



# 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)

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Forward to a Friend

## Then and Now



During the course of 2019, I thought it would be important to highlight some of our veteran medical missionaries, doctors, nurses, and non-medical personnel who have been attending the missions for a decade or two. I am very grateful for their apostolic and “pioneering” spirit.

In the early days of HHMM we did not know if the missions were going to survive the next trip, let alone the next year! We thought we might run out of missionaries, money or both.

However, our Lord in his infinite mercy allowed HHMM to not only survive over the next 20 years, but to thrive! Many times, I am in awe of the gifts that God has granted to Helping Hands. My prayer is that we continue to love and serve the poor with greater enthusiasm each year.

If you or someone you know would like to attend a medical mission, please contact us directly at [mission@hhmm.org](mailto:mission@hhmm.org) or call Gloria at (972) 253-1800.

Thank you and we hope so see you soon, on a mission!

Lupita Assad, RN

International Missions Coordinator Volunteer

## Meet the Missionary Jeffrey Thewes, MD

Home State: Michigan

Parish: St. Daniel Catholic Community, Clarkston, Michigan

Years Serving HHMM: 21

### In his own words:

Almost 22 years ago, I went on my first Helping Hands medical mission. To say it changed my life would be an understatement.

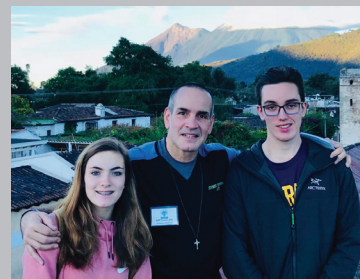


Mexico • 1997

Fr. Lorenzo Gomez heard my confession just before my brother’s wedding. He said there was a nurse in Texas, Lupita Assad, who was trying to start a Catholic Medical Mission in Central America, and told me to go. As a self-centered 20-something, that was the furthest thing from my mind. At that point in my life, I was the furthest from my faith I’d ever been.

However, I decided to go, more out of a sense of adventure than any real longing to serve. I found myself in the mountains of Mexico the next summer. My experience brought me close to the Holy Spirit and renewed my faith. It has become cliché, but is still true, that the gifts we receive from the mission are far more valuable than any treatment we can render.

Now, almost 22 years later, I have been able to share those gifts with three of my children. I



Guatemala • 2018

could never thank the Holy Spirit, Helping Hands and the people of Mexico, El Salvador, and Guatemala enough for these last two decades.