

### We're All Called to Serve

Lou and Marty Coda served long term in Papua New Guinea with their family from 1990 – 1993. They have also served in Cameroon, and are currently working at Mutolere Hospital in the Diocese of Kabale, Uganda.

**Lou:** "Uganda is quite a place. It certainly has been the most challenging of my placements.

Early one morning as light was beginning to appear through the window I lay on my bed unable to sleep for the last hour, worrying about all of the sickest children and wondering who would be alive that morning and whose bed I would find empty.



Dr. Coda with young patient in Uganda

I questioned what it was that drew me to this place of suffering. Most certainly there is need here, as there has been in all of the places MDA sends doctors, but it goes deeper than that.

At home in the States, covered by layers of busy thoughts and plans of daily life, I have a sense that my life is not whole. I return to Africa because I may see more clearly the suffering of others and come to understand mine as well. I can remove many of those

(please see CODA on page 7)

#### Faith Like a Mustard Seed....

*"To save one life is as if you have saved the world."* For many, the overwhelming medical needs in Latin America and Africa seem insurmountable. However these words from the Talmud help strengthen our resolve, as Jesus assured us that we *'only need faith the size of a mustard seed.'* 

What does it take to save one life? Today, many doctors and their families motivated by their faith leave home, family and friends; set aside their practice to share their professional skills at mission hospitals and clinics. Equally important, others also motivated by faith, have ensured that the doctor's work is possible with their financial and prayerful support.

Fifty years ago Msgr. Anthony Brouwers, with the Catholic Physicians Guild in Los Angeles, planted the seed that would grow and become Mission Doctors Association and Auxiliary. Our ongoing growth is reflected in the numbers at the 2009 Retreat/Seminar, the largest to date with doctors from around the country coming together to learn how they can become involved.

*Can we save the world?* Jesus assured us that even with faith as small as a mustard seed nothing is impossible. Your support ensures that MDA will be able to continue to send doctors around the world to extend medical care to men, women and children in need, saving one life at a time. It is a unique partnership of faith. With your help we have faith that we can meet the growing needs, for we have been assured that nothing is impossible!

Elin Jucket Elise Frederick, Executive Director, Mission Doctors Association

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#### **Planting Seeds of Service...** 2009 Retreat/Seminar Grows, Budding New Missionaries Ready to Serve

An exciting year for MDA, 2009, our 50th Anniversary year, also brought with it the largest Retreat/Seminar to date, with over 50 people in attendance. Doctors and their spouses came to Los Angeles to learn about MDA's shortterm program from New York, Maryland, Wisconsin, Texas, Northern California and places in-between. Medical specialties were as diverse as their locations with dentist



their locations, with dentist, emergency room specialists, family practice physicians, surgeons, anesthesiologists, and pediatricians attending.

Mission doctors and their spouses who have served both long- and short-term also came to sow the seeds of service, sharing their own experience. Dr. Kate Bolton, Dr. Mark Bisanzo, Dr. Marcia Smith-Bourain and Mr. Richard Bourain, Dr. Philip Hawley, Dr. Richard Mason, Dr. Peter Meade, Dr. Linda Novak, Mr. John Ruley, Dr. Pat and Mrs. Nora Ryan, Dr. Bill and Mrs. Kate Walsh, as well as members of the board of directors; Bro. John Kiesler, Dr. Ed Malphus, and Mr. Tom and Mrs. Margaret Liautaud.

Many of the doctors attending this year are already in the field, with others soon to follow. The Druffner family, Dr. Mark Druffner, his wife Molly along with their seven children, are serving in Tanzania in the Diocese of Same.

Dr. Druffner is working with local doctors at Bwambu Health Center. Mark and Molly Druffner served previously in Kenya during the first year of their marriage; they served and lived in Kenya working with midwives and nurses and teaching. When asked about their desire to serve, Molly shared "we started our married life with the thought of doing mission work throughout our lives. We now feel that it would be a good time to begin our work as missionaries."



The Druffners head to Tanzania

Cecilia Marie Druffner makes new friends in Tanzania

#### Others who have confirmed their service and locations in 2009 include:

- Dr. Terese and Dr. Mark Bauer, with son Andre, will be at Karoli Lwanga Hospital, Uganda
- Dr. Mark Bisanzo and wife Sheila will be returning to serve at Karoli Lwanga, Rukungiri, Uganda
- Dr. Tim Cavanagh traveled to health centers in the Diocese of Kumbo, Cameroon
- Dr. Lou and Mrs. Marty Coda, along with sons Anthony and John, are serving in Mutolere, Uganda
- Dr. Roy and Dr. Melanie Elfrink with four of their six children will serve in Mutolere, Uganda
- Dr. Phil Hawley cared for patients and supervised medical students in the Petén, Guatemala
- Dr. Steven Kelly also served in the Petén, Guatemala
- Dr. Jaime Perea serving at Hospitalito, Lake Atitlan in Guatemala
- Dr. Ralph and Mrs. Denise Ryan will be at St. Martin de Porres, Njinikom, Cameroon

#### **Upcoming Long-Term Mission Doctors:**

Dr. Brent Burket and Dr. Jennifer Thoene, along with their four children, will begin a three year assignment to serve at Hospitalito, Lake Atitlan in Guatemala.

Dr. Jim and Mrs. Terry Hake will begin the fourmonth formation in January to begin a three year commitment to serve at St. Martin de Porres, Njinikom, Cameroon.

In 2010 MDA will again sponsor a Retreat/Seminar at Loyola Marymount. If this is something you are considering, or would just like to learn more about the possibilities, the weekend is a great place to start. For additional information contact Elise Frederick at (213) 368-1875.

### **Guess What I Want to Do With My Life?**

Drs. Terese and Paul Bauer will be traveling to Uganda to work this July and August under the guidance of Mark Bisanzo at Karoli Lwanga Hospital in Nyakibale where they will help with patient care on the wards and will provide teaching in pediatrics and adult medicine.

Paul and Terese have had a desire to do medical mission work for many years. For Paul, the desire developed out of his faith and his interest in medicine. Through high school and college, Paul spent a significant amount of time as a volunteer with the Missionaries of Charity in Denver, giving a hand to the Sisters in their home for those with HIV/AIDS. He remembers his time spent helping with chores, cooking, visiting with the residents, praying with the sisters and teaching catechism to children at nearby parishes. He learned to listen to Christ calling him to care for the sick through the vocation of medicine at their home in Denver.

During Terese Bauer's time at the University of Wisconsin, she aspired to many professions. In the beginning she wanted to be a



Bauers sharing at annual brunch

should really be a doctor..." On her way home for Easter she contemplated how she could use her skills as a physician working in the mission field. When she arrived home, she



Drs. Terese and Paul Bauer with sons André, Aiden, and Luc

asked her parents to guess what she wanted to do with her life...a common question throughout the year. Her mom guessed a couple of things that were wrong and then they wanted her to tell them. Stubbornly, she said, "No you have to guess." Her dad looked her straight in the eyes and said, "You want to be a missionary doctor." The Holy Spirit worked through him to confirm her call. Since that time, her energies have been focused on following the Lord on the path of this unexpected call to love Him and heal Him in the poor.

Paul and Terese met during a national Catholic campus ministry conference. They were immediately drawn to each other and soon learned of their mutual aspiration to become missionary doctors. Together, they studied in medical school, cultivated a life of prayer, married, and have begun raising a family. They now have three active boys, André, Aidan, and Luc ages 6, 3, 2. They are expecting a little girl in October.

They are thrilled to have found Mission Doctor's Association. They are grateful for the unity in vision they have with MDA spiritually, theologically, and medically. They thank you for your support and ask that you pray for them during their mission. Please pray for God to use them to heal some of the suffering in Nyakibale and to be a family Christian witness to the power of Jesus, the Great Healer.

### 50 Years of Answering the Call to Serve

chemical engineer,

then an electrical

engineer, then a geo-

logical engineer, then

a geology professor,

and so on. Never had

she imagined herself in the health care

profession. Then God

spoke to her in the



Msgr. Anthony Brouwers

"As never before, the sufferings of mankind easily transverse oceans and become part of the consciousness and conscience of the American Catholic medical expert. Their plight is our problem. Their cries of pain and misery are necessarily as personal and impelling as those of our loved ones at our own hearths.

We Mission Doctors

Association pray and hope that you and hundreds of other American Catholics shall listen and be moved and shall join this program to alleviate a little of the pain and medical want of the world's poorest and forgotten." (Mission Doctors Brochure, 1963)

These words shared by Msgr. Anthony Brouwers, founder of MDA are even more poignant today. Msgr. Brouwers could not have anticipated the growing needs of mission community with the spread of HIV/AIDS, the influence of current political turmoil and the affect of climate change on the growth of vector born disease like malaria and dengue fever.

As Mission Doctors Association celebrates its 50th Anniversary, we know Msgr. Brouwers would join us in celebrating its growth, its service and in renewing the call to support MDA.

# **Dr. Stoughton Plans for the Future**

more children were born here during the 70's, and

then we spent 26 years in

Shawano, Wisconsin. So, I

guess that we have "com-

that we are very busy get-

ting ready to leave, and I

am especially busy in try-

ing to finish several proj-

ects that are "in process."

The main one at this time

is the quite large project

The decision means

pleted the circle."

Most friends of Mission Doctors Association are familiar with the story of Dick and Loretta Stoughton; serving originally in what was Rhodesia from 1970 – 1975 along with their seven children. In 2000 Dick and Loretta returned to Zimbabwe and they are now preparing to return to the United States — but already have plans to stay connected to ensure that the good work at St. Theresa's continues.

#### An excerpt from Dick's blog: www.AStepAlongTheWay.blogspot.com

The Stoughton's are leaving St. Theresa Hospital and Zimbabwe "for good" on July 4th, 2009. It has been a difficult decision for us, as we continue to have lots of work to do here, and will be leaving so many very good friends. It is somewhat ironic that we leave on July 4th, as in 1970 we arrived with our five children on July 4th also! Two



Loretta and Dick Stoughton

of erecting a steel structure for three 2,500 gallon plastic water tanks. We then will be able to use dam water for all of the irrigation on the hospital property, and will save on the clean borehole water. This is a picture of the men pulling one of the tanks



Water tanks at St. Theresa

to the top of the structure. It was quite exciting; as with the second tank, just as it got to this position, they lost control of it and it slid all the way back down the poles. Fortunately, everyone was able to get out of the way, and there was not any damage to any people or to the tank!

I am hoping that this project will be totally completed within the next two to three weeks, so that it will be functioning before we leave.

Plans for the future: I plan on continuing to do fundraising for St. Theresa Hospital, as there is still great need for support, and maybe even more so when we are not here. In addition, I am hoping to recruit doctors for short-term work here, and I will be returning every year for one month to help out, to see how things are going, and to see how our donor funds are being used. Anyone wishing to accompany me on one of my trips please let me know!

God Bless, Dick and Loretta Stoughton

# We Are Planting Seeds Online Too

Mission Doctors is sprouting up all over the web. You can now find Mission Doctors Association on Twitter, Facebook, MySpace, Flickr, Change.org and Changing the Present. We have branched out online to share the story and spread the word about Mission Doctors and Mission Doctors Auxiliary to connect with friends and meet a new generation.

If you have never visited any of these social networking sites, check them out. You can start by visiting our pages, profiles and photos, with the web addresses shown in the box to the right. These sites are free, easy and fun.

If you have any questions or would like some assistance with these sites, feel free to contact the Mission Doctors resident social networking expert, jessica@ missiondoctors.org.

Please share these pages with family and friends, you can plant a seed and spread the word about Mission Doctors too.

Twitter (www.twitter.com/missiondoctors) Facebook (www.facebook.com and search mission doctors) MySpace (www.myspace.com/missiondoctors) Flickr (www.flickr.com/missiondoctorsphotos) Change.org (www.change.org/missiondoctors)

## Together Sowing Seeds of Health

After three months in rural Cameroon, it has taken me a few days in clinic here in the United States to stop thinking that every child with a fever has malaria. Malaria is such a common cause of illness and death in Cameroon that it almost becomes part of the way of life in that region.



Dr. Timothy Cavanagh

My time spent with the Johnson family, who are in Cameroon on a long-term mission

with Lay Mission-Helpers, was very rewarding. Chris Johnson, a nurse working with the Catholic Diocese of Kumbo, and I traveled to the rural clinics run by the Diocese to see patients and to provide ongoing education for the nurses and nurses aids who are the primary source of medical care to people living in the villages. I was blessed by the hospitality and friendship of Chris and Alicia Johnson, and of their sons, Keaton and Quinn.

In addition to seeing patients in clinic, Chris and I spent long hours and great effort writing a series of protocols to be used for teaching and reference in the health clinics. The protocols were done with the input of the clinic nurses regarding the most commonly seen medical problems and utilized only the medications and resources



Dr. Cavanagh with Keaton and Quinn Johnson

available locally. It was not possible to put these protocols on paper without coming face-to-face with stark realities of resourcelimited medicine.

You think of how different those same protocols, for treating serious problems such as pneumonias and sepsis in newborns, would be if the medical resources we are blessed with in the United States would be available everywhere. "If we JUST had this one medication...."

I was impressed and humbled by the hard work, resourcefulness, and skill of the staff of all the remote village clinics we visit-

ed. Seeing the nurses treat complex malaria in a mud brick clinic with only a kerosine lantern for light at night, you realize how much good can be done with very sparse resources. The patients we saw were uniformly friendly and grateful for the care you were able to provide. The staff of the Diocesan Heath Service will remain my friends always. And lastly, the opportunity to work with our sister organization, Lay Mission-Helpers, was just pure fun.

I arrived in Cameroon just as the dry season was ending and the monsoons began. The air was initially filled with blowing dust and the smoke of fields being burned off in preparation for planting. This quickly gave way to the monsoon rains. A standard question in Cameroon is whether you prefer to be covered in dust or soaked with rain. Personally, I would advise that being wet is preferable.

The experience in Cameroon was also energizing in the reminder of what Mission Doctors Association really does. In areas of so much medical need, the message conveyed by an organization which comes personally to help instead of sending aid is a powerful statement that there are people who care very much about your struggles. Thanks to all in the MDA family who make this ongoing mission work possible. You remain always in our prayers.

### **Celebrating 50 Years of Growth**

Valentine's Day may be associated with sweethearts, chocolate and love — but this year February 14th glistened in Los Angeles as Mission Doctors Association celebrated their Golden Anniversary at the Auxiliary Gala Benefit. Veteran Mission Doctors from around the country gathered with members of the Auxiliary and friends new and old to celebrate 50 years of Hope and Healing.

The evening provided opportunities for old friends to gather, to share stories and to

remember missions. A highlight of the event was a slide presentation covering 50 years of mission doctors serving from Papua New Guinea, East and West Africa, Latin America and Asia, as well as the history of support



Silent auction items from around the world

from the Auxiliary. Other doctors, who would be leaving soon to begin new missions, were also on hand.

The evening was one in a long list of events throughout the years made possible by the selfless dedication of the Mission Doctors Auxiliary, especially the dedicated efforts of the event Co-chairs, Margaret Liautaud and Mary Lou Malphus and their committee. A very special



Veteran Mission Doctors Lou Coda, John Ruley, and Kate Bolton have opportunity to reconnect

gift of the magnificent centerpieces by Diane Kelterer made the Jonathan Club radiant. More than

a lovely evening that included dinner, dancing, and a wonderful silent auction, the event made it possible for

Mission Doctors Auxiliary to hand over to MDA the largest check to date to support the work of doctors and their families.

Would you like information on how you can become a member of the Mission Doctors Auxiliary and help make this work possible? Call our office at (213) 368-1872 or drop an e-mail to info@MissionDoctors.org.

# **Caring for the Body of Christ in Uganda**

Dr. Roy and Dr. Melanie Elfrink along with their children share their call to serve; they note that they believe "Blessings and challenges are often two sides of the same coin."

Doctors Roy and Melanie Elfrink have felt a call to serve in the Missions for a very long time. Roy said that he first considered mission work in first grade, after hearing the stories of a missionary sister who told of her life in Africa.

This summer the Elfrinks will travel from Missouri to Uganda with their four youngest children; Teresa, Katherine, Mary

and James. The family has previously served in Papua New Guinea and, most recently, El Salvador.

During their time in Uganda, Melanie, a family practice physician, will be seeing patients with malaria, HIV/AIDS and TB. Roy, a general surgeon will ensure that the surgical service at St. Francis Mutolere Hospital continues. Melanie

"...whether we're serving our family, friends, strangers, or people in another country, we're called to be Christ to each other in this big unified Body of Christ — that can be difficult to see when you're in familiar surroundings."

noted "Compassionate care that gives dignity, especially to the poor, is the responsibility of every Catholic."

Serving with a family can present unique challenges but Roy stated that he believed that the same things that are challenges for the children; the isolation, the conditions, making friends in a different culture, will be blessings, as well as opportunities for family togetherness.

Melanie noted, "I agree with Roy. Blessings and challenges are often two sides of the same coin. Serving in missions can be freeing, from materialism, financial gain and comfort. That can leave room for great joy. Doing without what we think is 'necessary for a good life' resets your perspective, and you find how much 'noise' is part of everyday life in America. Noise in all the worries of American life: avoiding pain and aging, con-



Drs. Melanie and Roy Elfrink with their family Jacob, Eden, Teresa, Katherine, Mary and James

cerns in medicine about lawsuits, the temptation to live for yourself more than for others, needing always to have things you prefer and that make you comfortable. In fact, this noise really doesn't improve life, and I find it easier to hear God's whispers in the situations that challenge everything I'm accustomed to. When everything else is missing, you see that God is still right there, smiling on you with such love."

Roy and Melanie are also hoping that their four youngest children will experience their faith, in a different way. "Hearing the same familiar Mass in Uganda,

or Guatemala, or Papua New Guinea brings it home that we really are one church. It follows then, that whether we're serving our family, friends, strangers, or people in another country, we're called to be Christ to each other in this big unified Body of Christ — that can be difficult to see when you're in familiar surroundings."

Mary, 11 and James, 13, also shared their feelings about their upcoming trip to Uganda. Both Mary and James are looking forward to learning how people live in Uganda. While Mary said she was looking forward to living in another place, she was worried about the big bugs in Uganda. She said that she believes she will miss "normal food," "my bed and my rabbit" and thought the biggest challenge would be "not complaining." James believes missing his friends will be the most challenging, but is looking forward to spending time with family and helping others.

Melanie shared, "I hope we can be good representatives of all Catholics who try to serve God however they're called. We're a regular family, we enjoy what we get to do here, and we're a little nervous about what's coming. **But we know God is calling us to be part of the Body of Christ** that's doing mission work for a teeny little while, and so it's an opportunity for us to serve Him in a special way."



The Elfrinks will be serving in the Diocese of Kabale in Southwest Uganda

Coda, continued from page 1



Coda family with Bishop Callistus Rubaramira

layers and examine the wounds myself.

On Good Friday, I had just finished four hours of rounds on the pediatric ward reviewing about 35 children, some going home, many staying, and a few whom I wonder if they will survive the day. One hour till the beginning of the Stations of the Cross. Sr. Emmanuel, the nurse in charge of the pediatric ward, apologized that I needed to work today, a national holiday in Uganda. We both understood each other, knowing what better day to serve those suffering than on this day."

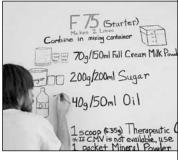
Marty: "One mom who was bringing her baby in, the child appeared to have died along the way so she turned around and returned home, then the child started breathing again so she walked all the way back the next day. Arriving at the hospital the child was already blue, heart-rate of 30 with a murmur and a temperature of only 87 F, with very irregular breathing. Lou said that he initially thought this must be congenital heart disease and that the child was dving, so paused considering the options - why put the mom and baby thru all the pain and expense of trying to fix something that would be unfixable, but then thought again, pulled out the hot water bottles, convinced the anesthetist to put in an IV when he and the nurses couldn't get it in, gave sugar fluids, and antibiotics. Next day the baby was alive, second day started to breastfeed, and eventually went home well. When we were in Rwanda renewing our visas, we were able to visit the Genocide Memorial there and I read a quote from the Talmud, "To save one life is as if you have saved the world." We have the opportunity to be reminded that the world is in the life of one child.

**Lou:** "For all of us who are a part of MDA, whether as a volunteer or a supporter, we are all called to serve. It is a deep call to help not only bind the wounds of those who are very poor and suffering around the world, but in doing so we continue to heal our own weaknesses and bring ourselves nearer to Christ."

#### John Coda has taken on a very special project while serving with his parents in Uganda.

Every day I prepare the feedings, either F-75 or F-100,\* needed by whichever pediatric patients are diagnosed as malnourished. We have been setting up a kitchen in the pediatric ward and teaching the nurses

and nursing students how to prepare the formula themselves. Sometimes I have helped feed a child through an NG tube, when the child is too weak or ill to swallow. But whenever possible, the patients' mothers or caregivers do the actual feeding by spoon. Although I started doing this project in order to complete a community service requirement of my high



John Coda painting the malnutrition formula on the wall of the Nutrition Room

school back in Pennsylvania, I've found it to be a rewarding experience and I have longsince completed the mandatory hours. I will continue teaching staff how to make the formula, and I hope the malnourished children will continue to be helped with this after we leave here.

— John Coda

Patient with dengue

fever

\*F-75 formula is used as a "starter" formula during initial management of malnutrition, F-100 formula is used as a "catch-up" to rebuild tissues.

### The Gift That Sustains



Phil Hawley with young orphans

Dr. Phil Hawley has traveled several times to serve in the Peten in Guatemala. When there he is working with Dr. Linda Novak's project to provide a service learning program for medical students and residents from Loyola Stritch in Chicago.

Springtime in northern Guatemala — blistering heat, burning fields, and warm hearts.

The Mayan men leave their villages each day with machete in hand to clear jungle for next year's planting, cut lumber to repair a neighbor's hut, or haul water from a distant river.

:.....

Women gather in groups each morning to mend and wash clothing, and then spend each afternoon shucking, striping, grinding, kneading, shaping and baking corn into tortillas. What's left of each day is used to cook simple meals over open fires.

Mayans appreciate life and accept

its challenges. That's the lesson I relearn with each visit to Peten, Guatemala.

And the countless warm smiles — that's the gift that sustains me until my next visit.

## We Remember







Dr. Sarah Miller

Dr. David 'Pete' Frelinger

Mr. William Stack

Dr. Sarah Miller served with her husband James Miller at Margaret Marquart Catholic hospital in Ghana from 1995 to 1998. The Millers were the first representatives from Mission Doctors to serve in Ghana. Sarah passed away at her home in February, 2009.

Dr. David 'Pete' Frelinger was a long-time member of the board of directors of Mission Doctors and also served short-term with wife Betty in the Petén in Guatemala. Pete passed away in April, 2009.

Mr. William Stack a long-time member of the board of directors and friend of Mission Doctors Association passed away in November 2008. Bill will be remembered for his sound judgment, kindness and always for his ever ready smile.

We remember Drs. Miller and Frelinger, and Mr. Stack as well as their families in our prayers. Your generous service and support for those most in need has not gone unnoticed or unappreciated. Countless lives have been touched through your kindness both at home and around the world.

#### CONTACT US

Phone	(213) 368-1872
Website	www.MissionDoctors.org
E-mail	info@MissionDoctors.org
Address	3435 Wilshire Blvd., Suite 1940, Los Angeles, CA 90010



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#### SAVE THE DATE

AUGUST 1, 2009: Deadline for **application** for the 2010 long-term program — Doctors and their spouses considering the long-term program, for the formation class that begins in January, need to have an application in by August Ist and attend a discernment weekend September 11-13. Applications available on the website www.MissionDoctors.org. 

SEPTEMBER 30, 2009: Card Party/ Wilshire Country Club — Join the members of the Mission Doctors Auxiliary for a day of bridge, kings in the corner or the game of your choice. The day also includes the sumptuous lunch that was the hit of last year's event. Do you need to be a card master? Not at all, come and learn a new game, have a good time — all for a good cause.

OCTOBER 18, 2009: Feast of St. Luke 'White Mass' — Mission Doctors Association is working with the Archdiocese of Los Angeles to sponsor an annual Mass to bring together Catholic doctors to celebrate and seek blessings on their healing ministry. The event will be held at Holy Family Parish in South Pasadena. Additional information will be available on our website.

FALL: Fundraising Concert — Work is underway for an encore of the very successful fundraising concert for 2009. Visit our website or contact the office if you would like to receive an invitation.

SPRING 2010: Retreat/Seminar for short-term service/Loyola

Marymount University — Doctors and their spouses who are considering short-term service are invited to attend the annual Retreat/Seminar to hear from doctors who have served, to learn about current needs, and to discuss the practical aspects of visas and license etc. complete an application on the website: www. MissionDoctors.org — indicating shortterm program.

SPRING 2010: Annual Mass / Sacred Heart Chapel / LMU -Friends and members of the Mission Doctors Auxiliary are invited to come together to celebrate our annual Mass, followed by a brunch and an opportunity to meet the doctors who have come together for the Retreat/Seminar.



• 2009