



# RAISING UP

## The good news at Helping Up Mission



HUM is Home *see page 2*

“I am going to continue to let God’s plan guide me, and I invite you to take a tour of HUM.”

### God had a Different Plan for Mike



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Mike, age 49, was born in the United States territory of Guam and moved to the U.S. at age 3. Raised in a military family, his father a military doctor, Mike, often moved from place to place. The youngest of four children, he had a great childhood. “I was surrounded by all of my family’s good love. Everything was provided for us and then some. I grew up in a Christian home and believed in God wholeheartedly,” Mike remembers.

Despite his upbringing, Mike was never comfortable in his own skin. “I could be in a crowded room and feel all alone. I was popular, played sports, and had a good sense of humor, but none of that mattered. At the age of 13, I experimented with drinking. I discovered ‘liquid courage,’ talked to the prettiest girl, and even kissed her. Because of the alcohol, I started throwing up, but I could not wait to do it again! I had so much fun.”

In school, I often heard ‘If you only applied yourself.’ In tenth grade I made the decision

to ‘apply myself,’ and they were right, my grades improved! The only problem was that my drinking did not. I spent each summer after tenth grade in rehab. My mother would wait outside of church while I attended Alcoholics Anonymous meetings. My family recognized my problem drinking before I did. And when I finally did realize, I would drink more to escape my reality.”

“I graduated high school and received a full scholarship to play soccer at the University of Delaware. After heavy partying during my sophomore year with other drugs, including hallucinogens, I was expelled. I was confused, lost, and scared with no direction. I knew that I could not return home. My father told me, ‘I cannot control you, but I can control my environment.’ So, I packed my bags and moved to Southern California, which led me to crystal methamphetamines and better marijuana.”

“After ten years in California, I was facing serious criminal charges related to my drug



NOW IT’S UP TO US

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## NOW IT'S UP TO US Bob's Monthly Update

Dear friends,

I am excited to share Mike's story with you this month because his path to sobriety here at Helping Up Mission (HUM) involved his trying new things to break free of the previous habits that kept him in his addiction. Finding new ways to spend time in personally rewarding activities is an essential part of our program.

Anyone who has ever tried to change a habit knows that it is not enough to leave behind the harmful activity, but we must replace it with something positive. For this reason, programs at HUM such as choir & band, arts, library, and health & wellness are critical to our success – and often lead our clients to find life-long enrichment.

Mike took the opportunity to participate in our Retreats and Outings Program; I am particularly proud of this aspect of our ministry. The mere act of going off-campus and being welcomed at a beautiful location can be a new and rewarding experience for many we serve. In addition, retreats and outings help bring the participants in touch with God and themselves, and help build relationships within our therapeutic community.

One aspect of our Retreats and Outings Program that clients tell me is significant to them is the opportunity to face and conquer a new challenge. With the help of supporters and partners, we have been able to add over a dozen local day retreats such as rock climbing, equine therapy, and sailing. We also hold two overnight backpacking retreats on the Appalachian Trail! Backpacking on the Appalachian Trail involves learning the challenging skills of hiking and camping—which many of our clients did not get the chance to experience growing up.

It brings me joy when I see a man walking around HUM carrying a full backpack while training for this hike! I believe with my whole heart that the lessons our men and women learn on a tough hike will serve them whenever they face a tough challenge in their lives.

I want to send my sincere thanks to our amazing volunteers and energetic staff members who organize Retreats and Outings, and generous supporters and partners who make these life-changing experiences possible for those we serve.

With thanks,

Bob

### Extra! Extra! Read All About It!!

To read more of HUM's latest news, events, and info; including media coverage of our new Center for Women & Children, visit: <https://helpingupmission.org/news>

## Hope Comes to Life!

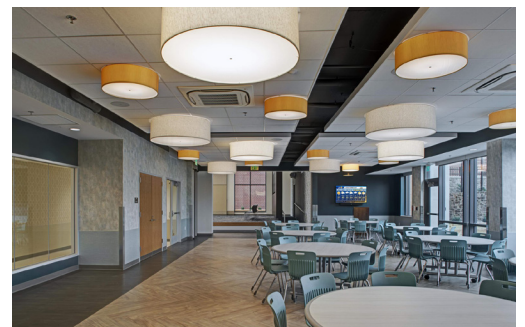
As you are reading this, the women from our Chase Street Center are moving into their new home at the Center for Women & Children. We cannot thank enough all of the people who have made this dream a reality and turned 1216 E. Baltimore Street into home for these magnificent ladies.



A full-service salon for our women



Finally able to call HUM a home



Our brand new dining room



The library ready for reading

use. The crystal meth had me do things that I would never do. I had lost contact with my family due to shame and guilt, but I called my mother. She told me that 'God had told her something bad was going to happen to me.' She flew out for my court date and the judge acknowledged her for being there. He said, 'I am going to drop all of the charges, but you have to leave California and check yourself into a long-term treatment program.' I did just that and managed to piece together ten years of sobriety through 2015."

"I was living in the Little Italy section of Baltimore in a long-term relationship with my girlfriend who was also an addict. She relapsed and I threw her out. After three weeks, I was so lonely that I found her, brought her back, and tried to help her. But I lost sight of my own recovery and started using again. One Wednesday night, I was walking my dog and noticed a large group of men entering St. Leo's church and asked what they were doing. They were men from Helping Up Mission (HUM) going to a Narcotics Anonymous meeting! I knew

where I needed to go for my recovery and enrolled in the Spiritual Recovery Program for the first time in 2017."

"I left after the 45-day blackout (limited communication) period. I soon lost my house, which led me to being homeless on the streets. I came back to HUM in 2018 to detox, and facing new criminal charges. Three weeks into the program, all my charges were dropped again! I knew that the hand of God came down in that courthouse and I believed that HUM was the place to provide me a safe, clean, and healthy environment."

"HUM programs have taught me patience. Looking at other men in the programs, and seeing what they could achieve, gave me hope. If they could do it, then I could do it. I just needed to sit back and get out of my own way. I learned to try different things that the mission had to offer, which resulted in me doing everything that I could sign up for like retreats at Camp Wabanna and equine therapy. I was even chosen to attend a retreat with Grace Fellowship at the Rockbridge Young Life

property. We went hiking, horseback riding, and I met some good Christian men. It was a 'gamechanger.' Fellowship was what I was missing!"

"At HUM, I have gained self-love, self-acceptance, and healthy relationships. I have redeveloped relationships with my family. I spend as much time with them as I can. I have had dental cavities filled, tooth extractions, and even have had my hepatitis-c cured. When I became work-eligible I got an outside job. I was making money, but God had a different plan. I resigned from that job and started working in the Treatment Coordinator internship plan, helping serve the new guys in the Spiritual Recovery Program. I could see the light go on in their eyes and watch HUM's life-transformation begin. I showed up every day doing the next right thing which led to me being hired as Philanthropy Coordinator this month."

"I am going to continue to let God's plan guide me, and I invite you to take a tour of HUM, with me, to see the Lord's good work in which you are a key part!"

To read more of Mike's story, visit [helpingupmission.org/stories/mike](https://helpingupmission.org/stories/mike)

## Focus on Recovery – Chaplain Vic King



As I have watched Mike grow over the past few years, one of the relationships that has stood out to me is with his mentor Lonnie.

Lonnie is a faithful volunteer who comes here regularly with Pat "Goodie" Goodman and a few other men. When Mike first came here, he knew he needed a mentor. He found a great match in Lonnie.

They started meeting weekly. It was through Lonnie that Mike was able to go on the Rockbridge retreat that was so pivotal for him. But it is their friendship over these years that has had the deeper impact. I know it has been, and continues to be, a blessing to both of them.

I have heard it said that you are the sum (or average?) of the five people you spend the most time with. I do not know if that is true, but I do know that "as iron sharpens iron, so one man sharpens another" (Proverbs 27:17). And when men like Mike and Lonnie commit to walk together, real transformation happens.

I am starting to think that 'mentor' is not the best word for this kind of relationship. If you ask Lonnie, he will tell you that he has learned as much from Mike as Mike has learned from him. My friend Pastor Antoine calls his ministry's mentors "walking buddies." It is spiritual friendship, walking together toward a common destination.

As C. S. Lewis wrote, "Those who are going nowhere can have no fellow-travelers." For years, Mike had been going nowhere. But by God's Grace, he has found his direction, and he is walking in it alongside Lonnie and others.

And other relationships are being restored as well. Mike and I were talking about how he is going to join his extended family at the beach this summer. It is something he has not done since he was a boy. And it is another beautiful picture of the redemption that is unfolding in Mike's life.



## Your Impact Doubles!

We have some wonderful news to share!

We have received a generous \$210,087 Matching Gift from a small group of people who have a heart for Baltimore's most vulnerable people. And now, this group of donors is challenging you and our entire family of supporters to help match their gift.

Through the Matching Gift Challenge, your contribution today will double in impact. That means you'll bring 2x the help for the men and women longing to recover from homelessness and addiction.

**\$100 becomes \$200 | \$75 becomes \$150  
\$300 becomes \$600**

So many people in our community are hurting right now. Since COVID-19 hit almost two years ago, people at the margins of society have struggled the most. Despair, hopelessness, homelessness, and addiction are on the rise here in Greater Baltimore.

For their sake, please respond today to the Matching Gift Challenge. Any amount is greatly appreciated and will double in impact for:

- 2x the nourishing meals
- 2x as many nights of shelter
- 2x as much clean clothing
- 2x the counseling, education, and spiritual recovery

The Matching Gift Challenge ends soon. So please take a moment to give now. Your kind contribution will provide twice the help for neighbors in desperate need of hope.

**To double your impact please visit:  
[helpingupmission.org/challenge](https://helpingupmission.org/challenge) today!**

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## DONATE NOW

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**Donate your car:**  
[helpingupmission.careasy.org/](https://helpingupmission.careasy.org/)

## Will You Restore Confidence?



Keeping your closet stocked with enough toiletry items for the entire family can be difficult. Imagine how challenging it would be if your family was bigger – much bigger! Our family of 540 men and women need toiletry items each day as they groom and care for themselves. That's right, at any given time, that's 540 toothbrushes and tubes of toothpaste, 540 razors, 540 bottles of shampoo, 540... well, you get the picture!

For those who have let themselves go for a long time, proper grooming isn't only about cleanliness, it's about restoring confidence. "I lived on the streets for a month before I came to Helping Up Mission," says HUM program graduate Will. "Not being able to brush my teeth and bathe myself made me feel like an animal. I was so ashamed of myself. Coming to the Mission and receiving all the toiletries I needed was a huge relief. It was great to be able to be clean and feel like a man again!"

Where do all the toiletries that we need for 540 men and women come from? They come from donors like you! To learn more about how you can provide hope to those we serve at Helping Up Mission through toiletry items, contact Mike Arnold at 410-675-7500 ext. 5880 or [marnold@helpingup.org](mailto:marnold@helpingup.org). You will receive a list of our most urgently needed items as well as a list of our drop off locations, in addition to our main location.

During non-holiday months toiletry donations drop, but the need doesn't. We encourage individuals and families, as well as larger groups to participate in replenishing the stock. Please consider asking your church, workplace, school or other groups to participate with you!



## 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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