



a **TIRELESS** woman *Catalina* *Mendoza Arredondo* our eternal president

OAXACA, OAX., MARCH 2022

Talking about promotion to welfare and improvement of life for all the people who need support in the country, is very similar to talk about Congregación Mariana Trinitaria, but particularly to talk about the Doctor honoris causa Catalina Mendoza Arredondo.



Thanks to her unstoppable work, CMT now can celebrate 25 years

SUMMARY

The fact of remembering the life and history of a tireless woman is fundamental to give an example to future generations. Dr. Catalina Mendoza Arredondo made her dreams come true after working to promote welfare for people in vulnerable situations. Nowadays, her legacy evokes and inspires women and men from different places to contribute to have a better world.



Every good history has a beginning

Dr. Catalina was born on March 22, 1952 in Mexico City, her parents Don Eduardo Mendoza Aranda and Doña Luz María Arredondo, were the fundamental figures in charge of raising a person who was convinced of the combat to poverty through concrete actions instead of empty speeches. On the other hand, her grandmother, Genoveva Trejo whose term of endearment was Tita, was also a fundamental presence in her life, because she taught her important lessons about life.

someone else's shoes", and through collaborative work, the improvement of quality of life turns into a goal to be accomplished.

Nowadays, we remember Dr. Catalina Mendoza Arredondo, and we all celebrate her; the ones involved in management, international organizations, and very particularly each person who was standing next to her during her work. Starting back in the seventies, until the day when she passed away, each one of the steps given by Dr. Catalina Mendoza Arredondo was meant to make history, since she overcame different problems, and she was able to create integral solutions for this country and for the whole world.

Considering that background, we are able to clearly understand the tireless activities developed by Congregación Mariana Trinitaria (CMT) to this day. By "putting yourself in

Healthcare as the main foundation to life improvement

Our eternal president, who always knew that healthcare is the foundation of development, started her nursery studies in 1971 while she was also studying about the old Mayan medicine. In the long term, that combination complemented her vision and gifts, and that allowed her to change the lives of thousands of people.

Among the different anecdotes she used to tell, Catalina Mendoza Arredondo mentioned that in her childhood, when she was five or six years old, she got sick and she had to lie in bed for seven days and nights. Every single day, she heard a voice that whispered: "Catalina, pray an Our Father... and the temperature stabilized right after that". From that moment on, the revelations took place more frequently. "I started talking to my mother about events that will happen later, and she did not know how to handle that; until a lady told her that I had been given a special gift", she used to remember.

Since then, Dr. Catalina Mendoza realized that working for integral health would be her mission in life. For that reason, she developed her very own Healthcare Model, which finally contributed to the foundation of one of the most famous civil societies aimed at fighting multidimensional poverty in Mexico and the world.



Awards granted to her track record



National Award to Supportive and Voluntary Action, in the category of honorary mention, granted by the Mexican

Award Juárez to remarkable actions made on civics and human values, thanks to her selfless service.



The Award Corresponsables de Iberoamérica (Iberoamerican co-responsible people) was granted to her model, which was based on civil participation, and aimed at community development.

A honoris causa Doctorate in Humanities, granted by Universidad La Salle Noroeste.



Distinction as a honorary citizen, and she was given the medal "Donají", both are considered as the most important distinctions granted by the local government in Oaxaca in order to recognize the actions made to help people who need assistance.



Family is also an important part in healthcare

Mendoza Arredondo married the love of her life, Rubén Leyva Carreño on September 15, 1973; and they both spent 45 years together teaching their children how to love one another, to put themselves in somebody else's shoes, and to make actions instead of just saying empty words.

Considering families as the main focus in society, Catalina Mendoza saw how unfavored families had to pawn all they had in order to overcome health problems. For that reason, in 1995 she created a Volunteers' Board that years later transformed into Congregación Mariana Trinitaria.

A historical legacy

The most remarkable legacy that our eternal president gave us was undoubtedly her ideals, which empower an organization with 25 years of activities, and also her ideals promote the improvement of the different life conditions in Mexico, Latin America, the United States, and Canada; through different programs and policies based on solidarity and the recovery of social fabric. Those approaches give support to education, healthcare, housing, equip-

ment for people in the fields; among many other matters.

When Dr. Catalina Mendoza passed away, her legacy became history; her work and labors became a legend, and her dream came true through CMT. The only thing left was to replicate that through different new strategies and plans that this organization in Oaxaca wants to implement in the short and long terms.