



RAISING UP

The good news at Helping Up Mission



Therapeutic Art
see page 2 for more



"I have become the man God, my best friend, has intended me to be."

Opening the Door to a New Life

WHAT'S INSIDE:

Dan Stoltzfus' Monthly Update **2**

Photo Story **2**

Focus on Recovery **3**

Baltimore Running Festival **4**

Ulises, age 54, was born in San Marcos, Guatemala. "I had two brothers and two sisters," recalls Ulises. "My mother took care of us. My father worked in a hospital, and he started drinking. When I was almost six, my father would send me to the store to pick up his liquor. On one trip home, I drank a capful of his liquor. That is when my addiction started. When I was six years old, I got a job working in a field, picking corn and attending to the cows. I would pick firewood up on my way home to help my mom cook meals. It was hard work, which I thought was just part of life, and I knew I had to support my mom. My parents separated when I was eight. I continued working and only graduated from the sixth grade by attending night school. I wanted to be better than my father, and when I was 16, my father passed away due to alcoholism."

"When I was 22, I lived in Guatemala City and worked at a restaurant at the U.S. embassy. I met the consul working in his garden, and he asked me if I would consider going to the U.S. I did not intend to stay here longer than a year, but he helped me get a five-year visa. I visited New York and moved in with my friend. On my second day in the city, I got a good

job working at Carmine's restaurant. One New Year's Eve, a customer ordered champagne for everyone. One glass was all it took, and my drinking soon took off. Every night at 2 a.m., I would find a bottle of good liquor and steal a drink. I did not think that I was an alcoholic."

"When I was 26, I started working at a Baptist church in Queens. I met my wife Melissa, and we had two beautiful girls. On September 11, 2001, I was working in Greenwich Village. I would say 'Hi' to the fire department workers every day on my way to work. After that day, the whole fire department was gone. I saw people jumping out of the Towers. I wish that people took the emergency plan more seriously. Before I came to the U.S., I did not know freedom. A lot of it was taken away that day."

"After 9-11, I moved to Maryland and got a job. Every week for one year, I would drive back and forth to New York to be with my family on weekends. When I was by myself, I drank. My family eventually moved to be with me. I worked night shifts and would drive my daughters to school in the morning. To fall asleep during the day, I would have a drink. I began picking up my daughters later and later.

> continued on page 3



NOW IT'S UP TO US

1029 East Baltimore Street
Baltimore, MD 21202-4705
410.675.7500
410.675.HELP





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

Dear HUM Family,

The journey that leads one to walk in the doors of Helping Up Mission (HUM) is not always a simple, predictable path. Ulises' story illustrates the twists and turns along the way from Guatemala to a US visa that led him to New York City and now Baltimore. The impact of traumatic events in addiction is also clear in his story—in this case going back over 20 years to September 11, 2001.

The root cause of addictive behavior is often complex. Having lived through 9/11/01 myself living in the New York City area at the time—I can certainly empathize with the trauma of that day. As Ulises shared, "Before I came to the United States, I didn't know freedom. A lot of it was taken that day." For Ulises, that traumatic event led him down a path where he found himself sleeping in the back of his truck because of alcoholism. Fortunately, a pastor knew about Helping Up Mission and invited him to our Spiritual Recovery Program.

HUM has been a beacon of hope since 1885 that offers hope and transformation to those who face the harsh realities of addiction, homelessness, and despair but only because of your support. Thanks to our generous supporters, dedicated staff and committed volunteers—our doors are open to welcome those in need. Not only open but for the past year, we also take our help to the streets through the "Help is On The Way" mobile outreach.

When you stand with HUM, you open a door to a new life—one that provides an opportunity to leave alcohol and substance use behind, find healing from trauma and experience life in a community of hope.

Serving with you,

Daniel

Follow @helpingup on TikTok to see our women's choir Voices of Praise!

Therapeutic Art

Every Wednesday during October, Towson University School of Nursing students met our ladies in the art room at the Center for Women & Children. Artistic techniques like collaging and sewing are presented, and the ladies get to experience their creative sides. Thanks to our great partners like the Towson University School of Nursing, therapeutic art can strengthen our client's emotional expression, self-esteem, and self-awareness.



I had a house. I was working so hard. I still did not know that I was an alcoholic. "

"I never stopped attending church, but I felt I disobeyed God. My wife and I started having problems. I couldn't lie anymore, and I couldn't hide anymore. When they confronted me, I would leave the house and not confront the truth. I blamed everyone else but me. At church, I tried to change, but my addiction was deep. The pastor and his wife tried to send me to rehab in New Jersey and Pennsylvania, but I did not want to leave my family. The American pastor at my church said there was only one place to go, and it was in Maryland, Helping Up Mission (HUM)."

"One night, I was sleeping in the back of my truck. It was cold, my bones hurt, I couldn't walk, and I wasn't eating. My daughter was pregnant, and my body

wanted more alcohol, but my mind said STOP IT. I said, take me to HUM!"

"When I arrived at HUM, I was confused and going through withdrawal. I spent two days in a detox and realized for the first time that I was an alcoholic. Fifteen days into the Spiritual Recovery Program, I realized I would stay. I started to see a difference. I was eating, wearing clean clothes, showering, and not living in the back of my truck anymore. I started going to classes. Being a Christian, the Spanish Bible study was so important. My mind was opening. I joined the choir. Our Spanish population was growing, and I became a bilingual Peacekeeper. After a few months, I moved to working in Gifts in Kind, where I again helped serve our Spanish clients with their clothing and toiletry needs."

"I love my family. They have supported me. I have become the man God, my best friend, has intended me to be. He made the earth, and He has a love for every creature. Every star has a name. He made a promise to me, and it happened! He opened the door to a new life. The Bible teaches everyone to accept Him. We are born, get older, and die, but His love is still present."

"When we came to HUM, we were not thinking how we could pay for food, clothes, showers, and lights. We only thought we needed to change our helpless, broken, family-less lives. Then we realized that you have supported everything. I do not know your names but thank you, and God bless you. We pray every day for you!"

To read more of Ulises' story, visit helpingupmission.org/stories/Ulises

Focus on Recovery – Ramon Croussett Program Coordinator for the Hispanic Outreach Spiritual Recovery Program



Change Is Possible

As a staff member and Program Coordinator for the Hispanic Outreach Spiritual Recovery Program, I have the privilege to work with hundreds of men. Since the launch of the Hispanic Outreach, very few men have made the change and impact Ulises made here in our community. I remember just as if it was yesterday, he got here broken, scared and going through it. This process can be very intimidating and difficult to accept at first and many don't make it.

As a "seed" in our SRP, Ulises showed humility and total surrender to this process, I could tell he'd had enough. I am an emotional guy, and seeing Ulises visibly in emotional and physical pain was tough for me. I recall on many occasions seeing Ulises come to tears and express how much regret and shame he had in his heart. After a few weeks in the program, still a "seed," we saw the miracle

begin to happen. Healing and spiritual change started to take place in his life. He began to work the program and let God take control of the addiction and pain.

Ulises has many gifts and talents, which he used during this past year. He is bilingual and a naturally helpful guy. This came in handy as a peacekeeper for the HUM men's campus. This was a blessing for HUM and the department I oversee because he assisted the Hispanic outreach clients, especially for day-to-day obstacles. He was later, in the same way, an asset for Gifts-In-Kind, where he helped break the language barrier. Ulises allowed God to break him and rebuild him through this journey, and soon the fruit was evident to everyone in this community.

Today it's a great joy to see Ulises spending time with his beautiful family and them wanting him around. He is connected back with his home church and is continuing to heal his marriage; it is reassuring to see. It has been a blessing to walk alongside Ulises on this path to recovery and have a front row seat to the miracle. Ulises is walking proof of what God is doing here at the Helping Up Mission and proof that change is possible.

Can Chef Chanelle count on your help?

GIVE NOW TO FEED MORE HUNGRY PEOPLE THIS THANKSGIVING

Thanksgiving is quickly approaching, and our chef at the Center for Women & Children, Chanelle, could really use your help. As she gears up to serve her traditional turkey dinner at Helping Up Mission, Chef Chanelle is finalizing the menu and prepping for her biggest grocery run of the year. But she needs your support to ensure that we'll have enough food to go around.

Every \$2.30 you give today will provide a hot, hearty Thanksgiving season dinner and care for someone who is battling hunger, homelessness, and addiction. Here's the difference your gift now can make:

\$50.60 to feed and care for 22 people

\$103.50 to feed and care for 45 people

\$172.50 to feed and care for 75 people

Your generous gift today will help make the holiday extra special for so many men and women at HUM who haven't enjoyed a Thanksgiving meal in years.

For some, a Thanksgiving dinner will be a launching point into our proven recovery program, where their physical, psychological, social, and spiritual needs are met – and they can begin a new Christ-centered life filled with hope and promise.

Please take a moment to give now by visiting helpingupmission.org/givethanks and be as generous as you are able. The hurting men and women in our care will be so grateful. And so will Chef Chanelle!



Find us on Facebook at [facebook.com/Helping.Up.Mission](https://www.facebook.com/Helping.Up.Mission)



Follow us on Twitter @[@helpingup](https://twitter.com/helpingup)

DONATE NOW



Mail us your gift



helpingupmission.org/donate

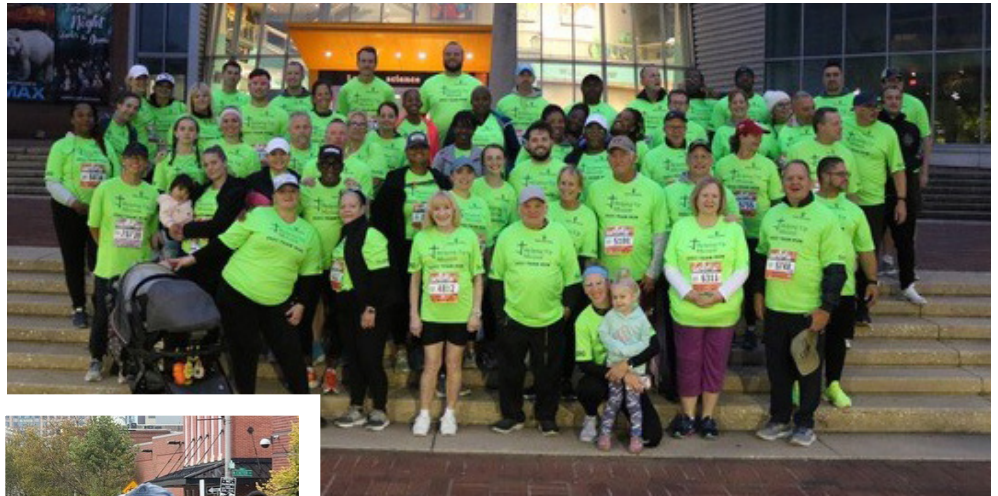


410.675.HELP

Donate your car:
helpingupmission.careasy.org/

NOW IT'S UP TO US

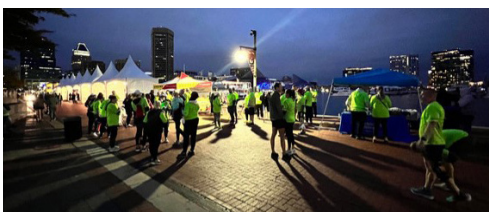
Helping Up Mission's Impact Soars at Baltimore Running Festival



On October 14th, Helping Up Mission left an indelible mark at the Baltimore Running Festival. Over 100 enthusiastic runners and walkers proudly sported their lime green Team HUM shirts, making their presence through the entire event. Those who participated in the event undoubtedly crossed paths with some of our 100 clients who volunteered tirelessly, from packing race bags to setting up the expo, orchestrating Celebration Village, and even manning the marathon's support vehicle. This commitment to service is a testament to our dedication to Baltimore during race week.

Our community rallied behind our "Face the Challenge" initiative, resulting in an astounding response. Through sponsorships, peer-to-peer fundraising, and your generous contributions, we raised over \$162,000. These funds are a lifeline for men and women facing homelessness, addiction, and poverty, offering them hope and a path forward. Your unwavering support is the cornerstone of our mission's success.

Team HUM enjoyed another remarkable year, and we extend our heartfelt gratitude to everyone who stood with us in this endeavor. Your involvement is not just support; it's an essential part of the profound transformation occurring in thousands of lives annually through Helping Up Mission.



Our Mission

Helping Up Mission provides hope to people experiencing homelessness, poverty or addiction by meeting their physical, psychological, social and spiritual needs.

1029 East Baltimore Street
Baltimore, MD 21202-4705 • 410.675.HELP