



RAISING UP

The good news at Helping Up Mission



Ribbon Cutting New Center for Women & Children *see page 4*

“HUM has helped me get new teeth, new glasses, expunge my record, and even try the benefits of acupuncture. There is just too much good happening daily.”



Scott is Helping Others

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Scott, age 45, was born and raised in Baltimore, Maryland. When Scott was a child, his family did a lot of moving around. “I was in and out of school and always the ‘new kid.’ I was also short and heavysset. This combination resulted in me always being made fun of. So, I dealt with the humiliation by learning how to become a recluse. And I recognized my first addiction as being food,” recalls Scott.

“I was born Methodist, but my father’s side of the family was Roman Catholic. I was uncomfortable. I felt like everything that I did wrong would result in me going to hell. I had my first drink at the age of 10, sneaking a shot while nobody was watching. When I was a sophomore in high school I was ‘hanging out’ with the skateboard crowd and started smoking marijuana daily.”

“After high school, I was looking for a career. A lot of my family were either police officers, fire fighters, or in the military. My

grandfather was a Marine, and he used to come over and tell ‘war stories.’” I was intrigued. I always thought growing up that I was not getting the love that I craved and yearned for from my family. And if I joined the Marines, then they would be proud of me.”

“I impulsively made choices of the direction that I wanted to go in my military career, and that was not the best choice for me. I ended up having a breakdown and they put me in the mental health ward for two weeks. I had already been dealing with low self-esteem from my parents drinking. My father was a heavy drinker and a terribly angry person. Prior to the military, I had dealt with a lot of childhood trauma, physical abuse, and mental abuse. The military made me feel like I was nothing and I could not handle it. They discharged me.”

“After that, I would escape reality. Whether it was drinking, going to bars, or smoking



NOW IT'S UP TO US

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

Dear friends,

As I sit down to write this first letter to you for the year 2022, I pray that this year will be happy and healthy for you and your loved ones. I always look forward to the start of a new year, and I love when people share their resolutions with me. I applaud everyone who is finally tackling that basement clean-out or trying to take more walks outdoors. Everyone who knows me knows that I am a big fan of anyone trying to reach a goal. The staff here at HUM have heard me say, "you can't help a person who doesn't have a goal!"

Scott W. in our cover story is a perfect example of the persistence it can take to reach a goal, especially when it is such a challenging one as trying to break the years' long cycle of anxiety and addiction. On his third time here with us at HUM, he finally surrendered to God and heard his calling to become a licensed counselor. For me, Scott sums up so beautifully what we are working to achieve here at HUM with his quote, "guys come here with nothing and leave with everything."

As I look toward the year ahead, I pray that we will hear that same quote from the women we will serve at the new Center for Women & Children—that they came with nothing and left with everything! In the next few weeks, the women will move from our Chase Street facility into the new Center, and the larger building will allow us to serve many more women in the coming months and years. I pray the new Center will be filled with all the warmth and bustle of a large family home—where some family members are preparing meals, and others are getting their studies done, and others are finishing their chores before it's time for book club or crafts night. So many women we serve have never had a warm, supportive family home, and it is my goal for 2022 to give it to them.

I am so grateful to you and every person who stood with us these past years to make the vision of the new Center a reality. And I hope you will continue to stand with us this year and in the years ahead to help those with the goal, and the persistence, to transform their lives.

With thanks,

Bob



What a Year!

Despite the many challenges of the past year, caring friends like you reached out with great compassion to help vulnerable men and women at Helping Up Mission. Here's a peek at the amazing good you helped make possible in 2021 ... and the lives you helped save too!



101 Men and Women Graduated our Spiritual Recovery Programs



139,561 Nights of Shelter



415,000+ Meals



325,000+ Items of Clothing and Personal Care Products

crystal methamphetamines. I was out there ‘ripping and running’ two, three, four days in a row. This is when I realized that I had a problem. I did not talk about anything, and I internalized everything. I just wanted to escape. I worked job after job, had relationship after relationship, and even went to prison from 2003 until 2006 for theft. I just could not stop using.”

“In 2017, I was in the Howard County detention center. I told them that I was a common addict and begged them not to release me. I told them that I was going to die if I went back out on the streets. But they had already made the decision to release me. I found myself walking down Washington Boulevard heading towards Baltimore City when I stumbled upon this little church (Grace Reformed Presbyterian Church) in Relay. It looked like something right out of an old movie. I cried out, God if you are real, I am going to walk into this church and throw myself on the floor. I need help and I cannot go another day like this. So, I walked in while they were

having a service and they invited me to stay. An interim pastor Josiah sat me down. He said, ‘I have a good friend chaplain Vic King at Helping Up Mission (HUM), and I am going to give him a call.’ Vic reserved a bed for me in Overnight Guest Services (OGS), and that is when I started my recovery journey.”

“In 2018, I graduated from the Spiritual Recovery Program (SRP), moved out, and was doing well. Soon my meeting attendance started dropping and I was not being open and honest with myself. But the seed of recovery had been planted and I knew that I had to come back to HUM. I enrolled as a Graduate SRP member and graduated again in 2020. Unfortunately, I was moving too fast, and I left the program in order to deal with life on my own terms. That did not work out. One day, I was lying there ignoring phone calls when I got a call from Frank Haddix (Client Services Manager). I answered it, started crying, and told him that I could not live like this anymore.”

“Once again, I came back to HUM. This time I walked through the doors and told God, ‘I am completely free of myself. I am open and willing to surrender to You.’ That is why I am going to college. I want to help people that suffer from the same disease that I suffer from. I just want to serve the Lord in everything that I do. With my degree, the first in my family, I want to become a licensed clinical alcohol and drug counselor. I have recently been offered an intake intern position. When I was a Marine, I was an infantry man, and now I will be working on the front lines of recovery!”

“HUM has helped me get new teeth, new glasses, expunge my record, and even try the benefits of acupuncture. There is just too much good happening daily. And I just want to thank you for your kindness. Guys come here with nothing and leave with everything. You are appreciated and I am living proof!”

To read more of Scott’s story, visit helpingupmission.org/stories/scott

Focus on Recovery – Mike Rallo, Director of Spiritual Life



The feature story on Scott is a familiar one in the difficult battle of substance abuse recovery. Scott came to the mission – did well – then fell.

We worship a God who loves to lift up the fallen and when Scott came back, there was no need to shame him, but lift him up. But also, to remind him to deal with the issues of his falling.

“I stopped doing the things I did when I got healthy,” admitted Scott. “I kept thinking I can do this on my own. And I moved too fast.”

Two fundamental areas that we work on here together in this community is to slow down and surrender this process to God.

“When I walked back in, with tears, I realized I had to trust the process.” Says Scott now. “And it is ok to go slow. I don’t have to fix everything now.”

A.W Tozer, a theologian I love to read, once said, “It will cost something to walk slowly in the parade of the ages, while busy men of time, rush about, confusing motion with progress.”

Here at HUM, we emphasize the slow walk. Scott is walking slowly now, but with intent. He is using his education, both from institutions and from life, to want and prepare to give back and pay forward for the next.

“Yep,” he said. “Got new teeth, new glasses and more, a new way to walk.”

And soon, Scott will be a licensed drug counselor helping others with what he has learned.

Tozer ended that quote with, “It will pay off in the long run to walk slowly, and the true believer is not much interested in anything short of the slow walk.”

Scott has learned that well.

Help Fill the Fridge!

Very soon, women from our Chase Street Center will begin moving into our brand-new, long-awaited Center for Women & Children.

We can't wait to welcome them in. But your help is needed to put on the finishing touches and make this house a home. Will you open your heart and give a special "housewarming gift" today?

Your generous support is urgently needed to help:

- Fill the fridge with nourishing food and groceries.
- Pack the personal-care pantry with hygiene products, hand sanitizer, toilet paper and other care items.
- Stock the shelves fresh bed linens, towels, and supplies.

Any amount you can share will be a tremendous blessing to the hurting women in our care. These are women like Serina, who hasn't had a real home in a very long time.

"Drug addiction took me to complete homelessness, living on the streets. I was panhandling and doing things I never thought I'd do. I've been to a lot of recovery places, but HUM is way different. There's a warmth here that I had never experienced. Everybody is super compassionate and understanding. HUM feels like home to me." —Serina

Home — that's our prayer for each woman who comes to the new Center. A welcoming place full of peace and warmth. A place where they can discover God's love ... be set free from addiction and homelessness ... and start on a path toward a new life filled with hope, promise, and potential.

But we urgently need your help to make our new Center ready for these women. Please visit helpingupmission.org/welcomehome today to help make this house a home.



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Ribbon Cutting New Center for Women & Children



On December 9, Helping Up Mission celebrated the ribbon cutting of our new Center for Women & Children.

Over 300 guests from the community came together to celebrate the completion of the construction on the new Center as well as the completion of the \$61m Inspiring Hope Capital Campaign.

We were honored to share the experience with Baltimore Mayor Brandon M. Scott, Maryland Secretary of Housing & Community Development Ken Holt, and Campaign Co-Chairs Gayle and Frank Kelly III.

A project years in the making was blessed in prayer by Church of the Nativity's Father Michael White and christened by our coed choir singing songs of jubilation. Helping Up Mission Women's Program graduate Marsha capped off her testimony by proclaiming, "Welcome to my new home!"

A heartfelt thanks to everyone who helped fulfill this dream of serving more women with the same care that we provide our men. We look forward to 2022 and continuing the good work that we all do together! Let us welcome our women home! Happy New Year!



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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