

RAISING UP

THE GOOD NEWS OF HELPING UP MISSION

I Found the Courage to Do the Hard Things

Katie, aged 40 (a contributor to this newsletter), “My mom was a toy industry executive, breaking glass ceilings. I got good grades and excelled at sports while swimming competitively throughout high school. Perfection wasn’t just something I wanted—it was something I chased.”

“At 16, preparing for my first party, I wanted to be the best drinker. I drank a pint of bourbon, and after the third sip, the radio in my head, usually at full volume, went quiet. I could breathe, until I blacked out and hit my head.

From that day, I used alcohol to silence the voices in my head.”

“I went to a Division I college, got A’s, and joined the swim team, where I had success until an injury. Self-doubt crept in as my desire to succeed faded. I went out every night, drinking heavily, until a ‘friend’ introduced me to cocaine. Over the decade, I was in and out of rehab. Cocaine became crack, and I would do anything for it. While alcohol made my head quiet, crack made it all go away.”

“In 2013, while living in Texas, I met the man who would become the father of my children. In 2015, we had a son,

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and in 2017, our daughter. I stopped using drugs but leaned into alcohol. In July 2018, I turned to Alcoholics Anonymous and found three years and seven months of sobriety. But when I stopped going to meetings, talking to my sponsor, and doing the work, I relapsed. The cycle returned: drinking, sober.”

“In 2022, my sponsor brought me to a meeting to Helping Up Mission’s Women’s Program at Chase Street. A few months later, I entered the program. The first time, I stayed for two months. I loved it, but my children needed me. In 2024, after a brutal relapse, I reentered the Spiritual Recovery Program.”

“Recovery didn’t give me a perfect life. It gave me a real one.”

“Before, my life was a circle I couldn’t escape. Sometimes I still want to escape my brain like 16-year-old me. But I’ve learned to face challenges head-on and be honest about where I stand. Because of the work I put in, I graduated from the program and have been hired as the Operations Coordinator.”

“This Mother’s Day, I want to be fully present with my children, letting my overactive perfection brain not determine the day. Along this journey, I’ve found something I never had before: real, authentic love. Not just from others, but within myself, and in the kind of relationship I once thought wasn’t possible for me. Recovery didn’t give me a perfect life. It gave me a real one.”

“Life doesn’t look the way I once imagined, but today it’s honest, grounded, and full of purpose. I thank God I made it through the worst to show my children what strength looks like, and to remind other women that their story can help set someone else free. I am deeply grateful for the resources and donors. Because of you, this program saved my life. I found the courage to do the hard things.”



Hope Restored. Lives Rebuilt.

Daniel’s Monthly Update

Dear HUM Family,

One of the favorite parts of my role here at Helping Up Mission (HUM) is giving tours of our campus and our mobile street outreach in action. My focus is to share the “hard things” that our community is doing to put their recovery first—as Katie emphasized in her story.

Our daily focus at HUM is to address root causes that put those we serve on the street or that isolate them from family, friends and community. I am truly proud of our peer-driven recovery community here at HUM—it is the engine that makes transformation possible with God’s help.

Our vision is that HUM and Baltimore would be known as a place of recovery and transformation. That is a God-sized goal, much like the Scripture from the prophet Isaiah shared below, thank you for standing with us in this vision.

Serving with you,

A handwritten signature in blue ink, appearing to read "K. Daniel Stoltzfus".

K. Daniel Stoltzfus, CEO
Helping Up Mission

- ¹⁰ Feed the hungry and help those in trouble. Then your light will shine out from the darkness, and the darkness around you will be as bright as noon.**
- ¹¹ The Lord will guide you continually, giving you water when you are dry and restoring your strength. You will be like a well-watered garden, like an ever-flowing spring.**
- ¹² Some of you will rebuild the deserted ruins of your cities. Then you will be known as a builder of walls and a restorer of homes.**

Isaiah 58:10-12 (NLT)

Focus on Recovery

Laura Staroneck – Assistant Director – Center for Women & Children

Finding the courage to do the hard things is an everyday battle. As we often say here at Helping Up Mission, it is in the hard things that we go through that shape the journey that God has for us. I am reminded of the scripture from Deuteronomy 31:6 – Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.” As Katie noted so eloquently in her story, “Recovery didn’t give me a perfect life. It gave me a real one.” There is no need for perfection in recovery; the need is for God to enter the places that are broken so that in time the strength that He gives us frees us to who He has made us to be all along. Living one moment at a time



in recovery takes courage, vulnerability and strength; in these breeds a life of authenticity and grace.

Equine Therapy

Common Ground at Paradise Stables offers a peaceful, trauma-informed space where participants from Helping Up Mission reconnect with themselves through horses. In guided sessions individuals step away from stress, build trust and develop emotional awareness. Horses provide immediate honest feedback that supports healing and confidence. Participants leave with grounding skills and renewed resilience for everyday life and continued growth journey.



Scan to see this story come to life





Helping Up Mission Dine to Donate

Enjoy some of Baltimore's best seafood at **The Choptank** while supporting **Helping Up Mission**. Join us Tuesday, June 23, 2026, at 5:00pm, 1641 Aliceanna Street, Baltimore, MD 21231. Reservations are encouraged. When booking, **please mention Helping Up Mission and the Dine to Donate initiative**. We appreciate your support in making this evening possible and **10% of net sales** (excluding tax and tip) will benefit HUM.

4th Annual Health Fair

Helping Up Mission Center for Women & Children hosted its 4th Annual Health & Wellness Fair on April 8, bringing together a vibrant mix of community partners from across Baltimore. Vendors included GBMC HealthCare, Towson University Nursing School, University of Maryland, WIC, Triple Track Smoking Cessation and local city and state health departments. Residents enjoyed an energizing, scripture-based workout, Word-a-Cise by Gloria, on the main stage and gained valuable insights through interactive breakout sessions. Attendees were treated to healthy, delicious food from Cake Artista and our own Food Service Manager, Chanelle Foster!



Special thanks to Marjorie Brown, Assistant Director of Spiritual Life, whose leadership and dedication brought this meaningful event to life. The fair created a joyful, empowering space where women explored whole-person wellness - mind, body, and spirit - while connecting with resources to support their healing journeys.



Happy Mother's Day

LaTanya Jackson – Maternal Program Manager – Center for Women & Children

“A mother’s love is the only force in nature that continues to grow, regardless of the climate.” Just like God loves us, it remains constant through every storm and every sun. We walk beside our children in it all, present, unwavering and enduring, covering, carrying and loving them through every season. That is love.



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Our Mission

To transform the lives of and restore hope to those suffering from addiction and poverty by harnessing the power of faith, science and community.

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