



RAISING UP

The good news at Helping Up Mission



Volunteers:
Heartfelt Heroes
see page 2 for more



"I finally found the love that I have always been seeking in God..."

Looking for Love

"I finally found the love that I have always been seeking in God..."

Lyndsey, age 32, was born in Wilmington, North Carolina, and raised in the small town of Ash. "My mom was the youngest of fourteen children," recalls Lyndsey. "She was a hard worker who had to deal with some horrible men in her life. One of those was my alcoholic father. When I was born, he started a new family with another woman, and I felt abandoned. **I would search for fatherly love and guidance my whole life.** I did have people in my life that loved me. My aunt was Pentecostal, and her spirituality and love for me became my place of refuge. I was her princess."

"When I was in grade school, I excelled in my studies to compensate for my lack of love. Unfortunately, there was abuse in my household that went unchecked. Oddly, even though I was being abused, I was also shown love in some ways. I still felt that I did not fit into our blended family, and it hurt. **I was still searching for love.** The only thing that I found comforting was being well fed, and as a result, I gained weight."

"At age 14, I wanted to be carefree and have a life. Being raised in a household that used

drugs, I was already tempted, so I tried cocaine. I did not feel anything. At the same time, I got pregnant and gained a lot of "baby weight." The doctors told me that she was not going to live, but I still chose to have her. I got heavy into going to church, but it did not save her. She was born and died. Her whole life was 2 hours. This moment pushed me from and pulled me to God. The whole experience was traumatic. My family, the women, supported and loved me, but I could not see it. **I craved and needed a father's love.**"

"The next year, I flunked out of school, and I was at home from then on. Things got crazy. From the death of my daughter, I was so broken, and I did not know where to turn. I turned to drugs and I have been running from dealing with my trauma ever since. I jumped from state to state and rode the wave of intoxication. I was still smart and pretty which helped get me where I needed to go."

"In 2018, my son Jaxon was born. I tried hard to get my life together. I was terrified about everything that I was not. I sought recovery in Greenville, North Carolina. I had been to 30-day treatment centers before, but this one was different and a longer term. I was treated well, but I missed my mom. She worked hard

- Dan Stoltzfus' Monthly Update 2
- Photo Story 2
- Focus on Recovery 3
- Celebrating Women's History Month 4



NOW IT'S UP TO US

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> continued on page 3



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

Dear HUM Family,

The day that Lyndsey C. came to the "Help is On the Way" HUM Street Outreach was pivotal for her, and for our outreach efforts. We had a large team of volunteers out with us—canvassing the community to let everyone know about the case management and recovery resources offered by HUM. And we were serving delicious hot dogs with caring and compassion on the side.

As Lyndsey shared—she was hungry, and the hot dog certainly helped, but there was something deeper she sought—connection and community. She said that Pamela Wilkerson, Senior Director of the HUM Center for Women & Children, "... saw me, heard me, put me in the van, and fed me, showing me the love that I have been chasing."

A couple of weeks ago, I was out with our street outreach team in the same neighborhood where Lyndsey first connected with us. There are still many more on the streets caught in the ravages of addiction, just like Lyndsey—when you look into their eyes, there is a despair that is simply hard to ignore. Our team is driven by the desire to do more to reach those in need and offer a bridge to recovery. Sometimes, we build that bridge just by showing up like those volunteers and our team did on that warm summer day resulting in Lyndsey finding recovery and new hope.

Thanks to your generous support, HUM stands ready for Lyndsey and so many more out there. This is our mission and purpose that harkens back to the simple message that launched our work all the way back in 1885—to provide "help up" to those battling alcoholism, homelessness, and poverty.

As Lyndsey so poignantly notes, "I know how dark it can be to not see the light at the end of the tunnel." The HUM outreach team is motivated to find and offer the light of help and hope to many more on the streets...will you join us through your service, support, and prayers.

Serving with you,

**Follow @helpingup on TikTok to see
our women's choir Voices of Praise!**

Volunteers: Heartfelt Heroes

HUM's Center for Women & Children deeply appreciates the time and expertise you contribute as volunteers. Thanks to your dedication, our women experience God's love in their daily lives. Whether you're serving hot meals in the kitchen, leading health & wellness sessions, managing the library, teaching arts, or nurturing newborn babies, your efforts are truly angelic. If you're interested in joining us as a volunteer, simply scan the QR code below or visit <https://helpingupmission.vomo.org/>.



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and became sober. She is my rock star, my hero. She fought hard for me to get into the program, but I was not ready. Drugs still had a hold on me. Jaxon was with me for two months while I battled post-partum depression, which is why I kept using drugs. Child services took him and placed him with an awesome family. I am grateful, that God put him in a place to be taken care of, but the loss hurt.”

“There were some hard days. I was in and out of jail. I struggled. I was homeless and living on the streets. A lot of damage was done, but I never gave up HOPE. Knowing there was a God and someday there was going to be something that pulled me out. I moved to Baltimore, in another unhealthy relationship, and in June of 2023 I had no more weight to lose. Homelessness is hard in Baltimore, **especially for a small-town southern girl who was still looking for fatherly love.**”

“I started hearing about Helping Up Mission (HUM) and one day their Mobile Street Outreach team came to my neighborhood. I was hungry and broken. I was down to eating the only food that I could trust – ketchup packets. I saw the bus and I saw people eating. Pamela Wilkerson, Senior Director of the Center for Women & Children, saw me, heard me, put me in the van, and **fed me showing me the love that I have been chasing.** She saved me and brought me home to see women empowering women.”

“I went to detox for two months and gained 50 pounds. When I came back, Pam did not recognize me until I walked across the stage and entered the Women’s Spiritual Recovery Program. At first, it was the simplest things. Having hot water and taking a shower was amazing. Seeing that women make the building run. In time, my relationship with God strengthened to

the point that I am walking out My Truth. I know the He sent me here to give hope to other women like me. I know how dark it can be to not see the light at the end of the tunnel.”

“HUM has given me my voice and self-worth back. I have prayer warriors in my corner. I am proud of my mom, my brother, and myself and the work that we are doing. With their support, I am preparing to be able to answer my son’s questions when he is ready. ”

“Thank you for giving me a warm bed, helping me learn basic things like life in a place that I feel safe. I feel loved here. HUM’s leadership is full of down to earth people. **I finally found the love that I have always been seeking in God, and I can see the excellent work that He is doing here.**”

To read more recovery stories, visit helpingupmission.org/stories/ Lyndsey

Focus on Recovery – Dr. Marjorie Brown Assistant Director of Spiritual Life - Center for Women & Children



His Beloved Daughter

It finally dawned on Lyndsey that her recovery was incomplete. She said, “I’d been in 14 different programs doing the same thing repeatedly, to no avail.” In the past, she accomplished the day-to-day routine of sitting in classes, attending AA meetings, and doing step work while needing a sponsor. But for her, the recovery journey was not complete because she needed to be more intentional about her personal God-encounter. HUM’s Center for Women & Children (CWC) helped her reconnect with Him. God was her ‘missing link.’ The streets were her place of refuge, and then our Mobile Street Outreach ‘BUS’ came along and opened the door to what she was missing all along!

Lyndsey joined our Women’s Spiritual Recovery Program (WSRP) last June. Pam Wilkerson, our Senior Director, led her to a greater place of discovery and reconnection to God. Her journey was one of many challenges, but Lyndsey learned it was now or never, do or die. She’s a woman

after God’s own heart, and she loves God and wants to continue to grow in learning and applying His Word and becoming a stronger woman of faith. This is personal! From a strong upbringing in the Pentecostal faith, where Jesus Christ was a part of her life, she is the one who strayed.

This beautiful soul is a ‘breath of fresh air.’ She’s vibrant! She’s kind, very strong-willed, goal-oriented, and a deep thinker; more importantly, she loves God. She is the story of a ‘prodigal daughter’ who left home, came to her senses, and returned to what was godly familiar to her – the need for God. She is progressing in her recovery through her relationship with God, who, without hesitation, is an essential priority in her life – yes, the missing link was Jesus. She now appreciates the fact that this program is a Christ-centered program.

Her life is a testament to a survivor revived by reconnecting to God. She is persistent, thriving towards being a ‘beloved daughter.” From prodigal daughter to His beloved daughter, she returned home to fulfill her recovery journey. For her, recovery has a Christ-centered focus, and He is the ultimate priority in her life. Lyndsey is excited to be studying to become a Certified Nursing Assistant so she can give back by serving those in need as she continues to grow in His grace and love for others.

The power of the resurrection is at work at Helping Up Mission! !

Men and women who were once “dead” in addiction and homelessness are being brought back to life and are being transformed before our eyes.

Hope makes this kind of life transformation possible. But someone who is hungry is just thinking about where their next meal is coming from.

That’s why this Easter season, **we urge you to share a special gift to provide hope and nutritious meals to men and women who are struggling in our community.**

\$2.30 will transform a life, starting with a meal. *How many people will you help?*

\$50.60 to feed and care for 22 people

\$101.20 to feed and care for 44 people

\$74.80 to feed and care for 76 people

\$301.30 to feed and care for 131 people

Your generous gift will help **“set the table” with delicious meals and a path for guests to discover new life** through our Spiritual Recovery Program.

Please be as generous as you can and give now. Together, we can share the powerful hope of Easter and help vulnerable neighbors rise up out of homelessness and addiction.

To give a gift, visit helpingupmission.org/easter

Thank you... and Happy Easter!

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NOW IT'S UP TO US

Celebrating Women’s History Month



March is National Women’s History Month. It is a time to honor the women that have helped change the history and shape the future. Their dedication, passion, and commitment led to contributions leaving an indelible mark on American and world history.

Therefore, it is critical to mark the contributions of those women who are leaving their mark on Baltimore City through the critical recovery work being done here at the Center for Women & Children every day, and we want to celebrate all the women of Helping Up Mission (HUM). It’s not easy work. Their compassion and willingness to see others through to better days is an integral part of the success of our program.

We also celebrate and recognize the brave women who come through the doors of HUM. Women seeking recovery from drugs, alcohol, and other life-controlling problems face specific challenges, and it is essential to amplify their experiences and talk about barriers and challenges only women face. In this recovery space, we call the Center for Women & Children at HUM, we encourage women to unleash their voices and discover their purpose through the life-transforming community of hope.

“As women achieve power, the barriers will fall. As society sees what women can do, as women see what women can do, there will be more women out there doing things, and we’ll all be better off for it.” ~ Ruth Bader Ginsburg

*Pam Wilkerson, Sr. Director of the Center for Women & Children
Helping Up Mission*



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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