



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

Taking a Light-Hearted Approach



Often in life and on the missions, we encounter many challenges, however, we have a choice to give in to the stress of those challenges or to sanctify those moments for us and those around us. This issue of Living the Mission Experience highlights a doctor on his first mission and how he chose the light-hearted approach. Let's face it, working in the medical field certainly has its stressful moments, but couple that with being in a foreign country and not having adequate medical facilities and long lines of patients who may rarely see a doctor, well you get the picture. These types of challenges can also happen in our daily lives, with so many things to do and so little time to accomplish them. I know this is how many parents with young children feel. However, we can choose to give into the stress or we can choose to sanctify these moments. One way we can do that is by recognizing the need for those times when we can be light-hearted and to take the tension out of the air with a joke or a comforting smile. We need to be intentional and pro-active in our approach in situations that we know may be stressful and this will help diffuse the situations that could lead in the wrong direction. Dr. Alex Plurad, attended his first mission this past fall and learning from previous service mission (not with HHMM) where he felt he could not help the people as much as he had hoped. But Alex learned from his experience and took a different approach on the Helping Hands Medical Mission. The next time we think we will encounter a difficult moment, let's plan and do what we can to bring joy and peace of soul to others.

Lupita Assad, RN

International Missions Coordinator

Meet the Missionary Alex Plurad, MD, Volunteer

Home State: Missouri

Parish: St. Francis Xavier Church (Collage)

Mission: Santiago Texacuangos



In 2005, I went to Honduras on a service trip and felt like I could not help the people there as much as I wanted to. Gaining further clinical knowledge

and skills so that I can better serve and heal the poor and sick is one of the main reasons why I volunteered on this mission. I knew that I wanted to do things differently this time around, and I am thankful to Helping Hands Medical Missions for giving me the opportunity. The mission was very organized and gave us ample time to serve those who truly needed our help. My favorite moments during my mission in El Salvador involved the times I interacted with families in the clinics. Frequently, I would see Salvadorian mothers and their children together as a group. Having children present usually allowed for more light-hearted interactions between the family members and myself. We often shared smiles and laughs as I joked with them in Spanish. My experiences treating and talking to these families as a doctor were especially rewarding and helped me believe that I was truly making a difference in their lives. Therefore, I am looking forward to my next mission.

Are you interested in serving on a mission? Please contact Gloria at the international headquarters of HHMM in Dallas, Texas at (972) 253-1800