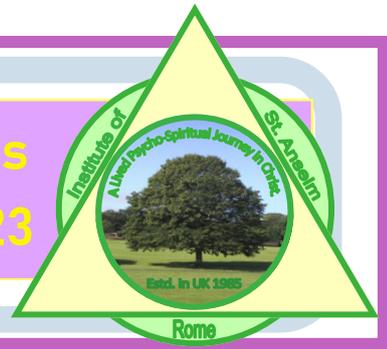




# GROWTH

Christmas  
Rome 2023



## Christ the King



## Our inspiration for Living

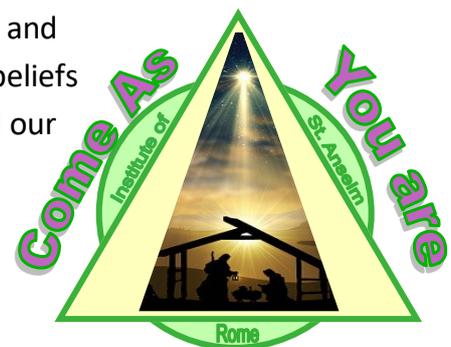


“Where is the infant king of the Jews?” the wise men from the east asked King Herod. He was perturbed and decided to kill him. So vulnerable became the Son of God when he came into this world. He even became a refugee in Egypt. Suffering and rejection were part of his life right from the beginning. How far did this rejection affect his humanity? Was the experience in the garden of Gethsemane strongly influenced by the rejection of Herod and the flight to Egypt? On the feast of “Christ the King”, which we celebrated a few weeks ago, Christ is described as coming in glory and establish his universal Kingdom. What a contrast! A Kingdom of humility, suffering, rejection and poverty in this world and a heavenly Kingdom of glory and triumph.

We belong to both of them just as Jesus did. First in this world like Jesus we experience even as baptized and with the Holy Trinity dwelling in us, a Kingdom of humility, suffering, rejection and poverty. All these aspects can become a treasure of graces which we need to discover as we remove many obstacles which we have built up since our conception, mostly unconsciously. Our journey into the heavenly Kingdom is similar to Christ’s journey here on earth. Therefore, He is our model: He is the Way, the Truth and the Life. We have a clear direction for our journey towards union with God.

What are some of the obstacles on our journey to the heavenly Kingdom? The destructive use of our emotions, the negative ways of relating to ourselves, others and God, and the insensitive ways of communicating with ourselves, others and God are some of the obstacles. Others are our loss experiences, our traumas, our rejections and hurts, our unforgiveness and hatred shown often in our body language. Many dysfunctional beliefs and expectations which we picked up in childhood cause us and our relationships with others frequent pain and suffering.

By healing these obstacles and many others we apply Christ’s redemptive work to ourselves and build up God’s Kingdom in us. What kind of Kingdom did Jesus proclaim? It is in the spiritual realm. It is in the hearts and minds of us, the believers. It consists in submitting our lives to his Lordship and becoming Christlike in his love, justice, peace, forgiveness, mercifulness, patience, obedience, humility and many other virtues. PTO



Happy Christmas  
May Peace reign  
in our Hearts  
and in our World  
in 2023



*Continued*

How can we establish the Kingdom of God in us? There are many ways to achieve that goal. We can begin by nurturing a deep and personal relationship with Jesus through prayer, the sacraments, meditation, regular reflections on Scripture. We need to invite the Holy Spirit to work within us to guide our lives. We can make efforts to surrender our life to Jesus Christ as our Saviour and King. We allow Christ to reign in every area of our life, acknowledging His authority and submitting our will to His. We can learn to live by God's word by reflecting and internalizing the teaching of Jesus found in the Gospels. We foster love, compassion, forgiveness, humility and righteousness to characterize our actions and decisions. We cultivate joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control (Galatians 5:22-23). We advocate justice, stand up against injustice and show mercy to others. Another urgent area is working for forgiveness and reconciliation which are very much needed in our time. Serving others, particularly the marginalized, means following Jesus' example. We learn to grow in surrendering our worries, fears and anxieties to God, trusting that He will guide and provide for us. We need to work through the obstacles mentioned above. As we see there are so many opportunities and areas in which we can establish the Kingdom of God within ourselves. It is an ongoing journey of growth and transformation. It requires a sincere commitment to living according to God's will, allowing His Spirit to work in and through us to model His values in our life.

How can we contribute to bring about the Kingdom of God becoming more of a reality in our society? By establishing God's Kingdom in ourselves, we become witnesses to God's Kingdom in society. Obviously, the advancement of God's Kingdom is ultimately God's work. However, He invites us, His followers, to participate in it. By actively living out our faith, sharing the Gospel, serving others particularly the poor, advocating for justice and righteousness, working for unity and reconciliation, contributing to missions and outreach efforts, we play a part in bringing about the realization of God's Kingdom here on earth- a Kingdom of love, peace, mercy and justice. Let each of us make small steps at Christmas by challenging ourselves to take one aspect from the above, continuing this journey during the coming year, and celebrating each success in our Eucharistic celebration day by day. We are with Christ on our unique psycho-spiritual journey towards union with God in His universal Kingdom.

Many people struggle with three main issues in their lives: "Who am I?", their identity; "Do I matter", their importance; and "What is my place in life?", their impact. The above answers all three questions: As a follower of Christ, we have a very clear identity. We are important because we are made in the image and likeness of God. We make our impact by finding our true place in life through building up God's Kingdom in ourselves and by making our contribution to build up God's Kingdom in others. This applies to all, lay people, male and female, priests and religious, old and young.



May this Christmas fill us with a renewed purpose and hope in our lives, as we meditate and reflect on the two Kingdoms of Christ – the earthly Kingdom and the triumphant heavenly Kingdom at the end of time. These two Kingdoms need to become part of our lives. They give us a clear direction and a deeply meaningful purpose in our life to foster God's Kingdom in our own life and in the life of others. As we succeed in our small steps, we will experience much joy and peace. And this

is what I pray for each one of you for Christmas and the New Year 2024. **Len Kofler MHM**





In March we were approached by Canon Philip Gillespie, Rector of the Pontifical Beda College, Rome. He said “Rectors of the five seminaries serving the church in England and Wales are meeting at the Beda to discuss the drafting of the new guidelines for Seminary Formation and one particular area which we will be discussing is the dimension of (integral) human formation.”

He went on to ask us if Father Kofler could give an overview of the work of the Saint Anselm Institute and also his experience of what the church seeks in the dimension of human formation – both in seminaries and Houses of Formation, but also the ongoing need which he sees that need addressing. ★

As we are thinking about the aspects of human formation both in Seminaries and in on-going formation, it will be very helpful to learn something about the origins and style of the ‘Institute.

The seminaries are in England, in Valladolid in Spain and in Rome two, the Beda and the English College. We found it an excellent meeting for us as well as for the Rectors.

After the meeting Canon Philip Gillespie wrote “On behalf of the English Rectors, I thank you most sincerely for your welcome and hospitality this morning; we greatly appreciated the time you gave to us and the depth of our sharing. We learned a great deal and value the opportunity and insights you shared with us.”



HE Mons. Vincenzo Viva

President  
Institute of St. Anselm

Bishop Vincenzo Viva our President and local Bishop kindly invited us to give a morning of spiritual formation on 16 September 2023 the title of the morning was: **“Meditation on Living the Mystery of the Blessing Trinity in Our Daily Lives. Our Model, Inspiration and Strength.”** It was offered to all priests and religious male and female whose language is English and live in the Diocese of Albano. ★

Bishop Vincenzo introduced the Institute and Father Len after which Fr. Len gave a talk on the Trinity. Thalia, Claire, Fr. Estifanos sdb,

Fr. Wijnand mhm and Fr. Simon Cssp joined Fr. Len. After the talk the assembly broke into three groups and Fr. Estifanos sdb, Fr. Wijnand mhm and Fr. Simon Cssp led the group’s sharing on the talk of Fr. Len . It was a very successful morning with a good number of participants and Bishop Vincenzo and his team offered us all a very warm hospitality and the morning was concluded with an excellent meal provided by Bishop Vincenzo. For the Institute it was a great pleasure to be able to offer something to our local diocese from the Institute. We are most grateful to Bishop Vincenzo for taking it on himself to arrange everything for the occasion.





Fr. Len Kofler Director



During the summer we had quite an adventure with Fr. Len's health. We had already returned to the UK when Len became unwell at the end of July. Due to difficulties of the situation in the UK and Len being under a cardiologist in Rome I contacted him and he wrote back immediately, "Len should come to Gemelli as soon as possible for admission". We flew to Rome two days later and Len was admitted to Gemelli Hospital. By the evening he was in intensive care due to the urgent need of a pacemaker. The next day he was given a pacemaker. The cardiologist said we were just in time. After 14 days we were able to return to the UK. Two of the valves in his heart are not good but there is nothing more that can be done for his heart. The day after we returned to the UK he was taken to hospital in Margate due to blood pressure problems. His pacemaker was working perfectly but his medication needed adjustment. After eight days he came back home and recovered enough to return to Ciampino in September to begin preparation for the new intake at the end of the month. Since returning to Rome he has managed very well using a rollator and taking plenty of rest. He gives his daily lecture now sitting down and is managing everything well.



Len off to give a lecture

**Please join us in praying for the future of the Institute of St. Anselm that the Lord will guide it into the future with His choice of the best people suited for this mission of training Leaders and Formators in a profound personal renewal enabling them to be prepared for their delicate and important mission of leading others in to the heart of God that they become infectious role models of healing and building up the Church of God with love in our struggling and suffering world of today.**

**RIP** We remember all those who have been involved or followed a programme at St. Anselm's and have died during the year. Those we know of and those we do not know about. May they enjoy their home coming, eternal rest and peace with the Lord after finishing their life's mission here on earth.

We remember Sr. Reinhilde Missionary Sisters of the Queen of the Apostles who came to the Institute and sent several sisters when she was Superior General

Sr. Margaret Taylor Franciscan Missionaries of Mary who gave lectures over many years at the Institute, which were much appreciated.



***This Beautiful Film gives a clear description of what the Institute of St Anselm has to offer.***

<https://youtu.be/q6rfRrmXbfM>

***The film is 11 minutes.***

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 Registered Charity no.294625 Italy: Legal Entity Al N.1262/2018 CF. 90088730586



Thursday 14th December 2023.



ST. ANSELM'S CELEBRATION OF AWARDS vote of THANKS on behalf of Participants.

Distinguished Guests, Invited Guests, Management Staff and Team Members,  
Fellow Participants and Friends

We gather here to celebrate not just a conclusion, but the dawn of a new journey - a journey that has been shaped and enriched by our shared experiences. We gather here to celebrate our Diplomas and Certificates from a process that has been transformative, enlightening, and deeply personal - our psycho-spiritual growth process.

First and foremost, we express our profound gratitude, which is also a cornerstone of our psycho-spiritual journey. This journey has been one of self-awareness, self-improvement, and self-realization. We delved deep within ourselves, unraveling the layers of our psyche, feelings and emotions, and in doing so, we uncovered our spiritual essence. We have learned to harmonize our thoughts and emotions with our spiritual values, bringing a sense of peace, clarity, and purpose to our lives. The process here in St. Anselm has spurred in us tremendous growth and made us a better person.



I would like to express my deepest gratitude to everyone who has been a part of this journey. The Lecturers and mentors and friends present and not present, religious superiors and Bishops for their wisdom, guidance, empathy and generous support. In Particular, allow me to Fr. Len Kofler-Director of the Institute- for his holistic approach to leadership and formation in the church. For running the Institute of St Anselm for almost 40 years, during which he has trained many leaders and formators in the church. The Church is grateful to you for this endeavor and for your contribution to the field of Christian leadership reflected in his many Books, which he authored as an inspirational and practical guide to good Christian leadership. We are indebted to you for your support and generosity.

To our Distinguished Guest-Prof Don Andrea, thank you for gracing this occasion with your presence. Your support and encouragement have played a pivotal role in making this day a success.

As we step into the next chapter of our lives, we as Participants are determined to carry forward the lessons we have learned, the resilience we have developed, and the compassion to self we have cultivated. We are committed to always be mindful, to live in the present, or to live in the Process to nurture our spiritual and emotional selves, and to continually strive for balance in our lives.

May we continue to grow, evolve, and radiate positivity, May we live to practice the lessons we learnt to be true image of God's creation and be a source of healing to the church.



Happy Awards and  
congratulations to  
us all. Thank you.  
Abba Racho

