



# HELPING HANDS Medical Missions

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

[www.hhmm.org](http://www.hhmm.org)

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Forward to a Friend

## New Missionaries



Lupita Assad

In this edition of Living the Mission Experience we will discuss a first mission. Also, in the sidebar, we will hear from new missionaries in their own words and learn about their first mission experiences.

We have all been given unique gifts from God. Many people however, spend years searching for them. I have learned that one way to begin to recognize the gifts that God has given you is to really challenge yourself; really surrender a part of your life to God. A mission is a wonderful opportunity to give a brief moment of time (one week) over to God - putting all your doubts and fears into His hands. Many common fears of mission work include enduring long hours in hot and humid working conditions, “roughing” it when it comes to simple room and board accommodations, or participating in door-to-door evangelization. Whatever the challenge may be, if you are open to God’s will, He may very well show you your unique gift to overcome the challenge and grow in your own life.

### Tips for First Time Missionaries

**Prayer:** Take your time discerning the calling to be a missionary - this means time in prayer and contemplation asking if a mission is really God’s will for you.

**Practical Planning:** You may have family, friends and colleagues that you may have to coordinate with to ensure your duties are carried out while you are gone. You will be out of the country for a week and most of the time in remote villages, making communication back to the states difficult.

**Participation:** Once you have prayed and sought council from family and friends, you should attend the mission with an open and joyous spirit.

One way to discover your talents is to hand over your doubts and fears to God and let Him guide you. I have heard many wonderful testimonies over the years from first-time missionaries about how a mission truly changed their lives not only for the week, but beyond. They have become better Christians in the process. If you are discerning a call to become a missionary and have particular questions about a mission please call Gloria at our home office in Texas. See you soon, on a mission!

Lupita Assad, RN

International Missions Coordinator

## In Their Own Words



Bob Govensky

Home state: Colorado

– “The Mission in Ciudad Veija, Guatemala was my first. I have been wanting; waiting and trying to attend a mission with Helping Hands, in particular, for over 3 years, but was unable to go until now. I hope to go again in future, now that I have some idea of what to expect. It was truly a wonderful experience. It was heartbreaking and sad at times, but overall it was great. It is a true blessing to have 30 plus volunteers from various states and countries all working together in charity and unity. It was truly amazing.”



Daniel Lee

Home state: California

– “I would have to say that the mission in Ciudad Veija, Guatemala was a life changing experience because I had never volunteered in this poor environment. It exposed me to the extreme poverty in these Developing Countries and it told me that they need help.”

If you are interested in learning more about HHMM or would like to participate in an upcoming mission, please contact Gloria at [mission@hhmm.org](mailto:mission@hhmm.org) or (972) 253-1800.

Serve with us on a mission. Learn more at [www.hhmm.org](http://www.hhmm.org).