



# RAISING UP

## The good news at Helping Up Mission



Back On My Feet *see page 2*

"I stopped hiding from God and started turning toward Him."

### Today, Terri is Turning Toward God



#### WHAT'S INSIDE:

Bob Gehman's Monthly Update **2**

Photo Story **2**

Focus on Recovery **3**

Heart to Serve **4**

Terri, age 58, was born in Montgomery County and then in and out of multiple foster homes. "I was in three foster homes. I was never in one place for too long," she recalls. "I left my third foster home when I was 18 and lived in Mount Ranier, Maryland for a year before spending the next seven years in Oregon. I came back to Maryland and got a place of my own. I worked different jobs. I worked hard, played hard, and partied hard. I drank alcohol since I was 10. At 15, I started smoking marijuana which led to harder drugs. Using drugs was social to me. I enjoyed it."

"15 years ago, my mom was dying, and I got deeper into drugs. My relationship fell apart. I lost my job due to a failing economy. A lot of things were happening at once. Instead of drinking at 5pm, I started drinking earlier in the day which turned into drinking all day, every day."

"Eventually, I got a little clean time under my belt, was going to meetings and staying connected, but I was working at Giant Foods

and living in a recovery house where I was assistant manager. I was tired and working too much, so, I stopped going to meetings, and quit taking care of myself. After a while, I was going through physical and emotional pain and there was a liquor store right there. Instead of telling people what I was going through and reaching out for help, I made the decision to take that one drink. My drinking snowballed and I drank more and more. My house manager finally called me out."

"One day, I heard a friend of mine Tina speaking to her counselor about Helping Up Mission (HUM) being a spiritual program. I asked her what she meant, and she explained that it had to do with God. I have been hiding from Him due to my shame and guilt and I needed to turn back to HIM. I was crying for help!"

"The hardest part about coming to HUM was opening up about the scared little girl in me. I had so much shame, guilt, and a lack of trust. I did not open up right away, but when I did, I jumped in with two feet. I started to

> 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 Bob's Monthly Update

Dear friends,

In this season of the year, as summer begins, we are always so excited at HUM to see our annual camp season begin! Each summer, we send as many as 150 children from our community to sleepaway camp. Some are our clients' children, grandchildren, nieces, and nephews, who are separated from family while working to transform their lives here at HUM.

Being able to offer a child in their lives the chance to attend summer camp is a genuine bridge that our clients can build with their families.

Some of the children who attend camp are our neighbors in the Jonestown Community of Baltimore. So many children in our neighborhood do not have access to parks and playgrounds or enriching summer activities—and getting to attend camp as part of the Helping Up Mission group is a wonderful opportunity.

Each camper attends a week-long sleepaway camp at the beautiful Camp Wabanna on the Chesapeake Bay. Wabanna is an amazing partner of HUM, where we also take clients for overnight spiritual retreats in the spring and fall. But the summer is just for children—who get to experience a traditional week of activities and adventures, all with a spiritual focus. The children leave from HUM on Sundays—and our dedicated transportation team drives them to camp in our HUM vans. They all seem so nervous and shy when they leave—but by the time the van goes back to pick them up on Friday, the children are all laughing and sharing about their week—best of friends! It brings me such joy to watch them leave on Sunday—knowing how much they will learn and grow in just one week ahead.

Summer camp, just like every resource we offer at HUM, is made possible because of your support. And I am particularly thankful to you for standing with us during this time when we are all being affected by rising prices. For instance, while we are thrilled to be driving our campers to the shore, like you, we have sticker shock at the price to fill the tank!

The need for our services is on the rise, but so is the cost to provide for the hurting men and women in our care. On page 4, you will learn more about Helping Up Heroes, a group of generous friends who make monthly gifts of any size. If you are able, I would like to invite you to become a Hero and provide monthly support that helps us plan ahead and maintain our high level of service to those struggling with homelessness and addiction.

Thank you for providing help and hope to those in need—and I hope that, like our campers, you have some fun adventures of your own this summer.

Sincerely,

Bob

*PS. Gifts-in-kind can be dropped off at our main campus lobby at 1029 E. Baltimore Street, 7 days a week, from 7:00 a.m. to 7:00 p.m. Thank you!*

## Back On My Feet

Recently, ladies in our Women's Spiritual Recovery Program (WSRP) were given the opportunity to restore confidence, strength, and self-esteem through fitness. Back On My Feet helps individuals better equip themselves to tackle the roads ahead. It was a beautiful day as the group walked together - one step at a time.



# HAPPY FATHER'S DAY!

relax and want what was being offered. I found a sponsor and took advantage of the therapy that was being offered. My faith is getting a lot stronger every day. I stopped hiding from God and started turning toward Him.”

“Recovery is a process. It is slow healing, but I have tapped into the things that I have learned about myself. Where in the past I would not feel pain and stuff my feelings down, today I feel what I am feeling, understand what I am feeling, and share my feelings with people I trust. I am happier. I came in with a lot of guilt and shame, but today I am smiling! I am laughing! I am proud of myself today, because I have a relationship with the Lord, and I live with a family instead of in an institution.”

“I mean, I will never get used to getting up at six in the morning, but I am grateful to be here. It is not easy, but

it is doable. And when you put in the work, before you know it, you are feeling better spiritually, mentally, physically, and emotionally. And that is important because HUM is a safety net. They give you the tools, give you hope, and give you excitement for what you can do. I am surrounded by beautiful people here.”

Today, Terri is the first security peacekeeper in our Women’s Spiritual Recovery Program, and as far as her future goes, “I do not try to look too far ahead, because all my life I have had instability. As I trust in the Lord, my faith grows stronger, people have my back, and I try to do the next right thing. I just want to stay at HUM because I am welcome to do so, and I am so grateful for that. I want to stay focused on my recovery and work on Terri. I have a healthy better life and that is all that I want right now. I trust what I am doing because I want this.”

“I encourage people like me to give themselves a chance. Come in through HUM’s door and you will be alright. There are people here who care, there is help, and there is love. There is so much for you to do at HUM that you can have a better life. Give yourselves a chance to live instead of existing!”

“To the people that make everything possible at HUM. Thank you from the bottom of my heart. You are kind, caring, and amazing! I would love to meet all of you in person and thank you, because you have changed so many people’s lives – the ones that have come before, the ones that are here, and the ones that are coming. We NEED this! Thank you!”

To read more of Terri’s story, visit [helpingupmission.org/stories/terri](http://helpingupmission.org/stories/terri)

## Focus on Recovery – Mike Rallo – Director of Spiritual Life



Years ago, Drew Dedrick, while a resident at the mission, and I talked about how Helping Up Mission (HUM) is a place to become human again. Too many times I hear what drugs and alcohol does to keep people made in God’s beautiful image from being true reflections of that beauty. So, when I asked Drew to join me in Spiritual Recovery class recently to discuss “being human,” we started by asking the men to tell us one memory as a child that was simple and beautiful. One that made them smile and want “more” before drugs and alcohol dictated a disastrous, different “more.”

One by one the guys recalled a simpler time... and they smiled. Maybe as we all get “in touch” with that humanity we will be reminded of the Father who created us for simple truths of simple pleasures, warm embraces, and outrageous laughter that is no longer concocted by fake highs... and we are human once again.

“Because children have abounding vitality, because they are in spirit fierce and free, therefore they want things repeated and unchanged. They always say, “Do it again”; and the grown-up person does it again until he is nearly dead. For grown-up people are not strong enough to exult in monotony. But perhaps God is strong enough to exult in monotony. It is possible that God says every morning, “Do it again” to the sun; and every evening, “Do it again” to the moon. It may not be automatic necessity that makes all daisies alike; it may be that God makes every daisy separately but has never got tired of making them. It may be that He has the eternal appetite of infancy; for we have sinned and grown old, and our Father is younger than we.” G. K. Chesterton

Above is a quote we often use from G. K. Chesterton. Our hope is that we say, “do it again,” but we ask to enjoy the simply beautiful humanity that God desires for His children.



## Help Save the Day for Someone in Crisis

So many people are struggling right now. You can be a hero in their time of need.

Friend, today you can be a HERO to someone struggling with homelessness and addiction!

Our Helping Up Heroes—generous friends of HUM who commit to give each month—save the day for men and women in our care. By joining this group today, the impact you'll make is truly life changing!

Your monthly gifts will ensure the most vulnerable among us have a safety net in the months ahead.

Signing up is easy, Friend. And you can change your monthly amount or cancel at any time.

More importantly ... your monthly gift gives HUM a solid foundation to expand our outreach. As a ministry that's donor-supported, each and every monthly gift (no matter what size) makes a difference in reaching more hurting men and women.

### 100 Heroes Needed by June 30

Homelessness and addiction are at critical levels, leaving many in a state of crisis. So, we're praying 100 caring friends like you will join the ranks of our Helping Up Heroes. Can I count on your monthly support?

More than ever, we need to wrap our arms around Greater Baltimore. As a Helping Up Hero, you'll provide the consistent support that changes lives from hopeless to hope-filled! Please become a Helping Up Hero today and be a hero to someone in crisis. Simply visit: [helpingupmission.org/heroes](http://helpingupmission.org/heroes)

Thank you!



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)



410.675.HELP

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

NOW IT'S UP TO US

## Heart to Serve – unCUFFED Ministries



Recently, Baltimore nonprofit unCuffed Ministries held a 24-hour retreat at Helping Up Mission (HUM). Eight local high school boys were immersed in fellowship, slept overnight, ate meals, and talked, met, and shared with our men. It was an affirming and life-transforming journey.

One of the boys said, "The community at HUM is something like I have never experienced before and as much as I love my community now it makes me feel like I've been missing out on a big part of what it means to be a Christian. I hope that I can get down there a few more times, maybe just for bible study, before I leave for college."

"We had an awesome time at HUM. It was a special time, set-apart for Him. The entire HUM staff really looked out for us. There are terrific, Jesus-centric things happening there every day," said John Rusnak Executive Director of unCUFFED.

The young men enjoyed playing cornhole on our roof top deck, singing with the HUM Choir & Band, and meeting Ramon Croussett, HUM Treatment Coordinator and an unCuffed alumni.

To learn more about unCUFFED Ministries please visit: [uncuffedministries.org](http://uncuffedministries.org)

To check out a video of the boys singing with the choir visit: [helpingupmission.org/uncuffed/](http://helpingupmission.org/uncuffed/)



### 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