



HELPING HANDS Medical Missions

Delivering compassionate healthcare and the Gospel
to the most needy in the developing world

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Forward to a Friend

Living the Missionary Experience



Living the Missionary Experience: 365 days a year

In this edition of Living the Missionary Experience, Lupita Assad, Foundress and current International Missions Coordinator of HHMM, shares her insight into how she encourages fellow missionaries and future missionaries to live “the missionary spirit” throughout the year.

The week-long medical mission experience is a powerful one. It is spiritually powerful, with the Holy Sacrifice of the Mass, the reception of the Sacraments and spiritual direction. It is emotionally powerful; to see the witness of the patient sufferings and profoundly deep faith of the poor we serve. And it is intellectually powerful – learning and contemplating the beautiful teachings of the Church. This experience gives most of our missionaries a sense of “renewed energy” and the ability to face the challenges when they get back to their day-to-day routine.

Missionaries often tell me of the challenges of maintaining this “renewed energy” which seems to wane as months go by. They describe it as a sort of “lull” in living the “missionary spirit.” Below, I have listed a few simple points to help you combat this “lull” and fully live the missionary spirit year round. It has been my experience that if you are consistent with these practices, they will help you to keep the “missionary spirit” and maintaining your renewed energy until your next mission.

Through prayer, I realized that we all are part of the Mystical Body of Christ and we can actively remember our work in the missions to help sanctify this Body in three ways:

- 1. Specific Prayers:** Pray each day for all missionaries, the ground support teams, mission coordinators, the sick and suffering, and our benefactors.
- 2. Share your experience:** Give presentations about missions at local parishes or hospital events in formal and casual ways.
- 3. Evangelize:** Speak about the sanctity of life. Each of us in the healthcare field has ample opportunity to discuss life issues from a Catholic perspective. Take the time to do so.

May you have a blessed and fruitful 2013!

Sincerely in Christ,

Lupita Assad, RN

International Missions Coordinator and Foundress

Meet the Missionaries



Michael Brezinsky, MD

Dr. Brezinsky is a seven year veteran of Guatemala's Mission and a ten year veteran of HHMM's. A doctor of internal medicine, he and his wife are parents of five children and he is a member of the HHMM Chapter in Denver. He is a parishioner at St. Mary's where he is also a member of the Knights of Columbus.

How would you describe your volunteer experience?

It has truly been a life changing experience for me.

How long have you been volunteering with HHMM?

10 years

What is it that motivates you to keep volunteering?

I am motivated by the opportunity to serve Christ by helping others. I always return from the missions with a renewed energy.

What has been your favorite HHMM moment or story during your time of serving with us?

On a medical mission in Guatemala a few years back, we were set up in a remote clinic in the hills that was staffed by medical students. One day we met a woman who was in labor. She was not progressing and there were significant problems with the baby; the baby's life hung in the balance. Another missionary, a pediatrician on the mission stepped in, intubated the baby and saved his life, both mom and baby had a full recovery. Had the pediatrician and Helping Hands not been present, the baby would have died. I believe that God placed us there for that reason. It truly was a miracle.