

[View this email in your browser](#)



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 50 - 13th April 2025 Palm Sunday

"Life and Death. Our Journey to Eternity.

To everyone upon this earth death sooner or later comes. Though we cannot be apodictic about the date of our death, we can work on making our life as healthy as we can. In The UK, we are blessed with the ability to make choices across the PIES of our life: The Physical, Intellectual, Emotional and Spiritual dimensions of our lives.

We can decide our diet, the exercises we perform, the hours we sleep each night.

Diabetes and obesity kill up to 3.5 million annually. Air pollution some 7 million.

Traffic accidents 1.25 million. Since 9.11 2001, 50 in the EU, 10 in the USA, seven in China and up to 25,000 globally - mostly in Afghanistan, Iraq, Nigeria, Pakistan and Syria.

While precise figures are difficult to obtain, estimates suggest that around 9 million people die each year from hunger and hunger-related diseases.

Each day, 25,000 people, including more than 10,000 children, die from hunger and related causes. Some 854 million people worldwide are estimated to be undernourished, and high food prices may drive another 100 million into poverty and hunger.

We can choose how we use our intellect, our mind. Worry and anxiety age bodies. Relating with others in loving relationships enable our emotional life to help shape our health. And active and loving spiritually – our relationship with God - slows down ageing.

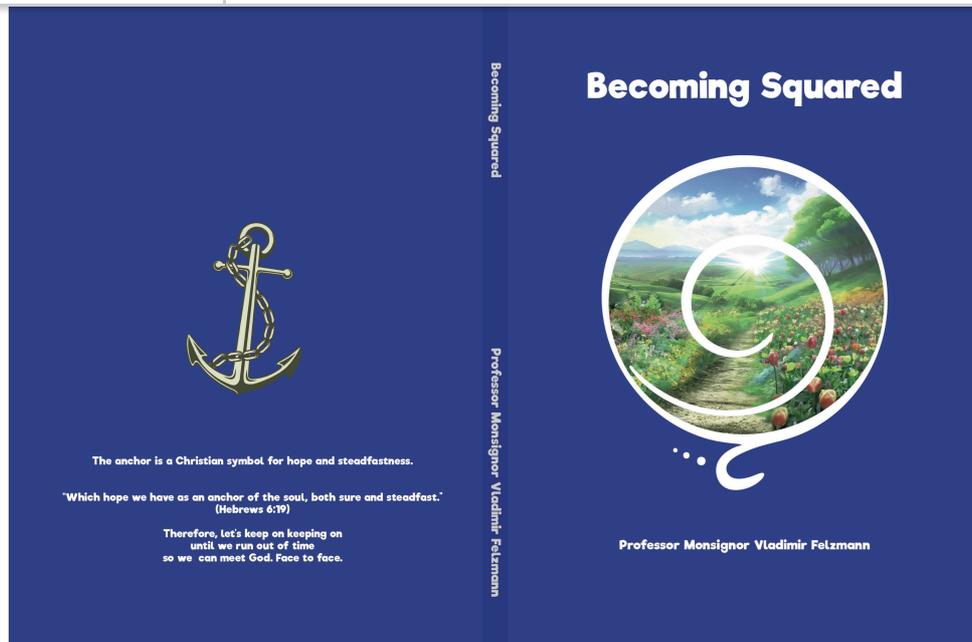
I do my best to look after my health because I know from many years of experience that not to take care of a gift is tantamount to an insult to the giver. Given my age (almost 86) the last thing I want to do its to insult our Creator God whom I shall see – face to face – sooner rather than later.

Don't get me wrong. I look forward to being dead and born into divine eternity. However, the longer I stay healthy, the longer I can keep on keeping on helping God make this world a better place. What about you?"

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:

06/04/2025 [Fifth Sunday of Lent](#)

30/03/2025 [Fourth Sunday of Lent](#)

28/03/2025 [Bab's Cremation Homily.](#)

28/03/2025 [Olympic Sports that came – and went.](#)

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

Restoring your faith in the news

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 Vladimirfelzmann@rcdow.org.uk or 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><i>Vlad stroking ICBC boat, Head of the River, 1959</i></p>	<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>Professor Monsignor Vladimir Felzmann (aka Father Vlad)</p>
<p>£3.00</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



9 781916 876521



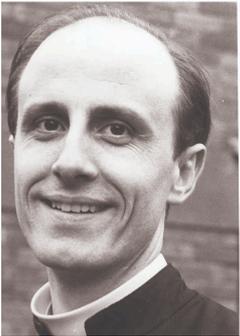
ALL SQUARED

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)



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.

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 SPECast.

£5.00



ALL SQUARED

A Journey to Eternity

The Later Years: 1982 onwards; forever upwards



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)

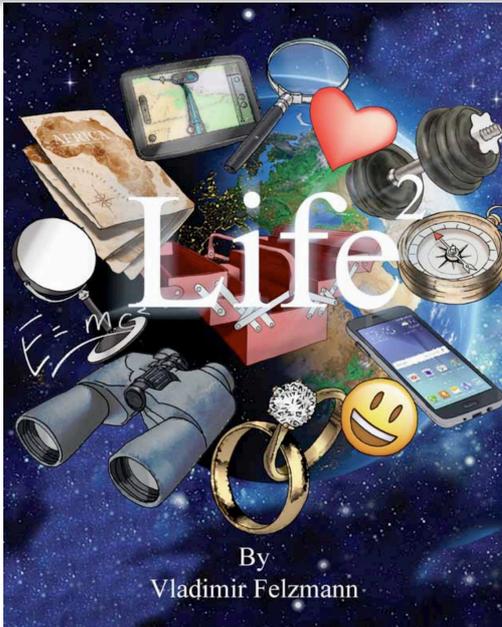
Don't forget to buy Father Vlad's book Life Squared!

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](#)



at: msgr.vladimir.felzmann@gmail.com or +44
(7810) 116 508



Copyright © fathervlad.com, All rights reserved.

Our mailing address is:

msgr.vladimir.felzmann@gmail.com

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

VA · 46 Foxbourne Road · London, London SW17 8EW · United Kingdom

