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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 56 - 13th July 2025 Fifteenth Sunday in Ordinary Time

"Having officiated at many funerals, the last one just a week ago, and preparing the friends of the deceased for the funeral, I have seen that grief - that intense painful emotion caused by loss - is the price of love. As the late Queen Elizabeth II (1926-2022) put it, "Grief is the price we pay for love."

Recently, I have come across the phrase, "Grief is the final act of love" which was spoken by Lauren London (born 1984) in her eulogy for her late partner, rapper Nipsey Hussle(1985-2019).

She delivered this powerful line at his funeral, held at the Staples Centre in Los Angeles. The phrase has since become widely recognized and used to describe the connection between love and grief. It suggests that the intensity of grief one experiences after a loss is directly proportional to the depth of love they had for the person who died. It reminds us that grief is a natural and profound expression of love that continues even after death, representing the lingering bond and the pain of separation.

Keanu Charles Reeves (born 1964) a Canadian actor and musician admitted that "Grief changes shape, but it never ends."

The quote, "Grief is like the ocean; it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim," is attributed to Vicki Harrison(born 1973), Program Director for "the Center for Youth Mental Health & Wellbeing in the Stanford Department of Psychiatry and Behavioral Sciences". She leads a portfolio of community-based projects promoting wellbeing, early intervention and mental health access for youth ages 12-25.

Cytokines (a group of proteins that play a crucial role in cell signalling, particularly within the immune system) are also involved in increasing a body's sensitivity to pain, which may cause the physical pain some people feel while processing grief, as noted in a 2009 study. "Grief is not a disorder, a disease, or a sign of weakness. It is an emotional, physical, and spiritual necessity, the price you pay for love. The only cure for grief is to grieve," wrote Rabbi Earl A. Grollman(born 1925) an internationally recognized bereavement counsellor who has been named Hero of the Heartland and given the Distinguished Human Service Award from Yeshiva University. As I write, he still lives in Belmont, Massachusetts.

Washington Irving(1783-1859) American short-story writer, essayist, biographer, historian, and diplomat wrote, "There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the

Father Vlad's Blog



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Recent Blogs:

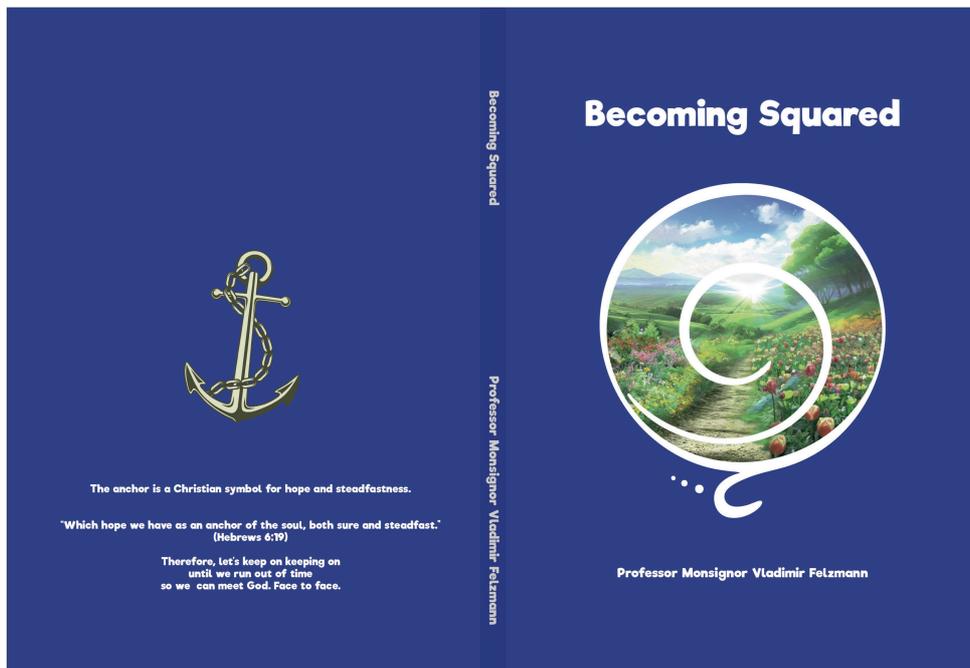
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06/07/2025 [Fourteenth Sunday in Ordinary Time](#)

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

click on the image below for PDF download



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



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

Vladimirfelzmann@rcdow.org.uk or msgr.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)



Vlad stroking ICBC boat, Head of the River, 1939

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 SPECeast.

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A Journey to Eternity

The early years: 1939-59



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)



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 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.

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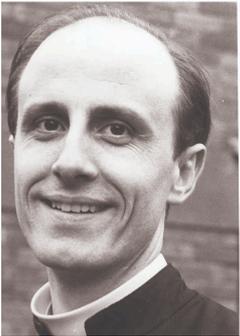
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Journey to Eternity: My Years in Opus Dei: 1959-1982

Professor Monsignor Vladimir Felzmann

to Eternity

My Years in Opus Dei: 1959-1982



Professor Monsignor Vladimir Felzmann
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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)

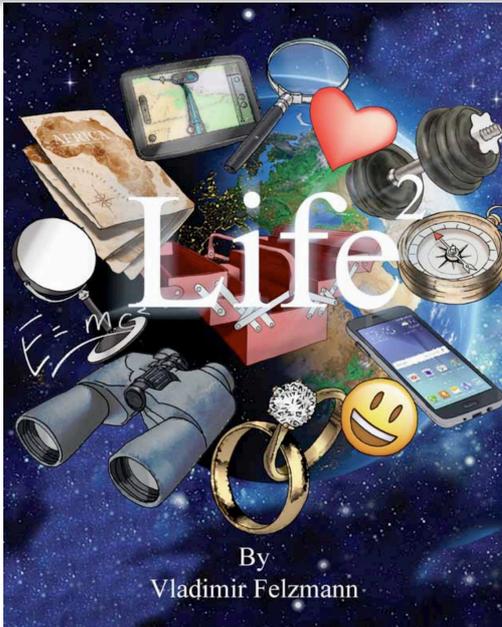
Don't forget to buy Father Vlad's book Life Squared!

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](#)



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