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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



I pray That No matter how grim the world may be This Christmas Will warm your heart enhance your hope And express your gratitude For what you have As it does for me.

X Vladimir



Happy Advent as you prepare to welcome The Good News deeper into your heart.

All, three parts of my memories "A Journey to Eternity" are now available. If you are interested, just email me:

Vladimirfelzmann@cdow.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.

Here you can download the .pdf version of the book.

[A Journey to Eternity - My Years in Opus Dei 1959 - 1982](#)

Book cover for 'A Journey to Eternity: My Years in Opus Dei: 1959-1982' by Professor Monsignor Vladimir Felzmann (aka Father Vlad). The cover features a portrait of the author, a photo of St Peter's Basilica, and a barcode. The price is £11.99. The publisher is ALL SQUARED.

NEW BLOG!!!

Father Vlad's Blog: we are pleased to announce the launch of a new Blog on Father Vlad's website, please visit:

[Father Vlad Blog](#)

UNIVERSE CATHOLIC WEEKLY logo with the tagline 'Restoring your faith in the news'.

The Universe Catholic

Father Vlad latest column on The Universe Catholic Weekly:

[The Universe Catholic - 1st December 2023 - Teamwork and co-operation](#)

Homilies

First Sunday of Advent - 3rd December 2023

As the new liturgical year gets into its stride, we are reminded "to be our guard, to stay awake."

Not just to realise God's presence in everyone but to be aware of dangers, of potential threats, not just from outside, but within our bodies, minds and hearts.

How is your diet, exercise and sleep?

How are you and your family?

There are a couple of families whose wedding I celebrated who decided that once a month, on the morning of the last Saturday of the month to sit down and discuss, to open their hearts and memories to each other of what upset them. Years later they are still joyfully together. Spotting a crack before it grows too wide to be re closed is wise.

When I studied the so called 'penny catechism' it warned us that there were seven capital sins: pride, greed, lust, anger, gluttony, envy and sloth.

Now an extra one has been added, it is called gossip. Just think of how much of that inhabits the social media.

Good to be aware these vices may be immigrating into your life and their children - for example lack of sleep, lack of exercises, procrastination - may be creeping into your life.

Some people who when asked say "I am fine" yet, when a trivial event upsets them, they explode. A bit like a house in which the gas stove had not been turned off fills the rooms with its unnoticed presence until a visitor lights a cigarette.

As those families, why not take a look at yourself on the Saturdays of this Advent? The outcome could give you a Creative Christmas present for your family, a more virtuous - attractive -life.



Thirty-Fourth Sunday in Ordinary Time - 26th November 2023 -

Christ the King

"Whatever you did to the least of mine, you did it to me."(Mt 25:40) underpins the ethics in all my relationships. I aim to be a sheep, not a goat.

Whenever you meet someone - take a second take and realise that in that person Christ is present - then decide how you will relate.

Across the PIES

Physically - Given my situation - and the needs of the others that are there - ask yourself, "What can I do to practically help?

Intellectually, conversation should be ACE: affirming, consoling encouraging.

The five things to consider before talking? Use the THINK acronym.

"THINK" stands for "true, helpful, inspiring, necessary, and kind." Before speaking, ask yourself if what you're about to say aligns with each of those qualities. If your answer is "yes" to all five questions, then your thought is worth sharing

Emotionally - listen, commit time, show interest. Silent, uninterrupted listening is one of the best ways you show you care.

It can also generate fun. Years ago, sitting at dinner opposite a gent who spent the whole meal talking - I hardly said a word - I found out a couple of days later from a mutual friend that he thought me highly intelligent. I had been a mirror for his thoughts.

Spiritually? Develop your relationship with Jesus, perhaps structuring your conversation around TAPS.

I try to distinguish - mentally separate - the sin and the sinner. The person and his or her actions. "Love the sinner. Hate the sin." Not easy unless and until the sinner stops sinning.

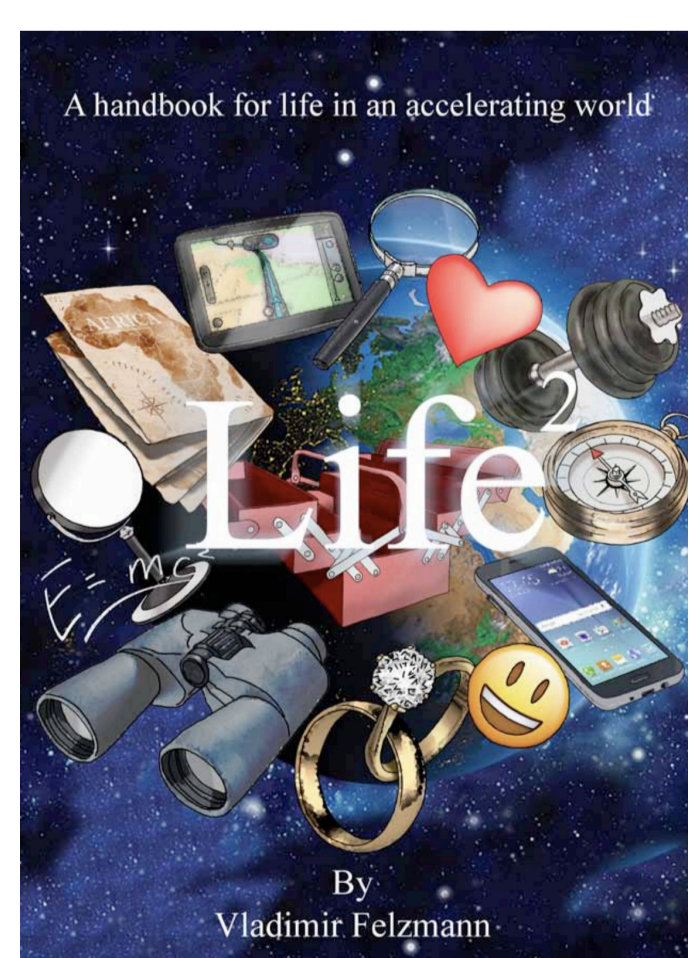
A sin, in this context, tends to be anything that annoys you. Like a lengthy homily.



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](#)



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



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