

RAISING UP

THE GOOD NEWS OF HELPING UP MISSION

On the Right Path: Leading, Healing, and Giving Back

Ian, 34 (pictured on the left), returned to Helping Up Mission after hitting a wall in his addiction, and this time, he has found peace, purpose and a new family.

Before coming to Helping Up Mission (HUM), Ian says, “I was lost in every way, trapped in addiction, weighed down by anxiety and depression, and barely holding my life together.”

His life revolved around marijuana. “It was the first thing I did in the morning and the last thing I did at night. I used it during work, after work, and I couldn’t sleep without it. I couldn’t function without it.”

His relationships were falling apart. “I was constantly upset, constantly arguing. I couldn’t connect with anyone. My life was chaos.”

His mother, who was in the HUM VA program at our former location on Chase Street in 2021, told him about the Mission. Desperate for change, Ian came in 2022, but he wasn’t ready. “I was rushing through it, still holding onto my way of doing things. Eventually, I left.”

continued on page 2 →

**MORE
THAN**
a shelter.

2

Daniel Stoltzfus’
monthly update

3

• Focus on Recovery
• Called to Cultivate

4

• National
Make-A-Will

CONTINUED FROM PAGE 1

But life outside HUM only got worse. “I thought I could manage, but I fell right back into the same patterns. I was exhausted. Spiritually, mentally, physically...I was done.”

This time, he reached out. “I called friends and mentors from HUM and told them where I was at. They all said the same thing, ‘Go back. You have a family there.’”

He returned in August 2024.

“This time around, I’m not rushing the process. I told myself, I’ll stay on the path—whatever it takes, for however long it takes.”

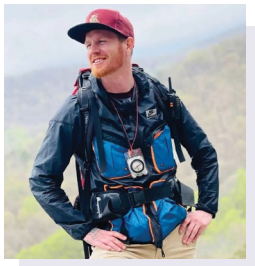
This time around, Ian has taken a slower, more intentional path. He has leaned on the community’s support. “I had to surrender, be quiet, listen.”

Today, Ian is thriving. He has earned certifications in Wilderness First Aid, CPR, and AED. He’s auditing seminary classes and will begin attending in August. He leads the Trail Team, helps with Bible studies, volunteers in the community and serves at events and retreats.

Outdoors, he feels especially connected to God, to himself, and his brothers in the Spiritual Recovery Program. “There’s healing in being outside. I love seeing the guys light up when they learn to pitch a tent or hike a trail for the first time.”

Helping Up Mission didn’t just help Ian stabilize. “It has given me a new life and a new family,” he said.

“It’s amazing what happens when you surrender your will to God. He promised a better life, and He is keeping that promise.”



Hope Restored. Lives Rebuilt.

Daniel’s Monthly Update

Dear HUM Family,

One phrase I hear a lot around our campus at Helping Up Mission is, “keep coming back.” Our hope is that HUM truly is a place to return and recover. Sometimes the first attempt at our Spiritual Recovery Program—individuals are not quite ready for change, and we need to be OK with that reality.

Ian’s story illustrates the need to encourage those we serve to “keep coming back.” This time around, Ian has taken a slower, more intentional path. Ian leaned on the community’s support and learned to “I had to surrender, be quiet, listen.”

Thanks for making it possible for Ian and the over 20 new men and women in our program this week to have a place to come and begin their recovery journey or start anew. Your support, service and prayers make it possible for HUM to be a shelter from the storm, a place to heal and start on a new path.

Serving with you,

A handwritten signature in black ink, appearing to read "K. Daniel Stoltzfus".

K. Daniel Stoltzfus, CEO
Helping Up Mission

**“Don’t be afraid. I am with you.
Don’t tremble with fear. I am
your God. I will make you strong
as I protect you with my arm
and give you victories.”**

Isaiah 41:10 (CEV)

Focus on Recovery

Mike Rallo - Director of Spiritual Life

Theologian A.W. Tozer 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. But it will pay off in the long run to walk slowly...”

Ian, who had a good amount of “clean time” during an earlier stint at HUM, said, “I thought I was going slowly when I was here before. I didn’t realize I was so impatient. And it cost me—I was bent on getting back to life. I was sober, but not intentional in my recovery. The Scripture says that without a vision, my people perish (Proverbs 29:18). I got sober, but I didn’t have a real vision for what God wanted for me and from me.”



Like the prodigal, he returned “home” to HUM for further “training.”

“I started going slow and listening—to God and to others,” he said.

Yes. The slow walk pays off.

Called to Cultivate

Recently, a group of men from HUM visited First Fruit Farms in Northern Maryland to help harvest produce for the nonprofit. After a full day’s work, they camped overnight and shared a meal. “It was humbling,” said Ken, an SRP client. “In two hours, we picked 5,000 pounds of broccoli. Giving back helped us more than it helped them.”



Video to the *Called to Cultivate* trip to First Fruit Farms
<https://youtu.be/hl-OFe5sCnk>





Just Show Up!

Rusty Eckman, Ian’s mentor at Helping Up Mission and soon at Metro Baltimore Seminary, began his service through an invitation to become an Ally after retiring. “I believe I’ve been called into this space to bring a message of redemptive healing, with Zoweh Men’s Ministry. I now have men in my life who I get to call friends.” Rusty brings wisdom, calm presence, and a heart for restoration into every conversation. His encouragement to potential male volunteers: “Just show up! Be present and let the men know there is more abundant life available.”



See Zoweh in Action

August is National Make-A-Will Month.

For many busy Americans, this yearly reminder is just the motivation they need to finally sit down and create their last will and testament. And once they do, many find the process isn’t as long or tedious as they anticipated.



Do you still need to make your will? Whether you’ve been too busy or simply don’t know how, here are three great reasons that will motivate you to write your will this August.

1. It’s an important legal document that everyone should have.
2. It provides peace of mind to you and your family.
3. It lets you create a legacy that lasts beyond your lifetime.

As a special gift, Helping Up Mission is providing you with the opportunity to create your own will at no cost to you.

Visit: <https://www.freewill.com/helpingupmission>

Have you already included a legacy gift to HUM in your will?

Visit: helpingupmission.org/will so we can thank you for your generosity.

HOPE & HEALING

Ian’s recovery journey includes leading Trail Team hikes, equine therapy and spiritual retreats. Watch how time in nature and moments of surrender are shaping not just his life, but the lives of so many men at HUM.



Scan Here
to see more videos of
Ian’s Recovery Journey



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helpingupmission.org

Our Mission

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

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