



GROWTH

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NEWSLETTER OF THE INSTITUTE OF ST ANSELM

Christmas — A Time of Hope

Hope is the virtue we all need all the time, because we are in constant Advent, in constant expectation of good things to happen in the future.

With Pope Francis the whole Church is expecting and experiencing changes for the better.

With the working together of Russia and USA hope is entering the war-battered Syria.

With the awareness created through the mass media of the abuse of old people, hope enters the hearts of many aging people.

From the mass media children pick up that abuse is a crime and people who do it will be pursued and imprisoned. It brings hope into many children's minds.

With the economy improving slightly, many unemployed people gain hope that they may find a place to work.

Hope is that virtue on whose wings our lives are carried. We all need hope of a better future in our lives.

The sick person hopes to recover, the grief-stricken wife and children pray for healing of the loss of the tragic death of their father.

They also hope that one day they will meet and see him again. We all hope that one day we will be with God and all our wishes and desires will be fulfilled.

Hope is like a bridge over a tempestuous river sometimes not so strong and mixed with fear that the stormy river may sweep it away. At other times it may be strong as an iron chain that links us with the things we hope for.

As Christians we can be filled with great hope for the eternal life with God, just as the Jews were waiting and hoping for the Messiah.

Continued overleaf ➡



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IN BRIEF

HAPPY FOUNDER'S DAY, FR LEN KOFLER!



On 22 April this year, the Staff and Participants paid special tribute to **Fr Len Kofler** as Director and Founder of this illustrious Institute (1985).

The celebration also marked the feast of St Anselm (21 April), patron saint of the Institute.

Mill Hill Priests, Fr Abner Dimo and Fr Richard Njoroge concelebrated with Fr Len Kofler, at a lively Eucharistic celebration, with **Deacon Martin Mikuskiewicz (OFM Cap)**, who delivered an inspiring homily .



Let us be people of hope, not purely for human reasons nor just from a natural optimism, but because we know that the Holy Spirit is at work, even when we cannot see a glimmer of hope in our personal life, our family, the Church or the World.

Often, if it were not for hope, our hearts would break.

It is only when everything looks hopeless, that hope begins to be a strength.

If we look back in our life, we see how hope kept us going and from this we can learn to keep on hoping, although situations may look hopeless.

It is only when we struggle with hope, that it can grow and develop in us.

"May the God of hope fill you all with joy and peace in faith, so that by the power of the Holy Spirit you may abound in hope" (Rom.15:13).

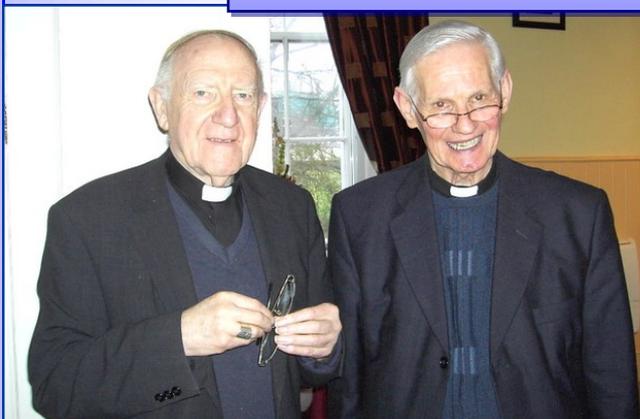
May Christmas inspire us all with deep hope for the New Year of 2014.

This is my Christmas wish and prayer for each of you.

Len Kofler
Director



VISITORS TO THE INSTITUTE



Bishop Colm O'Reilly stopped over at the Institute having recently retired as bishop of Ardagh and Clonmacnoise, to pay a visit to Fr Len Kofler whom he encountered in February when Fr Len returned to address the priests of the diocese.

It being the Year of Faith, his talk was on Faith.



Sr Margaret Aringo, Superior General of FSJ Sisters and former participant, (2011) pays the Institute a flying visit. Fr Wijnand Huijs introduces Sr Margaret to the participants amid a rousing welcome.



Sr Dorothy (FSJ), a former participant, pays a visit to the Institute.

Fr Len announces and congratulates Sr Dorothy on having obtained her PHd in June 2012. Staff and Participants applaud her warmly.



Fr Matthew Jakes (left) Vocations Director from the parish of Nottingham, pays a visit to a participant who is part of the Human Development, Leadership, Formation and Community Building Course as part of his training for the priesthood.

Sr Mia Dombrecht (right) expresses a word of thanks to Staff and Participants after joining in for one component of the course: Conflict Management.



INAUGURAL MASS OF POPE FRANCIS



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 as part of our own lived reality.



The moving gesture of humility by Pope Francis when he asked the people of God to pray for him just minutes after being introduced to the world.

GOD, BLESS OUR POPE!

On 19 March 2013 participants were allowed half the day off to view the historical inaugural Mass and celebration of our new Pontiff. A celebratory dinner was held in his honour as was the Feast of St Joseph, patron saint of Fr Len Kofler and fellow Mill Hill Missionaries.



THE VISION OF THE INSTITUTE

The founding purpose of the Institute of St Anselm by Fr Len Kofler, in collaboration with His Eminence, Cardinal Basil Hume, in 1985 was to train leaders and formators in the church. Len's conviction was that leaders, formators and ministers need to have great self-awareness and self-containment as far as their emotions and behaviour patterns are concerned. They also need to be sensitive to others, able to face their sufferings and so be with others in theirs, be secure in themselves and interdependent in their relationships, able to recognise their weaknesses and able to forgive and reconcile and lead others to the same, able to integrate their past with the present and use it as a resource for their leadership.

Therefore, we have to learn to evolve a sound self image based on "being made in the image and likeness of God", Who is Love. We need to learn how to expand our ability and capacity to love all those entrusted to us. With all the difficulties we all have to face throughout life we need help to work through the blocks and obstacles such as transferences, loss, trauma etc. and acquire healthy behaviour patterns. We need to cultivate a sound self-concept, to acquire self-help tools and group skills in order to foster a deep Christian spirituality.

Pope Francis stressed formation as priority in his address to Bishops, priests, religious and laity in Brazil on 13 July 2013, He stated:

- "Unless we train ministers capable of warming people's hearts, of walking with them in the night, of dialoguing with their hopes and disappointments, of mending their brokenness, what hope can we have for our present and future journey?..."
- "It is important to devise and ensure suitable formation, one which will provide persons able to step into the night without being overcome by the darkness and losing their bearings; able to listen to people's dreams without being seduced and to share their disappointments without losing hope and becoming better; able to sympathise with the brokenness of others without losing their own strength and identity;"
- What is needed is a solid, human, cultural, effective, spiritual and doctrinal formation... It is not enough that formation be considered a vague priority, either in documents or at meetings. What is needed is the practical wisdom to set up lasting educational structures on the local, regional and national levels and to take them to heart as Bishops, without sparing energy, concern and personal interest. The present situation calls for quality formation at every level. Bishops may not delegate the task. You cannot delegate this task, but must embrace it as something fundamental for the journey of your Churches."



The Institute of St. Anselm has aimed to provide this "quality formation" on a personal level since its beginning and many bishops, priests and sisters from over 80 countries in the world have profited from it. All the important highly useful insights we receive in seminaries and other institutions need to be integrated into our personality, so that they become a resource, motivational and integral in our behaviour. The Institute of St. Anselm was set up to achieve this goal. The vision of Pope Francis, Cardinal Hume and Father Len Kofler seem to be on the same wave length in this area of leadership and formation training. For a renewed church, as Pope Francis exhorts "quality formation" is essential. At the Institute of St. Anselm we will continue to do everything to foster Pope Francis's clear vision for leadership and ministry.

The Institute offers various courses for the purpose of providing in-depth training, in a welcoming, safe, affirming, supportive yet challenging environment, to facilitate leaders and formators in the development of Christian and human maturity. The essence of God, in whose likeness we are made, is Love and growing in love is the ultimate goal of "quality formation". In this way, all of us, bishops, priests, religious and lay people will be able to "warm people's hearts".

MISS THALIA SLINN (TRUSTEE)



IN MEMORIAM



EXPERIENCES AND IMPRESSIONS OF THE INSTITUTE



Father Derek Clark SDS [1930 - 2013]

Father Derek Clark was born in Greenford on 21st November 1930 and had one sister.

The family owned a chain of bicycle shops and after leaving the Air Force Derek entered the business and from 1951 to 1956 he served as manager of one of the shops.

He joined the Society of the Divine Saviour (Salvatorians) at the age of 26 years which in those days was regarded as being a late vocation.

Derek was one of the first 3 Trustees of the Institute of St Anselm and remained so for 25 years. He supported us right from the very beginning when I first had the idea of starting such an Institute, he gave myself and Thalia names of guest lectures and other helpful information and contacts.. He lectured over many years and then when his term of being Provincial ended, he came and joined the Senior Management Team until his retirement. He was a great support and much loved by all who knew him at the Institute over the years. One group even went so far as to nickname him the Teddy Bear.

I understand from his provincial that for his funeral he left a note "Theme: Our home is in heaven."

This represents the most basic of all Christian beliefs; it is the distilled down version of thousands of pages of theology; these five words represent the very heart of our religion. Our home is in heaven.

He died peacefully on Sunday 26 May 2013 he will be sadly missed and fondly remembered.

FR. LEN KOFLER.

Fr Brendan Jordan mhm

Born 23-05-1944
Died 29-05-2013

Fr Joseph Haas mhm

Born 13-04-1938
Died 22-06-2013

BR MARTIN MIKUSKIEWICZ

"I am a Capuchin deacon preparing for my ordination to priesthood (25 January 2014). The course at St Anselm has been a real blessing for me and my life of ministry.



Primarily, it was instrumental to my own inner healing, but it also instilled in me a deep appreciation of what human relationships are about and, more importantly, how to make the most of them. The focus of the course on one's feelings and emotions, helped me to discover the richness and the variety of my own experiences, and given me the vocabulary to name and own what is really happening inside my heart. As such, it has been a deeply spiritual journey for me. The more I discovered about myself, the more I drew nearer to God. It has been a very enriching experience and I am grateful to everyone involved for making it so fruitful for me."

BR MARTIN MIKUSKIEWICZ OFM CAP.



← PROCLAIMING THE GOSPEL AT THE POLISH CULTURAL MASS

OUR PRAYERS ACCOMPANY BR MARTIN AS HE PREPARES FOR HIS ORDINATION AND MINISTRY AS A CAPUCHIN PRIEST.



Bishop James, participant at the Summer Course, and main celebrant at the Graduation Mass, receives his Certificate in Community and Pastoral Leadership from the Director, Fr Len Kofler.

MY GRATITUDE AND APPRECIATION

"Now that I have been in Kenya and in my Diocese of Murang'a for a number of weeks, I am able to look back and appreciate the seven weeks we were in St Anselm from a bird's eye view. It seems the experience came into my life in a bang and then disappeared. I have already started missing it. Each one of the activities that were taking place, including places. I think I should have been more thorough in saying GOODBYE to everything and everybody!!!

The entire seven-week experience was very powerful for me. It has made an indelible impression in my life and affected me positively in a deep, deep way. I am grateful to God for this chance, it is a chance in a life-time, a Kairos.

I see myself having changed so much in my life, for the better! During the Plenary (which started on Tuesday after the Course) the Bishops were commenting, "You look so renewed; you have really changed." Then I replied, "Yes, that's how I should look after that Course. That's why I went for the Course." And Indeed, I feel changed. ST ANSELM has meant to me a true renewal of my life. I think God looks at me also in a new way. So many things are working for my good, and I plainly see that.

Let me also thank you for each and every contribution you have made in this good change in my life. It is more than I can capture in mere words, an overall feeling of goodness, positiveness, ease of doing things and enjoying things. I am much happier about myself and who I am. Of course I have met a number of challenges that put to question my acquisition of new abilities, but I am able to overcome situations faster and with much ease.

Once again, I would like to tell you how grateful I am for your very special presence in my life. Every moment that I spent among you was a GRACE to me. It was the presence of God, assisting me and redeeming me. I allowed myself to be carried by the moment of the day, so that God could act in my life. I recognise my weaknesses, thanks to my experience in ST ANSELM. But each of my weaknesses IS MY STRENGTH, for which I thank God. My work is strenuous and demanding, but I am not alone. I am supported by the un-failing grace of God, your prayers and even the silent good wishes. It has been a great experience, unrepeatable.

Please pray for me and my Diocese as we mourn our Vicar General. I will also keep you in my prayers. May God love, keep and save you till we meet again, God willing."

Yours in the Lord.

BISHOP JAMES MARIA WAINAINA



BISHOP JAMES (LEFT) : AFTER THE KENYAN + SOUTH AFRICAN CULTURAL MASSES.



Miss Agnes Reynolds, spent a few days among participants, joining them for lectures, daily liturgy and at mealtimes.



Sr Christine Alderson (Sisters of the Cross and Passion) presently a member of the Provincial Leadership Team, said of her visit: "I wanted a time for personal prayer, reading and rest, a sort of relaxed, private retreat in a supportive, religious atmosphere.

I have been very happy here - have felt welcome and at home. I felt free to do my own thing, but as a guest of a very friendly and committed international community. It has been a privilege to be with them at meals and to share in the inspiring liturgies." (Above, centre of picture)



Sr Jacinta (St Joseph of Cluny) joined Participants for one month and was able to immerse herself fully into community activities, groups sessions and social functions.

Seen (above) in her beautiful sari having participated in the Cultural Mass doing the Arathi along with fellow-Indian Sisters.



FR GERARD O'LEARY

TAKING A SABBATICAL

Many thoughts spring to mind when we consider taking a sabbatical. Some credible reasons why I should or should not take a sabbatical, others are simply excuses. The simple truth is, everyone needs a break. Even Jesus invited His disciples to come and rest for a while.

I was fortunate to have the opportunity of a sabbatical in May 2011. While I valued the opportunity I simply didn't know how to plan the year. As a priest from my Diocese was in The Institute of St Anselm's in Kent I contacted him, and with his recommendation I applied for the one year diploma course and was accepted.

All the courses in St Anselm's combine the spiritual and psychological make-up of the human person. The spiritual side emphasises that we are made in the image and likeness of God and baptised into the loving relationship with the Blessed Trinity. The psychological side focuses on how we relate to one another. Keeping this in mind we can reflect on life's experiences in a caring, supportive and non-judgemental way that can bring healing to our relationships, peace to our minds and a new enthusiasm and positive outlook to return to our mission.

When asked in what way did the course help me, what immediately came to mind was the group work and group dynamics. This continues to be especially helpful when forming parish groups and the issues that may arise. The Parish itself is in itself a group and the issues that arise for a new priest taking up his duties are similar to the formation of a new group. After all the parish is a group and the dynamic of the group changes when a priest is given a new appointment and replaced with another. Personal skills acquired avoids time wasting and even in a short moment of time one can listen attentively in a non judgemental way while showing unconditional positive regard. As time is often scarce these days it is great to have the skills and the ability to help one at short notice and with little time.

How we are in tune with what is going on in our own lives determines how we can help others. Each of us has a unique story to tell. A story which may contain sadness, regret, guilt, anger and many more often buried emotions. When these are brought to our awareness, the symptoms of stress disappear and I can view my life in a more positive way.



FR GERARD RELAXES WITH FELLOW-PARTICIPANTS AT A MEAL.

Because of the shortage of Priests and Religious we often use the excuse that I can't take a sabbatical. We are quite happy to let fewer priests carry the workload that was once shared by many. We are genuinely saddened when one falls ill. Unfortunately being sad is no longer good enough. Each priest deserves a time of renewal. A time to bring new life and love into his ministry. I ask all priests, did you have a time of renewal? Plan it, don't leave it, both you and your parishioners deserve it. Bishops and superiors, renewal and rest is equally important to you, for yourself and for the care of your flock. If you are not sure, neither was I, but the Lord asks us to come and see, and I'm glad I did.

FR GERARD O'LEARY (NOVEMBER 2013)



FR LEN KOFLER, WITH IRISH PRIESTS, FRs TOM HANNON, GERARD O'LEARY AND TOM BREEN STAND NEAR THE CHRISTMAS CRIB DONATED BY FR GERARD AT CHRISTMAS 2011.





Graduation 2013

DIPLOMA AND CERTIFICATE COURSE STUDENTS 2012/ 2013



A CELEBRATION OF JOY, GRATITUDE AND HOPE



MAIN CELEBRANT AT THE GRADUATION MASS: HIS EXCELLENCY, ARCHBISHOP ANTONIO MENNINI, PAPAL NUNCIO OF GREAT BRITAIN.



FR LEN KOFLER DELIVERS WARM WORDS OF ENCOURAGEMENT TO PARTICIPANTS AND THEIR RESPECTIVE CONGREGATIONS / DIOCESES.



SR MARY GORETTY OCHIENG INTRODUCES THE FIRST, SECOND AND THIRD YEAR PARTICIPANTS FOR GRADUATION.



CONCELEBRANTS: (FROM LEFT) FR JOHN MCCLUSKEY, FR LUKE FR ANTHONY CHANTRY (SUPERIOR GENERAL MHM), HIS EXCELLENCY ARCHBISHOP ANTONIO MENNINI, MONSIGNOR VINCENT BENDY (ARCHBISHOP'S SECRETARY), FR LEN KOFLER (DIRECTOR) AND FR WIJNAND HUIJS.



← TEAM MEMBERS GRADUATING: (L-R) BR MILTON LAWRENCE, FR BLAISE JAILOSI, FR BERNARD KISULU AND FR RUDOLF OFORI (SEATED LEFT) ARE AWARDED WITH THE DIPLOMA IN INTEGRATIVE PSYCHOSPIRITUAL GROWTH FACILITATION OF GROUPS AND SR PREMILA DIAS, THE DIPLOMA IN TRANSFORMATIONAL PASTORAL AND COMMUNITY LEADERSHIP AND INDIVIDUAL GROWTH FACILITATION. OUR CONGRATULATIONS, WARM WISHES AND HEARTFELT THANKS FOR THEIR COLLABORATION.



First Reading at Mass:
Sr Julie Hurtado



Cantor: Responsorial Psalm
Sr Lucy Nzesa



Second Reading at Mass:
Mr William Breslin

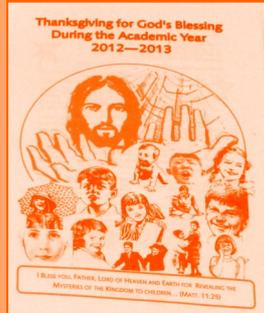


Lead Singers of the Sanctus
Fr Brian Coyle + Fr Richard

Graduation Celebration



VISITORS, STAFF, TEAM AND PARTICIPANTS ENJOY A FIRST-CLASS CELEBRATORY DINNER.



"THIS IS A MILESTONE MOMENT IN YOUR LIFE. YOU'VE WORKED AND PLAYED, MADE GOOD FRIENDS AND GOOD MEMORIES. NOW YOU DESERVE TO CELEBRATE!"



PARTICIPANTS 2012/2013

- FR SIMON ASSOGA
- SR BEATRICE DANLADI
- FR ABNER DIMO
- FR BOSTJAN LENART
- SR SHIJI MATHEW
- SR ODILE NGOIE-KASHOBA
- FR RICHARD NJOROGI
- SR JOANA OFORIWAA
- FR PIERRE SONGRE
- SR MARY THADAVANAL
- FR FABRIZO COLOMBO
- FR JUSTIN KAYITANA
- SR VERONICA LANGA
- BR MARTIN MIKSKIEWICZ
- SR NAMATSI NANGOMBE
- FR JOE MISFUD
- SR AGNES CHOI
- FR GABRIEL SAWYER
- SR SHERLY JOSEPH
- SR JACINTA IRUDAYAM



WORDS OF GRATITUDE ON GRADUATION DAY 6 MAY 2013 CERTIFICATE AND DIPLOMA COURSE

We feel pleased and privileged at the presence of His Excellency Archbishop Antonio Mennini, the Apostolic Nuncio, on this joyful occasion of our Graduation Day, for adding a symphony of praise to our thanksgiving as we invoke God's blessings on this important milestone of our lives.

Fr. Len, founder of the Institute of St. Anselm, and one with prophetic vision, has helped us to believe that every event can become a catalyst for growth irrespective of our past.

The Institute has been the home for many participants who come from various nationalities, with unique cultural backgrounds and experiences, people who have grown to the extent that they leave here, willing to make a difference in other lives.

Through our interacting with one another we have gained enriching experiences and knowledge which will go along with us making our lives richer and our mission more effective.

The facilitators have been a reassuring presence, who touched our lives and cradled a host of painful

emotions, enabling them to be melted down, thus opening new vistas before us for growth and fruitful service.

We are in the process of overcoming many deep struggles, because of your accompaniment. We go forth with minds ignited, hearts inflamed, vision regained, dreams re-captured, intellect illumined and passion for God's people re-awakened.

Many thanks to all those who worked hand in hand with Len, namely, the Board of Trustees, personal advisers, benefactors, the staff and team, for keeping the Institute on its wheels.



May we all use the wonderful opportunities that come our way, to let our light shine wherever we may be and may each of us be a blessing to all we encounter.

God bless us all.

SR MARY THADAVANAL



SIGNIFICANT COMPANIONSHIPS

HIS EXCELLENCY ARCHBISHOP ANTONIO MENNINI PAPAL NUNCIO OF GB WITH FR LEN KOFLER AT THE CELEBRATORY DINNER AFTER THE GRADUATION CEREMONY OF PARTICIPANTS 2012/2013. HIS HOMILY FOLLOWS BELOW:



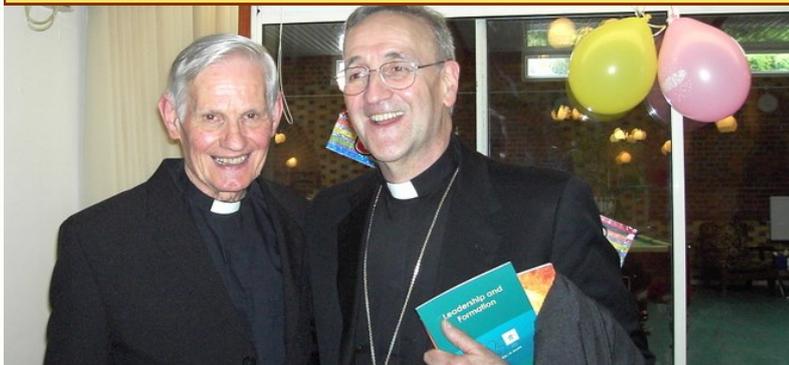
TEAM OF FACILITATORS 2013 / 2014
BACK ROW FROM LEFT: FR BERNARD KISILU, SR SHANTA PARMAR, BR MILTON LAWRENCE, FR BLAISE JAILOSI, BR GEORGE VAZHAYIL AND (FRONT) SR MARY THADAVANAL



ERSTWHILE COLLEAGUES
FR DERMOT, FORMER SENIOR STAFF MEMBER (CENTRE) IN CONVERSATION WITH FR LEN KOFLER (ABOVE LEFT) AND FR WIJNAND HUIJS (ABOVE RIGHT)



MILL HILL MISSIONARIES SHARE A FRATERNAL MOMENT
BACK LEFT: FR WIJNAND HUIJS (STAFF MEMBER) FR VINCENT (VINNI) PORATHUR (PARTICIPANT) FR THADDEUS DE DECKERE (PARTICIPANT)
FRONT LEFT: FR JIM FANNING (PARTICIPANT) FR LEN KOFLER (DIRECTOR) AND FR JOHN MCCLUSKEY (STAFF MEMBER)



"DEAR SISTERS AND BROTHERS IN CHRIST, DEAR FRIENDS

I am very pleased to have this opportunity to celebrate Holy Mass with you and for you. I thank you, Fr Kofler, for so kindly inviting me to be with you at the Institute of St Anselm on what is a special day for all of you as you give thanks to Almighty God for all the gifts and graces that you have received during your time of reflection and study here. As the representative of the Holy Father, Pope Francis, it is a special joy to be with you in this moment of joy as you prepare to return to your own communities and dioceses, better equipped to serve the Lord and his Holy People throughout the world.

In fact, your presence together here emphasises the universal nature of the Catholic Church in a very concrete way. I have been told that you include 23 different nationalities, but we can rejoice in the fact that we are profoundly united in one Lord, one communion of faith, one baptism.

The first reading today, taken from the Prophecy of Isaiah, has words of consolation for each and every one of us. *"I will recount the steadfast love of the Lord, the praises of the Lord, according to all that the Lord has granted us..."* and today we give thanks for the love God has for us and the gifts that he offers us. Perhaps it is also worth reflecting on what we should try to do when we offer our thanksgiving to our loving Father.

For we are not called simply to give thanks for the good things—the easy things in our lives. As followers of our Lord Jesus Christ, we share with him in carrying his Cross too, and so we give thanks for those things that we have found to be challenging and difficult too, and even, with the Apostle, can legitimately rejoice in our weakness, wherein his grace can *"abound all the more."* For, experience teaches us that often, it is through moments of difficulty that we grow in strength, self-knowledge and indeed, are reminded of just how fragile we are and how much we rely on the Lord for everything— and so we gradually come to learn humility. We realise gradually that we are not in charge.

In this regard, Pope Francis, speaking on the Solemnity of Pentecost affirmed: *"Newness always makes us a bit fearful, because we feel more secure if we have everything under control, if we are the ones who build, programme and plan our lives in accordance with our own preferences. This is also the case when it comes to God. Often we follow him, we accept him, but only up to a certain point. It is hard to abandon ourselves to him with complete trust, allowing the Holy Spirit to be the soul and guide of our lives in our every decision, yet, throughout the history of salvation, God always brings newness and the newness which God brings into our lives is something that actually brings fulfilment, that gives true joy, true serenity—because God loves us and desires only our good."* (Homily 15/05/2013)

So, congratulations on all that you have achieved here at St Anselm's whether you participated in the diploma or the certification course. I pray that you will have gained much and may return, refreshed and renewed to your diocese or community with, *"the word of Christ dwelling in you more deeply"*, and to quote St Paul once again, *"whatever you do, in word or deed, do everything in the name of the Lord Jesus Christ, giving thanks to God the Father through him."*

I thank you for your attention, and let us continue to pray for one another and the Holy Father, Pope Francis." ARCHBISHOP ANTONIO MENNINI

SUMMER COURSE PARTICIPANTS

SR ROSE CANDLOVU
 SR AROCKIAM FRANCIS
 MRS CAROLINE GARVIE
 SR PAT HANVEY
 SR JULIETTA KINDO
 SR ANIE KOCHAKKADAN MATHAI
 FR ADJOU MANI KOUAKOU
 SR SUMAN KUJUR
 SR LILLIAN KUMBAPPALLIL
 BISHOP JAMES KUNGU
 FR BOSTJAN LENART
 SR LOUISA LOPES
 FR SIMON ONOJA
 MR SEAMUS O'ROURKE
 BR ODERO OSINO
 FR GABBY SAWYER
 FR MICHEL SAVADOGO
 SR MARIE-ROSE SENE
 SR SHAMIM TARIQ
 SR RANI THONDAPATTIAR AROCKIAM
 SR EMELDA TOPPO

Summer Graduation 2013



1. The main celebrant, Bishop James Kungu, a participant of the Summer Course, is flanked by concelebrants (from left) Fr Wijnand Huijs, Fr John McCluskey and Fr Len Kofler (Director)
2. Indian Sisters Rani, Arockiam and Suman participate in a dance at the Offertory.
3. Sr Rose Candlovu receives her certificate from Fr Len Kofler. Miss Claire McGuire and Miss Thalia Slinn assist with the awards.

THIS HAS BEEN AN INWARD JOURNEY OF TRANSFORMATION AS A RESULT OF DEEP SELF-DISCOVERY, SELF-UNDERSTANDING, SELF-INTEGRATION, THAT HAS SET ME ON A NEW JOURNEY OF UNCONDITIONAL LOVE AND SERVICE OF SELF, OTHERS AND GOD. [SUMMER COURSE PARTICIPANT]

CREATIVE COMMUNITY LIFE

DIPLOMA, CERTIFICATE AND SUMMER COURSE PARTICIPANTS 2012 / 2013



ARCHBISHOP ABRAHAM, A FORMER SUMMER COURSE PARTICIPANT, PAYS A QUICK VISIT, AND BRIEFLY SHARES HIS EXPERIENCES.



LITURGICAL DANCING AT THE OFFERTORY BY FR SIMON, FR PIERRE, SR JULIE, FR MARTIN, SR JACINTA AND SR SHERLY WITH FR ABNER DIMO AS THE MAIN CELEBRANT AT THE CULTURAL MASS.



SR LILLIAN AND BISHOP JAMES TAKE THEIR TURN IN SETTING THE TABLES FOR THE NEXT MEAL. IN THE BACKGROUND, BR MILTON DEMONSTRATES TO PARTICIPANTS HOW PREPARATION IS DONE FOR MEALS.



Line dancing with Sr Mary and Br Milton taking turns to lead at Recreation ; Birthday wishes to Sr Odile and posing after the Namibian Cultural Mass are Sr Namatsi and Sr Shiji.

VOTE OF THANKS



"It is a privilege and honour for me to give a vote of thanks on behalf of the group. This is not an easy task in that I am speaking on behalf of eleven different nationalities, twenty one individuals all having undertaken their own unique personal growth journey's over a period of seven weeks, and I have to condense my words into a few minutes. But on the other hand it is an easy task because truth speaks for itself and each one of us can be seen to have been transformed. We know that our inner journeys have not ended with the end of our time here at St Anselm's, but they have certainly begun.

Some of us arrived with anticipation, reluctance and even fear, but became quickly at home with the place because of the warm welcome from the staff and team, and I thank you all for that. From day one we were engaged in the process, a gentle process as it turned out to be. This is one of the key factors for which I really have to thank all of the staff and team members. I want to begin with recalling a quote from the letter of introduction in the course handbook written by Fr Len; "Guiding and nurturing others in their spiritual and personal life is a delicate, challenging and spiritual task", because you as staff and team members excelled yourselves in carrying this out. We are very grateful to you for this. You brought the best out in each one of us, and in a gentle way, and thus helped our transformation. We greatly appreciate how you have been free to be used by God as instruments of growth for us, and I include here also, the support staff of St Anselm's because you provided an environment conducive for us to grow within.

I want to thank you for the holistic approach that was adopted throughout the course integrating the intelligent, spiritual and emotional facets of ourselves. One thing that we all appreciated so much was the tone set in the first lecture of the course when Fr Len introduced us to the Blessed Trinity as a model and basis for the psycho-spiritual integration we were about to embark on. This remained a true beacon for us throughout. You were leaders by example. We were always encouraged by the fact that you were living out of, and teaching us from your own experiences and not just bombarding us with knowledge. This greatly helped us to engage in our own respective personal journeys. We very much appreciate the integration of the lectures with the practical work and the combination of knowledge, emotions and spirituality. We were very aware of just how 'in tune' you were with us, with the lectures always resonating at a deep level within each one of us. There is no doubt that the holistic nature of the course invited and challenged us to look at ourselves in a holistic way and to grow accordingly. The result: personal transformation, for which we are very grateful.

I would like to challenge you, our mentors, to look around at all of the participants and to notice how we are now, and to consider also what you remember of us on our arrival, and to note the difference. As you see and appreciate the difference in each one, I challenge you to get in touch with the feelings you are experiencing.... Because what you see and most importantly what you feel, is a much truer reflection of the tribute we wish to give to you today than what my words can ever convey. And to my companions I add, let our living out of our transformation be an on-going living legacy and thanks to the Staff, the Team members and thanks be to God..." **SR PAT HANVEY IBVM**

SUMMER COURSE PARTICIPANTS

MULTI-CULTURAL GATHERINGS IN AND AROUND THE INSTITUTE OVER THE SUMMER COURSE



After only two weeks, strong bonds have been forged among priests Fr Michel, Fr Gabby, Seamus (seminarian) and Fr Simon.



SISTERS AROKIAM AND JULIETTA WITH MRS CAROLINE



Full participation in the multi-cultural liturgy.



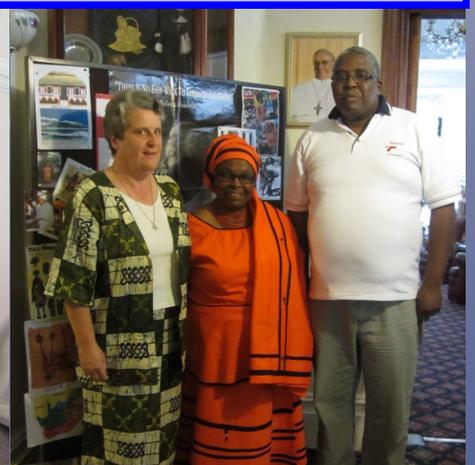
THE OFFERTORY PROCESSION AT A CULTURAL MASS. PARTICIPANTS DANCE THEIR WAY TO THE SANCTUARY.



SUMMER COURSE PARTICIPANTS HAVING FUN AT THE SOCIAL EVENING.



INDIAN IN THEIR SARI-BEST. SR ANIE PLAYS THE DRUMS AT MASS. (FROM LEFT BACK: SRS LOUISA, LILLIAN, SHAMIM, ANIE, JULIETTA, (FRONT): SRS EMELEDA, RANI, AROKIAM AND SUMAN



DRESSED FOR THE SOUTH AFRICAN CULTURAL MASS: IRSIH SR HANVEY POSES WITH SR ROSE AND FR SONWABISO ZILINDILE.

2014/2015 Courses

1SA DIP: Diploma Course 2014 (Tier 4 Visa) £10,800

Human Development, Leadership, Formation
& Community Building
30 September 2014 — 3 June 2015 (30 weeks)

2SA DIP: Diploma Course 2014 (Tier 4 Visa) £10,800

Human Development, Leadership, Formation
& Community Building
January - December 2014 (30 weeks)

3SA CERT: 6 Month Certificate Course (Student Visitor Visa) £8,640

With Growth Facilitation Skills Training in
Human Psychospiritual Development
September / October - March 2014

4SA CERT: 6 Month Certificate Course (Student Visitor Visa) £8,100

Without Growth Facilitation Skills Training in
Human Psychospiritual Development
September/October - March 2014

5SA CERT: 12 Week Certificate Course (Student Visitor Visa) £4,920

In Human Psychospiritual Development and
Community Building.
September/October - December 2014

6SA CERT: 18 Week Certificate Course (Student Visitor Visa) £7,020

In Human Psychospiritual Development,
Leadership and Community Building.
January—June 2014

7SA CERT: 7 Week Summer Certificate Course (Student Visitor Visa) £3,000

In Community and Pastoral leadership
June / July - Mid-August 2014

Rest & Relaxation Opportunity (General Visitors Visa)

Within the dates given above (term time only) No training modules permissible.

Optional Extras: One-to-One / or EQ Bodywork at **£10 per session**.

1 - 14 days: **£40 per day**; 15-28 days: **£35 per day** Over 28 days: **£30 per day**

All Fees are inclusive of full board and lodging in ensuite accommodation.

Those looking for a course who are already in this country on a different visa, consult

www.st.anselm.org.uk



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