



www.hhmm.org

Living the Mission Experience

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

May 2014 Vol. 2. Issue 2

Forward to a Friend

We Go in the Name of Christ



Be Not Afraid!

As an 11 year veteran with Helping Hands Medical Missions, Doctor Alma, a neonatologist has experienced many facets of what it means to be a missionary. However, this year would test her faith like no other.

“I was quite afraid and sad going into this mission as four different family practice/ adult medicine doctors had backed out of the mission. I prayed for an adult doctor and waited but no one came forward to join us. However, I felt God calling me to open the doors of my heart and mind and let the Holy Spirit guide me in every step of the way.

The day came for our mission and I was ready for anything. I knew that with His help I could see adult patients. On the opening day of the mission, my first patient was an 85 yr old “posado” and blind man. Posado means homeless. He had high blood pressure and I had diagnosed him with Diabetes. I knew what to do but, I didn’t know how and who would take care of him. I realized I was seeing Christ in this man. My very first patient! This encounter had a powerful impact on me. I knew Fr. Emilton could help me with this patient. I ran to his office and found his secretary, Griselda and poured my heart out to her. She quickly took care of things and was able to get in contact with Fr. Emilton. He would have someone check on him and take him under his wing. I felt great relief.

I met many patients like the blind man, needing a hug, a smile, a listening ear, and someone that would give them their undivided attention. I came to the realization that this was my mission this year, to listen, to love, to hug, to give kind words of encouragement, giving these poor patients dignity we all deserve.

Now I have a much better understanding of the motto, Be Not Afraid. Do not be afraid to hold, hug, touch, love and heal the poor. Do not be afraid to lend them a helping hand. Do not be afraid to LOVE your brothers in Christ! “

Alma Levy, M.D.
Medical Director, Escuintla Guatemala

Meet the Missionaries



Mary Ryan MS, RN, NP, CNE

Home State: New York

Parish: St Charles-St Ann’s

Mary has volunteered as a Medical Missionary for the mission in Guatemala for the past two years. She is a member

of St Joseph’s College of Nursing faculty in Upstate New York.

It [the mission] was a growing experience for all of us. I was so proud of the younger people with us on the mission. They strived to give their best each day and worked very hard to serve the people we met. They had wonderful role models in the various members of the team—Dr Alma and the many other health care people, Fr Stephen, and the other wonderful volunteers. The camaraderie among the team members was very good.

The importance of trying to address the various aspects of patient’s needs – physically, emotionally and spiritually– was reinforced in a very positive way. There were great opportunities to not merely experience another culture, but to actually develop cross-cultural friendships.

The people who live the region were extremely gracious and accepting of us. The ground team and translators were friendly, kind, patient, hard-working and awesome. Our accommodations were very adequate and I always felt safe.

I would definitely recommend a mission trip as an opportunity to give some service to a very deserving group of people. Along the way, we as team members realize– we get lots more out of the mission than the people we try to serve!! Thank you!!

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 or (972) 253-1800.

Serve with us on a mission. Learn more at www.hhmm.org.