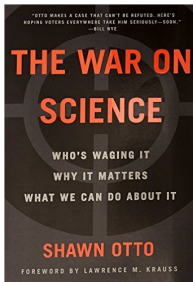


## Upcoming Sunday Programs (10:15 to 11:30 am)

### December 4 – Islam: A Brief Historical Introduction with an Eye to the Contemporary Scene

As part of our cooperative program on neighboring religions with the Youth Religious Education program – Islam: a brief historical introduction with an eye to the contemporary scene with Abdisalam Adam: EL Teacher Central High School St. Paul Public Schools.



### December 11 – The War on Science

Shawn Otto was the screenwriter and co-producer of the film “[House of Sand and Fog](#)” which garnered three Academy Award Nominations. He is author of “Sins of Our Fathers”, “Fool Me Twice: Fighting The Assault On Science In America” and “[The War on Science: Who's Waging It, Why It Matters and What We Can Do about It](#)” (Milkweed Editions, 2016). He gives an astonishingly broad range of facts, trends and history to make the case that scientific advances in public health, biology and the environment are being resisted or rolled back. He is also husband to Rebecca Otto, Minnesota's State Auditor.

### December 18 – The Annual Holiday Program

Group Caroling, Favorite Holiday readings, seasonal music, performance by the PH Chorale, a special guest (possibly from the far north), favorite foods, and more. Contact Bill Rohde or Mel Aanerud if you or the youth in your household have special music, poetry, prose to read, or dance to perform.

A potluck feast of finger foods will follow the program. Bring a favorite holiday food to share.



### December 25 (Christmas) – No program at Pilgrim House



### January 1 (New Years) – Pilgrim House Social

New Year's Day we will not have a speaker for the program. Les Rogers will do a short service with our usual Greetings/Opening Words/Announcements/Joys and Concerns/Music. The rest of the morning will be a social hour. We encourage you to bring a food item to share. Soup Sunday will be the following Sunday.

## CALENDAR

**Thursday, December 1, 7:00pm – Great Decisions at Pilgrim House: Cuba and the US with Rob Scarlett.** All are welcome. See article below. Contact Al Potter.

**Sunday, December 11, 12:00pm – Program Committee meets at Pilgrim House.** All are welcome. Contact Lollie Jensen.

**Sunday Evening, December 11, 7:00 pm – The Pilgrim House Chorale will hold its first December Holiday Program practice** at Bill and Judy Rohde's home (*Note the time change for this 1st practice to Sunday evening to accommodate some scheduling issues*). All adults, high school and college students who like to sing are invited to participate. If you're relatively new to PH and/or haven't sung with the Chorale before, we especially urge you to come join in the fun. See you there!

**Saturday, December 17, 10:00 am – The Pilgrim House Chorale meets for its final December Holiday Program practice.** We'll again meet at Bill and Judy Rohde's. All adults, high school and college students who like to sing are welcome to join.

## CHILDREN'S RELIGIOUS EDUCATION UPDATE

Thanks to the PH youth for their creative presentation of the Day of the Dead shrine.

The PH youth will attend Sabbath service at Mount Zion Jewish Temple in Saint Paul on Friday, December 2 at 6:30 pm. Any interested PH members are welcome to join us.

A special guest is anticipated at our holiday program on Sunday, December 18. We ask members and friends to notify Katrina or Ben with names and ages of any children who will be visiting that day.

Katrina Edenfeld & Ben Chiri, RE Co-chairs

## GREAT DECISIONS

### December 1 – Cuba and the US

The U.S. announced in December 17, 2014, that, after decades of isolation, it would begin taking major steps to normalize relations with Cuba, its neighbor to the south. The announcement marked a dramatic shift away from a policy that has its roots in one of the darkest moments of the Cold War—the Cuban missile crisis. Although the U.S. trade embargo is unlikely to end any time soon, American and Cuban leaders today are trying to bring a relationship once defined by antithetical ideologies into the 21st century.

### Pilgrim House

We seek to carry out the principles of the Unitarian Universalist Association of churches and fellowships, with which we are affiliated. These principles affirm the worth of everyone, freedom and the right of conscience in search of truth, encouragement of one another's spiritual growth, and the wonder and mystery of the web of all life. Membership in Pilgrim House is open to everyone who is in sympathy with our purposes and principles and wants to join.

**Phone:** 651-631-2582

**Internet:** <http://www.pilgrimhouseuua.org>

**Board Chair:** Kutluhan Erol

### Pilgrim's Progress

If you have any items for the newsletter, please contact:

Fred Green

[newslettereditor@pilgrimhouseuua.org](mailto:newslettereditor@pilgrimhouseuua.org)

**Material for the January newsletter is due Sunday, December 18 (always the next to the last Sunday).**

Our speaker will be Rob Scarlett, our own in-house Foreign Affairs commentator, who has had business dealings throughout the world and was in Cuba in the 1990s.

## HANDICAPPED PARKING SPACES

An extra space will be marked for Handicapped Access by an orange cone for the Holiday Program. The board is considering permanent marking of a second Handicap space.

## JUNE, THE HIGHLIGHT MONTH OF THE YEAR 2016

### David Conradi-Jones

The year started out with my usual visit to my dermatologist. I go annually to check for basal cell carcinoma. Also looked at was a cyst on my forehead, which the dermatologist said could be removed or not, my choice. I said "remove" and had surgery which went quite well. Then came the pathology report on the cyst. It turned out to be desmoplastic melanoma, a rare form of melanoma. A second surgery was required. Then the wheels turned fast, I had a C.T. scan, preop physical exam with all the usual screening. The operating room was reserved, the surgical team was assembled, and I had my surgery a few days later. I was referred to an Oncologist, Dr. David King, and he had issues about the adequacy of the margins around the cancer site. He raised the question, "should followup include more

surgery, or chemotherapy, or radiation therapy, or a combination. Desmoplastic melanoma is rare. The doctors here knew of it, but not all had worked with it, so a referral was made to Mayo Clinic for a decision.

Mayo was a unique experience in itself. The Melanoma Team had all my records, had carefully examined them, and were ready for me when I arrived. I cannot say enough for the efficiency, coordination and respect shown to me. The first doctor I saw was the surgeon, and he ruled out further surgery from the start. A relief. He explained chemotherapy was not considered, as it is not very effective with this type of cancer. That left radiation therapy. The medical oncologist concurred with that recommendation. I was referred to the radiation doctor, and he explained in detail what radiation therapy was and what side effects I could expect, basically redness and blistering. They then made a mask using a plastic mesh screen which was firmly pressed over my face. Two straps from the mask locked into position (This was for use at the center) and pulled the mask tight to the table. It was not uncomfortable. This was to hold my head in the exact position to the algorithm determined by the radiation doctor.

My next choice was having radiation therapy back in the Twin Cities, in Rochester, or Northfield. I opted to stay within the Mayo System, and chose the Northfield Clinic as it is closer, has easier parking, etc. It was a good choice. The staff in Northfield were wonderful; pleasant, complementing, encouraging, and very professional. They offered a very comforting environment.



I would receive 4800 cGy from a photon beam (X-ray) linear accelerator. I then was given the choice of 5 treatments at 960 cGy or 20 treatments at 240 cGy. What limited studies there are were made in Australia, and they had found a statistical advantage with the 20 course

treatment. I chose that course beginning June 6th until July 1st. The treatments went better than expected with only minor redness to the forehead and minimal blistering. At the end of the program, I got to ring the traditional Mayo Bell of June, the highlight month of the completion.

This I did 4 times for each week of treatment. Most of the staff were present, and I received a certificate for a free muffin at a local bakery, and a very pretty blue lapel pin with the words HOPE over the words "Radiation



Oncology." What made everything go so well was not just the support of Mayo Clinic, but the love and support of the people of Pilgrim House. I had transportation help for 17 days of the necessary 20 days. The clinic gave a tour and explanation to each driver, and they became ever more impressed with the number of volunteers. This help was much more needed than I had expected. My THANKS! I really can't express the warmth and comfort we, I have to include Karen, received through this experience. It was a blessing.

On Sept 19th I had my last follow up appointment with Mayo in Northfield. On Nov 17th I had a CT scan and on Nov 18th my appointment with Dr King in Fridley. Everything looks clean and clear! As of now, my follow up care will remain with Dr King and Karen and I are pleased and happy.

### U OF M HOLIDAY LIGHT SHOWS – DATES AND TIMES

Many of you enjoyed the demonstrations and videos presented by U of M students at our "Holiday Lights in August" program at Pilgrim House this summer. As promised, we now have the dates and times for the upcoming 2016 productions at the Civil Engineering Plaza, near the corner of Pillsbury Drive and Church Street.

The shows will be presented **December 2, 3, 8, 9, and 10** in the Civil Engineering Plaza. Shows are **at 5:30, 6:00, and 6:30 pm**, and will last about 15-20 minutes. In addition, there will be a student showcase at 5:30pm on December 2nd right next door in Rapson Hall showcasing the other amazing work of University students.

More than 200,000 LED lights will be part of the spectacular light show. The display is synchronized to music for a 360-degree sensory outdoor experience. The show is fully designed and executed by students in the College of Science and Engineering – and the shows are **free**. See you there!

(<https://www.facebook.com/events/1759018914361638/>)

*Happy Holidays!*

**Sunday Programs This Month**

**December 4 – Islam: A Brief Historical Introduction with an Eye to the Contemporary Scene**

**December 11 – The War on Science – Shawn Otto**

**December 18 – The Annual Holiday Program**

**December 25 (Christmas) – no program**

**Events This Month**

**Thursday, December 1, 7:00pm – Great Decisions at Pilgrim House: Cuba and the US with Rob Scarlett**

**Pilgrim House Newsletter  
1212 W. Hwy 96  
Arden Hills, MN 55112**

