

**MORE  
THAN**  
*a shelter.*

# RAISING UP

THE GOOD NEWS OF HELPING UP MISSION



## From New Year's Resolutions to Life-Transformation

James did not come to Helping Up Mission (HUM) by accident. In 2025, after decades of addiction and years of trying to control his life, he reached a point where resistance no longer made sense. “I was tired, tired of running, tired of fighting, tired of thinking I had all the answers,” James recalls.

He first learned about HUM in Bradenton, Florida, where he met Ramon Croussett Jr., Assistant Director of Program Development. At the time, he was moving between treatment programs and choosing options that felt more familiar than starting over. “Ramon came to see me more than once. Every time, I turned it down. I thought I had better plans.”

Those plans eventually fell through. “I got tired of fighting. I said, ‘I’ll go to Baltimore and try it.’”

Walking through the doors at HUM challenged his expectations. “At first, I wasn’t sure this was for me. But I started listening to the conversations people

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were having. They were real. They were positive. And I thought, if I don't get what I need here, where am I going to get it from?"

In 2025, he slowed down and took an honest look at himself. A resolution made months earlier finally took hold. "I made up my mind last New Year's Eve. Enough is enough."

The lesson that continues to shape his recovery is humility. "Acceptance and humility changed everything for me. Accepting life for what it is and understanding people where they are, without judgment."

## "I made up my mind last New Year's Eve. Enough is enough."

Faith has also become central to his recovery. "I've always believed in God, but now I trust Him. I stopped trying to control everything and started surrendering."

Looking ahead, 2026 represents rebuilding. "I want to rebuild my image. The person people thought I was, that's not who I am anymore. I want to rebuild mentally and spiritually."

He also hopes to use his experience to help others. "If I can understand why we do what we do, I can help somebody else."

Reflecting on his journey, he offers words that define his transformation. "Before I came to HUM, I was confused about how life should be. Since coming to HUM, I've learned that life is life. Through humility, I can and I will survive."

The impact of donor support is clear. "They saved my life. They gave me hope, honesty and a reason to live instead of just exist."

As he steps into 2026, he does so with purpose, grounded in humility and faith, and focused on becoming whole.



## Hope Restored. Lives Rebuilt.

Daniel's Monthly Update

### Dear HUM Family,

As we enter 2026, it is a joy to look back and share the impact of your investment in the lives of those we serve at Helping Up Mission (HUM). The story of James illustrates the power of peers in recovery like Ramon and the far-reaching impact of our outreach efforts. Recovery isn't just about getting sober and completing a program. It's about helping others find a pathway to recovery.

As James noted, "acceptance and humility changed everything for me. Accepting life for what it is and understanding people where they are, without judgment." That's how we approach our outreach efforts at HUM—meeting people where they are and offering an opportunity for recovery. Over the last decade, we've noticed that our Spiritual Recovery Program has drawn a growing number of referrals from other states.

Addiction does not know state boundaries, and we believe neither should recovery be limited by geography. Our vision is that Baltimore and HUM would be known as a place of recovery and transformation rather than addiction and despair.

Thank you for standing with us through your support and prayers as we look forward to another year of recovery and life transformation. Thank you on behalf of the over 3,000 people who walk through our doors along with those we serve through our outreach efforts to deliver access to recovery from the streets of Baltimore City, the Greater Baltimore region and even those who enter from up and down the eastern seaboard.

Serving with you,

A handwritten signature in blue ink, appearing to read "K. Daniel Stoltzfus". The signature is fluid and cursive, written over a white background.

**K. Daniel Stoltzfus, CEO**  
Helping Up Mission

# Focus on Recovery

Mike Rallo – Director of Spiritual Life

“They gave me hope, honesty, and a reason to live instead of just exist.” That is the cry of our Feature Story spotlight, James.

At the mission, we want people to get sober—and many do. But our emphasis is on pursuing something deeper than simply avoiding using. As James said, what people truly need is “a reason to live.”

The longer someone maintains sobriety, the greater their healing becomes. Over time, a God-driven desire for new life grows. Despite health challenges and other roadblocks, James is driven to pursue more.

“I can’t wait to be reunited with my wife and then give back to others with what I’m



learning,” he said. “But I realize I must first be reunited with God and with my true self. Then the rest follows. What a wonderful journey it is—both now and in the days to come.”

# Christmas Joy

Thanks to generous donations from the WBAL Kids Campaign, PFW Foundation, BFPE International, Henry J. and Marion I. Knott Foundation and Santa Claus Anonymous, the men and women of Helping Up Mission were given the opportunity to bring Christmas joy to their families. Hand-selected presents were provided, allowing parents to share meaningful gifts and create special holiday moments with those they love.





# Warm Hearts, Full Plates

For the sixth year, our CEO Daniel Stoltzfus, his wife Angela and their family took over the Helping Up Mission kitchen to prepare a delicious chicken parmesan Christmas meal for the men, women and children we serve. Angela's family recipe featured hand-pounded, breaded chicken topped with homemade sauce, paired perfectly with warm, homemade garlic bread. More than 500 portions were lovingly cooked and served to the men and women of HUM, bringing holiday cheer and comfort to everyone who received a meal. This family tradition has become a highlight of the season, showing the power of generosity and care. Thank you, Dan, Angela and the Stoltzfus family, for your continued dedication and for making this Christmas so special. The chicken parmesan and garlic bread were truly outstanding.



## Mindful Giving

Family, we have made it easier than ever to meet urgent needs at Helping Up Mission through our partnership with Mindful Giving. Donors can view real-time requests and give directly where help is needed most. Since launch, more than 89 essential items have been purchased, providing immediate support, dignity and hope to the men, women and children we serve.

**To Donate Urgent Needs**  
[helpingupmission.mindfulgiving.org](http://helpingupmission.mindfulgiving.org)



# Thank You!

Thank you for the life-changing impact you made in 2025. Your generosity provided shelter, nourishment, healing and hope, transforming lives every day. Because of you, individuals and families found stability, dignity, and a renewed path forward through your faithful support.



## 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

Mail us your gift or give online at [helpingupmission.org/donate](http://helpingupmission.org/donate).

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1029 E. Baltimore St.  
Baltimore, MD 21202  
**410-675-HELP (4357)**  
**[helpingupmission.org](http://helpingupmission.org)**