



RAISING UP

The good news at Helping Up Mission



Orange and Black Give Back see page 2 for more

“The ability to choose life is such a wonderful blessing. Helping Up Mission takes the love and support of strangers, whom I now consider friends that loved on me until I could love myself.”

Sarah Has Found New Life!



WHAT'S INSIDE:

Dan Stoltzfus' Monthly Update **2**

Photo Story **2**

Focus on Recovery **3**

HUM Ally Mentor Program Highlights **4**

Sarah, age 40, was born in North Philadelphia, PA, and raised in Prince Georges County, MD. “My parents were married in North Carolina in 1963,” recalled Sarah. “In 1964, my mother was thrown from her vehicle and became a paraplegic. I am the youngest of five children, and my oldest sibling was born with Cerebral Palsy. At a young age, I became the personal care assistant to my mother and sister, which pulled me out of social assimilation.”

“Our family moved to the North Kensington section of Philadelphia, where I was born into deprivation. We had no hot water. My mother, a functioning alcoholic (her mother was a North Carolina "Bootlegger"), had a nervous breakdown when she told her psychiatrist that she would kill all of us and herself. The psychiatrist told her not to rely on her husband. My parents separated, and my mom took us back to Maryland. I was doing well in school, and as a teenager, my mother even asked me to file for her divorce. Despite all the turmoil, all her children went to college and played piano. I attended Georgetown University and received a master's degree from Virginia Tech.”

“In my late twenties, I did not like how my mother drank. Her body was taken away from her at a young age, and that is how she managed to get through life. I still did not drink. I got married at 24 and had my first child at 26. We lived in Northern Virginia wine country, and I desperately wanted to have a family that my mother could not have. My husband's family was resentful of our interracial relationship, but I put him through school and purchased our house.”

“I began to drink with the encouragement from my husband. He wanted me to 'loosen up'. We drank every night and had a rule that 'shots' would be done if you came into our house. After ten years of marriage, he put me out of my house. I came home one day, and my children were not there.”

“I got an apartment, but could not maintain it. I fell into hopelessness, but my ex-husband moved on. In a momentary lapse of reason, I got into a confrontation with his now ex-girlfriend and got arrested. I had been an executive investment banker at Freddie Mac and a vice president at Wells Fargo, and now I had a criminal record and was homeless.”



NOW IT'S UP TO US

1029 East Baltimore Street
Baltimore, MD 21202-4705
410.675.7500
410.675.HELP



> continued on page 3



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

Dear HUM Family,

One thing I often point out to visitors and supporters of Helping Up Mission (HUM) is the incredibly diverse and gifted people who walk through our doors each day. Sometimes, there is often a stigma associated with coming into a mission or program. But addiction does not discriminate and has devastating consequences for all those impacted. Fortunately, there are places like Helping Up Mission which exist to rebuild hope and offer a pathway to transformation and recovery.

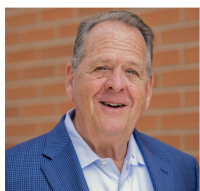
Sarah's story is a poignant example of the amazingly talented individuals who make up this community of hope we call Helping Up Mission. Her perseverance in overcoming life's difficulties, securing an education, successful career path, and now her focus on recovery that builds a new future of hope and sobriety is truly inspiring.

The opportunity to "pay it forward" to others is a common theme as well here at HUM—Sarah now has an opportunity to utilize her life experience and skills to help others as an intern with HUM Client Services. She is positioned to be an advocate for others. I hope you will take the time to read her inspiring story!

Thanks to your support of Helping Up Mission, Sarah's story is one of many who are living out the impact of HUM's Spiritual Recovery Program. We truly appreciate you standing with us!

Serving with you,

Daniel



Helping Up Mission is creating the **Bob Gehman Service Award** to recognize Bob Gehman's three decades of service!

This award will be given annually to someone in the HUM community who has provided outstanding service to the mission and ministry of standing with our most vulnerable neighbors. To inaugurate the award, we honored its namesake, Bob Gehman.

Orange and Black Give Back

On June 10, Oriole Hall of Famer Brian Roberts, his wife Diana, and the Orioles Community team visited for their "Orange and Black Give Back" service. They helped prepare "care packages" that our Mobile Outreach Program team will distribute as they visit communities of need in our city. Thank you, Brian and Diana, for 13 years of continuous service to the men and women of Helping Up Mission. And thank you to the Orioles Community team for partnering to build a better Baltimore.



"I spent my entire 401k on alcohol. All my life, I worked so hard to get what I wanted. I was always the one who got ahead. I went from a house to an apartment, a car, and a shelter. While attending Avenues Recovery Center on the Eastern Shore in Cambridge, MD, one day, I noticed a list including Helping Up Mission (HUM). I asked the counselor what HUM was, and they said, 'I don't know. It's a men's shelter. I immediately went to YouTube, found HUM's channel, and found a video of Center for Women & Children Director Pamela Wilkerson doing a tour of the new facility. I decided to 'Google Map' the address and noticed the gigantic red heart on the next-door Ronald McDonald House roof. I immediately knew HUM was the place for me."

"I spoke with Meaghan Yoho, Operations Manager. She warned me about the

60-day phone restrictions, and I told her that I was good with that. The next day, at 5 am, it was dark outside. The driver who dropped me off decided to check the building to see if we were at the right place, and we were!"

"I have learned that in order to stay sober, I have to face the things that I used to meet with the crutch of alcohol. I realized that I have to let things go, including all of the dread that led me to this point in my life. And I am being rewarded with much peace. I joined the Women's Center Choir, 'Voices of Praise', and have been with Nikki Jones, Outreach Coordinator, and Choir Leader, since day one."

"I am getting ready to start an internship with James Hill, HUM's Director of Client Services. I look forward to helping other underserved clients get the help they need. Since I have been here, I have taken the

LSAT test (in Workforce Development) and received a score that will allow me to pursue a law degree at the University of Baltimore. I have also taken and passed the National and State Real Estate exam. When it comes time to graduate from the Spiritual Recovery Program and get a job, Pam told me I would get her recommendation!"

"To the donors, I would like to extend a heartfelt thank you for the opportunity to have a life again. I was living out of a trunk in a life-or-death situation. The ability to choose life is such a wonderful blessing. Helping Up Mission takes the love and support of strangers, whom I now consider friends that loved on me until I could love myself. Thank you to the wonderful HUM staff and leadership for giving me the family I needed. And to my daughters, I speak to weekly – I Love You!"

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

Focus on Recovery – Pam Wilkerson Director of Center for Women and Children



Like so many women who come into our Program, Sarah R. came with a common theme, her personal journey of survival from alcoholism, and the impact trauma has had in her life. It's a story that is yet being written on the pages of what we call, "Life". Similarly, like so many women in recovery, Sarah's life will be read as a story of either, "tragedy to triumph" or a story of "tragedy to tragedy". Sarah's story is still being written and lived out by every decision she makes, day by day, moment by moment. If I had to bet, I would say undoubtedly, she's well on her way to a story of "Triumph!"

Sarah shares how her early experiences as the youngest of five siblings, was tremendously impacted; finding herself becoming a personal care assistant to her mother who at the time was dealing with substance use disorder and an older sister who had been diagnosed with Cerebral Palsy. Sarah's story provides us with a backdrop of how her private journey of alcoholism came to be and was being framed even as a young girl, amid what she describes as "deprivation" in the city of Brotherly Love, Philadelphia PA.

Now, in the Transformation Phase at the Center for Women and Children, Sarah is a survivor and is looking forward to a future of freedom from substance abuse, which had plagued her since her early twenties. She is kind, honest, direct, and very decisive about the next chapter in her own personal "Book of Life". She is currently working with the Client Services Team in the Center for Women and Children; aiding and assisting other clients with vital documents, insurance needs and other critical needs and has set her sights on one day becoming an attorney by recently taking the LSAT Exam in the Education & Workforce Development Learning Center.

There is a profound spiritual depth to Sarah's story of resiliency. I am personally looking forward to witnessing line by line, page by page, the story that has yet to be told in this young woman's life. It is often the wounded healers...who go on to live the boldest and most victorious lives. Sarah is the example of one who has been led beside the still waters and discovered the power of The One who "restores her soul".

Save Lives This Summer!

Did you know that donations to Helping Up Mission drop off sharply during the busy summer months? YOUR help is needed right away!

Hunger in Greater Baltimore doesn't slow during the summertime. Neither does homelessness.

Instead, rising temperatures bring more vulnerable neighbors to our door in search of real help and hope. Every single night, our Overnight Guest Services program is full to capacity with people looking for a safe, cool refuge from the streets.


Your support is urgently needed to help provide more than 99,000 meals and 33,000 nights of shelter before August 31. More importantly, you'll provide hurting men and women with opportunities for a new life of hope — people like Kristi, who says...

"The Mission helped me see that God was the missing piece in my life, and they're setting me up to succeed in every way. Helping Up Mission is giving me my life back!"

People in crisis need your help today! **So, please reach deep into your heart and give now, during our Summer of Saves campaign.** To give now, please visit helpingupmission.org/SummerHelp

Thank you!

 **Find us on Facebook at** [facebook.com/Helping.Up.Mission](https://www.facebook.com/Helping.Up.Mission)

 **Follow us on Twitter** [@helpingup](https://twitter.com/helpingup)

DONATE NOW

 **Mail us your gift**

 **helpingupmission.org/donate**

 **410.675.HELP**

Donate your car:
helpingupmission.careasy.org/

NOW IT'S UP TO US

HUM Ally Mentor Program Highlights



"I always want to be where God is working... I see that here (at the HUM)... miracles happen here."

Dave Logan spoke those words to me a few weeks ago. Dave is a volunteer. He started "hanging out" at HUM. Dave is a part of the party of miracles that God is throwing each day at the Mission.

The party involves men who just come down and are a part of what we call our Ally program that Spiritual Life Coordinator Bobby Cox facilitates. "Where two men from different corners of life, not a single thing in common but their faith in Jesus, can become best friends or even brothers, I see that in Jim Fuller and LaRon Colbert", said Bobby Cox.

Not counselors, not sponsors, even though we have all of that – just men who know they might not have much to offer but can offer a listening ear and a relationship of trust and acceptance.

"At first," said Logan, "I would be driving down here (to HUM) and be feeling very intimidated. 'What in the world am I doing? I have nothing to offer those guys at the Mission.'"

Dave was then reminded of the Biblical story of four men bringing a paralytic to see Jesus. "They didn't have any skills, and the names of the four aren't even mentioned. But they did what they could do. They carried the paralyzed man to see Jesus and I love that I can be a part of something like that. "

And the beauty of being an Ally is that the Ally also sees the paralyzed state they also are in. "Yea," said Logan "...I am on the cot to looking to get to Jesus. These guys carry me. I get much more than I am giving. And isn't that the point?"

One beggar helping another beggar see Jesus a bit better. It's a beautiful thing to watch unfold.

"I'm more excited now about getting up in the morning than I was when I was 20," said Lonnie Spence, an Ally and volunteer now at the Mission for over eight years.

Lonnie, now in his 70's is thriving. You can see him any Tuesday around here, jamming classic rock with the men and giving guitar lessons. Lonnie, in his time here, has seen the good, the bad, and the ugly at the Mission.

"It is great to forge a relationship with a fellow struggler," said Spence, "and be able to watch him grow as a person. It is also so hard to have that relationship and see them fall at times."

"That is hard," says Spence, of watching folks you care for fall. "But I trust God to use me and us in ways and be willing to be part of the risk of a relationship you care enough about to get hurt in. But that is what it's like in a family."

"I was so excited to be able to volunteer here at HUM," said another Ally, Rusty Eckman. Recently retired, Eckman loves to make his way to the Mission each Tuesday for class and Monday evening to lead a bible study, as well as be an Ally to individual men.

"To gain another man in my life and to be there for another man, it brings life to me," says Eckman. "I simply make myself available. Listen, observe, and share our stories and our loves. It starts off as an Ally-protégé relationship, but it is bound by our common relationship as adopted heirs of the Creator God."

And like so many years ago, the "paralyzed" and the friends who do the carrying are all going to see Jesus do what He does. And the party continues.