



RAISING UP

The good news at Helping Up Mission



Join Team HUM
see page 4 for more

“I was dead for eight minutes.”

Warren Does the Right Thing



Warren G., age 52, was born in Baltimore City, Maryland. “My early childhood was loving and confusing,” recalls Warren. “I was born out of wedlock and hidden from my father’s family for two years. The only person who knew about me was my half-sister. When my father finally brought me out to my family, my stepmother considered me a “blessing” because she could not produce a son for him. At an early age, I learned that blood was NOT thicker than water; love is thicker than blood. I was like Moses, and my nickname was MOE. I was raised away from my family and then returned to their love.”

out of Baltimore, and we moved to Sykesville, MD. I was popular and never wanted for anything. My dad would have good women in his life who I did not become attached to because they never lasted. His relationships in life caused me not to get attached to others as a defense mechanism and go in my own direction.”

“I started smoking marijuana at the age of eight. I would smoke regularly during 6th through 8th grade. There were no consequences. I became an outspoken leader who could manipulate and receive the attention I did not get at home. During my sophomore year of high school, I wore my dad’s jacket to school, and in one of the pockets, I found a bag of cocaine. Despite my burgeoning drug habit, I received a scholarship to play football at Juniata College. I decided to attend college even though my dad told me I would not succeed. He was right. I failed out, got my high school girlfriend pregnant, and had a daughter.”

“My dad was a jazz musician. He was a functional addict and became the first African-American car salesman at a local dealership. He could make money but could not hold onto it. I would go for weeks at a time, not seeing my dad. I would spend time with my great aunt Eiddie, my dad’s mother’s sister, who was like a grandmother to me, taught me the Lord’s prayer, and took me to church. She was loving and spiritual.”

“I did well in school, getting A’s and B’s while playing sports. My dad packed us up to get

“At the age of 35, I got married to another person experiencing addiction, and we had two sons. Things got so bad that I knew we

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

Dear HUM Family,

Those we serve at Helping Up Mission (HUM) literally face life and death each day. By stepping into this struggle against substance abuse and hopelessness, we also find inspiration and transformation on the journey. Consider Warren's story—he had suffered through death of his wife to an overdose and nearly lost his own life for eight minutes. Now he is on the journey to life transformation after 44 years.

Warren found hope and change because the doors of HUM were open to receive him. Many partners, staff, volunteers, and donors stand with us daily to help others find new life. It is the care for the whole person with long-term residential recovery and the community coming together to support HUM that fuels our efforts. This fall, we have an opportunity to visibly mobilize the community for support and continued life transformation—Team HUM at the Baltimore Running Festival.

I'll never forget back in the fall of 2018, literally my first week on the job—I signed up to run the Half Marathon with Team HUM at the Running Festival. Physically, I probably wasn't prepared to run that far but it was the inspiration of running past Helping Up Mission that carried me. The first mile of the half-marathon course goes right past HUM. It was our community cheering us on that motivated me along with friends and family who had sponsored me in support of Helping Up Mission.

I was sharing that story of the Baltimore Running Festival at HUM in a radio interview recently and the reporter said, "I love that part of the half marathon too and run it every year." Right then, I committed "on the record" to run the half marathon again. Time to get busy training so I can be out there with Team HUM. Would you check out the article in this newsletter and consider how you might join Team HUM—as a runner, volunteer, or donor?

HUM simply couldn't be there for Warren and so many others in this lifechanging, transformative work without your prayers, support, and service—thanks for standing with us!

Serving with you,

Daniel

Graduate Board Member - Demetrie

One of our newest Board Members Demetrie Garner, came to Helping Up Mission as a client in 2019. After successfully completing our Spiritual Recovery Program, Demetrie will graduate from the University of Maryland Baltimore County with a Health and Public Policy degree. He is currently working at Medstar as a Project Coordinator helping patients with Hepatitis C navigate treatment to cure. On becoming the first Graduate Board Member, Demetrie reminds us, "Stewardship comes with a heavy weight, but the load is bearable because of Christ."



needed to go to rehab. I sent her first, knowing what would happen if she was left alone while I got help. She lasted fifteen days in rehab. We were in full-blown addiction and living in a hotel on Fayette Street, Baltimore. One day, I went to the lobby to pick up our two boys, ages 7 and 9, and she overdosed and died by the time we got back. I could not open the door to the room, but when maintenance got us in, I was losing my mind. A nice lady notices my demeanor and offers to watch my sons. How do you explain death to a 7-year-old? I simply said that we would see Mom again.”

“I got clean from narcotics for eight months, but in January 2022, I was driving down Northern Parkway and decided to snort some fentanyl. Immediately, I

realized that I had done too much. I pulled over as soon as I could and woke up in an ambulance. I was dead for eight minutes. The paramedics hit me three times with Narcan. My girlfriend told me that I needed to go to rehab. I lost my car and my place and had no job. God had finally narrowed my path, so I called Helping Up Mission (HUM) and spoke with George Enriquez, HUM’s program coordinator of intake, and he told me to show up on Monday.”

“The rest is history. Today, I am working on the 12-steps of Narcotics Anonymous (NA) and on my 8th step. I am working on changing my behavior. I have learned that my life transformation will evolve until the day that I die. I spent 44 years in active addiction, and change has

happened gradually in the eleven months since I walked through HUM’s doors. HUM has changed my life. My work therapy assignment is Treatment Coordinator – Intern. I facilitate spiritual recovery classes and NA and Alcoholics Anonymous meetings, which help me focus on my recovery. I try to do the little things and the right things when nobody is looking. I finally returned to school at the University of Baltimore and changed my degree from pre-law to drug counseling. Soon, I will take the test to become a Certified Peer Recovery Specialist. I am surrendering the outcome of my new life to God’s plan.”

“To all the people that make HUM possible, THANK YOU for doing the right thing when nobody else is looking!”

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

Focus on Recovery – Mike Rallo – Director of Spiritual Life



Warren, the subject of this month’s cover story was “dead for eight minutes” after an overdose.

I have talked with many folks who had near death experiences. Some saw white lights and had a sense of peace. And the experience left them with expectation and a will to live and love better.

Warren didn’t experience any of that. Well, not the lights and peace. But when the paramedics hit him with Narcan, he had people tell him it was time to do something about this problem.

“I’m thankful in my desperation that I wasn’t alone,” said Warren. “I had people who drew a line in the sand and said go get help. And I have found plenty of help here (at the mission).”

At the mission we use the words deconstruct-reconstruct-new party – That God may blow our lives up, so He can put it back together and then invite us to taste something new that is more beautiful.

“I thought when my wife died of the overdose, there was only the desire to get numb” said Warren, now getting ready to graduate. “But in the deconstruction, I learned that I had to practice my faith, practice my recovery, and slowly, began to have a reconstructed life. Sobriety is beautiful and my future is bright.”

It is a future of restored relationships with his children, network of people in recovery, and now in school to become a peer recovery coach. Warren is entering the new life of the party.

“I once was dead,” he said. “Now I’m alive.”

Summer of Saves 92-day Campaign Ending

Please respond today to help your hurting neighbors struggling with homelessness and addiction. It's not too late to help save a life!

We're sending this special invitation. Our prayer is that you will open your heart and respond today with a generous gift to help save lives.

Our homeless and hurting neighbors urgently need your help. The summer heat makes life on the streets of Greater Baltimore especially dangerous... sometimes fatal.

And then there's this summertime challenge: The number of people in need is growing, but fewer donations are coming in.

Please **give now before our Summer of Saves 92-Day Campaign ends.** You'll bless our most vulnerable neighbors with nourishing meals, cold water, safe shelter, and an invitation to discover a brand new life through our Spiritual Recovery Program.

This important campaign ends August 31, so please don't delay. Respond now to help reach our \$300,000 goal – and help save a life!

To make an impact today, visit helpingupmission.org/hopeforchange

Thank you for helping save lives.



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NOW IT'S UP TO US

Join Team HUM



Our team of volunteers – runners, walkers, and those cheering us on are INCREDIBLE! They are training and fundraising over the next two months to run (or walk) the streets of Baltimore City, declaring that men and women (some with infants) experiencing homelessness and addiction are NOT alone. Their community keeps pace with them as they fight the most brutal battle of their lives – *one day at a time, one mile at a time.*

The 2023 Baltimore Running Festival offers a race for EVERYONE – the always popular 5K, 10K, Half Marathon, Marathon, and the challenging BaltiMORON-a-thon. After a two-year hiatus, the .05K has returned and is a race that is truly for everyone! And for those unable to run or attend, you can join Team HUM virtually. Come one, come all!

To become a member of Team HUM today, visit: helpingupmission.org/jointeamhum

P.S. Thanks to everyone that has already signed up to race and fundraise; we'll see you on race day, but we need to register another 100 Baltimore Running Festival participants before Labor Day! Join our team today by contacting **Team HUM Captain Michael Cannon** at mcannon@helpingup.org / 410-675-7500, ext. 1147.



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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