



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.org

vladimirfelzmann@rcdow.org.uk

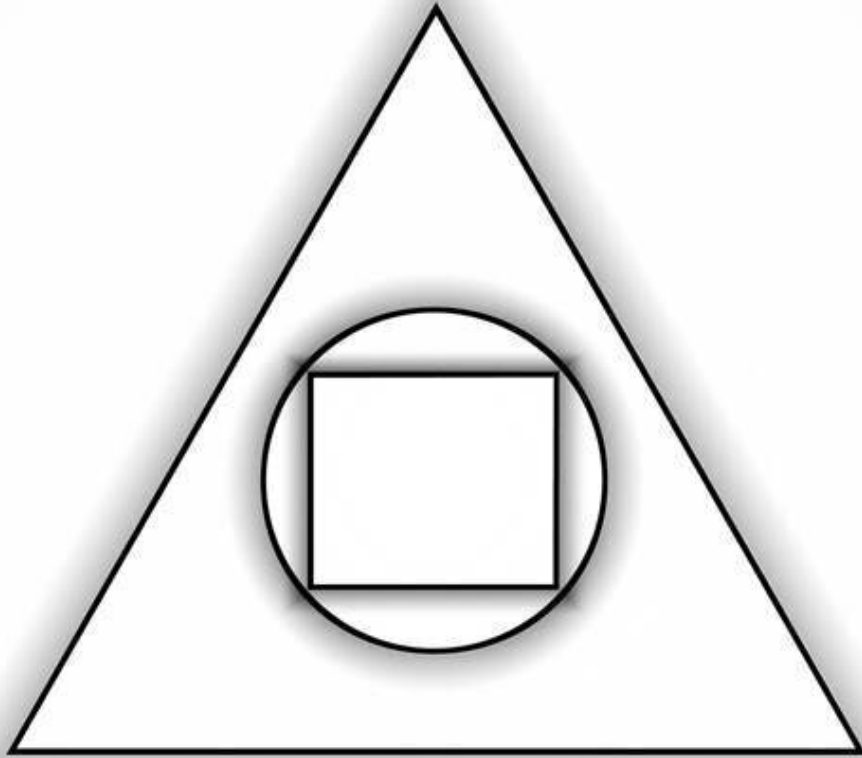
Newsletter nr 79 Twenty-seventh Sunday in Ordinary Time 4th October 2026

Dear Readers,

With increasing age, I am ever more convinced that humour is a vital, multifaceted aspect of daily life that profoundly enhances our existence, serving as a powerful tool for improving physical health, boosting emotional resilience, and strengthening social bonds. Far from being a mere frivolous diversion, the ability to find amusement helps us navigate challenges, build connections, and foster a more positive, optimistic outlook on the world around us. Humour is great across the PIES: the physical, intell3ctual, emotional and spiritual dimensions of our human life.

[...continued here](#)

Spirituality Squared



By Prof. Msgr. Vladimir Felzmann
Aka, Fr Vlad.

Spirituality Squared

the new book from

Prof. Msgr. Vladimir Felzmann

will be launched on

Thursday 29th October - 18:00hrs

Our Ladies of Victories Parish Hall

235a Kensington Hight Street W8 6SA

In this book, you will discover that I see human life as having four dimensions: the physical, intellectual, emotional and spiritual. Though, as they generate my Self they are in practice inextricably intertwined, they can be explored individually.

On the cover, a square enclosed in a circle, symbolises for me the four areas of reality, the SONG: my Self, Others, Nature, and God; the circle is me, relating with all these four. All are one in the Blessed Trinity, the Creator of the Universe, symbolised by the triangle.

Please RSVP at vladimirfelzmann@rcdow.org.uk

**Please note that the entrance to the Hall is from Abingdon Road,
see Google Maps here:**

[Entrance to the Our Ladies of Victories Parish Hall](#)

Father Vlad's Blog

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

Recent Blogs:

02/10/2026 [Humour 1](#)

27/09/2026 [Twenty-sixth Sunday in Ordinary Time](#)

20/09/2026 [Twenty-fifth Sunday in Ordinary Time](#)

19/09/2026 [Academic benefits of early morning exercise in schools](#)

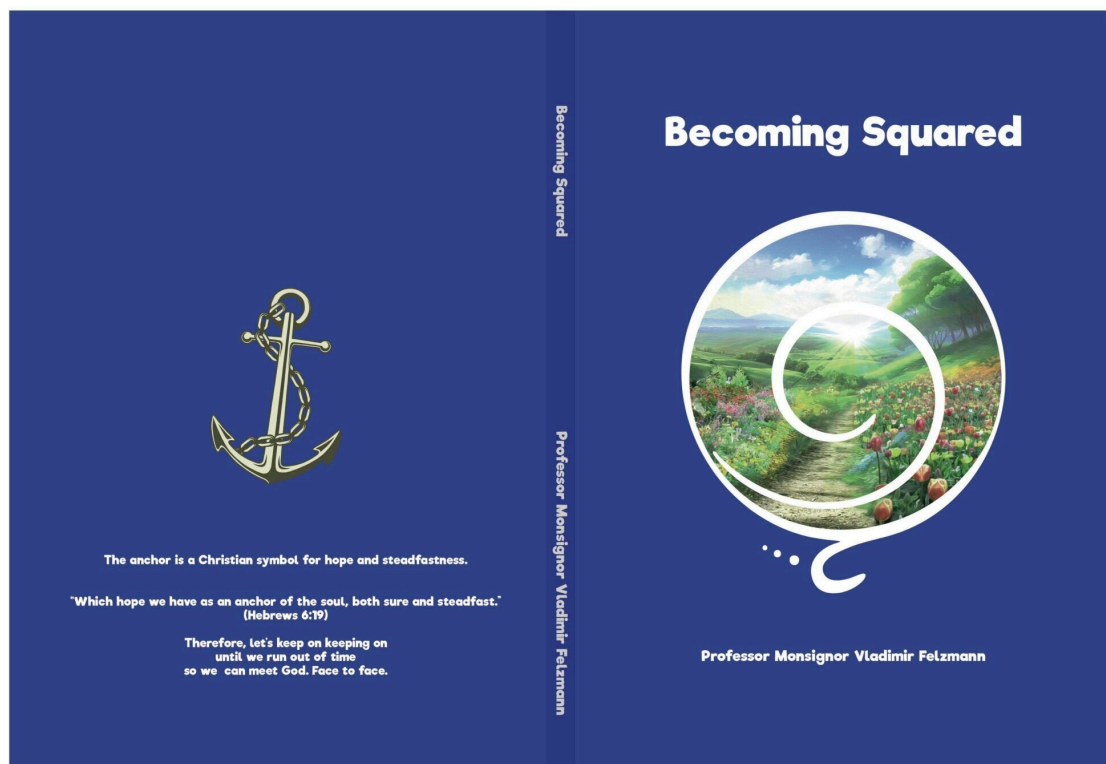
13/09/2026 [Twenty-fourth Sunday in Ordinary Time](#)

06/09/2026 [Twenty-third Sunday in Ordinary Time](#)



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 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 ceased publication in August 2024. However, the complete collection of Father Vlad's articles remains available on his [website](#).

Father Vlad will continue writing on sport and life — please stay subscribed to his fortnightly newsletter to receive his latest updates.



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

The 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 below to download a free pdf version)



Vlad stroking ICBC boat, Head of the River, 1959

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.



ALL SQUARED

£3.00

A Journey to Eternity

The early years: 1939-59



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)



Main facade of St Peter's Basilica, Rome

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 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.



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A Journey to Eternity

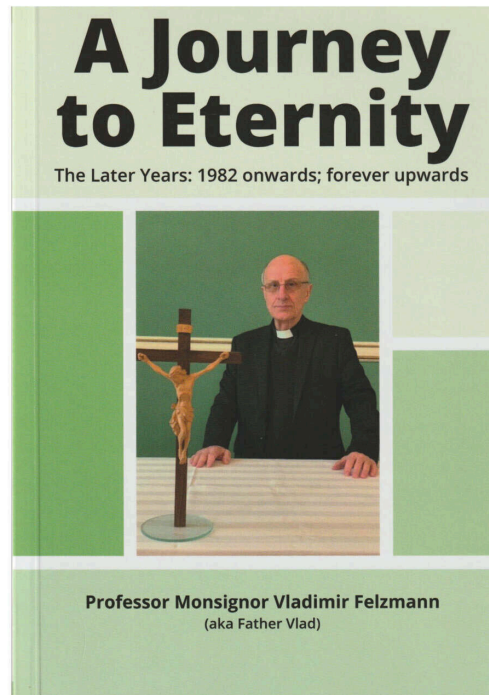
My Years in Opus Dei: 1959-1982



Professor Monsignor Vladimir Felzmann
(aka Father Vlad)

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

Professor Monsignor Vladimir Felzmann



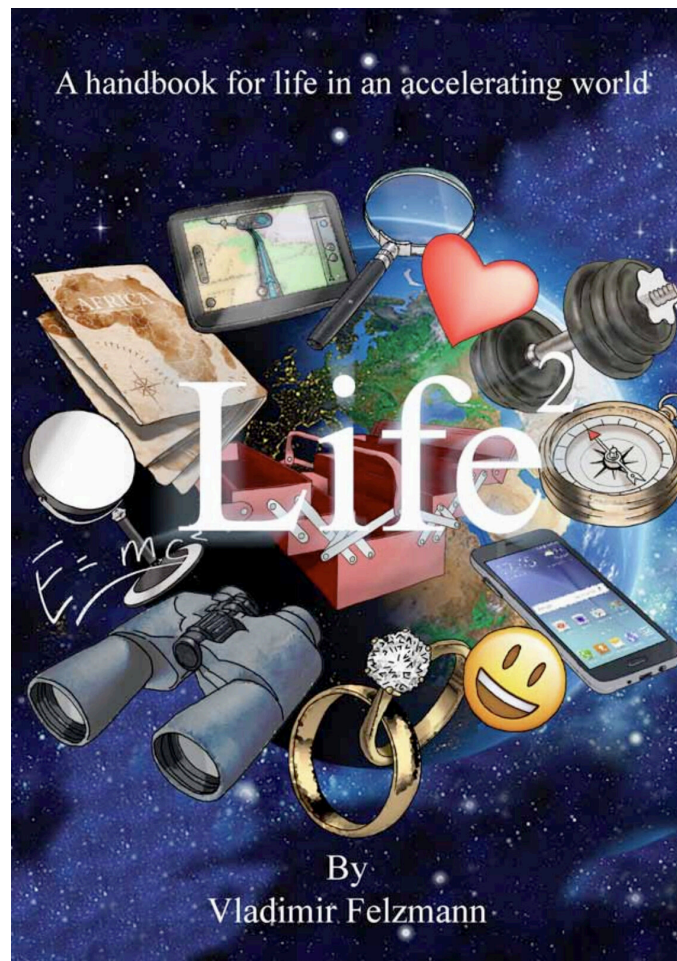
Don't forget to buy Father Vlad's book Life Squared!

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



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