



Living the Mission Experience

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

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Forward to a Friend

Gratitude



One of the many blessings one receives as a result of attending a mission is that of gratitude. We can easily get accustomed to our way of life and comfort seeking in our “developed societies”. We take many of our everyday conveniences for granted: shelter, clothing, access to clean water, etc. However, learning to live with less, fostering a greater spirit of detachment is one of the great benefits of serving on a mission. Yes, we must use all the means we have available to serve others, but we must also not allow these conveniences to take control of our lives. This issue’s story is how one volunteer experienced how the poor live and thus will strive for a greater sense of detachment and joy her life.

If you feel that you have grown overly attached to the luxuries of this world and would like to experience the joys of serving on a mission or know someone who is considering attending a mission, please contact us for more information.

Lupita Assad, RN

International Missions Coordinator

We love, we care, without boundaries. If you would like to experience the joy of collaborating on a Helping Hands Medical Mission or if you are interested in learning more about HHMM please contact Gloria at mission@hhmm.org or (972) 253-1800.

Meet the Missionaries



Laura Baldwin

Home State: Colorado
Parish: St. Mary Catholic Church

Mission: Santa Maria de Jesus, Guatemala

This has been an eye-opening and gratifying experience. Getting to see how the poor live was a more powerful experience than I expected. I always knew they were poor. I had seen pictures and heard stories, but standing in their homes, playing with the kids and helping the sick taught me to value everything in a whole new way. It’s not just money and possessions that are important, or even clean water and medicine. What I’ve learned to value more than ever is a smile, a hug, generosity, love, and faith in God. The evening talks have also provided a great learning experience. Getting to discuss pertinent questions (both about faith and to medical care) with new people always allow you to learn, and has encouraged me to continue to study my faith. Overall, the people we’ve served, the missionaries, the leadership and this opportunity has been one of the best experiences I’ve had. We are all called to serve the poor and needy, and without it, there is “something missing”. God made us to love Him, which we do by loving others. No life is complete without it, and this mission seemed like (and was) a good way to help. At the end of the day, and even in the difficult days, there is a sense of joy. You’ve seen many smiles, heard many “gracias”, and can look back on a day spent in the service of others. Everyone on the mission has a great story to share, or a sad one that needs extra prayer, but everyone has on their face an expression of joy.

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