



RAISING UP

The good news at Helping Up Mission



Sunset Canoe
see page 2 for more



"I had to lose control of my life to finally surrender."

Five Times to Freedom

Kevin, age 47, was born in Baltimore, Maryland, and raised in Pasadena and Dundalk. "When I was 2 years old, my parents split," recalls Kevin. "Family life was chaotic. We were extremely poor, and my mother worked two jobs. She was in an abusive relationship with an alcoholic boyfriend. I remember him coming home drunk and the two of them always fighting. So, as children, we would spend a lot of time with friends or the babysitter."

"Back then, the neighborhood church we frequented used to have summer camps in the field in front of our house. This was my introduction to spirituality and organized religion. A seed was planted because I don't remember a time not believing in something. My grandmother had the poem 'Footprints' hanging in her living room. My mom would say, 'Everything happens for a reason,' and I just believed in Him."

"In fifth grade, I was hanging out with friends, and they gave me my first drink. I immediately felt like I could be myself and not pretend. I always wanted to be more, and drinking helped hide my perceived inequalities. Later that year, my friends and I were throwing Christmas lights at passing cars to pass the boredom. One of the lightbulbs hit a car, which immediately

stopped, pulled up to us, and rolled down the window. 'You guys have nothing better to do?' said the woman inside, and she reached into her glove compartment and handed us a joint of marijuana. 'Here, go smoke this.' We laid down in the field and felt 'cool'."

"By the age of fifteen, I had become a 'deadhead.' I smoked whenever I could—before school, after school, it didn't matter. Marijuana would later lead to acid, mushrooms, PCP, and other experimental drugs on the weekends, but I smoked pot every day. My parents were so concerned about my drug use that they placed me in the Scared Straight Program. During this same time, I was dating an 18-year-old and got her pregnant, and to celebrate I went and smoked PCP in the woods."

"In 1995, I had a job, a car, graduated high school, and was doing well. One night, I stopped at a friend's house unannounced, and they were smoking crack cocaine. I didn't believe that drugs were bad. You needed to put needles in your arm to be considered an addict, and since they were smoking it, I thought crack couldn't be bad... I ended up losing everything, becoming homeless, losing my car, and my family turned their backs on me. Crack took over my life."

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NOW IT'S UP TO US

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

Dear HUM Family,

Each Friday in our Helping Up Mission (HUM) graduation chapel, we stand together at the end to recite the Serenity Prayer together. It is an important reminder of our shared challenges and commitment to hope in a power greater than ourselves. There is one line in the prayer that always captures my attention, "Trusting that God will make all things right, **IF** I surrender to His will." Kevin's story this month illustrates the power of surrender.

For Kevin, it took multiple visits to HUM for him to fully surrender and complete the program—but the transformation once that happened is remarkable. In this season of Father's Day, Kevin is once again a reliable father to his daughter, dependable member of the HUM staff team and serves as a leader in a Baltimore community outreach.

Because of your support, HUM was there for Kevin and so many more in need—no matter how many times it takes to find hope and recovery. This mission and purpose that harkens back to the simple message that launched our work in 1885—to provide "help up" to those battling addiction, homelessness, and poverty. We stand on the shoulders of that legacy and are committed to continue to innovate, to find new ways to offer hope and life transformation to meet emergent community needs.

As Kevin shared in his message to HUM supporters, "I have been here five times, and I have taken something with me every time. There is not another program like this. Without you, I wouldn't be sitting here right now."

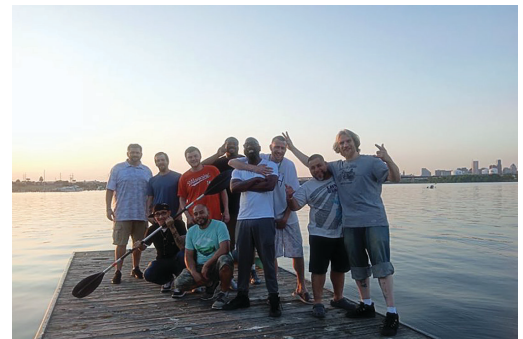
Through service, giving, and connection with HUM, you make hope and life transformation possible. At HUM, we recognize that true hope for change in our lives and the lives of those we serve comes when we surrender to God, our Higher Power, and live out a purpose greater than ourselves.

Serving with you,

Happy Father's Day!

Sunset Canoe

Three times a year, ten willing men are selected to participate in a sunset canoe trip on the waters of the Patapsco River. These men are rewarded with breathtaking views, refreshing nature, camaraderie, and the chance to do something they have never done before. Our Spiritual Life Team organizes these adventures in the hope that the men see a new side of Baltimore while experiencing fun, sober living.



“For the next sixteen years, I was in and out of jail. I lived in the woods. I lived on the streets. My second daughter was born in 2003, and I had some clean time. I checked into a rehab, did everything you are supposed to do in recovery, and that lasted a year. I relapsed, and my old habits returned.”

“In 2011, I was tired. I went to my mom and told her that I just needed a place to sleep and something to eat, but she was tired of my lies. ‘I’ll give you a couple of days to find somewhere to go, but you need to find a place,’ she insisted. I picked up the phone book, and the first two places I called needed insurance. I called Helping Up Mission (HUM), and they told me to come in the morning. I lasted about six months before I left the program for the first time.”

“I repeated my attempts in HUM’s Spiritual Recovery Program (SRP) in 2012, 2018, 2019, and this final time in 2022, I graduated. In 2020, I was living in West Virginia while going through

a failed marriage. I discovered crystal methamphetamines, and for the first time in 16 years, I stopped thinking about crack. For two years straight, I smoked crystal meth, and that finally wore me out. I got locked up, then found not guilty on a bogus charge, and when I returned home, my mom told me to go back to HUM. I couldn’t wait!”

“I had to lose control of my life to finally surrender. In 2022, my brother Stanley died of a fentanyl overdose. We had been in the program together. One of the first things I did after I came back was to go up on the roof, find a place where we were together, and start the grieving process. That was big. Soon, I started doing the SRP as it was intended. I was computer illiterate, so I took the Microsoft Literacy course and passed. I enrolled in HUM’s Peer Recovery courses and am awaiting my certification as a Certified Peer Recovery Specialist.”

“While in the program, I started volunteering with BeMoreCaring, empowering and feeding the homeless

in Baltimore. I am now the assistant director of outreach. It is an awesome program. I became an intern at HUM’s food distribution center, and after I finally graduated, I was hired as a part-time staff Food Service Coordinator!”

“Since coming to HUM, I have reconnected with my youngest daughter. I have been to her dance recitals. We have dinner together. One time, she had a flat tire and called me to help her. That was pretty cool. She has supported me during my time here, and I am able to be there for her. This will be the first Father’s Day that I have no regrets. I have a job. I have a family. I have a daughter who believes in me.”

“To the donors, I have been here five times, and I have taken something with me every time. There is not another program like this. Without you, I wouldn’t be sitting here right now. The core values on which HUM was founded are still here. Thank you! Happy Father’s Day.”

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

Focus On Recovery - Mike Rallo Director of Spiritual Life



I ran into Kevin, a graduate and this month’s feature story, the other day. He proudly displayed a new tattoo on his forearm of him and his brother Stanley. Stanley was at the mission in 2022 but lost his battle with addiction and died.

At that time, Kevin was living in West Virginia, battling his own demons of addiction. He felt immense pain and loss, not knowing how to cope.

“I finally had to lose control and surrender,” Kevin said. “I had never really grieved anything: Stanley’s death, my pain, and the pain I caused others. I remember being taught the beatitude ‘blessed (happy) are those who mourn, for they will be comforted.’ So, I surrendered to God’s comfort and have not looked back since.”

Not only does Kevin not look back, but he is also moving forward with great passion.

“While I was getting healthier at HUM (Helping Up Mission), I started volunteering to help the homeless and addicted with BeMoreCaring,” Kevin said. “The 12th step of AA (Alcoholics Anonymous) and NA (Narcotics Anonymous) teaches you to give back what has been given to you,” he continued. “And I have been amazingly blessed to help others. It not only helps me stay sober, but it gives me purpose for the pain I have gone through and caused others.”

In the book of 2 Corinthians, the scripture says to comfort others in their afflictions the way that you have been comforted in your affliction. Kevin lives this out. He allowed himself to be comforted by God’s love in a powerful way when he surrendered to that love and the grieving process.

“That time to be still and cry over it all changed me,” Kevin said. “Now I see people with compassion, and I want to help. I love that I can stay here, help others in their hurt, and allow myself to continue the process of healing. I have never been more alive.”

Put your Love in Action and transform lives this summer!

Summer is a tough season at Helping Up Mission. And this summer is shaping up to be one of our toughest yet.

More people than ever are turning to HUM in search of help and hope. Many come in straight from the streets in need of a meal, clean clothes, a refreshing shower, and a safe place to sleep.

At the same time, costs of food and other essentials are rising. Unfortunately, summer is also the time donations drop significantly. Our hurting neighbors need your love!

Please give generously today to show your neighbor YOU care. When you give today, you'll help ensure every person who comes through our doors will find hope and life-changing care this summer.

Whatever amount you can give will help us raise \$200,000 during our 62-Day Love in Action Campaign – so we won't have to turn anyone away this summer.


Please give generously as you can now, visit helpingupmission.org/loveinaction.

Addiction and homelessness don't take a break in the summer. **Hurting neighbors need your help – and love – today and every day!**

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NOW IT'S UP TO US

An Evening with a Mission



On June 30, over 140 people gathered at our Center for Women & Children to honor Gayle and Frank Kelly III as this year's *Bob Gehman Service Award* recipients. It was a beautiful day in Baltimore. The evening began with mocktails and hors d'oeuvres served in the prayer garden, followed by a sit-down dinner in the chapel.

The audience enjoyed performances by the combined voices of the HUM Choir & Band and the ladies of Voices of Praise. During the ceremony, Gayle and Frank III were honored with a video tribute from John Harbaugh, head coach of the Baltimore Ravens, and an in-person commendation from Baltimore Orioles Hall of Famer Brian Roberts.



Gayle and Frank III have been invaluable members of the Helping Up Mission family for many years, and their contributions cannot be overstated.

The event concluded with dessert on the rooftop terrace, where CEO Daniel Stoltzfus announced that Helping Up Mission had completed the purchase of the 1100 block of East Baltimore Street. To the crowd's delight, an artist's rendering of the proposed greenspace with parks and a pavilion was revealed.

The evening was a genuine triumph, aside from the award, significant money was raised to provide Hope to the men, women, and infants we serve. Thank you to everyone who made *An Evening with a Mission* a huge success, and we will see you next year!



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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