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Welcome to Father Vlad's Newsletter!

I will be glad to stay in touch with you for updates and special seasonal messages, but if you prefer not to receive these messages, please unsubscribe below.
Thank you.

www.fathervlad.com

Newsletter nr 37 - 13th October 2024

"In Japan, a forest bathing trip, called "Shinrin-yoku" in Japanese, is a short, leisurely visit to a forest; it is regarded as being similar to natural aromatherapy.

Thanks to a friend who works as a volunteer at Kew Gardens, I have discovered the significant benefits to mental health visits to nature generate.

Thus, if you or your friends start feeling low – thanks to our autumnal shorter days and longer nights - do spend time with nature. Its beauty and its phytoncides can work wonders."

F. Vlad

News

Dementia Carers Support – getting to know the facts – and helping.

The latest initiative by Father Vlad, in support of Dementia sufferers. Please read the following article, and email Father Vlad with any ideas, comments, suggestions or to get involved.

[Dementia Carers Support – getting to know the facts – and helping.](#)

Please email your suggestions to vladimirfelzmann@rcdow.org.uk

Many thanks.

The latest book written by Prof Msgr Vladimir Felzmann is available!

Please follow this link to download a pdf version. Printed versions will be available in December 2024.

[Hope. Life to the full.](#)

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If, when you read my pieces and you have ideas how to improve them, please email your suggestions to vladimirfelzmann@rcdow.org.uk
Many thanks.

Father Vlad's Blog



Please visit [Father Vlad Blog](#) for latest homilies, messages and musings.

Recent Blogs:

11/10/2024 [Life as Sport](#)

06/10/2024 [Twenty-seventh Sunday in Ordinary Time](#)

29/09/2024 [Twenty-sixth Sunday in Ordinary Time](#)

27/09/2024 [Sport Psychology](#)



The Universe Catholic Weekly has ceased its publication. However, the entire collection of Father Vlad's articles is still available on his [website](#). Father Vlad will continue writing his articles on sport & life, for his [website](#) and newsletter. For the entire collection of Universe Catholic Weekly articles, please click [here](#).



Father Vlad podcasts on **Radio Maria England** are available! Please follow this link to access all podcasts

[Father Vlad's Radio Maria podcasts](#)

A Journey to Eternity

All, three parts of my memories "A Journey to Eternity" are now available. If you are interested, just email me at


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Biography.

(click on the images to download a free pdf version)



Vlad Felzmann was born in Prague in 1939 and came to London at the end of World War II. He studied Civil Engineering at Imperial College London and received his Doctorate in Divinity (summa cum laude) from Lateran University in Rome.

Vlad has led retreats, lectured and spiritually guided people ever since his priestly ordination in 1969. He speaks English, Czech, Spanish, Italian, French and Latin. He enjoys friendship, prayer and writing. He keeps as fit as possible and does press-ups daily to the total of each year of his life since conception.

He is the Canary Wharf Multifaith Chaplaincy's dedicated Catholic Chaplain and is also Catholic Chaplain for sport, CEO of The John Paul II Foundation for Sport (which he launched in 2011) and is a trustee of The Passage, CaAPA and Genesis. A social entrepreneur, Vlad founded and directed two different pilgrimages to Lourdes and founded the Spiritual Peer Educational Centres SPEC, LOFT and SPEceast.


Vlad stroking ICBC boat, Head of the River, 1959

£3.00


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A Journey to Eternity

The early years: 1939-59



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)



Vlad Felzmann was born in Prague in 1939 and came to London at the end of World War II. He studied Civil Engineering at Imperial College London and received his Doctorate in Divinity (summa cum laude) from the Lateran University in Rome.

Vlad has led retreats, lectured to and spiritually guided people ever since his priestly ordination in 1969. He speaks English, Czech, and still a bit of Spanish, Italian, French and used to speak Latin. He enjoys friendship, prayer and writing. He keeps as fit as possible and does press-ups - alternating this with squats - daily to the total of each year of his life since conception.

He was director of the Diocese of Westminster's work with Young People and Canary Wharf Multifaith Chaplaincy Catholic Chaplain. For many years he was a Trustee of The Passage and is the Catholic Chaplain for Sport, founder of the John Paul II Foundation for Sport (which he launched in 2011), chair of CaAPA, and trustee emeritus of Genesis. A social entrepreneur, Vlad founded and directed two different Diocesan Pilgrimages - YAP for young people and WDP for all - to Lourdes and founded the Spiritual Peer Educational Centres SPEC, LOFT and SPEceast.


Main facade of St Peter's Basilica, Rome

£11.99

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A Journey to Eternity

My Years in Opus Dei: 1959 -1982



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)

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£5.00

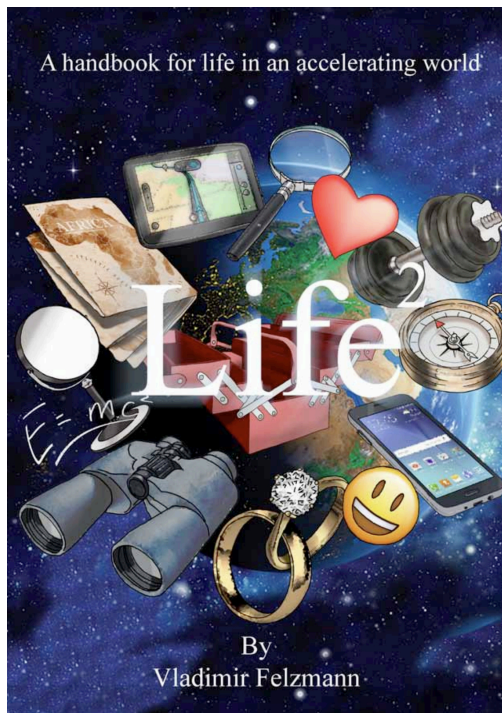
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A Journey to Eternity

The Later Years: 1982 onwards; forever upwards



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)



Don't forget to buy Father Vlad's book **Life Squared!**

As I approached my 80th birthday, I wanted to find out what I really thought about life.

Writing this book has crystallised my experiences. I now know better what I have learned and what I think.

Now, that I'm coming to the end of my life, I have finally learned how to live. Time's slippage nudged me to act on my dream of passing what I have learned on to others.

Father Vlad

[download the introduction to Life Squared](#)

To buy your copy of the book (£12.95+pp) please contact Father Vlad at: msg.vladimir.felzmann@gmail.com or +44 (7810) 116 508

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