



Catalina Mendoza

A woman who left a mark

The founder of the organization, Doctor Honoris causa Catalina Mendoza Arredondo, is remembered as a wise woman with special gifts by all the collaborators in Congregación Mariana Trinitaria

Yeimi and Carlos, CMT collaborators, remember the anecdotes and lessons that Catalina Mendoza Arredondo taught them, in the framework of her anniversary to be celebrated on March 22. She was born in 1952 and she passed away on November 13, 2018.

“You have been very important pieces so that this great machine, which is Congregación Mariana Trinitaria, can move”.

Dra. H. C. Catalina Mendoza Arredondo. Founder of Congregación Mariana Trinitaria.

For 66 years, Doctor Honoris causa Catalina Mendoza Arredondo transformed the lives of thousands of people, specially of those who spent time with her in labor and familiar contexts.

On March 22 we celebrate the anniversary of the founder and everlasting president of Congregación Mariana Trinitaria. All the ones who knew her and spent time with her remember her with love and respect.

Catalina Mendoza Arredondo was born in Mexico City on March 22, 1952. She started studying Mayan medicine in 1971, which complemented her gifts and also changed her vision of the world.

Doctor Honoris causa Catalina Mendoza witnessed the way that low-income families had to pawn even the tools they owned in order to face the health problems they had to face, which gave her motivation to gather a group of volunteers in 1995. In 1997, it expanded to a civil association, the one we currently know as Congregación Mariana Trinitaria with the objective of giving support to those families and their different circumstances.

That, and many more actions allow us to remember the founder of Congregación Mariana Trinitaria as a woman full of values and actions that foster social development in vulnerable people. Undoubtedly the ones who can talk about her, are the people who worked next to her and witnessed her goals.

A visionary woman full of values

She was a human being full of peace and love who was always igniting wisdom; that is how Carlos Pineda López remembers Catalina Mendoza. He has worked for four years in CMT, and he spent a lot of time with Doctor Catalina Mendoza.

“When I joined Congregación Mariana Trinitaria, she spent most of her time on alternative medicine and with her patients. She participated in the tours and activities with people in charge of municipal, state and federal offices”, he remembers.

Currently he collaborates in the State coordination area in Congregación Mariana Trinitaria. He learnt and he got motivation from Doctor Catalina Mendoza, and all the things he remembers about her are happy memories and kind opinions.



“Catalina Mendoza Arredondo was a visionary woman full of values; she had the will and initiative to make things happen. She always had the answers and the best way to move on”.

Carlos Pineda
Collaborator in the State coordination area in Congregación Mariana Trinitaria.

Carlos Pineda remembers that three years ago he had the opportunity to take a training course with the founder of Congregación Mariana Trinitaria. “We spent a whole day with the president sharing experiences, pieces of advice and actions. She told us anecdotes, she taught us how to deal with people, how to consider their perspectives, and how to be empathic and firm with ourselves in our everyday labor activities”.

Catalina Mendoza Arredondo is the president of the association, mentions Carlos Pineda, thanks to her, we have been officially constituted for 24 years. Every time we face a

difficulty, she guides us and she gives us support in those moments.

“She taught us to be humble, to act in the same way with every government and private institution. She also taught us that all labor positions are temporary so we have to do our best every day in every single action we make”, he tells.

She had a gift to help

Yeimi Zárate is a graphic designer and she has worked in Congregación Mariana Trinitaria for seven years. She describes Doctor Honoris causa, Catalina Mendoza, as a strong woman, hardworking and kind, with firm values; the concept of family was one of the most important pillars for her. She also remembers her as a talented woman with a special gift to help others.

The designer mentions that she spent several occasions with Catalina Mendoza, especially during consultations applying the Health Model she developed, and there, she could understand all the sensitivity she owned.



“She was a woman who was deeply worried about all the people we had to help, she was very demanding and we could not make any mistakes with those people. I try to do my best in my job so that she can be calmed and convinced that we are still working for the ones who need it.”.

Yeimi Zárate
Graphic designer in Congregación Mariana Trinitaria.



What is Congregación Mariana Trinitaria?

Congregación Mariana Trinitaria, A.C. (CMT) was founded in Oaxaca city, Mexico; by Doctor Honoris causa Catalina Mendoza Arredondo. In 1995 it started as a Volunteer's board and it expanded to a Civil Society in 1997. That year, the Mexican government authorized all the permissions so that it became a local and international donating entity.

Since then, Congregación Mariana Trinitaria contributes to integral social welfare by implementing programs for community groups who get together, fostering social cohesion. In other areas, it helps public work with a program based in co-investments and co-responsibility that allows to have impact on public policies and to reach the objectives of different social action programs.

“I remember her as a happy person. She was always making jokes when she said hello. Undoubtedly, the experience that always comes to my mind is when I had to record one of her consultations. It was one of the first occasions I could get in. I was surprised by her work and the way she dealt with the energy in her patients' bodies. I could not describe it well, I believe that it is one of the experiences that you have to live in order to understand it”, mentions the graphic designer.

The young designer remembers that once she was about to fade, but Doctor Catalina helped her in such a warm way and she explained to her the reasons why she was affected. “It was an anecdote that we both always remembered”.

Yeimi is convinced that Doctor Honoris causa Catalina Mendoza means hard work, so all the people who work in Congregación Mariana Trinitaria follow her example because her goals are clear: helping the ones who need it.

This way, the people who learnt from the work that Doctor Honoris causa, Catalina Mendoza Arredondo developed for decades, like Carlos and Yeimi, and many others she left a mark on, continue with her legacy, the one that is able to change lives and develop welfare for the society.

