



GROWTH

Christmas
Rome 2025

Jubilee Year



A special welcome to Fr. Geraldo Costa CICM (Fr. Lalo) and Fr. Francis Rozario SMA who have generously joined us on the staff at St. Anselm's as Programme Director and Assistant Programme Director respectively. A challenge to Fr. Lalo stepping out into the deep as he never had the privilege of meeting Fr. Len. We feel privileged to have the two of them to lead the Institute forward. Very many thanks to the Superior General of the CICM's Fr. Charles Phukata for all his support giving Fr. Lalo to us and to Fr. Francois de Penhoat the Superior General of the SMA Fathers. for allowing Fr. Rozario to join us. We feel very blessed as we believe it was the intercession of Fr Len Kofler MHM, and Divine Providence who chose them and the generosity of Frs. Lalo and Rozario and that of their congregations to respond to the call. The vision given to Fr. Len, the mission of St. Anselm is needed more than ever in the Church today and even beyond in society. A big thank you to all. Thalia Slinn



Life Transitions and Hope for What's to Come!

Life Transition is a reality that everyone experiences from birth; the experience of birth itself is a significant transition from the safe and warm environment of the womb to the new world outside. Since then, we have continuously experienced significant moments of change, which are often marked by some level of excitement, joy, and positive expectations, but sometimes bring stress, anxiety, grief, and usually much pain. Change always implies moments of transition; often, we tend to resist the new and different and attempt to cling to the familiar, which makes the experience more difficult and usually more painful.

Although painful and difficult, there are key strategies that help us navigate the challenge of transitions. Fully **the reality of change**, rather than resisting our emotions is the first step in understanding the moment and gradually adapting. Embracing the moment with a **positive mindset** and seeing it as an opportunity to grow, thus **reframing the experience**, is also helpful. **Acknowledging the emotions** and another key factor in the process of change. **Seeking support** from friends, **maintaining certain routines** related to the past, **creating a plan** and program for the new experience, and adapting to the process are also ways to support the change. In addition, **being compassionate** with oneself is essential whenever we face significant transitions in our lives.

Although institutions, being unitary organizational bodies, differ from people, they often undergo a process of essential transition; many times, to the point of facing the continuation or extinction of themselves. Continue.....

Sr. Therese Garman has worked at the Institute for many years and was very gifted with all the paperwork she did to ensure we would be accredited. She was also External Assessor at the Institute and over-saw the programme for the 2nd and third years at the Institute. Now at 85 her health is not as good as it used to be and she has retired. We are most grateful for all the hard work she has given to the Institute. We wish her every happiness in her late Retirement and all the best for her health.



Happy Christmas
Peace & Good Health
in 2026



Continued

However, the strategies employed by individuals during transitions may be beneficial to organizational bodies during the transition period. Accepting the change and searching for new meaning and goals for the institution may help the entire organizational body adapt to the new context faced by the institution and its programs. Creating a clear plan of transition and seeking the support of others, who might assist during the transitional period, is essential to facilitate the process. Finally, we need to be compassionate towards everyone involved in the process, accepting the pain and suffering of what is being left behind, and embracing with hope what is to come in the new beginning.

Hope is the virtue we nurture in the Advent; it is what we desire for all those involved in the Saint Anselm Institute. May Hope continue to guide and enlighten all belonging to the Institute.

Fr. Geraldo Costa, CICM Programme Director Advent 2025



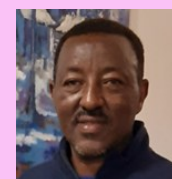
We would like to express our gratitude to the Salesians for allowing **Fr. Estifanos Gebretsadik** to stay with us for three years after completing his training with us and especially for the year following the death of Fr. Len Kofler MHM. A very big thank you to Fr. Estifanos Gebretsadik. It was a mammoth task to take over in the middle of the year after Len's short illness and death. Fr. Estifanos rose to the very challenging situation and led the Institute forward for the following 18 months. Thank you and may the Lord bless you with many blessings as you go forward in a very different mission of development and fund raising for your own Province in Ethiopia.



Fr. John McCluskey MHM RIP We were very sad to hear of the death of Fr. John McCluskey. We are grateful for another person in heaven who will surely be interceding with Fr. Len to establish the Institute on a firm foundation in the future. We are looking for a congregation who would be willing to take us forward.

Fr. John worked many years at the Institute first as a guest lecturer and then as a member of staff. He meticulously prepared his lectures and they were always greatly appreciated. He was also the secretary to the Trustees a challenging job at which he was excellent and very gifted. We remember him in our prayer and with gratitude, another great life generously lived for the Lord and now fulfilled at the age of 90.

We also remember in our prayers all past participants especially Fr. Abba, team and staff who have gone before us this year as well as past years. May they have eternal rest.



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Lessons from the Incarnation

There are many lessons we can learn from the Incarnation. In this article I will focus on only two lessons.

The first is that we must allow ourselves to become vulnerable.

The son of God became vulnerable by taken on a human nature. He gave up control. We need to learn to give up control and become vulnerable by facing our emotions. We have to face the pain of becoming vulnerable. Otherwise, we stay stuck in our psycho-spiritual journey towards union with God.



We need to ask ourselves now in Advent:

“How controlling am I?” “What do I control in myself which is not healthy?”
“When did I learn to control it?” “Is it still growth-producing or blocking growth?”
“How do I rationalize my controlling?” What does Jesus teach me?”
“Am I willing to become a follower of Christ in this area?”
“Or do I block this area of growth for the rest of my life and prevent myself from becoming truly human?”



The second lesson from the Incarnation is humility.

In our time humility is not appreciated, it is looked down. In Christian tradition humility ranked high. Augustine said: “If you ask me what is the first precept of the Christian religion I will answer, first second and third humility. St. Paul stresses that Jesus was in the form of God, but emptied himself in humility as a result of which he was exalted (Phil. 2:1-11).



What is humility?

The main characteristic of Christian humility is the acknowledgement of total, absolute and utter dependence upon God as creator and redeemer. That means that we are God-centred rather than self-centred or other-centred. This attitude is at the heart of prayer. This is one of the chief virtues of Mary. The words of the Magnificat express the essence of the biblical teaching on humility (Luke 1:46-55).

Just as we need to practice charity so we have to practice humility. For our psycho-spiritual journey towards union with God humility is an essential virtue.

How can we practice humility?

Avoidance of pride
To mind one’s own business
To pass over mistakes others make
To avoid showing off
To avoid curiosity
To yield to the will of others
To accept corrections

To be kind and gentle even under provocation
To accept blame when innocent
To be patient with one’s own failings
Not to be self opiniated accept insults
Not to insist on one’s own opinion unless truth or justice require it
To accept insults
To use weakness to become humble.



What does not lead to true humility?

Brooding over humiliations
Brooding over one’s failures
Brooding over one’s short comings
Refusing to admit one’s errors

Humility is a hidden treasure

It builds relationships
It puts everything in perspective
It fosters peace



Taken from the writings of Fr. Len Kofler ©



40th Anniversary of the Institute of St. Anselm May 12, 2025 at Santa Maria dell'Anima



What a great celebration of blessing, joy and heartfelt gratitude. 40 years of the **Institute of St. Anselm**, a special anniversary, a time filled with grace. Religious leaders, right up to the highest office, have received training and further education here under the motto as it is written in the bible: **So that they may have life in abundance!**

With heartfelt gratitude we remember the departed Father Len Kofler, the director, founder and leader of the Institute. His thoughtful words, full of love, heart and spirit live on in the thoughts and lives of the faithful. He was the tireless missionary, the bridge builder, his work was praised by pope Francis. His greatest wish was, that the Institute may continue to exist for a long time. Father Len continues to be a great inspiration, blessing the Institute and guiding it's mission from above.



A group of 50 pilgrims from the home village of Father Len Kofler had the honour to participate in the jubilee of the Institute of St. Anselm on May 12th. After a very nice sightseeing tour through Rome, the group made a short visit in the Institute, where they celebrated a wonderful mass together with main celebrant Fr. Wijnand and the parish priest of "Kartitsch". A poignant experience were the Angelus prayers with the new pope Leo XIV. on Sunday and the visit of St. Peter's Basilica where they walked through the Holy Door in this Holy Year 2025.

The Thanksgiving Eucharistic Celebration in the church of Sancta Maria dell' Anima on Monday was presided by Rev. Fr. Fabio Attard, SDB Rector Major, in concelebration with Bishop Abune Fikre, Fr. Anthony Chantry and many priests who are connected with the Institute. Five musicians from "Osttirol" played for the Mass and the programme in the library. Members of the family from Fr. Len, the Mayor of his home village "Kartitsch" and participants of this year's programme made contributions. Bidding prayers and an offertory procession with a Cameroonian Dance were prepared by the participants.

At the ceremony in the library of the Anima a video screening was shown sharing a memory of Father Len Kofler, his life, and his vision of the Institute of St. Anselm from the beginning till today All prepared by the kindness of Fr. Harris SDB. Several speakers spoke about Father Len, the Institute and its importance for leading persons in the church.



Big thanks to Thalia and the staff of the Institute, to the whole team for organising this anniversary so well. It is in your hands to lead the Institute into the future. May the Holy Spirit and Len help you in this important task, to give the Institute into good hands to lead it in a blessed future serving the church. The lord be with you!

Leonhard Kofler, Nephew and Godson of Father Len Kofler



A very special thanks to Father Harris Pakkam sdb for all his hard work in many areas to help us celebrate the 40th Jubilee. We are truly grateful. You can see his videos by scrolling down on the home page of our website. www.st.anselm.org.uk