

RAISING UP

THE GOOD NEWS OF HELPING UP MISSION

The Moment He Walked Through the Doors, Everything Changed

Tighe (pictured left) was born in Philadelphia. His mother worked overnight shifts as a nurse, and his father, a former professional hockey player, turned firefighter, raised him.

“My dad drank,” Tighe recalls. “When I was 13, he told me to sit down and have a couple of beers with him. I threw up. I knew he had a problem. He got into fights a lot and was physical with my mom. In my chaotic household, I just wanted to be normal. I stayed quiet so I wouldn’t draw attention to myself.”

“In my twenties, my drinking went from normal to addiction. I was working, going to college, doing well, but I dropped out and focused on healthcare work. Work and alcohol took over. One night, I was at a bar when the hospital called because they were short-staffed. I showed up, and my team had to douse me in cologne and give me gum because I smelled like alcohol.”

“I started having close calls while driving and sleeping through shifts. I knew I was an alcoholic. When my

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**MORE
THAN**
a shelter.

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mother and sister moved to Florida, I thought a change of scenery might fix things. I packed up and moved to Bradenton. The only problem was I brought my drinking with me.”

“In 2024, after years of drinking and drug use, my life became unmanageable. I was evicted and had nowhere to go but the streets. I lost everything. I found an abandoned semi-trailer and spent my first night sleeping underneath it. I was scared, but I went into survival mode. I prayed, ‘God, please keep me safe and help me find something better. I will pass Your love on and help others like me.’”

“Now I can look in the mirror and be proud of who I see.”

“Nine months later, that prayer was answered. Tighe was referred to come to Helping Up in Baltimore to receive long term residential recovery services. Before I left, I had a court date for trespassing that led to 28 days in jail. The day I was released, I boarded a plane for Helping Up Mission.”

“I was nervous walking through the doors, but I felt an immediate sense of calm. Everyone I passed said, ‘Hi.’ My first meal was a great hamburger, and for the first time in a long time, I slept well.”

“This is a special community. I am learning job skills, including computer coding for CNC machining, and I have a job interview this week. My mom calls this place the ‘Happy Up Mission’ because I am becoming the person I always wanted to be. Before coming here, I was the most unlikable version of myself. Now I can look in the mirror and be proud of who I see.”

“To the donors, thank you for giving me a second chance and the tools to grow and become my best self. God, thank You for this miracle. I will pass it on to others who are struggling.”



Hope Restored. Lives Rebuilt.

Daniel’s Monthly Update

Dear HUM Family,

One of my favorite Scriptures is Psalm 107—sometimes called the Recovery Psalm. It is so relevant to our work here at Helping Up Mission and what can happen in each of our lives when we call out to God as our Higher Power for help.

The phrase repeated throughout Psalm 107 is “then they cried out to the Lord in their trouble, and He delivered them from their distress.” It is also what I hear in Tighe’s story, when his life had become unmanageable, he cried out, “God, please keep me safe and help me find something better. I will pass Your love on and help others like me.”

HUM’s work goes far beyond food and shelter; it is about being an answer to prayer for those crying out for help. When you support HUM, you make this transformation possible for those we serve—with God’s help.

Serving with you,

A handwritten signature in blue ink, appearing to read 'K. Daniel Stoltzfus'. The signature is fluid and cursive.

K. Daniel Stoltzfus, CEO
Helping Up Mission

“Then they cried out to the Lord in their trouble, and he delivered them from their distress.”

Promise repeated four times in Psalm 107

Focus on Recovery

Mike Rallo – Director of Spiritual Life

One line I have heard in my 17 years working at the mission is, “I have no idea who I really am.”

We “make” guys do a writing assignment – “Who have people said you are? – who do you say you are? – who do you want to become?”

Tighe came up from Florida – and now he can answer them with fulfilled hope.

“I didn’t like who I had become,” he said, getting ready to graduate – “I would move, change surroundings, but always brought my drinking with me. I prayed I didn’t want to stay this way, and if God could help me change, I would pass that love onto others.”

And God has answered that prayer. “It’s crazy now to look in the mirror and like it,” he said. I



never thought that could happen – but I realize when God replaces the pictures you have of yourself with new ones, it changes everything. I like what I see now.”

Recovery Park

In late March, we broke ground on Recovery Park, a new greenspace that will grow hope, healing and opportunity for the men, women and children we serve every day across our community.

Thank you to our generous donors, supportive neighbors and dedicated partners who made this vision possible.

Recovery grows through community.

See page 4 to learn more about what comes next.





Mindful Giving

Family, at Helping Up Mission, hope takes shape in tangible ways every day. Through Mindful Giving, urgent needs are met in real time, placing essential items directly into the hands of the men and women we serve. Since launch, 337 items of care have been donated, each one reminds someone they are seen, valued and cared for. In March, our most-needed item was toothpaste, and thanks to you, 48 tubes were donated to keep smiles healthy and spirits lifted.

Heart to Serve: Suited for Success

On Tuesday, March 30, a group of dedicated partners came together in a meaningful act of generosity that will directly impact the men and women we serve. Sharon Akers of St. John Properties, Steve Adelsberg of Tom James Clothiers, Larry Koch, a Helping Up Mission board member and longtime supporter, and Jack McGowan gathered at St. John Properties to collect a thoughtful donation of clothing from their colleagues.



Through their continued generosity, Sharon, Steve and Larry have provided a steady supply of high-quality, gently used business attire. These donations do more than fill closets. They help restore confidence, dignity and readiness as our clients prepare for job interviews and new opportunities.

It is through partnerships like these that lives are changed, one step and one act of service at a time.

To Donate Urgent Needs

helpingupmission.
mindfulgiving.org



Coming to Life – Recovery Park

Watch Recovery Park come to life. Scan the QR code to see the groundbreaking ceremony, meet the donors, neighbors and partners who made it possible, and experience the energy and excitement as this new greenspace begins serving our community.



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

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Baltimore, MD 21202

410-675-HELP (4357)
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.


Donate now

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