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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](http://www.fathervlad.com)

## Newsletter nr 48 - 16th March 2025 Second Sunday of Lent

*"As we begin to live in Spring and Lent  
Why not take a look on how you can improve your relationship with your SONG  
Your Self, Others, Nature and God?"*

*To love is to appreciate and respect the beloved.*

*To grow spiritually - to love the SONG - helps you stay young physically.*

*Jesus offered us life to the full ( Jn 10,10). However, we have to work on it.  
When we do, life becomes much more fun.*

*In this Lent, **Festina lente** - "make haste slowly" or "more haste, less speed," a classic oxymoron that emphasizes the importance of careful, deliberate action rather than rushing.*

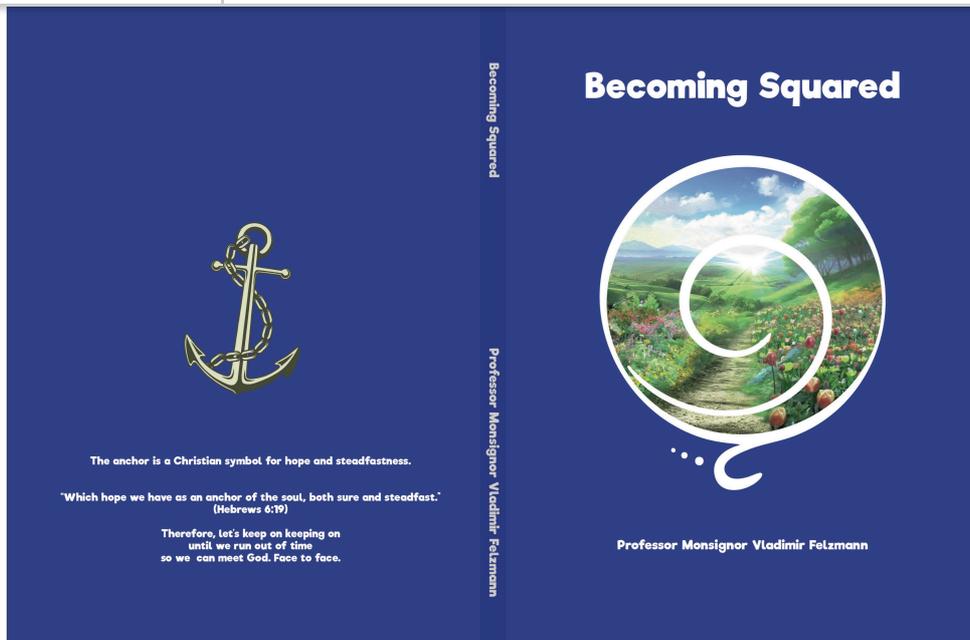
*Work out a strategy to enable you to acquire virtues through serving others so as to become - at death - capax Dei: capable of life with God.*

*While in my mother's womb my lungs grew so that, at birth, I could start to breathe. While in space-time, we need to develop our spiritual lungs so as to be able to breath the Holy Spirit once we – as death - are born into divine eternity"*

*Father Vlad*

**Becoming Squared, the latest book by Msgr. Vladimir Felzmann is available!**

click on the image below for PDF download



## **Father Vlad's Blog**



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

### **Recent Blogs:**

14/03/2025 [Wealth](#)

09/03/2025 [First Sunday of Lent](#)

02/03/2025 [Eight Sunday in Ordinary Time](#)

01/03/2025 [Valerie's Funeral Homily](#)

## **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](mailto:vladimirfelzmann@rcdow.org.uk)

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



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

[Vladimirfelzmann@rcdow.org.uk](mailto:Vladimirfelzmann@rcdow.org.uk) or [msg.vladimir.felzmann@gmail.com](mailto:msg.vladimir.felzmann@gmail.com)

and copies will be on their way to you, they put some flesh on what there is in my Biography.

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

	<p>Fr 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.</p> <p>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.</p> <p>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.</p>	<h1>A Journey to Eternity</h1> <p>The early years: 1939-59</p> 
<p>£3.00</p>		<p><b>Professor Monsignor Vladimir Felzmann</b> (aka Father Vlad)</p>



*Main facade of St Peter's Basilica, Rome*

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 SPECast.

£11.99

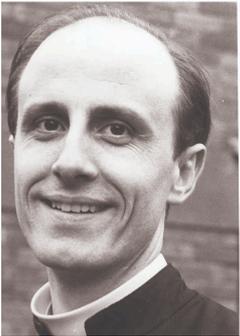


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Journey to Eternity: My Years in Opus Dei: 1959-1982



Professor Monsignor Vladimir Felzmann

# to Eternity

My Years in Opus Dei: 1959-1982

**Professor Monsignor Vladimir Felzmann**  
(aka Father Vlad)



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£5.00



ALL SQUARED

# A Journey to Eternity

The Later Years: 1982 onwards; forever upwards



**Professor Monsignor Vladimir Felzmann**  
(aka Father Vlad)

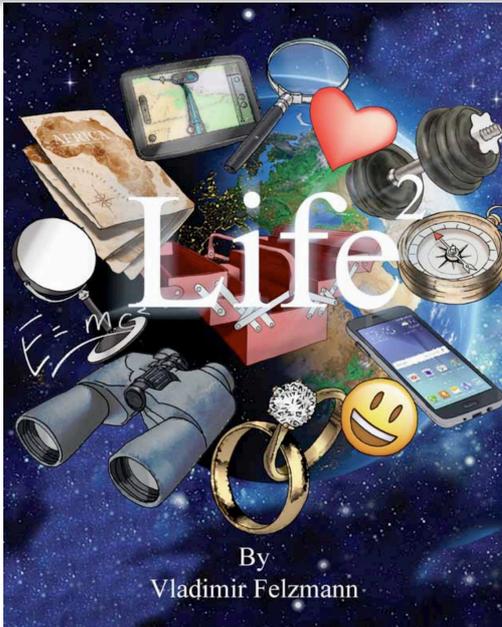
**Don't forget to buy Father Vlad's book Life Squared!**

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](#)



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