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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 65 - 14th December 2025 Third Sunday of Advent

Optimism

Overhearing conversations on the tube and bus, people seem to be fascinated by the negative news. And make statements like, "How bad things are," "things aren't like they used to be", "No wonder we are now the United Kingdom – or Broken Britain - rather than 'Great Britain', "

True, the cost of servicing the UK national debt was £111 billion in 2024-25, which is 8.3% of total government spending and 3.7% of national income.

*True, the in-year spending pressure for asylum and migration costs for the financial year 2024-25 was estimated to be around **£6.4 billion**, with a total spending on asylum, border, visa and passport operations of under £4 billion expected. The amount spent on hotels in 2024-25 was £2.1 billion.*

True, the charity [National Energy Action \(NEA\)](#) estimates there are approximately 6.1 million UK households in fuel poverty, defined as being unable to afford to heat their homes to a temperature needed to stay warm and healthy. Other NEA estimates place this number around 10 million when considering a broader definition of spending more than 10% of income on energy.

In the 12 months to March 2025, there were approximately 4.5 million victim-based crimes recorded by the police in England, a 2% decrease from the previous year. Violent crime has a general downward trend since its peak, though some types like robbery have increased recently.

However, here in the UK, thank God, we have had no hurricanes, typhoons, wild-fires, catastrophic floods; no wars with their massacres as in so many of Franco-phone Africa, Middle-East, Ukraine and far east Asia.

The Lord Mayor of London, Alastair King, wrote in "Metro" on 4th November 2025, "I have often been struck by the growing chasm between the downbeat perception we all too often have of ourselves.... and the deep respect, fondness and appreciation people all over the world have for...the United Kingdom as a whole."

I thank God for my Freedom Pass, my dentist and doctor who have been wonderfully effective. I had no difficulty in getting my NHS hearing aid.

Having survived my first five years of life under Nazi occupation, living in the UK may not be heaven but, for me, it is a serious blessing for which I thank God.

Being an optimist – concentrating on the white rather than the black squares on the chessboard of our life - enables me to delight in life and, with my diet, exercises (which can be found on my website 'fathervlad.com' – and my 7000 steps a day - as well as eight hours decent sleep, stay young at an old age.

Gratitude – rather than gloomy grumpiness - is the best way to journey on towards eternity.

Father Vlad's Blog



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

Recent Blogs:

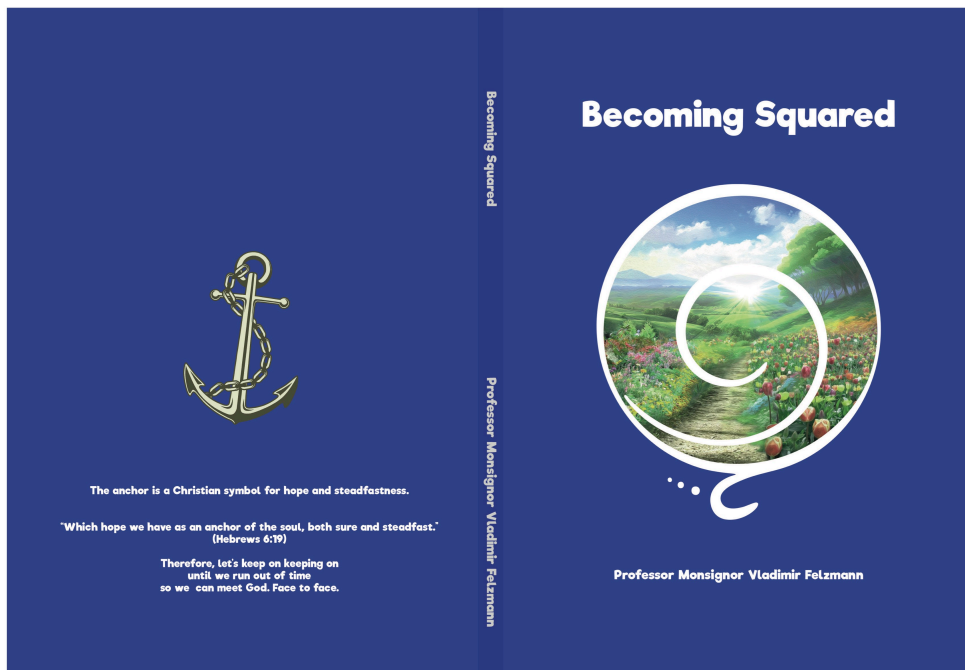
12/12/2025 [Faith in Sport](#)

07/12/2025 [Second Sunday of Advent](#)

30/11/2025 [First Sunday of Advent](#)

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

click on the image below for PDF download



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

The latest initiative by Father Vlad, in support of Dementia sufferers. Please read the

[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 mshr.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><i>Vlad stroking ICBC boat, Head of the River, 1959</i></p> <p>£3.00</p>		<p>Professor Monsignor Vladimir Felzmann (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 SPECeast.

£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



A Journey to Eternity

The Later Years: 1982 onwards; forever upwards



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)

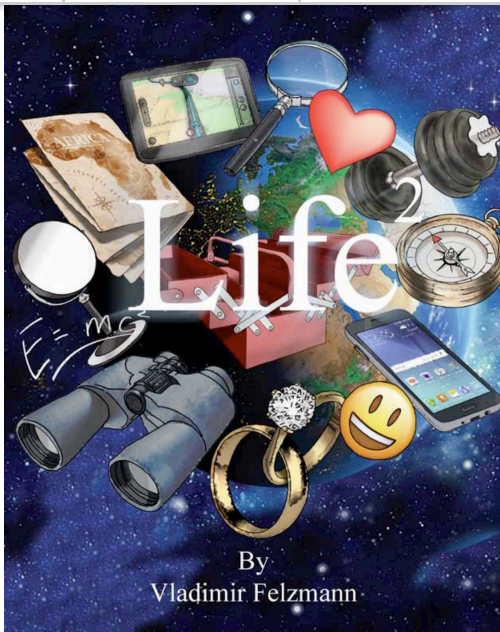
Don't forget to buy Father Vlad's book Life Squared!

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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