

## SEPTEMBER 9, 2014 - A HEALTH UPDATE

For those of you who don't know, the colon cancer that I was treated for three years ago has made an unwelcome re-appearance. In late July, I began chemotherapy to treat it. The plan is to have 12 treatments, one every two weeks, until late December.

I am now into the fourth round of those treatments. So far, I have been tolerating them fairly well. I have no major overt side-effects, just tiredness, inchoate nausea, and intestinal discomfort for the first week following the treatment. The second week is better and I feel "almost" normal. I am trying to exercise regularly (walking and swimming) and that, I believe, is helping a lot in keeping the side-effects at bay . . . and my spirits high.

For the 24 weeks of the treatment, I have cancelled all outside speaking engagements, but am carrying on with my full duties as President here at Oblate School of Theology. I am managing. I appreciate prayers, but please don't send me any books on cancer or diet. I've already received a library full of them and, with my temperament, the last thing I want to read about while undergoing cancer treatments is cancer!

Thank you for your prayers, your friendship, and your affirmation, as I journey through these months of chemotherapy. I know that healing depends upon many more things than merely medicines. We are, I believe, also psychosomatic and spiritual. Our health and healing also depend on prayer and friendship. There are also vitamins, enzymes, and healing antibodies flowing through the energies that connect us spiritually and psychologically. We are, after all, one body in Christ. And so I'm trusting your prayers and friendship to help guide the poisons in the chemo to target the cancer cells. More importantly, your prayers and friendship help raise my spirit, bring joy to my day, and will give their own boost to my immune system.

The prognosis: My oncologist tells me that, should this chemo do its job, and it should, the cancer will be in remission by the end of this year. So, God-willing, there is light on the horizon.

In the meantime . . . HOUSE ARREST until Christmas!

*Ronald Rolheiser OMI*