

**MORE
THAN**
a shelter.

RAISING UP

THE GOOD NEWS OF HELPING UP MISSION



Hope Restored!

“Before I came to Helping Up Mission (HUM), my life revolved around drugs, the streets, abusive men, and jail... I was content living like a monster,” says Shawna, 31 (pictured left), frankly. “I was born in Martinsburg, West Virginia. My parents separated before I was born, and my mother, who was in ill health, had multiple brain surgeries. That’s when she became addicted to pain pills. I was 8 or 9 years old when I realized she was addicted.”

“I was 13 when I started smoking marijuana. It was normal for everybody in my neighborhood to use drugs. At 16, I tried my first pill. I swore my whole life I wasn’t going to be like my mom or the people in my neighborhood—I was going to be different. But I ended up the exact same, if not worse. While my mom stuck with pills, I was soon trying heroin.”

Shawna’s life spiraled out of control. “I was always in jail. I was destitute in every aspect,” she says softly. “While I was incarcerated at Baltimore County Jail, another inmate and future HUM graduate told me

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about the Mission. Then I met Jay Baylor in the START program (Striving to Achieve Recovery Together), and he told me about the Women's Spiritual Recovery Program (WSRP). I was interested, but I still had eight more months of detention. I began reading the Bible and going to church, and all I could think about was HUM."

"Without YOU, women like me would have no hope."

"When I finally made it to court and they were discussing my case, I asked for a mandatory release to Helping Up. I wanted no other options because I knew I would end up back in jail."

"Since coming to HUM, I have new, perfect teeth. I dropped out of high school in the 11th grade, and I am the first woman while here to earn a high school diploma. And the most amazing thing—I recently got hired by HUM as the Program Office Assistant for the Gateway Program, a program that helps women who are contemplating recovery."

"I want to be an asset to my community and to God. I want to be a tool that He can use to help people who are in the same state I was. And thanks to HUM, I am getting ready to do just that. I have a restored relationship with my 10-year-old son, my father, and my stepmother. I have hope for life. I never thought I could be drug-free, let alone clean and succeeding."

"To the donors, thank you. I don't know where I would be. I have no words. Without YOU, women like me would have no hope."



**Hope Restored.
Lives Rebuilt.**

Daniel's Monthly Update

Dear HUM Family,

Like the Proverb from Scripture below, hope for many of us is deferred, something we long for from a distance which is at times elusive. Trauma, trials and the reality of life crowds out the hope in the lives of so many. So, you may wonder, how can a place like Helping Up Mission so confidently proclaim it is a "community of hope"?

HUM makes that statement because of what we see each day with the 630 men, women and children residing with us daily. We have a front row seat to seeds of hope growing into recovery and transformation. And hope is only possible because of our faith in God as a Higher Power who is the source of all hope and the generous support of so many partners and donors. Shawna's statement in this month's interview says it all, "Without you, there would be no hope for women like me."

When you give to HUM you make hope possible for Shawna and so many men, women and children we serve. Thank you for standing with us to make hope a reality.

Serving with you,

K. Daniel Stoltzfus, CEO
Helping Up Mission

"Hope deferred makes the heart sick, but a longing fulfilled is a tree of life."

Proverbs 13:12

Focus on Recovery

Donna Mercer – CWC Chaplain

It is evident in Shawna’s story that she was eager to change the trajectory of her life coming through the doors of the Center for Women & Children. This isn’t always the case. For many women stuck in the cycle of addiction, hope seems dead.

Regardless of how they arrive, the residents of Helping Up Mission are offered an opportunity for a new life. This offer is grounded in the truth of the resurrection! As death is overcome through recovery, the “resurrected” life is realized.

We never saw Shawna at her worst, but we see her moving daily into the life God offers. The promises of new life are seen walking through these halls daily!



“So, if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!” 2Cor 5:17 (NRSV)

Volunteer Appreciation Month

This Volunteer Appreciation Month, we extend our heartfelt gratitude to the dedicated volunteers who make Helping Up Mission a place of hope and transformation. Your time, compassion and unwavering support impact lives daily. Thank you for your generosity and commitment—we couldn’t do this work without you! Together, we are restoring hope and rebuilding lives!





Urgently Needed

Our Mission urgently needs donations of hygiene items and toiletries to support those in our care! Simple items like deodorant, foot powder, shampoo, conditioner and lotion can have a profound impact on someone's dignity and well-being. Together, we can ensure that everyone has access to basic hygiene necessities. Please consider donating today and help us spread hope and care in our community!

To Donate Urgent Needs
[helpingupmission.org/
ways-to-give/donate-goods](https://helpingupmission.org/ways-to-give/donate-goods)



New Joy

“Music soothes the savage breast,” wrote English playwright William Congreve—often misquoted as “beast.” The original meaning speaks to the heart, not wildness.

When our partners at Peabody Conservatory teamed up with the HUM Choir & Band for a February concert, many hearts were soothed.



A packed house enjoyed classical music from Peabody students Elizabeth Perez-Hickman (oboe), Gabriella Handoko (piano), Anagha Kapsi (violin), Andres Palacios Rodas (guitar) Andrew Kreitner (sax) Isaac Felix (guitar), Rayah Thomas (bass) Jacob Askarinam (drums) and Taylor Wang, (piano).

“As always, it was a joy to play,” said Wang. “Collaborating with HUM made it even more special. To us, music is such a powerful way to connect and bring community together.”

At HUM, we believe that music and art are powerful ways to help those struggling with addictions find new joys and new highs. Music brings hope—and we can't wait to do it again.

WE LOVE VOLUNTEERS

VOLUNTEER OPPORTUNITY: Band Director for Men's Choir & Band

Helping Up Mission is seeking a passionate and skilled **Band Director** to volunteer with our Men's Choir & Band. If you have a love for music and a heart for service, we'd love to hear from you!

For more information or to express interest, please contact **Brian Murphy** at Bmurphy@helpingup.org or **410-873-1616**.

For all other opportunities



helpingupmission.vomo.org/

 **Helping Up Mission**
Hope Restored. Lives Rebuilt.

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Our Mission **NEW!**

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

Donate now

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