fr Richard Njoroge and Fr Blaise Jailosi

Meet the staff



Fr Len
 Director and
 Founder



Thalia
 Trustee
 EQ Therapist



Br George
 Joint Director



Sr Mary
 Assistant Director



Claire
 Registrar



Br Mathew
 Pannathanath



Fr John
 Lecturer



Fr Wijnand
 Lecturer



Sr Marion
 Lecturer



Sr Marcellina
 Facilitator



Jeremy
 Librarian

Participants past and present

Recollections of times at the Institute of St Anselm

“After leaving this institution for about 23 years, I still maintained the nostalgia to get back there. The second year programme was introduced in St Anselm the very year we were leaving. A few of my course mates were chosen as second year students, otherwise called Team Members. They were to deepen their learning of the first year programme through further personal growth journey, theoretic inputs and intense practice.

When I got an opportunity once again for a sabbatical period, I had no second thought about returning to the home where I had found enrichment. So once the green light was given to me by my Superiors, I applied and luckily was accepted. Coming to the end of this course of theory and intense practice in psychospiritual growth facilitation, I leave with pride and confidence that I have still received more that will enhance my apostolate at several levels and circumstances. All I may say to anyone contemplating coming to St Anselm’s, or looking for a place to further both his personal growth process, or preparing to facilitate growth in others is: “Come and see.”

Brother Christian Mbam, Marist Brothers Diploma 1987 and Diploma 2 2011

The Value I attach to St Anselm:

“I am grateful to God who enabled me to come to St Anselm. I was helped to achieve what I needed most in my life. It has been a place of fundamental and strategic formation of human authentic living.

The course requires personal inner efforts and the fruits are powerfully rewarding. I discovered my true self and the skills I have acquired will enable me to continue growing as I extend a helping hand to my brothers and sisters.

“Learning to listen, befriend and be at home with my Inner Child has brought me home to myself. The key to inner healing, peace and freedom comes from establishing a good relationship with one’s Inner Child. This is what my journey and growth process at St Anselm has done for me.”

Julie Ogbole, Sisters of the Nativity, Nigeria, Diploma 2011

The Institute of St Anselm is a place of great hope for the new evangelization and the Year of Faith and so I wish more people would come and experience for themselves the deep spiritual and integrated life of our time.”

Father Joseph Kamiza, Tororo Archdiocese, Uganda. Autumn Certificate 2011

“My Experience at the Institute of St Anselm The Institute of St Anselm has lived up to its slogan ‘Come As You Are’. That has been my experience when I was accepted and welcomed. The rich, person-orientated modules helped me to look deep within myself and to get in touch with the areas of my inner life that were left dormant and unexplored. It also helped me in discovering my potential and empowered me to face myself. In short, it is like getting glimpses of the tree in the acorn.

By listening and learning from the lecturers, my facilitators, my one-to-one, staff, my peer group as well as the Participants’ Seminars, I felt encouraged to risk opening the doors and windows of my mind and heart. I now sense an inner freedom and desire to fly.

The different facilitation processes in the Institute of St Anselm have opened new ways of looking at things, and have given me a purposeful sense of direction. I treasure the value of flying together and forging ahead with the support of others (community).

Above all, the unconditional love and forgiveness have given me an experience of God’s unconditional love and forgiveness. The deeper I am going into myself, the higher and wider I am moving towards my self, others and My Creator. I am beginning to experience – I AM A BELOVED CHILD OF GOD.”

Sr Shanta Parmar Diploma 2011



Sr Julie Ogbole



Br Christian Mbam



Fr Joseph Kamiza



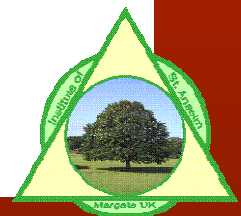
Sr Shanta Parmar

“The Institute of St Anselm is a place of great hope for the new evangelization and the Year of Faith”

Fr Joseph Kamiza

2013/2014 Courses

Summer Certificate Course (7 weeks) Community & Pastoral Leadership 30 th June—16 th August 2013	£3,000
Diploma Course 2013/14 (30 weeks) Human Development, Leadership, Formation & Community Building 1 st October 2013—6 th June 2014	£10,800
Autumn Certificate Course (12 weeks) Human Psychospiritual Development & Community Building 1 st October —19 th December 2013	£4,920
Spring Certificate Course 2014 (18 weeks) Human Psychospiritual Development, Leadership & Community Building 7 th January—6 th June 2014	£7,020
Rest & Relaxation	£40 a day
EQ Workshops	
January 2013 20 th —26 th	£560
May 2013 19 th —25 th	£560
August 2013 28 th July—3 rd August	£560
October 2013 20 th —26 th	£560



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