

*"Jesus Christ is the same yesterday, today and forever."* Heb. 13:8



# Archdiocese of Saint Paul and Minneapolis

Office of the Archbishop

December 2, 2008

Mr. and Mrs. Ruddy  
4070 Cavell Avenue N.  
New Hope, MN 55427

Dear Mark and Nancy,

Your pastor, Father Mark Juettner, has contacted me with regard to the marvelous healing experience you had last October at the Marian Shrine in Lourdes, France. I have reviewed Mark's testimony as well as that of his companion priest and his doctors and I am very edified by what I read.

I extend my sincere congratulations to you for the commitment of faith that lead you on this pilgrimage and obviously brought about such a tremendous healing. I want to assure you of my prayerful support as you continue, pain free, your Catholic witness at the Church of St. Raphael in Crystal.

With every good wish, I remain

Cordially yours in Christ,

A handwritten signature in black ink, appearing to read "John C. Nienstedt".

Most Reverend John C. Nienstedt  
Archbishop of Saint Paul and Minneapolis

In August of 2006, I began having pain in my pelvic area on my right side in which it took several months to diagnosis as bi-lateral nerve disease. After many, many doctor appointments with several specialists and tests and medications, I had surgery in December 2007 where they rerouted some of the nerves, but unfortunately my pain continued and got worse. I was then diagnosed with Meigne syndrome as well in which they could not do much but continue medications to try to ease some of the pain because not much information is known for this condition. Unfortunately the surgery left me unable to have any feeling in both of my buttocks where they had to go through to get to the nerves and after surgery they were completely numb, and a stabbing pain traveled up my spine severely and still jabbing pains continued in my pelvic areas. Thankfully, in May of 2008 an anonymous donor offered to pay for my wife and I to go to Lourdes. We went in July 2008. We traveled with our priest friend, Father Randal Kasel, along with our best friends, John and Nikki Jacobson, and their son Lucas, who has cerebral palsy and is in a wheelchair. We went to Fatima first, and the flights from Minneapolis to New Jersey and finally to Portugal were extremely difficult and very painful for me. All of my pains continued while in Fatima. On July 25<sup>th</sup>, our first night in Lourdes, after we ate dinner we went directly to the Rosary procession and almost immediately while entering the procession, I began to feel my right leg feel like ants were crawling all over it. I asked my wife to please look at my leg to see if anything was on it, because I was unable to bend down to check for myself. She said that nothing was there but that the hairs on my leg were standing straight up. At the end of the rosary we were led to the front of the Basilica where all the priests gave a blessing and when I kneeled down, it felt like someone gave me a good kick in my back and all my pain went away instantly. I began crying because this was the first time in a long time that I was pain free. The rest of the night I felt good but in the morning my pain started coming back and I began to get discouraged and felt like I was being attacked spiritually. The lines for the baths were so long especially because of the 150<sup>th</sup> Jubilee year and I didn't know how we would ever get into the baths. On Monday, July 28<sup>th</sup>, after we walked the Way of the Cross, my body was giving out from the intense pain I had, Father Kasel and John went immediately to get a wheelchair for me and wheeled me to the front where the guard was letting the people enter the baths from the extremely long lines. Father prayed very hard and whatever words he spoke to them, they told him to bring me back at 2pm and then at that time allowed me to go directly to the front and in a matter of minutes I made my first dunk in the bath. I immediately felt most of my pain go away but still had no feeling in my buttocks and a little pain in them but the pain in my back and leg were gone. I was fine with this, I was able to get dressed by myself at least and able to tie my shoes by myself. However, Father Kasel noticed I wasn't completely healed and said we needed to pray some more and hopefully be able to come back to the baths the next day. Again the lines were incredibly long that day as well and I felt bad because I know people were waiting for hours to enter and I already had a turn in it, but. Father Kasel went again to the guard and asked to speak to one of the volunteers that we encountered the day before. That volunteer was there and was happy to see us as he remembered the situation and once more we were able to go to the front of the lines and this time into the express clergy line to bypass the crowds. This time when I got in, I blacked out for a moment and felt my pain completely leave. Later that day I felt my nerves in my buttocks go zap, zap, zap like they were being electrocuted. When my wife and I went to the grotto that

last night before we were going to leave back home the next day, I could hear Mary's voice say to me "heal, heal, heal". It's still hard to believe, it seems like a dream. The trip back was completely different than that going there. However, it was a difficult time when I returned because I had to go through many withdrawals from several medications, but I am now narcotic-free. I am like a new man with a changed heart as well because I know not only did I feel the physical changes but the spiritual ones as well and we thank God every day and the intercession of our blessed Mother for the healing I received there.

Sincerely,

Mark Ruddy  
4070 Cavell Avenue North  
New Hope, MN 55427  
763-544-2570

Testimonial for Mr. Mark Ruddy  
November, 2008

Last spring, Mark and Nancy Ruddy invited me to go with them on a pilgrimage to Lourdes seeking healing for Mark who had a debilitating nerve illness. I was well aware of the fact that Mark suffered from this illness as we are friends and he and Nancy have kept me informed of all the various treatments that were prescribed for Mark. I was also aware that this disease had steadily grown worse. He was not only unable to work, but also had great difficulty simply walking and other routine activities. I knew he was taking pain medicine in order to cope with the illness.

We left on our pilgrimage on July 20, 2008. We stayed the first several days in Fatima, Portugal. I remember Mark being ill during his time in Fatima. He was often weak. He did accompany our group to the major holy places and sites in and near the Shrine of Our Lady of Fatima. I noticed no change in Mark's physical health during our stay in Fatima. I did notice that he was enthusiastic about being there and readily participated in prayer.

On July 25 we traveled by airplane to Lourdes, France. We checked into our hotel, which was very near the Shrine of Our Lady of Lourdes. After check-in, we ate dinner and decided to go the rosary procession that evening.

Shortly after we joined the rosary procession, which had already begun by the time we arrived, Mark said to me that he had felt a tingling sensation in his legs and back area. He also said that he did not feel the pain associated with the illness. It was a moving moment. However, the next day he mentioned that the pain had returned. We went with the idea that he would need to be immersed in the Lourdes water bath and I knew at that time we would certainly need to do this. The difficulty was that there were so many people.

We tried both Saturday and Sunday to get Mark into the bath. We were not successful. Monday came and I was optimistic that we could get him into the water that morning. However, again the lines were very long. I thought that it would be best for us to go on the stations of the cross on the hill in Lourdes. Mark was hesitant because he was feeling weak (he had done them earlier in the morning, when he felt stronger). I insisted that he try. He did agree and we prayed the stations. However, Mark was very tired and in much pain when we finished the stations and myself and a friend, John Jacobson, went to find a wheelchair for him. We went straight to the baths and asked a man at the gate if Mark could get in. The man said yes, but it would have to be at 2 p.m. in the afternoon. It was 11:30 a.m. at that time. We then went back to our hotel for lunch.

Mark was very weak through lunch. We went back to the baths at 2:00 p.m. I took Mark into the waiting area in the wheelchair. He went into the bath. He did not feel the same pain as before when he left the bath and did not need the wheelchair. I talked briefly with a volunteer worker from Italy while waiting in line for a turn to go in the baths. After my turn in the bath the Italian man urged me to come back tomorrow to go in again. I hesitated at the invitation. I asked him how I would get in with so many people and he

said that he would arrange it. I mentioned this to Mark, Nancy and the other members of our group. We thought it would be good for Mark to get in again, even though he felt much better, possibly healed. The next day I decided to try to go again. I was able to find the Italian man and he said to come in. I asked if Mark could come in as well and he said that would be fine. Mark went through the bath a second time.

After this second bath Mark has not felt the pain of his illness. When we arrived home (July 30) Mark saw his doctors who began to confirm that he was healed. I understand that there is no known cure for the illness that he had. They also began to take him off the pain medicines that he was taking. The last time I saw him, just a few weeks ago, he looked much different and was completely free of the pain and effects of the illness.

Through all of this I think Mark has grown in his spiritual life. He has deepened his life of prayer and trust in Our Blessed Mother and Jesus. He has also grown in his relationships with his wife and family. I think this whole experience has helped him in a wonderful way both physically and spiritually.

Finally, I believe Our Blessed Mother of Lourdes brought Mark to Lourdes to heal him. So many details and experiences of our pilgrimage simply fell into place. It was a great blessing for me to experience. If there is any need for further testimony or information, please contact me.

In Christ through Mary,  
Rev. Randal J. Kasel  
Church of St. Charles  
409 North 3<sup>rd</sup> Street  
Bayport, MN 55003  
651-439-4511

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Edwin A. Olson

October 13, 2008

Mark J Ruddy  
4070 Cavell Ave North  
New Hope MN 55427

RE: Recap of care

Dear Mark:

This letter is written to review and summarize care you received at Camden Physicians over the last several years.

Your care dates back to 1991 and until 1996 consisted of several visits per year for acute minor illnesses and routine health-care maintenance.

On August 30, 2006, you saw Dr. Love for an evaluation of abdominal pain, which had been increasing over several weeks of time. He found the right inguinal canal very tender and treated you for epididymitis. He sent you to a surgeon for a second opinion.

I first saw you October 2, 2006, about a month later. The pain had continued to accelerate over time. You had already been evaluated by surgery and were scheduled to see the urologist, Dr. Hackett, later in October. I identified your pain as neuritis and suggested a nerve entrapment.

The pain intensified to the point where you were admitted to the hospital for 7 days for an ilioinguinal neuropathy of uncertain etiology. Inflammatory diseases, connective tissue diseases, rheumatoid diseases were all ruled out. Ultimately an ilioinguinal nerve block gave you some relief. I referred you for outpatient re-injections by an anesthesiology service. From the time of hospitalization narcotic pain medicine had been continuously prescribed in order to keep you functional and able to continue independent activities of daily living.

When I saw you in January of 2007 the pain associated with ilioinguinal neuritis was constantly severe and required both constant large doses of narcotic pain medicine and constant ancillary pain control techniques including warm compresses, ice bags, OTC medicines, and avoidance of pain-inducing activities. Activities both at home and on the job were very limited.

In February 2007 pain remained severe, was radiating through to the back, and was accompanied by multiple somatic symptoms. Aggressive physical therapy was started.

TO: Mark J Ruddy

PAGE: Two

By April 2007 the pattern of pain in the groin, abdomen and back was complex suggesting multiple causes. Pain management was difficult. Reevaluation for underlying causes of pain ruled out systemic disease but pain became so severe you were admitted to the hospital.

A week-long hospitalization at North Memorial Medical Center was required to sort out the presentation. Ultimately, an atypical appendicitis was found. A retrocecal appendix was physically contacting the gallbladder; quite unusual! The inflammation between the two was severe. The surgeon called it an appendiceal volvulus. Neither appendix nor gallbladder was found to be ruptured during the following appendectomy. Your pain level greatly diminished, temporarily. But, over several weeks, right lower quadrant abdominal and groin pain once again accelerated and as before it was consistent with a severe neuritis.

In June 2007 I referred you to the Center for Urologic and Pelvic Pain where you saw Dr. Antolak. He did an extensive evaluation and agreed that a nerve entrapment was causing severe pain in both ilioinguinal and iliohypogastric nerves and in the right pudendal nerve. He did nerve blocks that gave no more than a few hours of relief but confirmed that neuritis was playing a significant role.

In the weeks that followed in June and July, a neuritis, right sided groin and testicle pain once again became severe and debilitating. Care was once again sought at the Center for Urologic and Pelvic Pain with injections on several occasions. Ultimately Dr. Antolak did a release procedure on both cluneal nerves in the upper part of each buttock.

Again, pain subsided to a moderate degree. However within two weeks of surgery, it once again had begun to advance. Ultimately by March of 2008 this pattern of pain you were experiencing was identified as Maigne syndrome, an inflammation of the nerves of the buttocks, thighs, and groin which starts in the lower thoracic and upper lumbar spine and spreads down into the nerves that give sensation to the buttock, thighs, and groin. The medical literature gives no treatment that has been consistently successful for Maigne syndrome.

During the time from before your appendix was taken out in May 2007 until late summer 2008, your pain had been managed with narcotic pain medicines, and eventually reached relatively high doses consistently taken. Ancillary pain control included physical therapy and several other medicines besides narcotics. Consultations by neurology, urology, and urologic pain center gave us no plan other than a future of chronic pain medicines.

TO: Mark J Ruddy

PAGE: Three

Into this scenario in June 2008 came the suggestion that many have been miraculously healed by faith at Lourdes, France. A pilgrimage was planned and medicines and therapies were adjusted to accommodate it.

Before you left, my last examination documented a picture of disabling pain, so severe that made it difficult for you to move around the office except in a wheelchair. Standing up for more than a few moments was not possible and examination of your back and groin caused exquisite pain, all of which was consistent with a severe neuritis and with Maigne syndrome.

Two weeks later upon your return from Lourdes, your presentation and examination were in a word, "normal." I was quite surprised to see you sitting up and rising to stand when I walked in the room. Examination of your groin, back, abdomen, thighs, and previously painful areas was found to be completely normal. Range of motion had returned to normal. No suggestion of the previous condition was found.


You were still however taking quite significant doses of pain medicines, and unable to abruptly stop without triggering withdrawal. However, over the next few weeks you were able to rapidly taper off and successfully became narcotic free as of mid-October 2008. At that time I released you back to full activity, full office duty, and unrestricted progressive exercise.

Faith healing is frequently spoken of in the popular press, but is not well documented in the medical literature. It is unclear to me how a well documented, debilitating condition, progressive over more than a year of time could completely and rapidly resolve. We hear of this happening with psychogenic conditions, but this obviously was not a psychological problem. The physiologic nature of this pain is attested to by surgical reports giving both visual and microscopic descriptions of adhered and scarred cluneal nerves, and by the pattern of pain relief achieved by steroid injection on several occasions.

The Lord who made us all has a plan for each of us, and I believe that this miraculous healing is an attempt on His part to draw our attention to His plan for us.

I have no medical way to explain what I have seen other than to call it a miracle.

Sincerely,



William D. Turcotte, D.O.  
Four Seasons Office

WDT/ljl



From: DrJohnHilpisch@aol.com  
To: ruddy7@comcast.net  
Subject: Re: letter to Father Juettner  
Date: Friday, October 31, 2008 5:01:24 PM

Hi Nancy and Mark,

I have attached my letter. I also copied it in this e-mail in case you have trouble opening it. I hope it is what you needed.

In His Name,

Dr. Hilpisch

October 29, 2008

Dear Father Juettner,

Mark Ruddy started care at my office for a nerve condition on December 5, 2007. This condition began in August of 2006. This condition left Mark in extreme pain that left him debilitated. He described the pain as a stabbing knife and at times felt like "metal on metal". The pain would shoot from his back to his chest and also extended into his groin and testicle. He was on heavy doses of strong pain medications. I am trained in a specialty within the field of chiropractic. The Blair Upper Cervical Technique is a precision procedure designed to detect and correct nerve interference on the brainstem caused by misaligning of the upper neck. This type of corrective care has had the history of producing results where traditional fail. Mark was x-rayed and began receiving the Blair correction in early December, 2007. His response to the care was fairly atypical from an objective perspective in the fact he did not hold his adjustments as long as most of my patients. Symptomatically, his main complaint changed very little. He followed all of my recommendations and eventually made the decision to make a visit to the Shrine in Lourdes, France. He was adjusted on July 16th 2008 before he left for his trip. Upon his return, Mark was re-examined on August 4, 2008. He was still in adjustment. Which considering the rigors of his travel schedule and length of the flights seemed very surprising. Even more amazing is that his adjustment held for 14 weeks since his trip to Lourdes. The longest he held an adjustment in the previous 7 months was 28 days.

Mark reports that his nerve pain has not returned since his visit to Lourdes and he is off all of his pain medications.

Sincerely,

John Hilpisch, D.C.  
Certified Blair Upper Cervical Doctor

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