

Brumlovka.

Magazine 3/2024

Brumlovka News

Fall Trends and Fashions

When You Need to Be Pampered



Radim Passer

“Urban recycling is vital for Prague to become a 21st century city.”



Shops and Services

RESTAURANTS

- Ristorante Pizzeria Grosseto
- Maranatha – vegetarian restaurant
- Baifu – sushi bar
- Dian – modern Vietnamese restaurant
- Dhaba Beas – vegetarian Indian restaurant
- Ugo – fresh salad bar
- Goodlunch – canteen, Delta
- Turnovská pivnice – modern Czech restaurant
- Perfect Canteen – canteen, Building A
- Mango – Chinese restaurant
- Puzzle Salads
- Sushi Time
- Roast & Grill Bistro
- La Fresca – canteen, Filadelfie
- Puzzle Pasta
- Goodlunch – canteen, Alpha

SHOPS

- Albert – supermarket
- Dm drogerie – drugstore
- JK Jitka Kudláčková Jewels
- Romantika florist
- Meera Design – ladieswear
- KITSTORE – LEGO® bricks
- Anthony's – men's clothing
- Bikero – bikes, service and advice
- Papýrek – stationery
- Maranatha – health food store
- Bianco & Rosso – Italian deli
- Don Pealo – convenience store
- Lens Optik
- Arena – sportswear
- Mandala Montessori – creative toys
- Asko – home appliances
- Aluprof – window/door aluminium systems

CAFÉS

- Tlap's Coffee
- Zrno Zrnko
- Costa Coffee
- Coffee Perk
- O2 HUB Café
- Parkofka

SERVICES

- FLEKSI Filadelfie – coworking and flexible offices
- We Hate Ironing – dry cleaner
- Radka Chvalova Beauty Studio
- FLEKSI Budova B – coworking and flexible offices
- FLEKSI Beta – coworking and flexible offices
- Lady Li – hairdressing and beauty services
- Automyčka Collection – car wash
- Cebia – vehicle history check
- Better Barber – barber shop

BANKING

- UniCredit Bank
- MONETA Money Bank
- OK POINT/mBank

ATM

UniCredit Bank (Filadelfie building)
 MONETA Money Bank (Budova A building)
 OK POINT/mBank (Brumlovka building)
 Komerční banka (Duhová 2)

PICK-UP POINTS

- Blocks (office entrance from Želetavská St.)
- Z-BOX – Zásilkovna (U pomníku St.)
- Z-BOX – Zásilkovna (Václava Sedláčka St.)
- AlzaBox (Václava Sedláčka St.)
- OX Point (Za Brumlovkou St., public parking)
- AlzaBox (behind Filadelfie building)
- Zásilkovna (Papýrek shop, Alpha building)
- PPL Parcel Box (Duhová St., behind Engel building)
- OneBox by Allegro (Baarova St.)
- Z-BOX (Duhová St., behind Engel building)

EVENTS, SPORTS, RELAXATION

- Brumlovka Square
- Balance Club Brumlovka
- Brumlovka Park
- Children's playground
- Dog off-leash area
- Relax zone and children's playground
- Baar Park
- Athletics stadium
- Children's playground
- Multifunctional sports court
- Body Express
- Relax zone
- Ellen G. White Square
- Beetle – kinetic art installation
- Na Křivíně multifunctional sports court

HEALTH SERVICES

- Lékárna Lemon – pharmacy
- Urosanté – urology and andrology center
- MUDr. Denis Krupka – dentist, dental hygienist
- Urosanté – Androfuture urology center
- Lékárna Oliva – pharmacy
- Dentique – dentist, dental hygienist

EDUCATION

- Elijáš Christian Primary and Secondary School
- Elijáš Kindergarten
- Bible study lessons and morning devotionals
- Bethany Community Center
- GENIUS Kindergarten
- Brumlovka Centroom

CHARGING STATIONS

Filadelfie building (public parking)
 Delta building (public parking)
 Brumlovka building (public parking)
 ČEZ building (Duhová 1)
 ČEZ building (Duhová/U Pomníku)



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Unleash Your Creativity at Papýrek

Brumlovka's broad range of stores and services also includes the PÁPÝREK crafts store. Some of you may have caught that "PÁPÝREK" isn't the correct Czech spelling. Well, we all know that not everything turns out the way we planned, especially when we start creating. Sometimes we're successful, sometimes not as much, and sometimes we create something new. It's all about the process.

The PÁPÝREK store at Brumlovka offers the complete range of products to help children, teens, and adults alike all develop their creativity with everything you need for crafts, games, and educational aids. It also offers gifts, cards, party needs, stationary, as well as school and office supplies.

With longer nights and unpredictable weather, fall is the best time to get back into your crafting hobbies. Stop by and pick up everything you need, including creative all-in-one sets, educa-



tional and relaxing colouring books and connect-the-dots, as well as Czech-designed games.

For any parcel needs, the Papýrek store also offers Zásilkovna and CEWE services. The Papýrek store can be found in the Alpha building by the bus stop. •

Papírnickví Papýrek

Alpha Building
Vyskočilova 1461/2a
Monday–Thursday:
9:00 a.m.–9:00 p.m.
Friday: 9:00 a.m.–3:00 p.m.

Fall at LEMON Pharmacy – An Oasis of Health Amid the Autumn Weather

The LEMON pharmacy is a great place to find the medicines and dietary supplements you need.

The coming flu season means it's time to focus on your health. LEMON offers a broad range of products that will help you treat your maladies or avoid them altogether. Support your immunity with vitamin C and vitamin D, which is vital for maintaining healthy bones and muscles, as well as zinc that gives your immune system a boost.

Besides vitamins and minerals, LEMON offers other excellent supplements like echinacea and probiotics, which will strengthen your immunity and protect you from unpleasant viruses.

Supercharge your resilience by stopping by LEMON where your health and wellbeing is a priority.

LEMON lékárna

Rezidence Villas,
Želetavská 1447/5
Monday–Friday:
8:00 a.m.–6:00 p.m.

Coffee Break Boxes at Roast & Grill

Roast&Grill in the Filadelfia Building has served up an amazing fall menu and other new offers that will tanta-

Roast & Grill Bistro

Filadelfie Building,
Želetavská 1525/1
Monday–Friday:
8:00 a.m.–6:00 p.m.

lize your taste buds. You can try the new Coffee break box in savoury, sweet, meat, and vegetarian options, available for pick-up or delivery. You can also place your Christmas box orders now, available in CZK 500 or CZK 1,000 versions. The bistro has also extended its opening hours from 8:00 to 18:00, with breakfast served before noon, and you can relax in the afternoon with a glass



of prosecco and tapas. Enjoy all the fall has to offer at Roast&Grill. •

Maranatha: New Fall Menu

The Maranatha vegetarian restaurant has revamped its menu for a new season packed with fresh flavours. Its excellent lacto-ovo vegetarian cuisine with a Mediterranean flair proves how tasty and flavourful a meat-free diet can be. Try the excellent veggie burgers, the popular fried cheese, and the range of tasty wraps.



The restaurant is now going to unveil a series of upgrades and changes. The first planned addition will especially please those who prefer light lunches

or those who don't have time for a full sit-down meal. We've all been in the situation where we're rushed and just need to pick up something on the go,

so the bistro added a range of take-away salads.

There will also be an expanded selection of hot meals. Up to now, guests could only choose among buffet options or the daily specials. As of October, there will also be a short-order menu with 3-5 options that will include traditional favourites such as fried cheese with home-made fries and a light tartar sauce, fresh pasta, vegetarian burgers, as well as wraps. All these items will also be available for take-away.

2025 will also bring further upgrades. "We'd like to significantly strengthen and continually increase our guests' awareness about the influence of what we eat and drink and the influence of our lifestyle in general on our physical and mental health. We also want to make each visit to our restaurant a pleasant and tasty culinary experience that will also be inspiration for cooking at home," restaurant manager Josef Fuksa said adding: "At the Maranatha restaurant, we hope these changes will please not just our current patrons, but also bring in those that don't usually choose vegetarian cuisine." •



Restaurace Maranatha

Brumlovka Building
Vyskočilova 1100/2

Monday–Friday:
11:00 a.m.–5:00 p.m.

Friday: 11:00 a.m.–3:00 p.m.

When You Need to Be Pampered

We all need a moment to stop and relax sometimes. Don't forget about your self-care needs and allow yourself a bit of luxury that we often forget about in our hectic lives. There are a couple of spots at Brumlovka that provide the pampering you deserve. Combine business with pleasure in a bit of high-quality me time.



Brumlovka Building, Vyskočilova 1100/2
Monday–Sunday: 8:00 a.m.–7:00 p.m.

Lady Li

Considering a change? Let the professionals at Lady Li give you a fresh look and a fabulous new style. They will help you find an ideal that makes your hair shine. Lady Li can also help you care for your hair to prevent dehydration and cold damage, which is very common at this time of year.

Lady Li also has a special offer right now: Get hair reconstruction free when you order a colouring. This offer is valid until December 31, so don't miss out! •

Radka Chvalová Beauty Studio



Filadelfie Building, Želetavská 1525/1
Monday–Thursday : 9:00 a.m.–6:00 p.m.
Friday: 8:00 a.m.–3:00 p.m.

A good mani-pedi is worth its weight in gold in making your hands and feet look and feel great, besides being an excellent way to prevent all sorts of health problems. Radka Chválová Beauty Studio offers the full range of mani-pedi services including machine pedicures and gel manicures using the best products available on the market, such as CND and OPI. And don't forget men's hands and feet need just as much care as women's, so all are welcome. The studio also offers skin care services, regardless whether you have normal, sensitive, or problematic skin. As a special treat for yourself, order one of Beauty Studio Radka Chvalová's massages that will relax your body and your mind. •

Better Barber



Filadelfie Building, Želetavská 1525/1
Monday–Friday: 7:00 a.m.–9:00 p.m.
Saturday and Sunday:
10:00 a.m.–6:00 p.m.

Men, are you looking for professional care for your hair and beard? Then look no more. Better Barber is the place for a great haircut and beard care, along with colouring and the Exclusive Service that gives you a full hour of relaxing pampering that you will love. Whether you need to take a little off the top, you're hankering for a new style, or you just want to sharpen up your beard, Better Barber will help you look and feel great. Besides first-class services, Better

Did you know that your skin, hair, and nails need more care in the fall and winter?

Cold weather and lower humidities can cause dry or even dehydrated skin. Furthermore, cold winds can dry hair and temperature fluctuations can also influence nail quality.

Barber also offers the best products, meaning you can take some of that luxury care home with you. •

Oliva Esthetic

Oliva Esthetic is the place to upgrade your look and get a confidence boost with its wide range of procedures including laser hair removal, Rf lifting, LPG massages, cryolipolysis, and other high-end cosmetic procedures. You can look forward to top-of-the-line equipment, the highest quality services, and a professional approach at accessible prices, as well as special offers. •



Rezidence Oliva, Hodonínská 1595/1
Monday and Tuesday:
10:00 a.m.–10:00 p.m.
Wednesday–Sunday:
10:00 a.m.–10:00 p.m.



Identifying and Preventing Burnout

Occupational burnout syndrome affects a growing number of people, seriously influencing their health, wellbeing, and professional performance. We asked psychologist Kateřina Weigertová from the Health+ clinic to provide a bit of information about the symptoms, risks, and most importantly how to prevent burnout, which is often associated with occupational stress and a demanding work environment.

There are no precise statistics about occupational burnout, but it can afflict a significant amount of people, and some estimates say it affects about 20% of people in Czechia, damaging their health and wellbeing. Anyone can develop the syndrome, mostly as a result of chronic stress, an unhealthy lifestyle, and often unsuitable work conditions. Health+ clinical psychologist and therapist Kateřina Weigertová has offered some good ways to recognize burnout, its associated risks, and provides some methods of prevention.

.....

If you're fighting stress at home or at work or are saddled with other health problems, Health+ can offer premiere-quality care, a family atmosphere, and a personal approach without long waits. Your health and needs are of the highest priority.

.....

Even perfectly healthy people can be afflicted by occupational burnout syndrome, which isn't related to psychiatric conditions. It's usually accompanied by negative emotions, such as bad moods, irritability, or exhaustion. There are also changes in behaviour, loss of motivation, and feelings of incompetence. "People whose work involves interpersonal communication are the most susceptible to burnout. Risk of burnout is also higher in professions where people encounter the problems of others who they try to support. Emotional engagement in combination with unrealistic demands on oneself and one's performance coupled with an unsupportive work envi-

ronment can easily lead to occupational burnout syndrome," Weigertová explained. Social and healthcare workers and teachers are among the high-risk groups because communication with clients, patients, and students is vital to their work. "Those are also professions that people choose as their calling in life, and thus enter their careers with a certain level of ideals. Occupational burnout syndrome can be seen as a condition where various internal and external factors can lead to a loss of those ideals and a loss of will and motivation for work," she added. However, occupational burnout syndrome can afflict anyone in any profession depending on their lifestyle, level of stress, working conditions and environment, as well as the person's individual personality.

Symptoms Must Be Treated

Occupational burnout syndrome manifests as gradual psychological exhaustion caused by long-term stress. "The effects gradually show themselves. The initial excitement for work, any satisfaction from success, the joy of self-realization, they all start to disappear. There are often encounters with reality, which is often wholly different from the ideals the person had when starting work. Their professional behaviour starts to change and there is a loss in interest in their clients or patients. They become irritable, dejected, and lose self-confidence while experiencing feelings of inner emptiness," Weigertová detailed. If one begins to see these symptoms, they should visit an expert for help

The Health+ clinic was opened in fall 2023 at Jemnická 1138/1 in the Building D.

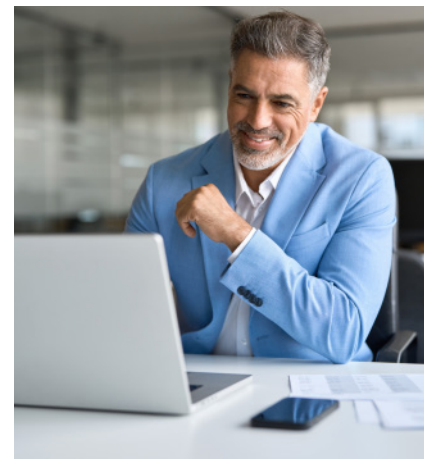
This branch was opened to service clients in Prague 4 with general practitioners and specialist physicians, as well as an ultra-modern dental centre.

For more information, please contact obchod@healthplus.cz.

because left untreated, burnout can lead to depression, anxiety, sleep disorders, drug use, and other symptoms such as chronic headaches, high blood pressure, digestive problems, and chronic fatigue.

Preventing Burnout

Like many ailments, it's better to prevent burnout than to treat it. "In practice, that means avoiding long-term exhaustion, living a healthy lifestyle, and making enough time for your hobbies, interests, families, and friends," Wei-



gertová said, adding that prevention can basically be separated into two areas. Employers can improve working conditions, which are one of the most significant risk factors and causes of occupational burnout syndrome. Along with that, everyone can ensure they have enough time for rest, their hobbies, and finding time to build strong and meaningful relationships. It's also a good idea to learn how to set boundaries and how to say no in situations that are too taxing. ●

Brumlovka Could Be Vital to Prague Becoming a 21st-Century City

Radim Passer has led Passerinvest Group for over 30 years as it has developed and cultivated the Brumlovka locality since the mid-1990s. In our conversation, he spoke about his professional life, his devotion to a healthy lifestyle, his faith, as well his visions for the future.

It's been 30 years since the presentation of the Brumlovka-Baarova plan. How different were those they from what Brumlovka has become today?

First of all, founding a city-within-a-city like Brumlovka was unheard of 30 years ago. Brumlovka was basically one of the first of its kind. The original study was very loose, but thanks to cooperation with our architect Mr. Aulík and the pragmatic approach by the local authorities and Prague City Hall, we were able to shape Brumlovka into what it is today.

You began your career in real estate in the 1990s renovating apartment buildings. How did you transition to traditional development?

The transition to real estate development was absolutely fundamental. Before that, I worked with apartment buildings at good locations in Prague's extended city centre. We were also one of the first to offer sales of apartments at premier Prague locations into private ownership. Basically, the only project that could be similar to what we're currently doing at Brumlovka was the renovation and additional construction at Vinohradská 37. That was one of our first projects where we transformed a building into a modern office centre with commercial space and parking in the courtyard. That was the challenge that attracted me, but basic construction



was something completely new, so I had to learn on the fly.

When you look back at Brumlovka's development, is there something you would have done differently?

That's a question you can ask about any part of life. As you acquire more experience, you learn you would have handled some things differently. At Brumlovka, for example, we wouldn't have used construction systems with column spans of less than 8/10, which we did with the first buildings. Using what we know today, we probably would have worked with roof gardens from the beginning, or employed a Prague mosaic instead of asphalt, but those are things we had to grow into.

Can you say which building you're most proud of, or which one you think is especially exceptional?

Each building was built on a great piece of land, which to a certain extent predetermined what the building will look like. The architecture also played a key role. Regardless, the Filadelfia Building remains a flagship of sorts, and it's one of the three best office buildings in Prague. Gama has its archi-

tectural diversity, and Delta is the largest. The Bárava residential park remains synonymous with high-end Prague living. And I can't forget Oliva, our recent addition, which added a bit of flair to Brumlovka. I also very much like the Brumlovka building because it's become the sort of heart of the entire area. The Bethany community centre may be a smaller building, but I see it as a sort of gift from God and a symbol of the gratitude that we can express through this building. We also have schools that offer Christian education from pre- to secondary school. Brumlovka has also become a place where all generations come together, and this diversity contributes to a special atmosphere and is the secret to creating the atmosphere of a city within a city.

You launched construction on the multi-purpose Hila building this year. What makes this project different from the others?

The Hila Building is pioneering because there is no significant building in Prague that combines office space, residential units for lease, and commercial space. We're looking forward to the exceptional architecture Mr. Aulík de-

signed, which will provide more habitable outdoor spaces than anywhere else in Brumlovka. I firmly believe that rental living space will become another service considering the number of foreign workers in the Czech Republic. For example, the corporations at Brumlovka employ people from 70 countries from around the world. This combination of offices and residential space can be an attractive option for people working in a multicultural environment like Brumlovka. My family and I live at Brumlovka for part of the year ourselves, and it's great to not have to use a car for weeks at a time because everything is in walking distance.

When will Brumlovka be completed in your estimation?

There is still excellent potential for further development and urban transformation at Brumlovka. We see space for 3 or 4 more significant stages that are based on urban recycling – acquiring and demolishing buildings that don't correspond to the area's concept. That frees up space for new construction and revitalization. Urban recycling will be vital for Prague to become a 21st century city with modern architecture and high-rise buildings. I'm convinced Brumlovka can play an important role in this process. The planned stage with the Hila, Orion, and Omega buildings should be completed in the 2020s. If God gives me the strength and with the proper approach to urban development, the next steps will take place in subsequent decades.

Urban development isn't a topic just for political leaders. What needs to happen for people to change their view of urban change and the need to build new buildings?

Despite repeated arguments about the need for new construction because of high living costs and other factors, a large number of people still have a negative view of further development. This is usually because of human selfishness and a lack of understanding of the subsequent benefits the development could bring. I think it's like morality. When people ignore the Ten Commandments and lack a spiritual

education, that effects a society's morality. It's the same with construction and development and the entirety of the Czech Republic. I see the problem in education and selfishness among those that can block changes and development. Each project brings temporary discomfort, but once it's done people can see how it benefits them.

That brings us to Prague's Roztyly neighbourhood where you recently completed the Roztyly Plaza. Do you think this project could help people understand that new construction doesn't bring obstacles, but significant benefits for the entire area?

Absolutely. It's an area that languished in disorder for years. It was inaccessible for most, and women didn't feel safe there after dark. The construction and cultivation of the area led to a transformation and the creation of a pleasant urban environment where people feel safe and comfortable. By cultivating part of Roztyly, we see how quickly people adapt and joyfully began using the area. Besides the Roztyly Plaza administrative building, Nový Roztyly will also offer residential living to a much greater extent than Brumlovka.



It seems from our conversation that you must spend a lot of time in the office. What does a regular day look like for you?

My regular workdays are usually Tuesday, Wednesday, and Thursday when I go into the office. I sometimes work from home on Mondays and Fridays, but sometimes I go to the office too.

Tuesdays are for internal meetings where we discuss everything about how to grow the company. I start every day with a workout, which I see as part of my workday. Then I have breakfast and go to work. My workday usually ends around 6 p.m., and I rarely have evening events so I can spend time with my family. I certainly don't spend as much time in the office as I did in the 1990s. Basically, every day I try to find a balance between work, family, and exercise.

You're known for your healthy lifestyle. Has that been an important factor in your career?

I try to put an emphasis on exercise and a healthy lifestyle in my work life because I know how it influences my professional performance. I concentrate on moderation and I avoid bad habits. In my view, moderation means avoiding everything that damages the body. For the last 20 years, I haven't had a drink, I don't smoke, don't drink coffee, and I don't eat meat. Those are all things that demonstrably help you keep in shape later into life. Statistically, 60% of our health is influenced by our lifestyles, which is why I cultivate

healthy habits. I'm not perfect, but I try to maintain the healthy lifestyle that has served me well for years.

How do you spend your free time besides sports?

Sports are a fundamental part of my life. We go skiing with the family once a year and my young sons are learning

to ski as they grow. We sometimes take a seaside holiday and once a year my oldest sons and I attend a Christian conference in the US, which we extend to add other activities for the kids. Balancing my time is crucial for me. I'd like to have more time to read Christian literature, but the more children you have the less time there is. I try to read a bit of the Bible every day at least. I also love passive sports, which means watching sports, especially Lionel Messi's matches or major events like the Olympics. I'm known for my love of cars, but it's not my biggest hobby outside of work. Sometimes I take someone for a ride when they visit. I love to drive, but by living in a rural area, I basically get a chance to drive to and from work throughout the year.

Is there a restaurant or café at Brumlovka that you like to go for lunch?

I like the Maranatha restaurant, especially because I'm a vegetarian. But all the places here have vegetarian options, so there isn't one particular restaurant at Brumlovka that I don't like. Balance Club is a great source of joy and added value for the area. Although I usually exercise at home, I regularly go to Balance Club to keep in touch with what's going on, how the club is doing, and what's going on there.

You have six sons. In one interview, you mentioned that you like when successful businessmen have successors from their families. Will your children take over the company from you someday? Can you see even the youngest ones following in your footsteps?

If the world continues to be as it is today, then I certainly wouldn't be against any of them wanting to take part in the family business. That would be a reflection of their personal characteristics, their nature, and their gifts that will appear in adulthood. Ráďa, the oldest that is already working at the group, is 23 and it will still take a couple of years before he discovers his true gifts. Some young people find their direction around 20, but often it only appears between 25-30 and sometimes even later.

You make no secret of your faith. Does it influence your everyday decisions and how does it affect your work life?

Faith naturally permeates all aspects of life, whether its family, your hobbies, of course your spiritual life, and



Radim Passer will lead a series of biblical talks titled Jesus – Your Hope in the Společenské centrum Bethany from Oct. 29 to Dec. 14.

your work life. I live with the knowledge that I am only an administrator of God's gifts and responsible for their use, which keeps me humble and helps me resist feelings of pride. Although selfishness is a natural part of human nature, I try to suppress it with God's help and try to have a Christian character. I believe God expects our character to reflect his own.

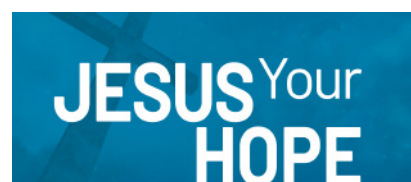
It's been more than 20 years since the founding of Maranatha. What do you want to focus on in the coming years?

Since its beginning, Maranatha has focused on its mission to facilitate a path to eternal life for people through understanding the work of Jesus Christ. This hasn't changed. It also undertakes various projects that aim to improve people's health and have a spiritual element to them as well. Maranatha is financially supported by the operations

of all the buildings at Brumlovka, and it's administered by the Seventh-day Adventist Church. One of the organization's activities is education about creation, which is lacking in society. People only blindly accept what school systems feed them, regardless of their massive gaps in logic. The goal is to help people develop their knowledge and interest in this important area.

You have been successfully giving talks for years. What is your motivation and what fulfils you about this work?

It's miraculous to me how God influences the hearts and minds of people who open themselves to spiritual messages. God changes lives through this process, which is the most moving experience for me. Each of us needs spiritual inspiration and a path to eternal life. We launched Bible talks at Brumlovka in 2009 and continue to hold them regularly. These talks are crucial to understanding important biblical themes and represent a shift in spiritual development. The foundation is the Lord Jesus Christ, and his message permeates every talk. There are 27 biblical talks, one of which is my life story. The other thematic sections are important biblical themes and areas that everyone should know if they are interested in eternal life. I think many would be surprised how an old book like the Bible can offer wisdom and inspiration in today's world. ●



26 Biblical Talks
and Radim Passer's Life Story

Oct. 29 – Dec. 14, 2024 | 18:30

Hosted by
RADIM PASSER

**SPOLEČENSKÉ
CENTRUM
BETHANY**
Za Brumlovkou 4
Praha 4

More information available at:
spolecenskecentrum.cz

All talks in held Czech.





A Word from Maranatha: We Should Be Grateful That We Can Be Grateful

Modern psychology began to systematically study “gratitude” only around 2000, as understanding anxiety, fear, and uncertainty were given priority over the importance and therapeutic effects of gratitude. When we look to the Bible, however, we see it says (Colossians 3:15): **“And be thankful”**. It is so emphatic that it almost seems to be a commandment. A commandment to be thankful? We are a bit averse to commands and gratitude is not particularly in fashion in our times. After all, “the invention of money means there’s no need for thanks,” as the saying goes.

When we speak of gratitude, we always associate it with being **thankful for something**. We received something, a person helped us, and we are thankful for it. But shouldn’t we be thankful **that we can be thankful**? A wise person once said: “Gratitude is one way of finding contentment,” while another noted “the miraculous power of gratitude”. That is the reason for the importance of the Bible’s call. Does the person we are thanking need our thanks? It’s certainly polite, but it’s not a vital need. **The one that is thankful is the one that needs gratitude**. As one man said: “I began to give thanks and became happier”.

I’m not saying that giving thanks isn’t enough, but it may not come from the heart. It could just be the result of a good upbringing. We always tell children: “What do you say?”, and they say “thank you”, but are they truly grateful? Gratitude is a deep reflection of the offered grace, generosity, and help, and in connection with God the gratitude is for mercy, patience, the gift of life, aid,

forgiveness, and so on. Experiencing gratitude is a gift from God. Expressing gratitude has an influence on our mood and spiritual comfort. Expressing gratitude has been shown to reduce the effects of depression and anxiety. Furthermore, expressing gratitude strengthens interpersonal relationships. I can recall a man, a bit over 80 years old with the associated health problems, who had to put up with less than neighbourly behaviour in his apartment building. He didn’t have much to be thankful for, but whenever I came to visit him, he always spoke of how grateful he was to others and to God.

Gratitude is not the need to repay someone. Gratitude is a deep internal emotion that is a salve for the soul. The Bible says (Col 4:2): “Devote yourselves to prayer, being watchful and thankful...” Does God need our gratitude? For whom else should expressions of gratitude be important? “If you want to live in a beautiful future, accept the past with gratitude. Don’t blame life for what it didn’t give you, but learn to value what it did.” (Tolstoi)

I would only add: **Be thankful that we can be thankful, because it is primarily for our own improvement.**



The one that is thankful is the one that needs gratitude.

For more articles like this, see www.genesisera.cz



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This article was prepared by the Maranatha z.s. Christian non-profit organization

Balance Club Brumlovka Works to Change the World Through Exercise

This year's best ideas promoting a healthy lifestyle, exercise, and sports have been named! The blue-ribbon committee of judges short-listed the best six projects that were presented

in the final of the Changing the World Through Exercise student competition held in cooperation with the Faculty of Physical Education and Sport at Charles University.

The judges selected Barbora Matějčková's project titled "A Psychologist in a Sports Organization" as the winner, and she received a CZK 50,000 gift certificate that she will mostly use for her own development and some will go to the Association of Sports Psychologists.

Barbora Vosátková finished second with her "Biohacking Course" winning CZK 30,000. Third place and CZK 20,000 went to Jan Štejnár and his "Journey to a Dream" project.



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Do you have an innovative idea related to living a healthy lifestyle? Are you interested in this competition and would you like to take part next year?

Watch the FTVS UK (www.ftvs.cumi.cz) and Balance Club Brumlovka (www.balanceclub.cz) websites!

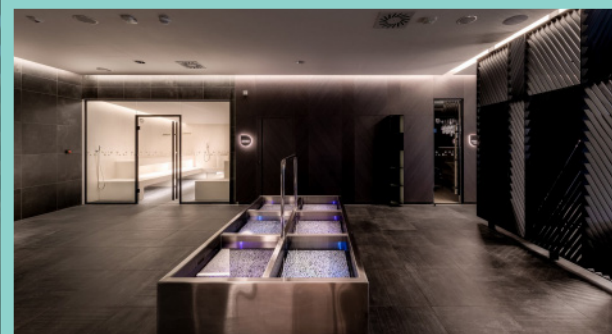
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It's never too late to feel great



balance club
BRUMLOVKA

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Vyskočilova 1100/2, Praha 4
tel.: +420 234 749 811
e-mail: info@balanceclub.cz
www.balanceclub.cz

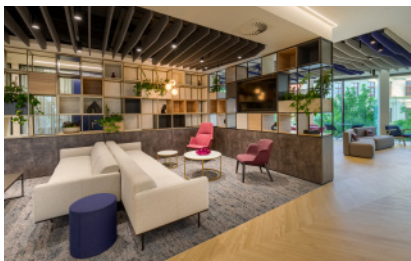


New Spaces Available for Great Events

Looking for a place to hold a company party, a video or photo shoot, or a meeting for a larger number of people? Brumlovka offers a wide range of spaces where you can hold your event, allowing you to focus on making it perfect.

FLEKSI

FLEKSI isn't just a coworking space. It also offers offices and conference rooms. If you need to quickly organize a meeting or workshops for anywhere between 2 and 40 people, FLEKSI is the answer.



FLEKSI BETA
Vyskočilova 1481/4
FLEKSI BUILDING B
Vyskočilova 1422/1a
FLEKSI FILADELFIE
Želetavská 1525/1
Contact:
+420 720 730 000,
info@fleksi.cz, www.fleksi.cz

We're approaching the Christmas season, and FLEKSI has spaces with a capacity of up to 100 people for your Christmas party, complete with high-end equipment and all the services to make the event a memorable one. •

Náměstí Brumlovka

Náměstí Brumlovka is an amazing site for your special or promotional event as well as photo and video shoots. Learn how to use this great space to make an unforgettable event. •

Vyskočilova 1100/2
Contact:
marketing@passerinvest.cz

Společenské centrum Bethany

If you're planning a conference or seminar, don't hesitate to contact Společenské centrum Bethany. Its main space can hold up to 160 people and features meeting rooms for up to 25 people, making it a flexible alternative for your event. •



Za Brumlovkou 1519/4
Contact:
info@spolecenskecentrum.cz,
www.spolecenskecentrum.cz



Events Sure to Entertain and Inspire

As has become a tradition, Brumlovka will transform into a place for various gatherings, entertainment, culinary experiences, and creative events over the fall and through the Christmas season. And we've prepared a few can't miss seasonal events besides our regular program.

EVENTS AT BRUMLOVKA

Oct. 24	Fall Soup Festival
Nov. 14	Presentation: How to Set Up a Permanently Sustainable Diet
Nov. 26	Workshop: Making Advent Wreathes
Nov. 28	Christmas Tree Lighting
Dec. 4	Singles Night with Wine Tasting
Dec. 5	Angelic Evening at Náměstí Brumlovka



 **Don't forget to watch our social media accounts and website where we publish all our events.**
 **Don't miss a single one!**

Fall and Winter Fashion Trends

Fall is a time of colour, comfort, and functionality to adapt to the unpredictable weather. Brumlovka offers a wide range of options of combining the latest trends with practicality to create a stylish look even on those dark and rainy fall days. Read on and learn how you can easily adapt your wardrobe to give you a little confidence boost this autumn.



Anthony's has a broad fall collection with something for every elegant gentleman. Besides our suits known for their high quality and style, check out our exceptional wool coats to keep you warm even during the coldest days.

Wool blazers are also in style, and they are the perfect choice to cap off a sophisticated outfit for any occasion.

And you can be sure that Anthony's collections are made from the finest Italian and English fabrics.

There is also Anthony's extensive and ever-expanding range of men's dress shirt with new patterns and styles sure to delight any man. There are also special non-ironing shirts that are wrinkle-resistant, saving you time and ensuring a clean look.

Anthony's London

Building B
Vyskočilova 1422/1A
Monday–Friday:
9:00 a.m.–6:00 p.m.

Come and see what Anthony's has to spice up your wardrobe. ●



Meera Design

Filadelfie Building,
Želetavská 1525/1

Monday: 10:00p.m.–4:00 p.m.
Tuesday: 10:00p.m.–6:00 p.m.
Wednesday: 10:00p.m.–7:00 p.m.
Thursday: 10:00p.m.–6:00 p.m.
Friday: 10:00p.m.–4:00 p.m.

Imagine an outfit you can inhabit for an entire day at the office that is supremely comfortable and can easily be combined with your favourite pieces; clothing that makes you feel beautiful and fits you perfectly. That's exactly the clothes offered by Meera Design boutique and e-shop.


Meera Design has been offering bespoke design and tailoring services for eight years now, building a clientele and community made up of women of all ages and interests, and becoming a symbol of high-quality, comfortable, and sustainable fashions made from premiere materials, mostly GOTS bio-cotton.


Meera Design has won the hearts of its fans by meeting women's precise desires, showing a high level of empathy, and the high level of care it provides to its customers. Meera Design also regularly organizes events such as fashion shows, boutique parties, and you can even train with Meera.


For this season, we've added an elegant Italian collection and is easy to mix and match that will win you over in an instant. ●




Places where you send or pick up a shipment.


 Z-BOX – Zásilkovna (U pomníku St.)
 Z-BOX – Zásilkovna (behind Gamma Building)
 Z-BOX – Zásilkovna (Duhová St., behind Engel Building)
 Zásilkovna (Papýrek shop, Alpha Building)

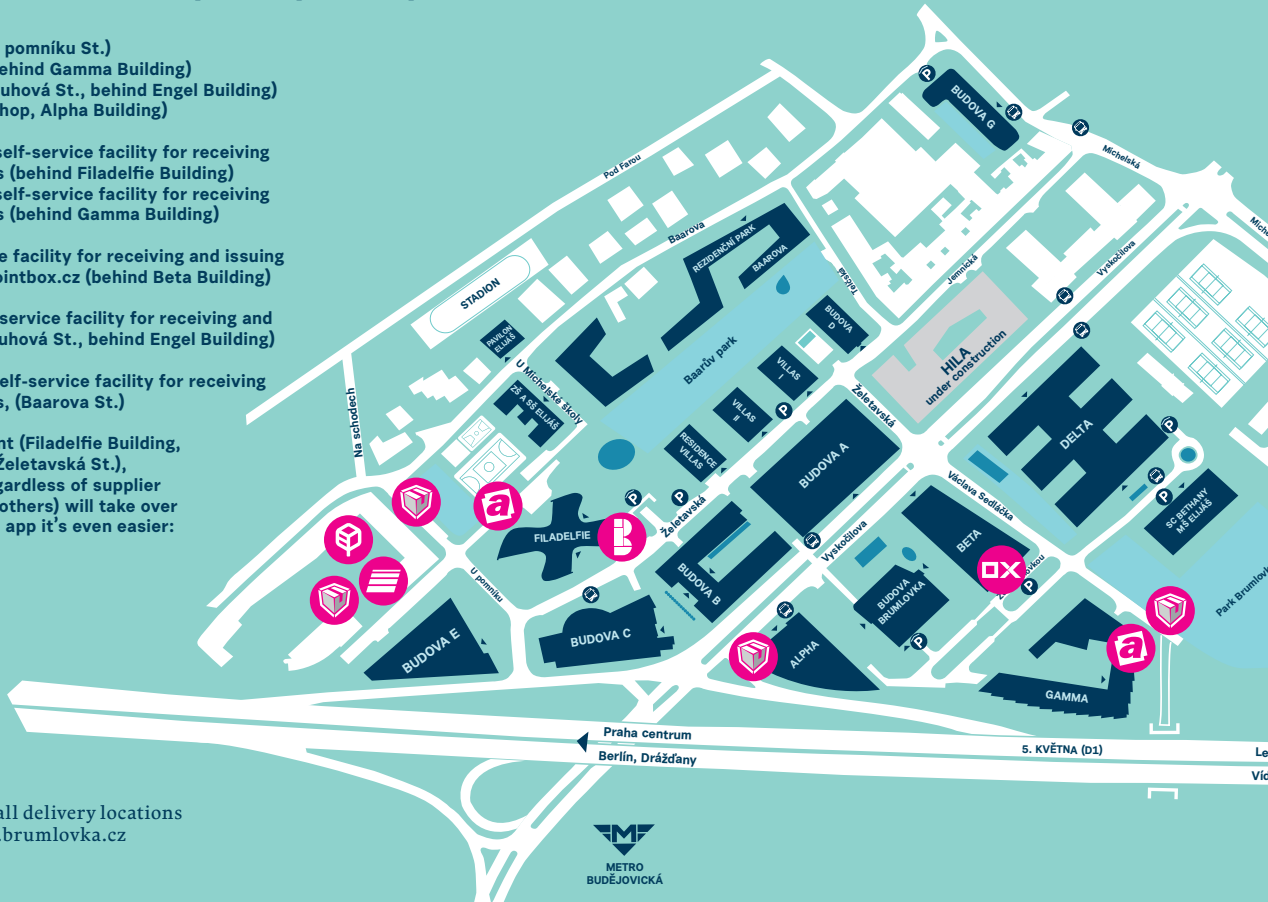
 AlzaBox, Balíkovna – self-service facility for receiving and issuing shipments (behind Filadelfie Building)
 AlzaBox, Balíkovna – self-service facility for receiving and issuing shipments (behind Gamma Building)

 OX Point – self-service facility for receiving and issuing shipments, www.oxpointbox.cz (behind Beta Building)

 PPL Parcel Box – self-service facility for receiving and issuing shipments, (Duhová St., behind Engel Building)

 OneBox by Allegro – self-service facility for receiving and issuing shipments, (Baarova St.)

 BLOCKS – pick-up point (Filadelfie Building, office entrance from Želetavská St.), all your shipments regardless of supplier (Czech Post, PPL and others) will take over BLOCKS, and with the app it's even easier:



• Current overview of all delivery locations can be found at www.brumlovka.cz



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Hila.

ONE BUILDING, THREE STORIES

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