

“I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.” John 16:33

Hello,

My name is Christina Pauda, FNP-BC from Lubbock, Texas. I’ve been nursing since 2007. I currently work for Dr. P and specialize in rheumatologist. I’m married to Michael Pauda and together we have 6 children. I’ve been a member of the HUGG retreat since 2018.

My oldest daughter, Katrina Cyan Castillo, was murdered Feb 5th, 2018. Had it not been for HUGG, I probably wouldn’t be here to share my story with you.

Once I was aware of my daughter’s death my life was flipped upside down. My sisters in Christ found HUGG by accident and knew it was something I needed for survival. Through HUGG, I was able to breathe, live and enjoy life again. I learned how to appreciate life and most importantly, how to count my blessings.

Between the four walls you’re about to encounter, you will meet others who share the same hurt/tears as you. This is where I received confirmation that everything was going to be okay. I pray that you received the same blessings and love that I received during my retreat. You are in my prayers; each by name and I can’t wait to meet you.

Love your Sister in Christ,

Christina Pauda FNP-BC

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