

Christmas—the Feast of Gratitude

We are so used to celebrating our feast that we may take for granted what we celebrate.

Most of us are so preoccupied with Christmas cards and Christmas presents. For many people Christmas has become a time of stress.

What do we celebrate at Christmas? I wonder how many people really know what we celebrate. It is a birthday celebration. We like - at least most of us like - to celebrate birthdays; although some people get depressed when their birthday comes. This birthday celebration is very special. We celebrate the birth of the Second Person of God - the Son of God having taken on human nature in the womb of Our Lady, Mary, and now being born as a small human being. This is the greatest and most important event in human history. It is something which we hardly could have imagined, that the Son of God would come into the world as a small baby. Obviously, we ask why he would do this. What is the purpose of the Incarnation - the Second Person of God taking on human nature, human flesh? Many theologians have wrestled with this idea and have come to the conclusion that he became man to save us and redeem us.

I put it like this: the purpose of the incarnation was to show us the way to his Father and our Father. Therefore this birthday is a very special birthday celebration for all human beings. We are all in need of redemption. We are all, particularly in our time, in need of somebody who can show us the way to God.

We live in a time when most people are preoccupied with economic factors. How can I make a living out of my career? How can I make more money to pay off my mortgage? How can I earn enough money to run a car, have a house, a nice holiday, my drinks, and meet my sport expenses? We are so preoccupied with the here and now of our economic situations that we forget the essentials of life. No wonder that spirituality is now 'in'.

There is a vacuum in people's lives. Many try to fill it with entertainment, drink, sport, holidays, the acquisition of money, power or possessions. People think that the pursuit of these will fill the gap and make them happy. This is all an illusion.

Only God can fill this vacuum. The Son of God shows us this in many ways. His whole teaching and life is a lesson for us as to how we can become fulfilled and happy people.

God wants us to be happy and to seek fulfilment
(Continued on page 2)



in a way that is unique – in the imitation of Christ.

We imitate many people in our lives: parents, teachers, stars and saints and so on. All these have many things to offer us. However, the imitation that is essential to us for fulfilment and happiness, only Jesus can teach us, because he is the Son of God.

Therefore, we have to be grateful to him for coming into this world and showing us the way to his Father. Gratitude has become a rare virtue, because we take things for granted.

I learnt the lesson of gratitude this year. I had taken it for granted that every day I would get up in the morning, shave, wash, make my bed, have breakfast and then go to work.

One morning, as I had my shower, I bent down as usual and then could hardly move without tremendous pain. I was no longer able to walk without two sticks, to bend down to put on my shoes, or make my bed.

I had a slipped disc. In my bed I could hardly turn over without experiencing horrific pain. It took me a long time to get out of bed trying to avoid pain. I could walk with two sticks. It was very difficult to sit without pain. It took eight weeks before I was able to perform most functions again. I felt like a little baby who needed help for every movement. I became aware that I had taken it for granted that I could perform all of these functions. I was most grateful to those who helped me. I knew that whatever God allows to happen is for my good and has a worthwhile purpose. Nothing is meaningless if only we can see it with God's eyes, which is very difficult

for people of our time.

Slowly, every day, I found one movement or another less painful, and I was so grateful to God for these small improvements. It reminded me of my own brother who had a stroke three years ago; after seven weeks in a coma, he had to start off like a baby.

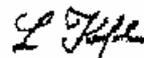
Although I was in terrific pain I felt God was with me all the time, he was close to me in my suffering. This suffering brought me much closer to God because every day in the morning during my medication I sincerely thanked him for every little improvement I experienced. Thus I learned to be grateful to God, to be grateful to Jesus who showed in his own life how his suffering brought him closer to his Father, and how my suffering will bring me closer to God.

I learned so much about my suffering that in the midst of it I gave a lecture on fear, the essence of which was that we have to face the fear of pain or we will be paralysed forever.

God does not need our gratitude. However, we need to be grateful to God so that we can come closer to him.

May the gratitude we express when we celebrate the birth of Jesus bring us closer to him and his Father. This is my wish for each of you.

Len Kofler



Return to Original Concept

After much reflection, discussion and discernment, I have decided to return to the original vision of preparing leaders and formators for the Church. Over the years we have branched out in different areas, helping those who needed intensive personal development. We trained counsellors, therapists and supervisors, keeping a strong focus on the spiritual dimension. We also provided Sabbatical Courses.

I have become aware of the need to consolidate the Institute on all levels and prepare for the future. I have, therefore, decided to return to the original idea of providing training for leaders and formators,

work in which the Institute has always proved highly successful.

In the light of this, the Institute will offer a Diploma Course for leaders and formators, a Sabbatical opportunity for those who wish to join the Diploma Course on a limited scale, allowing more time for reflection. We will also continue to offer the seven-week Summer Course. Over the years, in the Summer Course, we have had many Bishops from different parts of the world. I want this Course to be particularly available to Bishops present and future and Superior Generals, welcoming them for the first three or four weeks if they are unable to follow the whole seven weeks. The Intensive Personal Development Course will continue with a small group for the coming year only, ending in August 2008.

A central part of the training of St. Anselm's has been to deal with the emotions. I believe they are fundamental at all levels of our lives. It is now recognised that the understanding of emotions is a necessary requirement for a successful life in whatever we do. It is also accepted that we can improve this at any time in our lives. Thus, this will continue to be an important part of our training here at the Institute. Relationships, Group Work, Growth Groups will play an even more important role as the skills required are central to community living, parish life and, indeed, the everyday lives of all of us. The integration of the best of psychology with the best of spirituality underpins the search and work of St. Anselm's. It is through a better understanding of ourselves in relationships that we can best foster health and holiness in ourselves and others. Our personal growth and development in our unique spiritual journey is at the heart of the Institute.

As you will see in our enclosed new brochure we have decided to return to our original logo because we wish to focus on our original vision. Leadership and Formation Courses, as you will be aware, are especially needed today. I feel it is important that you understand this growth and development at the Institute of St. Anselm.

Asking your prayers for myself, the staff and work of the Institute.

L. J. H.



Myself and Bishop John Hine who regularly supports and presides over our end of term Masses

Sermon of the Thanksgiving Mass

given by Bishop Mathias Nketsiah

at the end of 2007 Summer Course

**"I have put my words in your mouth,
I have appointed you as a prophet"**

God's existence is obvious to all; only a fool denies it (PS.14:1)
Creation itself proclaims God's existence (PS. 19: 1-4; Rom1: 19-20).

On top of creation's evidence, God has revealed himself through his word put in the mouth of people who speak for him – the prophets.

Jeremiah was one such prophet. Today we've heard that even before his birth, God had consecrated him to be a prophet.

Jeremiah stands in a long line of prophets, but eventually God spoke through his own Son, Jesus Christ (Heb1: 1-2). He is God's Word, who existed in the beginning and has become man (Jn1:1, 1:14). Through him God has spoken finally to the world. He is the prophet par excellence.



Left: Bishop Mathias Nketsiah
Right: Bishop Adrian Ddungu Kivumbi who celebrated his 84th Birthday whilst with us. The oldest participant ever in the Institute.



Staff and Summer Course participants 2007

We, too, share Jesus' prophetic office; in him we are prophets and to us he says "As the Father has sent me, so do I send you".

For seven weeks, God has drawn us from the four corners of the world to this mountain in St Anselm. His purpose has been to remind us and enlighten us more about his truth – truth about Himself, about ourselves, and about our neighbour.

The truth is that we are God's gift, created in his image; that we are unique and valued individuals, always striving towards ever in-

creasing wholeness as God's gift. He has reminded us of the distortions of this gift, resulting in idealized self-image and ego-fixation, which we must struggle, with his grace, to set right. He has taught us that as we regard ourselves, so we must regard others; that we are meant to live in a structure of persons in relationship with God and with one another, and that misuse of relationships leads to conflict because, instead of loving persons and using things, we are often tempted to love things and use persons.

Brothers and Sisters, our God has been with us in a special way, as we shared experiences and feelings, our problems, our life-history; all this has made our departure difficult and painful.

It would be good to remain here; it would be good to make our home here, but sadly, we must go down the mountain.

Jesus requires us to go and touch the world we came from. He has a message for the world; he has appointed us as prophets to deliver it. That message, in whatever form we have received here, should be good news to the poor; it should liberate people who are oppressed in so many ways; it should enlighten people who are blind in so many ways, empower the down-trodden.

Our whole life should be a body language and should be such as to "destroy and overthrow, to plant and to build", because we carry a powerful message – powerful because it is the truth; and "you shall know the truth, and the truth will set you free" (Jn8:32); - powerful because it is love; "Love casts out fear".

Our test is to go tell the world, "What we have heard, what we have seen, what we have touched, we make it known to you" (1Jn1:1)

We have his word for it, his assurance

"I am with you to protect you, do not be afraid!" - Bishop Mathias Nketsiah

Vote of thanks at Graduation Day 12th June 2007 — Fr Paul Kachapilly SDB

Your Lordship, Rt. Rev. John Hine. Very Rev. and Dear Fr. Len Kofler, dear members of the teaching and non-teaching staff, distinguished visitors and dear colleagues.

We have participated in a very solemn and meaningful ceremony and our hearts are filled

with sentiments of love, joy, and gratitude. Before we conclude this celebration, allow me to express on behalf of my friends our own deep feelings of gratitude.

God was busy fashioning and creating the world. One of the angels came up to him and asked,

“How are you doing it?”. That angel had a scientific mind. The second one with a philosophical mind asked, “Why are you doing it?” The third angel with a bright smile



approached God, enquiring “How do you feel?” God was stunned. He never heard such things in heaven. Then the angel pulled out from under his wings a diploma from St Anselm’s signed by Len. From that time God has been looking upon this annual event which takes place in St Anselm’s with great curiosity and interest. He is the source of all graces and blessings and we once again thank him for his loving presence in our midst today.

Your Lordship, your presence in our midst is very significant. St Anselm’s has sent many missionaries into the various parts of the world and enriched the church. Your presence here brings in an ecclesial dimension to our celebration. We are grateful to you for your presence here in our midst and for presiding over the Eucharistic celebration.

It is said that the Holy Spirit loves religious fruits but the spirit does not like religious nuts. Dear Fr Len, a few months ago, we walked in through the portals of St Anselm. I wonder whether you saw us as religious nuts or not? But we carried our own inner world of confusion. The spirit and the dynamics which you and your team have infused into this Institute had its healing touch on us. Your personal life, your vision, your commitment, your encounters with back aches and heart aches, your inspiring lectures have helped us greatly. Our sincere thanks to you, for helping us

to bear more fruits in our life and equipping us to serve the church better in priesthood and religious life.

Fr John, with your lectures on Journaling and Enneagram you have given us a map for our journey through life. Fr Charlie your work with us during the tiring afternoon hours on Tuesdays has equipped us with enriching and challenging skills in counselling as well as for life. Fr Paul, we have got addicted to your talks on addiction. Thank you dear fathers for accompanying us.

We are also grateful to Sr Mary, Sr Therese, Sr Josephine and all the facilitators of the second and third year for the interest and care they have taken in our growth.

Some of the new participants in St Anselm were very curious and asked “Who is Mr Shen, where is he?” Very gently and lovingly this mystery was solved for us. Many have fallen in love with Mr Shen and enjoyed it. We are grateful to you Paula, Thalia, Sr Patricia and your team and not forgetting Zawadi of course for accompanying us through this therapy with great care.

We appreciate very much the valuable contributions of Claire the registrar of the Institute and members of the office staff, Lynne, Laura and Fritz in carefully planning and executing the curricular activities and for managing a people-friendly office.

Nasarudin was a cunning business man. He was taken to court on the charges that he was stuffing horsemeat into the chicken cutlets which he was selling in his restaurant. When the judge questioned what was the proportion, he swore on the Bible, “It was just fifty-fifty your honour.” The case was dismissed. His friend later asked him what fifty-fifty meant, he replied “One horse to one chicken”.

For us here at St Anselm fifty-fifty means that our delicious menu was stuffed with lots of love and

care, thanks to Brenda and her dedicated team; Justin, Steve, Angela and Sian.

Your special involvement on the days of the social and your keen interest in our culture, tasted during the days of the cultural Masses, are also very much appreciated.

A boy was expecting a major part to act in the school drama. On the day when the roles were given out, he came back home with great excitement and told his mother “I have been given part to clap hands and cheer”. The drama is incomplete without such roles. As we lived our dramas here, there were many here who cheered us on. Our sincere thanks to the maintenance staff, Peter, Les and Wayne and the general assistance staff, Barbara, Sarah, Aron and Boss.

We are also grateful to all the benefactors of the Institute and the superiors of our congregations.

We also appreciate the presence of our distinguished guests who have made this occasion a joyful one.

Gratitude is the memory of the heart. So goes the proverb. Our hearts will always cherish the beautiful memories of St Anselm with gratitude. May St Anselm continue to flourish and shine more and more, ad multos annos.

Lord, you invited us to join the celebration of life by bringing us to St Anselm and giving us the community of Cana. You were present with us at Cana. We brought in our brokenness and fears represented by the bottle of water and you transformed it into love, joy and service symbolized by the bottle of wine. As we thank you for the gift of each member of our community, we pray that we may be your gifts to all we meet.

Given by Fr Paul Kachapilly SDB

We can offer special prices for Novices who attend our Short weekly Courses.



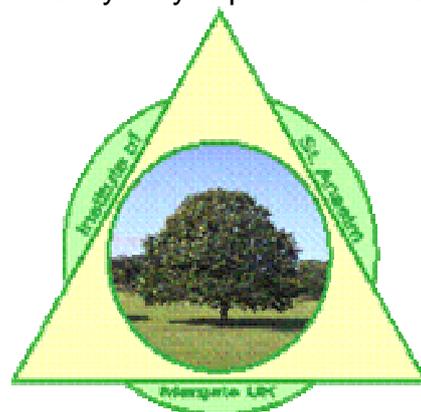
Some Novices and Novice Mistress from the Sacred Heart of Jesus and Mary and Franciscan Missionaries of Mary who joined us in November for Sr Cecilia Goodman’s week course on Relationships—Human and Divine .

Our Logo

The triangle symbolises the Blessed Trinity of the Divine Persons: Father-Son-Holy Spirit, in perfect relatedness. This is our model for the communication of true authentic love in our relationships; united in our uniqueness in the one God who makes us whole.

The circle symbolises creation, the world, and especially community living in relatedness, supporting each other in a life-giving way. At St. Anselm’s we learn how to relate more effectively to God, others, ourselves and the environment.

The tree symbolises life and growth through relationships, involving a process of working through pain and suffering to joy and inner freedom. Thus we recognise the tree of life. The Paschal Mystery is part of our own lived reality.



◆ Len's New Book ◆
Healing Relationships:
A Practical Guide for Christian Counsellors and Carers

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

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. Pauls Publishing,
 187 Battersea Bridge Rd.,
 London
 SW11 3AS, UK.

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

Price: £10.99.

You will be asked to pay postage.

Staff and Team—Leaving & coming

Every year some staff members leave the Institute to go back to their own work and ministry. Among those were Fr T.J. O'Connell, Fr Charlie Scanlan, Sr Josephine Nafula, Fr Ian McDonald, Fr Paul Lyons and other team members. Some of them were with us for a short time and some for several years.

We would like to express our gratitude to each one for all the many contributions to the work of the Institute and to Participants. We wish each one of them all the best for their future ministries.

To those we have welcomed on to the team this year, we wish them a successful year for their work and studies.

It was nice to see two former participants Fr Wynand Huys and Sr Katherine Lyimo rejoin us after many years; it's a great pleasure for us to have them with us again.

OBITUARIES



**SR MICHAEL
 LUNGU
 OF LITTLE
 SISTERS OF ST
 FRANCIS
 DIED JULY 2007
 A PAST PUPIL OF
 ST ANSELM**



Sr Michael as we knew
 her at St Anselm



**SR MARGARET
 MCKEOWN
 OF OUR LADY OF
 THE MISSIONS
 DIED NOVEMBER
 2007
 A PAST PUPIL OF
 ST ANSELM**



**WE COMMEND TO
 THE LORD ALL
 WHO HAVE DIED
 OVER THIS LAST
 YEAR.
 MAY THEY REST
 IN PEACE.**

Courses at the Institute of Saint Anselm

Training for Leadership and Formation

Both the Diploma and Certificate Course incorporate an integrated process of spiritual, psychological and emotional development that is implemented within a functioning, multi-cultural community. The Courses are integrative, drawing from many disciplines, skills, and approaches to the different areas of human growth. These form a background for the practice of growth facilitation from within a Christian spiritual perspective.

Whether you are a Major Superior or a village Priest, your congregations and parishioners turn to you for guidance and help in understanding their lives and in dealing with their problems. Do you feel equipped to guide them as they need in times of difficult emotional challenges? Do you feel capable of helping to resolve the individual's emotional pains and troubles that, if left untended, will tear at the fabric of the parish's and community's spiritual life? The special human development skills necessary in guiding communities or parishes are learned and practised in the Institute of St Anselm's unique, foundational leadership courses, courses that complement the administrative and business skills offered at other educational facilities. The Institute offers two courses: a year-long Diploma in Leadership and Community and an abbreviated seven-week Certificate in Leadership and Community that is suitable for those in a leadership position that prevents them from taking nine months away.

The Institute aims to develop EQ (Emotional Intelligence) and SQ (Spiritual Intelligence) in the candidate, bringing greater wholeness and integration in themselves and enabling them to foster this in those with whom they live and work.

Sabbatical Programme

The programme is for those needing time and guidance to work more intensely on their own personal journey. It is experiential and process-oriented with opportunities for personal counselling and group work.

Participants can join from October for 3,6 or 9 months. They will follow the Diploma Course omitting skills training, thus allowing more time for reflection.

EQ Development Therapy

PERSONAL GROWTH THROUGH EMOTIONAL HEALING

There is a growing realisation of the importance of EQ (Emotional Intelligence) development for optimal success in all spheres of life. Those with a high EQ are proven to be more stable, secure, confident and effective in all aspects of their life. They are less depressed or stressed, healthier, more productive at work, have better relationships and are generally happier than others. Good EQ assists the development of a sound SQ (Spiritual Intelligence) thus fostering wholeness and integration. Daniel Goleman points out in *Working with Emotional Intelligence* that "We are being judged by a new yardstick: not just how smart we are, or by our training and expertise, but also by how well we handle ourselves and each other."

SPECIAL SHORT COURSES for 2008

PERSON CENTRED COUNSELLING AND SPIRITUALITY—Prof. Brian Thorne	7,8 Mar
LIVING THE GOSPEL PASSIONATELY—Sr Margaret Taylor FMM	28,29 Feb, 1 Mar
HEALING & THE SACRAMENTS—Fr Jim McManus CSSR	13-15 Feb
ANNUAL 6-DAY RETREAT—Fr Denis McBride CSSR	5-10 May
RELATIONSHIPS—HUMAN AND DIVINE—Sr Cecilia Goodman IBVM	17-21 Nov 08

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