



RAISING UP

The good news at Helping Up Mission



Baltimore Running Festival

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Bobby has Stopped Running from His Past



"If I continue to do the next right thing and be open and honest, I have a chance."

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Bobby, age 35, was born in Columbus, Georgia and predominantly raised in Sparks, Maryland. The youngest of 5 children, two brothers and two sisters, Bobby had a typical childhood. Alcohol was introduced to him by one of his siblings while his parents were out of town. "I was in a party atmosphere with older kids, and drinking made me feel cool. That was my starting point in active addiction," Bobby recalls.

"At age 12, we were sitting around the dinner table one night and my parents announced that they had decided to get divorced. I took that harder than I expected. It was decided that I was to live with my mother. I went from living in a beautiful house to living in a 2-bedroom apartment. This resulted in unintentional abandonment from my siblings. My grades suffered as a result, and I was forced to switch schools. Despite switching schools, my grades continued to suffer but I was smart enough to skate by."

"In seventh grade, I met a friend whose parents had also just gone through a divorce, we started drinking and seeking out alcohol and other substances on our own. Over the next two years, my relationship with my mother declined and I decided to move to Southern California and live with my father. I loved it out there and I enrolled in a performing arts high school. The drinking went away, but marijuana was readily available. At age 16, my stepmother caught me getting high and I started getting drug tested. I manipulated my way through the tests and squeaked by."

"At 22 years old, I got a DUI coming out of a blackout, seeing flashing lights, and not knowing where I was or what highway I was on. This resulted in me losing my license and losing my employment. I developed severe depression and continued to run from my problems. I deepened my 'out of sight, out of mind' mentality."



NOW IT'S UP TO US

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NOW IT'S UP TO US Bob's Monthly Update

Dear friends,

This month we will mark another important milestone toward opening our new Center for Women & Children. The Whiting-Turner Company will finish the construction and hand us the keys to the building. Our staff is very busy planning for that day—when we can start to move in all the furniture and equipment needed to run the Center. It is a very exciting time!

By the end of this month, we will be setting up the beds, lockers, desks, and dressers in the bedrooms. We will move in the chairs for the Chapel and the tables and chairs for the Dining Room. We'll put computers and desks in the Education & Workforce Development Center and books on the library shelves. We will get everything ready to open the doors in January—and continue to help women on their road to recovery from chemical addiction.

I am also thinking about special items in the building that will make this a welcoming home for women. Such as the beautiful, donated quilts for each bed in the Center, the great big sectional couch in the library where book club and poetry night will be held, and the hand-made wooden cross (made by our men's program) hung over the fireplace.

Getting the keys to the Center has also made me think about the "keys" that we hope to pass to the women as they work to make a new life at the Center—"keys" that open the door to freedom from poverty, homelessness, and addiction. The "keys" that will open their hearts and minds to new learning in their classes and with their counselors. The Bible tells us that Jesus has given us the "keys to the Kingdom of Heaven," and I pray the women we will serve at the Center will know the Gospel and accept His grace.

Your support and prayers have been the "keys" to completing this project on time and on budget! As we approach Thanksgiving, I am especially grateful for you and your loyalty to HUM. Please accept my heartfelt thanks and blessings for a Happy Thanksgiving.

Sincerely,

Bob



Baltimore Running Festival

Friends, families, and supporters of Helping Up Mission (HUM) came together to participate in the Baltimore Running Festival in early October. 80+ Team HUM members in blue shirts were spotted throughout the 5k, 10k, half-marathon, and marathon races. It was an exciting day of gorgeous weather, smiling faces, and friendly competition throughout the races. We applaud our team as they raised funds and awareness one mile at a time- one life at a time.



Bobby has Stopped Running from His Past

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"I first heard about Helping Up Mission (HUM), when I returned to Baltimore from a brief time living in New York City. I was running from my alcohol and substance abuse problems and became homeless – living on the streets. I woke up one night at 4 am in a Maryland Institute College of Art building having no idea how I got there. A concerned friend told me that HUM had an Overnight Guest Services (OGS) program for \$3 dollars a night. I was in and out of OGS for a couple of months. The staff kept telling me to go upstairs and enroll in the Spiritual Recovery Program (SRP), but I was still running from my problems and thinking that I could turn my life around by myself."

"I ended up in Johns Hopkins Hospital due to alcohol poisoning. I immediately went back out and got drunk the following morning. When I returned to the hospital due to a second bout with alcohol poisoning, they put me in their "psych ward" and determined that I was trying to kill myself. A social worker who came to visit me recognized my problem and asked if I had ever heard of HUM? I replied that

I knew HUM well. I finally had no more hope. I could not recover on my own. I admitted that I needed help!"

"I joined the SRP in March of 2019, had a brief relapse, and came back for good in October 2019. I came back with a humble heart, a willingness to let my barriers down, and a willingness to be truly honest. I had to finally face my past and stop running from it. I revisited feelings from age 12 that I had repressed and began to feel them again. One day, I was sitting with my Treatment Coordinator Matt Joseph, talking about my relapse and I was not being honest. He called me out on my "BS!" I surrendered, told the truth, and the weight on my shoulders was released. If I continue to do the next right thing and be open and honest, I have a chance."

Bobby joined the choir, performed in a play, went on all of the available retreats, and registered for community college classes. "You name it, I did it. But the most dynamic, life-changing decision was joining Back on My Feet (BOMF). Ultimately, the sense of pure comradery

among clients and members and the connection to the outside world was huge. I was not just a client in rehab, I was a human being!"

Eventually, Bobby became team captain of HUM's branch of BOMF – the home team of BOMF Baltimore. "It is rewarding being able to pass along the benefits that I have had running, to other men and see them thrive. BOMF enabled me to complete my training as a Certified Peer Recovery Specialist. This prompted me to get degrees at Anne Arundel Community College (AACC) in human services and substance abuse addiction counseling. I plan to get my four-year degree in psychology and my master's degree in clinical psychology. With the benefits of a scholarship that I was awarded, my goal is to operate my own nonprofit sober living house in Baltimore."

Bobby currently lives in Montgomery County and is excited about his future and "not running from his past."

To read more of Bobby's story, visit helpingupmission.org/stories/Bobby

Focus on Recovery by Mike Rallo – Director of Spiritual Life



The cover story for this month on Bobby was all about running. Before coming to the Helping Up Mission (HUM), Bobby ran... from his problems—from his past—and even from the mission for a while until he decided he could not run away any longer.

Around here, we talk about recovery as not "being against using" but "being for something."

Bobby spent many years running against the wind. But, about a few months into his recovery he discovered the beauty of running towards the future.

"When I finally faced my past and stopped running, I had to re-feel the feelings from my childhood. That was hard," said Bobby. "I realized I needed to start feeling for something, even if I felt like it was a crazy uphill climb."

So, Bobby started running – toward relationships at the HUM that were real. Bobby developed relationships while working with our partner running program Back on My Feet - relationships in the choir – relationships in new adventures in college - and most importantly a relationship with God.

"I started getting fed spiritually that I never thought was possible," he said. "And now, amazingly, as I am getting fed by God, he allows me to be in the process of helping feed others."

In Isaiah chapter 40, the scriptures teach "they that wait upon the Lord shall renew their strength; they shall mount up with wings as eagles, they shall run and not be weary, and they shall walk and not faint."

When many types of eagles go through the molting process, they have limited ability to fly. That makes them very vulnerable to predators. Interestingly, the eagles that have already gone through that process will find food and drop it to the ground so the eagles who cannot fly yet are sustained until they go through the process. Bobby went through the molting process. He is stronger for it. And he is a blessing to now drop food to folks going through the same process of recovery.

Chef Brian Could Really Use Your Help

Dear Friend,

Thanksgiving is just around the corner, and our chef, Brian, could really use your help.

As he gears up to serve his traditional turkey dinner at Helping Up Mission, Chef Brian is planning the menu and prepping for his biggest grocery run of the year. But he needs your support to ensure that we'll have enough food to go around.

Every \$2.05 you give today will provide a hot, hearty Thanksgiving season dinner and care for someone who is battling homelessness and addiction.

Here's how your gift will help:

\$38.95 to feed and care for 19 people

\$77.90 to feed and care for 38 people

\$155.80 to feed and care for 76 people

Many of the men and women at HUM haven't enjoyed a Thanksgiving meal in years. Your generous gift today will help make the holiday extra special for them.

And for some, a Thanksgiving dinner will be a launching point into our proven recovery program. They'll be immersed in an environment of healing and wellness that meets their physical, psychological, social, and spiritual needs — and begin a new Christ-centered life filled with hope and promise.

Please take a moment to give now at www.helpingupmission.org/givemeals

The hurting men and women in our care will be so grateful. And so will Chef Brian!

Thank you ... and Happy Thanksgiving!



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Getting the Keys



In early November, we will be getting the keys to our brand-new Center for Women & Children! After more than 5 years of planning, funding, and building the 145,000 sq. foot facility, we will finally be ready to decorate, furnish, and turn the new HUM into a Home. All of these preparations will be completed in time for our Chase Street Women's Center clients and staff to move into their new dorms and offices by January 2022. Eventually the Center will be home to 200 women and in January of 2023 we will welcome up to 50 of their children!

Thank you to everyone who made this moment possible. Together "We Can Fix This," and provide the love and support that these women and children desperately need.

To read more about this amazing project please visit:
helpingupmission.org/hum-awareness



Our Mission

Helping Up Mission provides hope to people experiencing homelessness, poverty or addiction by meeting their physical, psychological, social and spiritual needs.

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