



# Living the Mission Experience

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

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

February, 2015 Vol. 3. Issue 1

Forward to a Friend

## Living the Virtue of Generosity



Dr. Shirley had just received her missionary assignment and was looking forward to a day of working with the OB/GYN surgeon. However, due to a scheduling conflict her entire assignment was cancelled. Under normal circumstances the news would be rather disappointing, but these were not normal circumstances. After taking a week off from work and traveling hundreds of miles Dr. Shirley was really looking forward to using her expertise and God given talents to serve the poor by working with the surgeons. Dr. Shirley did not complain, she took it all in stride. Flexibility and adaptability are essential qualities of a Helping Hands Medical Missionary. Acquiring these traits are also important as we strive to live out our Christian vocation in the world, regardless if we are participating in a mission hundreds of miles from home or striving to fulfill our duties as a parent, student or employee. Subsequently, Dr. Shirley was assigned to assist with labor and deliveries and as a result helped many women experience the joy of childbirth.

If you feel that God has been calling you to a mission or know someone who is considering attending a mission, please contact us for more information.

### **Mission Stats**

**Patients Served: 2276**

**Surgeries Performed: 34**

**Births: 16**

Lupita Assad, RN

International Missions Coordinator

*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.*

## Meet the Missionaries



### **Shirley Van Milder, M.D.**

**Home State:** Washington D.C.

**Parish:** Cathedral of St. Matthews  
Washington, DC

**Mission:** Fourth

During the mission I had the privilege to help bring beautiful El Salvadoran babies into the world. I had the chance to encourage and support numerous women through childbirth. To be the first person to touch a child with love, to hold the hand of a mother who has just lost her child and let her know that she is not alone. I consider these great blessings from God. I was able to share these blessed experiences with my fellow missionaries at the end of each day. I also experienced the joy of working with local doctors, training them and sharing with them my Catholic faith. I am so grateful for all the opportunities I have to share my faith on a mission.



### **Paul Espenan**

**Home State:** Texas

**Parish:** St. Cecilia

**Mission:** Second

A lost suitcase? Just a distraction. Let it go. We will figure it out later. Or at least that is what you keep telling yourself. These types of insignificant (or significant) distractions led me to contemplate the need for greater detachment in my life. I believe that when things seem to "go wrong", it is then that we have to look at the outcome with the eyes of faith and not allow ourselves to be consumed by the perceived problem at hand. If we allow ourselves to get flustered, we just might miss the good. The good is there, we just have to look for it with eyes of faith. Helping Hands Medical Missions have helped me to develop a greater sense of detachment in my life and to depend more on God's Providential care. In turn, the missions have also helped me grow in my Catholic faith. I am grateful for the opportunity to serve the poor each year on medical missions and I highly encourage others to consider attending a mission.

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