

IN MEMORY OF OUR ETERNAL PRESIDENT

Dra. H. C. Catalina Mendoza Arredondo

1952-2018

When someone teaches important life lessons, not only for one person, but for millions of people, it is important to treasure that legacy. However, the most praiseworthy thing is to make that lesson a lifestyle, a footprint, a special touch of distinction that day after day permeates and benefits lots of people.

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For those who are not familiar with her history, **she was a wise woman with a modest background. Her parents, Don Eduardo Mendoza and Doña Luz María Arredondo, created a family with 12 sons.**

One of their daughters, Catalina, had to know the meaning of wearing clothes that her sisters handed down. Nonetheless, she was a naïve girl, and when she wore the big-size skirts from her oldest sisters, she thought that if she ran, nobody would notice how big those clothes were.



Who am I talking about?...
**About Dra. H. C. Catalina
Mendoza Arredondo.**

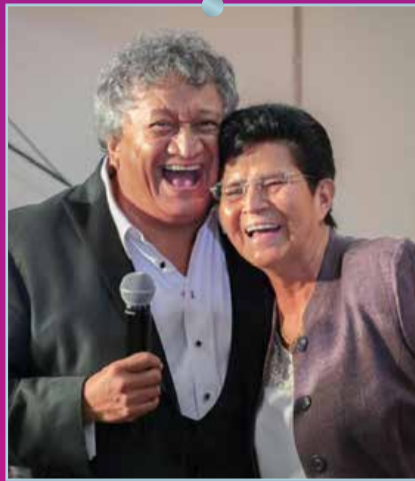
Since she was a little girl, she knew that she was different from her brothers and sisters.

Her father had a gift that was passed on to her, and with the pass of time, she increased it and learnt how to use it to benefit people's health.



The ones who had the privilege of knowing her and spending time with her could notice that she was a human being full of light who always had the right word for the right moment.

Her hugs were not only a physical thing, they were able to fill souls.



By the time she created Congregación Mariana Trinitaria, A.C., she knew what she wanted. She already visualized the needs she would be able to fulfil, the hearts she would be able to touch; but the most important thing...

The patients she would be able to provide not only physical health, but also the mental and spiritual one!



In her life she dealt with important personalities but also with poor people. She never made any distinction on any people so, she was loved, respected, and admired by everyone.

23 years ago, she got the inspiration to create Congregación Mariana Trinitaria from a little boy who was 8 when his father passed away. He became the man in the family, and he had to help his mother and sisters to make progress.



She loved observing nature, and in her own words she used to say: **"we do not look at the sky very often, and there, our past, present, and future are written. Nowadays, we have lost contact with nature".**

She taught us that day after day, the human being gets lost in technology and material things



Her biggest passion was health. That exquisite and sublime passion to help others pushed her to create her own Health Model, which she called **"Listening to the body"**.

With this model, she could make her patients learn and know about their bodies, and also to keep up their levels



Every single day she taught her work team that certificates and degrees were important, but they meant nothing if people were not convinced to reach their goals, and that the sum of efforts is not possible without clear objectives:

"I only have an elementary school certificate, but I was able to discover talents, and to undertake a great organization".

