



# RAISING UP

The good news at Helping Up Mission



Sunset Canoe Trip  
see page 2 for more

"Today, I believe in myself."



## Overcoming the Greatest Loss

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Jennifer, age 56, was born and raised in Prince Georges County, Maryland. "I was the oldest of three children," recalls Jennifer. "My mom and dad were together, but my dad was a physically abusive alcoholic. Occasionally, the police would have to respond to the violence. My parents would separate and get back together, perpetuating the cycle."

"School was hard even though I was a good student. When I was in the fifth grade, my mom had a nervous breakdown, and my brother, sister, and I were sent to a foster home. I cared for my brother and sister, constantly feeling I needed to protect them. We had been attending Calverton Baptist Church, which was my rock during this time, but we switched to another place of worship. One day, after attending this new church, my father was convinced that God would heal my bad eyesight. He instructed me to remove my glasses and pray, and Jesus would heal me. At the end of the day, when my sight had not become clear, I thought I must have done something terrible for Jesus not to heal me."

"In high school, things went smoother. Even though I was hurting, I put on a persona of no worries. I hung out with all types of kids. Only

my closest friends knew about my family issues. This helped me hide my shame. I was popular but couldn't go to Homecoming because of our church's values, and I couldn't go to dances, the movies, or listen to secular music. "

"It was like I was living a double life. I just wanted to be an ordinary girl! Because I struggled with my father, I had no proper concept of male relationships. I got engaged at age 18 to a guy everyone loved, but I canceled the engagement due to abuse. During my life, every time I was a victim, my dad did not defend me, and this resulted in shame."

"Soon after, I met my ex-husband, got pregnant, married, and had a daughter. We gave our lives to the Lord and became fully involved in the church. Four years later, we had a daughter, followed by our son Micheal three and a half years later. Neither of us knew how to have a successful marriage, and we began to grow apart. By age 30, we went through a messy divorce. Up until this time, I never drank! One day, I had a Bacardi and Coke and exclaimed, 'Where have you been my whole life?' I began drinking to get drunk and separate from my pain by becoming numb."



NOW IT'S UP TO US

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

Dear HUM Family,

It's a story we hear almost every day—someone shares an invite to Helping Up Mission (HUM) with a person in need, the recipient skeptically agrees to go. When they arrive—they discover opportunities and an environment different than they imagined. But the journey to hope and transformational recovery starts with surrender and willingness to change...

That frequent story is much like Jennifer's this month—she initially didn't want to go into a residential recovery program. When she came to HUM it was more than she envisioned, now she has peace and is on the path of recovery. That journey to transformation only happens because of the dedication of our team, the support of our community partners, and the investment of our financial supporters.

As you read Jennifer's story this month, please consider that there are more men and women out there who need the help and hope offered at HUM. The current statistics in Baltimore City on overdose and death are truly alarming but you can share a lifeline to those in need by learning more about our program opportunities at [www.helpingupmission.org/get-help](http://www.helpingupmission.org/get-help) to offer. HUM would be grateful for the opportunity to serve a friend, family member or colleague you might know in need of hope, recovery, and transformation.

Because of you, HUM is here for Jennifer and the nearly 600 men, women and children who rely on us each day for a journey to transformational recovery—your prayers, support and service make it happen. Thank you!

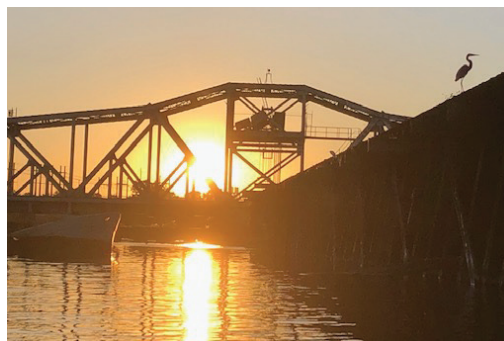
Serving with you,

Daniel

**Follow @helpingup on TikTok to see  
daily Recovery Month stories!**

## Sunset Canoe Trip

In September, our Spiritual Life team treated 10 Spiritual Recovery Program clients to a fantastic sunset canoe trip. Many of the men and women we serve have never experienced the serenity of being out on the water, let alone during a sunset. Barry, while on the excursion, remarked: "Being out on the open water provided a sense of freedom as the sunset was peaceful and serene. It is amazing to realize that a place such as this exists within the city of Baltimore."



"I became sloppy and started losing my family. I lost my job working at a high school. I did not think I was an alcoholic; I could drink a lot. Soon, I just partied and did what I wanted to do. The only thing that I cared about was alcohol. Nobody was in charge of me except me and my drinking. I started dating a guy who introduced me to cocaine, which was amazing. It gave me energy, and I loved how it made me feel. I did not have a cut-off switch, and soon, I wanted more and more."

"I got my first DUI with my son in the car, and three and a half months later, I got my second. My life was falling apart. We moved from home to home, and the kids kept changing schools. They started living with their father, and I lost everything. In 2020, my son Michael died of an overdose when I was six weeks sober. I prayed to the Lord to not leave me because I did not know how to be set free from my addictions."

"In August 2022, I was at a rehab and returned drunk. A counselor named Katie took care of me until 1 a.m. I stayed forty days and detoxed from alcohol. She wanted me to go to Helping Up Mission (HUM), and my response was, 'No, thank you! Are you crazy?' After I left, I relapsed badly, and once again, Katie implored me to give HUM a try, and I reluctantly agreed."

"I came in kicking and screaming. I initially felt overwhelmed and soon found a sense of peace when I saw scripture on the walls of this beautiful place. HUM was not what I expected and having no phone for the first sixty days was wicked. I later learned that the staff thought I would not make it, but I succeeded. I reflected on my twenty years of drinking and all the losses that came with it. Today, I finally admit that I am an alcoholic. I have also learned to grieve. I receive healing from my trauma, low self-esteem, rejection from men, and shame."

"I want to work in recovery, helping women and men who have lost a child to addiction. I want to help them see that they can survive their ultimate loss through Christ, Who gives you strength, one breath, one step, one hour, one day at a time. The joy of the Lord has been my strength to be me without alcohol. Today, I believe in myself."

"To the donors, thank you for the vision of this place and for the opportunity for women to come and take back their lives. We can find recovery in Christ. Long before I ever came to HUM, some woman's name was "on the bricks" of this beautiful building, and now my name is on one, and after me, another name will be added. Thank You!"

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

## Focus on Recovery – Laura Staroneck Assistant Director of The Center for Women & Children



*"Delight yourself in the Lord, and he will give you the desires of your heart."*

– Psalm 37:4

At Helping Up Mission, the prayer and desire that we have for each woman that comes into the program is that they will see that God delights in them; no matter the journey that brought them through the threshold of our doors. As in Jennifer's story, as she was able to see who God said she was through all the muck she had been through and the grief that overshadowed her, God began to move. He was always moving through her story but as the layers of movement began to unfold, an even more stunning thing happened; she began to see the desires of her heart become a reality through her recovery process.

*"Today, I believe in myself..."*

The words above that Jennifer was able to speak in her mind, heart and soul have begun to encourage, strengthen and challenge others; both those we serve and staff that are walking alongside her and others each day. The road to recovery is recovery. The road to healing is healing. The road to getting through grief is to grieve.

As Jennifer and others at Helping Up Mission are able to give their lives over to God or their higher power, that is when the healing can start to begin both today and all the tomorrows that are to follow. As the fall season approaches, there is change that happens both with the foliage of the leaves on the trees, the briskness of the air that begins to settle in and a time that heads toward change. Just as seasons change as time passes so do seasons in our own lives change as we are presented with new situations and how we deal and cope with them.

Jennifer has chosen to "Today, I believe in myself". Do you believe that recovery is possible every day? As each of us delights in where God has us for this moment in time and takes the time to say "thank you"; He will meet us right there. When He does, our days that we see as today's become the tomorrows and then they become a reflection of the yesterdays that bring us to a fuller sense of recovery. Everyday.



## Feed a Hungry Soul this Thanksgiving

This is the BEST deal you'll find in Greater Baltimore!

Just \$2.30 is all it takes to provide a traditional Thanksgiving dinner at Helping Up Mission. More than that...

For a man or woman battling homelessness or addiction, that meal can be the first step toward a transformed life and a fresh start.

Please continue your faithful partnership today by giving to help our most vulnerable neighbors:

\$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

Thanksgiving will be here soon. So many people are struggling from the increase in costs for food and other life essentials. That's why your help is especially needed this Thanksgiving season to help serve more than 134,400 meals.

Please don't let our hurting neighbors be forgotten this Thanksgiving. Please take a moment to give now. At just \$2.30 per meal, imagine how many lives you can touch.

Thank you... and Happy Thanksgiving!

To Give Now please visit:  
[helpingupmission.org/fallhelp](http://helpingupmission.org/fallhelp)

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

 Follow us on Twitter @helpingup

## DONATE NOW

 Mail us your gift

 [helpingupmission.org/donate](http://helpingupmission.org/donate)

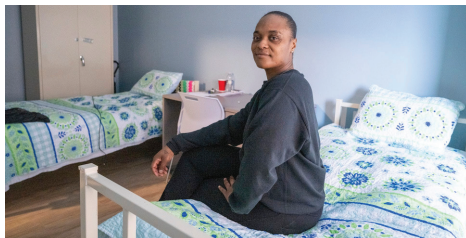
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Donate your car:  
[helpingupmission.careasy.org/](http://helpingupmission.careasy.org/)

NOW IT'S UP TO US

## FY2023 DONOR IMPACT REPORT

Because of you, HUM is a community where people find hope & transform their lives.



**2,303**  
MEN, WOMEN, &  
CHILDREN  
SERVED

**30,000+**  
COUNSELING  
APPOINTMENTS

**2,000+** MEDICAL  
APPOINTMENTS

**30,000+**  
SPIRITUAL LIFE  
CLASSES



**83**

MEN TOOK FINANCIAL  
COUNSELING/LITERACY  
CLASSES

**40**

CHILDREN WERE  
SPONSORED FOR  
A ONE-WEEK  
SUMMER CAMP  
AT CAMP  
WABANNA



**3,875**  
MEN & WOMEN  
SERVED BY OUR  
STREET  
OUTREACH  
PROGRAM



**117**  
GRADUATES OF  
OUR  
SPIRITUAL  
RECOVERY  
PROGRAM

**500,800+** MEALS  
SERVED

**157,673** BED NIGHTS  
OF SHELTER

**330,000+** ITEMS OF  
CLOTHING &  
PERSONAL CARE  
PRODUCTS



**270+**  
EDUCATION &  
TECHNICAL  
SKILLS  
TRAINING  
CLASSES

**95 MEN GAINED  
EMPLOYMENT**

WORKFORCE  
DEVELOPMENT  
CLIENTS AVERAGE  
WAGE WAS \$17.97,  
79% CAME WITH  
BENEFITS



**419**  
"BARRIER TO  
EMPLOYMENT"  
SERVICE  
APPOINTMENTS

EX. BACKGROUND CHECKS,  
CHILD SUPPORT, CRIMINAL  
EXPUNGEMENTS, MVA RECORD  
EXPUNGEMENTS, TAX, AND  
MOCK INTERVIEWS.



## 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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