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### **Welcome to Father Vlad's Newsletter!**

Let's stay in touch for updates on events and special seasonal messages!

I will be glad to stay in touch, but if you prefer not to receive these messages, please unsubscribe below. Thank you.

Please visit [www.fathervlad.com](http://www.fathervlad.com) for more!

### **IMPORTANT MESSAGE!**

I write to let you know that we - Vincenzo who runs my website and I - have decided to suspend the transmission of my newsletter until the start of September. A change is as good as a rest.

That renewed Newsletter will contain my summertime homilies and Universe Catholic Weekly pieces – which you may have seen in your parish as The Universe is back in hard copies!

Alleluia!!!!



### **Sixteenth Sunday in Ordinary Time - Sunday 23rd July 2023**

The Kingdom of Heaven - The Kingdom of God – is present whenever a person lives according to the will of God: keeping The Ten Commandments and living The Eight Beatitudes – encapsulated in the two Great Commandments: Deuteronomy 6,4 and Leviticus 19,18. Loving God with the whole of our heart, and loving our neighbour as ourselves.

It is up to us to enable it to enable God's love to percolate throughout the whole of our life. However, as we are alive only in the present of the present, we can always change. One minute I can be good, next minute, tripped up by a temptation I can behave badly. Then, I can repent and pick myself up, starting again to be good.

It's only how we are at the end of our life on earth - when the final whistle is blown, the finishing line crossed - that will determine our eternal life.

Darnel comes to us across the PIES

Beware

The Physical, greed, lust, laziness, alcohol - in excessive amounts – drugs.

The Intellectual - pornography in its many guises.

The Emotional - falling in love with what - and whom - it is not appropriate

Spiritual - neglecting our prayer life.

We can always change - for better or for worse.

Whenever I have been asked by zealous protestants, "Brother, are you saved?"

I always answer "I do not know. I am not dead yet."

Only after death will we know whether we are capax dei, capable of life with God in divine eternity.

Currently, I do my best. I live in hope!

**Latest News from Father Vlad**

who remembered me with fondness and, coming down south to London, wanted to catch up.

- Sunday 9th went to Arrelle and Francois von Hurter's home for lunch.
- Monday July 10 - took the 14.31 ( the earliest I could book) Eurostar to Paris. Stayed in Hotel Midi near Denfert-Rochereau RER station.
- Tuesday 11th By bus with Jarmila to visit - and take lunch - with two of our Jesuit friends living in the Jesuit home for retired priest at Vanves - one of whom, Philip, has terminal cancer.
- Wednesday 12th Took two tube trains to The Assumption Sisters mother house at 17 rue de Assumption. Took photos of their rather exceptional chapel set in ample grounds.
- Thursday 13th was taken - with Jarmila - by car to the Daughters of Wisdom house, 3bis rue du Commandeur - where I celebrated mass and took a very fine four course lunch.
- Friday, 14th walked with Jarmila (who is on morphine due to a very bad back) - slowly, with a number of sit-downs ,to her parish church, Saint-Pierre de Montrouge where I concelebrated the 10.00am mass.
- After lunch, took the 14.43 Eurostar back to London.
- Saturday 15 met Vincenzo Albano who runs my website and newsletters. He showed me the - very encouraging – statistics of readers
- Sunday 16th as well as the usual 10.00am Assumption Convent, Kensington Square, I celebrated the 11.00 at St Catherine's House, Pembridge Square. Fr. Richard Price, who usually celebrated that mass for the retired Assumption Sisters, has broken a leg and is hors de combat for a month or two!
- Monday 17th In the morning took the fortnightly Holy Communion to housebound Lena Simmons in Peckham.
- In the evening went to Fulham Palace to help Sir Luke Rittner – one of my Sunday Mass congregation - celebrate his knighthood.
- Wednesday 19th had a noon meeting on my work at Wandsworth Prison with Mgr Martin Hayes at Archbishop's House.
- Thursday 11.00am meeting with Mary Maxwell and Veronica Fuller to plan The Papal Knights Rome Pilgrimage
- 13.00 meeting at Moly's with the care team who will add a stairs-handrail and replace the current shower with a step free version

and

Everyday taking care of 90 year old Molly...

Good to avoid the thin and weedy grounds of superficiality and materialism then you can produce thirty, sixty, even a hundredfold growth of your spirituality and holiness.

Ask yourself,

Could I do more?

How?

Earliest poem I remember hearing in 1946

"good, better, best

never let them rest

until your good is better

and your better best."

How much time each day do I spend in prayer, talking with God?

How is my spiritual reading? How many minutes a week do I dedicate to it?

Do I have a plan of action - helping someone I know is in need?

As tennis players train - and get a coach - to improve in your spiritual life you might do something similar.

### **A Story...**

...sent to me from Nicole, whom I baptised, married and whose children I then baptised. (Having married her parents!)

*Hello*

*I am taking part in the Sarcoma UK challenge of 100miles in June.*

*For those that need a bit of background, I am a full time working mum of 3 children under seven. Two of my children are diagnosed with autism and sensory processing needs. When my husband and I came to terms with our new norm, in early October 2022 I was diagnosed with a very rare but hugely aggressive form of cancer called Leiomyosarcoma.*

*On the 19th October I was rushed in for an emergency full hysterectomy. I learned that with Sarcomas the battle is constant and because of the aggressive nature I am under observation every 3 months for the next 2 years then scaling back for the next 10years!*

*I appreciate that the goals of this challenge aren't huge but juggling work with my children is tough and having been pushed into early menopause and the side effects are quite frankly rubbish!!*

*Any donations to this wonderful charity for this horrific form of cancer would be hugely appreciated*

*Thanks*

[Nicole Gibson is fundraising for Sarcoma UK \(justgiving.com\).](#)

### **The Universe Catholic**

Father Vlad latest column on The Universe Catholic: [The Universe Catholic Weekly - 7th July 2023 - 'By a nose' and 'going overboard': How Sport Enriches Language.](#)

### **Father Vlad on Radio Maria**

Father Vlad podcasts on Radio Maria England are available! Please follow this link to access all podcasts [Father Vlad's Radio Maria podcasts](#)

### **Latest writing from Father Vlad**

“A Journey to Eternity” is in three parts. The first is here-below. The third has been published already.

The second - my years in Opus Dei - should come out later this year.

In due course, all three will be there for you to read.

If you would prefer a hard copy, just drop me an email with your postal address and volumes 1 and 3 will arrive in your letterbox, soon.

[A Journey to Eternity - The Early Years 1939-1959](#)

### **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*

To buy your copy of the book (£12.95+pp) please contact Father Vlad at:

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