

opusdei.org

Meeting God on our Dairy Farm

Héctor, a 23-year-old supernumerary, is a dairy producer and cattle farmer. He talks about his work and how he strives for excellence in order to glorify God.

01/10/2025

Each day on a dairy farm is a blessing full of challenges and opportunities, and we have to give the best of ourselves in order to put a "seal" of excellence on our work.

Pleased to meet you. My name is Héctor Daniel Montenegro. God has given us the opportunity to work in the countryside, in the open air, with our Jersey cows, which we treat with great care and respect. Each of them has a name, and they respond to that name. We always look after them so they have the best nutrition, health, are comfortable...

Thanks to them, we benefit from their ability to turn grass into a highly nutritious food, which is milk, and in every task, we reflect this passion for the work we do. You don't get rich in this job, but we are doing what we love and we're well aware that every action we perform with excellence leads to an excellent product.

We produce fresh milk that, for the most part, will be consumed by children, always with this passion, this love, this attention to doing

things well, to bring excellent food to their tables. We understand that when we do a good job, we create employment and bring food security to Guatemala, which needs it so much.

We do it respectfully and with passion, taking care not only of the cows but also of the environment for future generations. Because in every drop of milk, in every task completed, we leave a testimony: a job well done is a path to holiness.

pdf | document generated
automatically from [https://opusdei.org/
en-us/article/testimony-hector-dairy-
farm-guatemala/](https://opusdei.org/en-us/article/testimony-hector-dairy-farm-guatemala/) (03/08/2026)