

Help the Helpless



Summer Newsletter
August 2026



Sasikumar Premkumar, a student at St. Mary's School in India wins a prize in the school speech competition.

Remember! There are several ways to give beyond traditional donations. You can double your contribution through 401(k) employer matching programs, include Help the Helpless in your will to leave a lasting legacy, or make a tax-efficient gift through a Qualified Charitable Distribution (QCD) from your IRA. Each of these options helps extend your support to vulnerable children and families in need.

SUMMER SPECIAL PROJECTS

Construction of Bathroom for Family—\$3,500

Help rebuild a safe, clean bathroom for a family recovering after a devastating house fire: restoring dignity, security, and hope.

Resources for Evangelizing—\$5,300

The Sisters in Ecuador are purchasing 1,000 Bibles, prayer cards, and pamphlets to help strengthen Catholic formation and share the Gospel throughout Ecuador.

Accessible School Equipment—\$2,296

St. Mary's Handicapped School needs walkers, wheelchairs, and accessible lunch tray storage, which will help the students gain greater independence every day.

Updated Computers and Printer - \$1,770

New office equipment will help St. Mary's manage student records, improve communication, and better serve its students.

Dear Benefactors,

Summer brings with it so many wonderful things, but in the Church it also brings so many wonderful feast days. Early on we have the great days of Pentecost, Corpus Christi, Holy Trinity, Sacred Heart and Immaculate Heart. June is dedicated to the Sacred Heart, July is dedicated to the Precious Blood of Jesus, and August is dedicated to the Immaculate Heart of Mary.

Right in the middle of it all, we have our Lady of Mount Carmel, which calls to mind her apparitions and especially the promise she made that anyone who dies wearing the brown scapular will not go to hell. All this helps us to set our focus on Heaven and doing everything we can to cooperate with the will of God so the salvation won for us by our Lord will be ours.

The Board of Directors of Help the Helpless extends our gratitude to all our benefactors for your cooperation with the Lord in bringing both spiritual and material aid to the poor in India and Ecuador. The fruit of your charity is already evident in so many ways through the benefits that have come to those who are the recipients of your generosity.

But charity is about both giving and receiving. Since the beneficiaries of your charity cannot do much to repay you beyond their prayers (which are very powerful), we trust that it will be our Lord Himself who will repay you by welcoming you into the eternal wedding banquet of Heaven.

God bless you,

Fr. Robert J. Altier

President, Help the Helpless



Support a Special Project today! Scan the code to make a tax-deductible donation. Or, visit [HelpTheHelpless.org/projects](https://www.HelpTheHelpless.org/projects)

News from Guayaquil, Ecuador



Dear Friends and Benefactors of Help the Helpless,

It is with immense joy that we write to you to share what is being accomplished in Guayaquil thanks to your invaluable generosity. While you begin your summer vacation, we are here in full swing, carrying out the various projects in this city, which is increasingly plagued by violence and insecurity.

Nearly 200 children at our school continue to receive a comprehensive education that will transform their lives. Additionally, we count the 58 students enrolled in the after-school program, affectionately known as “La Escuelita.” The start of the school year is usually a difficult time for many families, as the cost of uniforms, books, and school supplies exceeds their means. However, thanks to God and the immense generosity of you who support us, many of our children have had the joy of wearing their new uniforms and carrying a backpack full of everything they need.



activities we organize. A few days ago, they were threatened by one of the gangs, which was attempting to recruit one of the young men in the family. To avoid a tragedy, they were forced to flee their home in a hurry, leaving behind their schoolwork, college, jobs, and the few material possessions they had. We ask God to grant them the protection they need, and we pray that they may soon resume their normal lives, free from fear and anxiety. We entrust them to your prayers!

May your generosity be rewarded with blessings,
The Servant Sisters in Guayaquil



Our four children's soup kitchens continue to operate in the most disadvantaged areas of Guayaquil. Thank God, many children can continue to receive lunch, before or after attending school. Earlier this year, we had the immense joy of seeing five of our university students receive their degrees, an achievement that propels them powerfully into the professional world. May God reward the support given to these young people!

On a sad note, we must share with you the difficult situation that one of our sponsored children and his family are currently facing. This child and his family are very involved; they actively volunteer at the children's soup kitchen programs and in other

Dear Help the Helpless Benefactors,

God be with you! School started up in May, and just as we have done the last few years, we were able to buy backpacks and school supplies for the 13 children at our school who receive a monthly sponsorship through Help the Helpless, as well as 65 other children in different institutions that we serve, such as the Bethlehem Foster Home. When we went to give the backpacks to the children, we visited one home where there were six children waiting patiently for our arrival. We had one of the hardest experiences one can go through in the mission: we could only find three of their backpacks. However, not one child asked why there were not enough backpacks for all of them. Instead, they all gave us a hug to thank us for our generosity (which was really *your* generosity)! After a few tense minutes and after searching again in the pickup truck, we found the other three! Their little faces just lit up with joy, and their grandmother said: “See, kids? God just wanted to test our attitude to see if we are really grateful for the help we receive. Now that He saw that you are, there are backpacks for everyone. Isn't God good to us, kids?”

News from Portoviejo, Ecuador

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FEATURE ARTICLE

A Story of God's Mercy

This article was written by one of the Sisters in the community of Chone, Ecuador.

This summer, we experienced a powerful reminder of God's infinite mercy through the life and death of Arsenio Viterbo. We would like to share with you the grace-filled journey that unfolded in his final days—a story that moved our hearts and strengthened our faith.

Arsenio had enrolled in our parish's catechesis classes but rarely attended. Just as we had begun to lose hope, a friend encouraged him to return and personally brought him to class. He asked us to teach Arsenio even though he had missed the first several classes.

After speaking with Arsenio about the importance of taking his faith seriously and reminding him that we are all called to prepare our souls to one day meet God, he was deeply moved. From that day forward, he did not miss a single class and began attending Mass with his wife. We witnessed a remarkable transformation as he eagerly learned about the faith and grew closer to the Lord.

Only a few days later, on the Feast of Corpus Christi, Arsenio was seriously injured in a fall while working on a farm. He was about 20 feet high picking oranges when the tree branch broke beneath him. He was rushed to the hospital with multiple broken bones and internal injuries. When we learned of the accident that evening, we immediately went to visit him. Because there was no record confirming whether he had ever been baptized, we sought the

priest's permission to administer a conditional baptism, and he consented. At the hospital, Arsenio, though in great pain, willingly received the sacrament, administered by ourselves since the priest was not able to come that evening. We baptized him conditionally, entrusted him to God's mercy, and prayed the Chaplet of Divine Mercy, placing him under the loving care of the Blessed Virgin Mary. His condition worsened overnight, and the following day our priest visited to administer the Anointing of the Sick. That evening, Arsenio peacefully entered into eternal life.

"Eternal rest grant unto him, O Lord, and let perpetual light shine upon him. May his soul, and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen."

Only God knows what he does and what he allows, but we have no doubt that this man earned salvation at the last moment. Blessed be God. The Holy Spirit worked through that friend who encouraged him to come to catechesis, which ultimately led to him being able to prepare his soul for Heaven.

PLEASE PRAY WITH US

Join us in praying for the repose of the soul of Arsenio Viterbo José and in thanking God for His boundless love and mercy.

- The Servant Sisters of the Home of the Mother, Chone



FEATURE ARTICLE

The Servant Brothers

For the first time in our newsletter, we are pleased to share updates from the Servant Brothers of the Home of the Mother and their mission in Guayaquil, Ecuador.

To our Benefactors of Help the Helpless, prayers and blessings from the community of Servant Brothers of the Home of the Mother in Guayaquil.

Here in Guayaquil, our update has a bitter-sweet flavor. We continue to work in the difficult neighborhoods of Fortín and Flor de Bastión, maintaining youth groups. This past June, we were able to take a large group of young people to visit Riochico and play sports with other young people. We also celebrated Mass with them and had Eucharistic Adoration. We were impressed by how the teenagers have become accustomed to prayer. They even “shushed” the new members of the group who were talking during the Rosary!

However, it has not always been so easy working with the youth. We have had the tragedy of seeing, just in the last few months, two young men, once participants of our youth groups, succumb to violent deaths for their participation in drug-trafficking. The pressure towards adolescent boys to enter into the gangs is extraordinary. They are threatened, bribed, and extorted into a life of crime, and once they enter, it is impossible to leave. We see the need to continue to work with them

“The light shines in the darkness, and the darkness has not overcome it.”

~ John 1:5

so that they do not fall into that way of life, which inevitably leads to a premature and violent death. We take comfort in the fact that, however strong the evil is, our Lord is stronger! We recall that John writes that the darkness shall never overcome the light.

In lighter news, we were able to finish our new parish hall/soccer court in Guayaquil. It has made a huge difference, providing space every week for catechesis, group meetings, and conversations about the faith. Every Monday and Wednesday there is soccer practice, and on Tuesdays and Thursdays basketball. This has brought a substantial change to the community, as many more families now participate more frequently in the life of the Catholic community here in Loreto.

Continue to pray! Thank you for your help. We are praying for your spiritual and material needs. Be saints!

Fr. Matthew Nobrega
Superior Servant Brothers in Guayaquil



The young men in the Brothers' youth group



News from Portoviejo, continued

Continued from page two: The "Works of Mercy" project is also going well. We have been able to help children at the Bethlehem Home with basic foods like rice, lentils, and meat, as well as personal hygiene items for the cancer patients who are staying in the Fr. Mújica Home next to the city's cancer hospital (*pictured left*). We often go there with the college campus ministry students to talk, play and pray with the patients. Sometimes we play games with the patients; one of their favorites is to play bingo with the hygiene items. Every time someone called bingo, they won a toothpaste, soap or deodorant. One elderly man told us that he used to ask himself how he would afford to buy such simple things as these when all of his savings have gone to the cancer treatment, but now he no longer has to worry! Thanks to your generosity, these people are reclaiming a sense of their dignity as children of God.

Thank you, Help the Helpless donors! We pray for you always. - The Servant Sisters in Portoviejo

News from St. Mary's School, India

Dear Loving Friends and Benefactors,

Warm greetings from St. Mary's. I hope you are all doing well in the name of Jesus Christ. First and foremost, we want to express our profound gratitude for the unwavering love, support, and prayers that you have offered to St. Mary's. Your selfless contributions have brought immense joy, hope, and healing to the children and their families. Your support has truly transformed lives, and we are deeply grateful for your continued support of St. Mary's. Thank you for being a beacon of light in our journey.

With God's grace and the invisible guidance of Rev. Fr. Antony Xavier, the children at St. Mary's are truly happy, and their great smiles are a testament to the love and care that surround them. With hearts full of joy and hopeful anticipation, we started the new academic year on June 4, 2026. Even though this school year is still quite new, we already have some exciting stories we would like to share with you. The first is the story of Sasikumar Premkumar, a student at the Handicapped School.

Sasikumar joined St. Mary's in sixth grade. Initially, he performed poorly in his studies and was quite disobedient, causing problems with his classmates and teacher. Several attempts were made to counsel him, and little by little we saw improvements in his behavior. Now, he is a diligent and studious child, and furthermore, he began participating in speech competitions. He won the top prize at our school, and his goal is now to become a newsreader, which we are quite proud of!

Another inspiring story is that of Ramalingam Ranjith (*pictured right*), also a student at the Handicapped School. Ranjith suffered a tragic electrical accident six years ago, which left him physically challenged. He joined our school three years ago, and we were immediately impressed by his remarkable courage, determination, and unwavering spirit. We also noticed that he had a deep passion for sports.



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News from St Mary's School, continued

Continued from page five: Recently, he participated in both State-level and National-level Swimming Championships, where he won one Gold Medal, two Silver Medals, and one Bronze Medal, along with a cash award of USD 3,300 in recognition of his remarkable achievements!

Lastly, we proudly honor the remarkable achievements of six students (*pictured right*) from St. Mary's Deaf-Mute School who participated in the National Level Athletics Competitions, organized by the All India Deaf Welfare Association in Thiruvananthapuram, Kerala. These six were Rama Sangarayya, Sivakumar Siva, Manju Parkavi, Iniya Dharshini, Navaneetha Visalam, and Devendiran Sakthi, and together they won over USD 19,000 in prizes! The winners were recognized and congratulated by the members of All India Sports Council of the Deaf, Tamil Nadu Sports Council of the Deaf, Deaf People's Development Welfare Association, and the Honorable District Collector.



We are delighted to share these special moments with you because every success and every smile of our children is made possible through your generous support, constant encouragement, and heartfelt prayers. We lovingly remember each one of you and your dear families in our daily prayers. May our Almighty God bless you abundantly with good health, peace, joy, and countless blessings. May He reward your kindness a hundredfold and continue to guide and protect you always.

With heartfelt gratitude and prayers,

I. Mariaselvam.

Administrator, St. Mary's School

Parting Message from Fr. Rafael

Dear Friends and Supporters of Help the Helpless,

I am writing this letter of gratitude during this summer season. For many, it is a time of joy that goes by fast. For others, it is a time of pain that goes by slowly. I think especially of our brothers and sisters in Venezuela, who are suffering due to the devastating earthquake.

If we reflect on time, we can see that time passes the same for everyone—hours have 60 minutes for everyone—yet time is not perceived the same way by everyone. Let me explain: for someone who lives comfortably and is enjoying a summer vacation, time passes quickly, but for a sick person spending nights in the hospital, or for a poor person who lacks the necessities of life and has to rack their brains every day to figure out how to support their family, time feels like an eternity. Time is the same, but not everyone experiences it the same way. For that reason, let us take advantage of this summertime. Whether you are on vacation or occupied in other leisure activities, a phrase from St. Paul's Letter to the Galatians comes to mind: "Let us not grow weary in doing good, for in due season we will reap if we do not give up." (Galatians 6:9)

Never grow weary of doing good! With every act of kindness that you offer to the poor and needy, you are sowing seeds for the Kingdom of God, and in due time you will reap the harvest. Everything we do out of love for God and our neighbor will bear fruit at the end of our lives. And on the day God calls you to account, you will be greatly surprised by the fruits you have reaped—fruits you never even imagined!

I offer you my most sincere thanks, and with me, all the Servant Sisters and Servant Brothers of the Home of the Mother who lead the projects that Help the Helpless supports and sustains in Ecuador. May God bless you all for your generosity. We keep you in our prayers.

Fr. Rafael Alonso

President, Home of the Mother

