

Dra. H.C. Catalina Mendoza Arredondo

The engine and heart of CMT

Thanks to her passion to help people, CMT has worked for more than two decades

Catalina Mendoza Arredondo was a visionary and sensitive woman whose legacy has improved the quality of life of the most vulnerable families.



“I do know about needs, I was barefoot wearing a torn sweater, I know what it means to pass clothes from the oldest brother to the youngest one...”

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

“Thanks for this opportunity to be myself, to do, to grow, and to leave a mark on the heart and memory of all the people”.

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

Since she was a little girl, she developed extrasensory perceptions like clairvoyance, which allowed her to help people coming from different parts of the world who needed assistance. Subsequently, after some years she could create her Health Model “Listening to the body”, and she could use it to get closer to people, to listen to them, to touch and feel their needs.

Her parents were Don Eduardo Mendoza Aranda and Doña María de la Luz Arredondo Trejo. Her maternal grandmother Tita (Genoveva Trejo) was an important presence as she grew up and thanks to her, she could inherit her tenderness and courage to face life.

When she was five or six years old, she was very sick. Fever kept her in bed for about seven days and nights. She told once that the last nights she listened to a voice that whispered: “Catalina, pray the Our Father” Suddenly, the temperature stabilized and from that moment on, the revelations happened more often.

That experience was a motivation, and in 1971 she decided to study about Medicine so, she decided to become a nurse. In the meantime, she studied and practiced Mayan Medicine but she never expected that the combination of that knowledge with her own gifts would change the life of millions of people around the world.

“Once I was told that everything was a pipe dream, but if pipe dreams are like this, I want to keep on dreaming!”

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

She got married on September 15, 1973 with the love of her life, Rubén Leyva Carreño. They stayed together for 45 years and they had four children who learnt to love others and to put in somebody else’s shoes.

In January 2018, she was given the highest academic distinction by Universidad La Salle Noroeste: An Honorary Doctorate in Humanities, Honoris Causa. This way, she was in the list of important business people, politicians and scientists (between them we can find Norman E. Borlaug, who was given the Nobel Peace Prize) who studied in this University and were also given such an important distinction.

On November 13, 2018; Catalina Mendoza Arredondo left this world, but she also left an enormous legacy and an irrevocable mission for all the people who were next to her for several years.

“In this project, people aren’t worth what they have, they’re worth what they do and the immense legacy they leave behind”.

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

Awards



- In 2015 she received the National Award for Voluntary and Supportive Action in the modality of Honorary Mention by the Mexican Government.
- In 2015 she was given the awards “Distinguished Citizen” and “Medalla Donaji” by the local government in Oaxaca City.
- In March 2015, the forty-second Legislature of the Chamber of Deputies granted her the “Premio Juárez”, given to the most remarkable actions on civility and values to recognize her altruist work.
- In January 2018, she was given the highest academic distinction by Universidad La Salle Noroeste: An Honorary Doctorate of Humanities, Honoris Causa.
- On November 13, 2018; Catalina Mendoza Arredondo left this world but she also left an enormous legacy and an irrevocable mission. For those reasons, the forty-fourth Legislature in the State gave her a homage, and the 42 deputies observed a minute’s silence in the Parliament that day.