



# RAISING UP

The good news at Helping Up Mission



Grateful Gifts  
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## It is a New Year for Brian



"Before I knew it, I was coming out of my shell!"

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Brian, age 43, was born in Saint Petersburg, Florida, and raised on Anna Maria Island, Fl. "Growing up, I had a great family life with loving and supportive parents," recalls Brian. "I was the youngest of four children – the baby of the family. I was raised in a Catholic family and developed a close relationship with God. From kindergarten through twelfth grade, I attended Catholic schools. I did not fit in with the normal kids, so I spent time together with the "loser" crowd. We were an antisocial bunch. At age 16, I started smoking marijuana, tripping on acid, and experimenting with other drugs. At the time I was being bullied a lot and I did drugs to escape reality. Drugs made me feel good and fit in."

"I graduated from high school and moved to Orlando to attend Valencia Community College. I met new friends and started clubbing and experimenting with psychedelic drugs. At the time, I thought that I was just a normal kid. I got caught stealing from the hotel I was managing, and my dad said," Brian you need to leave Orlando and move to my work apartment in Georgia." I met someone and we moved back to Florida and got heavy into drugs. My drinking got out of hand, and I still did not know that I had a problem. When

the relationship turned sour, I moved away to Colorado. There is where I was introduced to black tar heroin and oxycontin. I started noticing withdrawal pains and that is when I finally realized that I had a problem!"

"I moved again! This time back to Georgia to live with my sister. I quit heroin "cold turkey" but started drinking heavily again. I was introduced to methamphetamines and injected daily. I soon lost everything, could not pay my rent, and moved into a hotel. I was in a horrible relationship of physical and mental abuse. My cousin secretly got me, and I moved back to Florida!"

"After a year in Florida, I got hooked on opiates again and started "shooting up," all day and every day. My addiction went from zero to a million. I spent the next four years hiding my addiction from my family while "shooting up" not to be "dope-sick." I finally came clean and asked my family for help. At age 38, I had finally given up. I attended my first 30-day program while on suboxone and I became addicted to the medication. When I started to experience withdrawal pains, I immediately sought to relieve them through heroin – the drug that they were supposed to

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NOW IT'S UP TO US

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



# HUM Year-In-Review

## 2022 – YOU Made It Possible!

As we reflect on 2022, we celebrate what you have made possible through your generous giving, your countless volunteer hours, your fervent prayers, and your support and encouragement. Be confident in this – your impact is saving and changing lives, and for more men and women than ever in the Mission’s history!

We have been building a better Baltimore since 1885. With your help, we have been serving Greater Baltimore and Beyond! Men and women from 13 states including the District of Columbia have entered our Spiritual Recovery Programs this past year! This is amazing growth as we have been dedicating our mission to providing hope to people experiencing homelessness, poverty, or addiction by meeting their physical, psychological, social, and spiritual needs.

Thanks to you, we have also opened our beautiful Center for Women & Children

Today you are restoring families, and you are helping hundreds experience the hope of an abundant life!

Here are just a few of the key services and programs accomplishments in the past year:

- 113 Men’s and Women’s Spiritual Recovery Program Graduates
- 2 Maryland High School Diplomas obtained
- 111 New Employees (clients gained employment)
- 31 College or Technical Skills Students/Trainees
- 12,365 Education & Workforce Development appointments
- 88 Financial Literacy Graduates
- 207,750+ Nights of Safe Shelter
- 602,250+ Full Hot and Nutritious Meals
- 300,000+ items of clothing and personal care products
- 27,000+ counseling sessions

As the scriptures say, “He who is kind to the poor lends to the Lord, and He will reward him for what he has done.” (Proverbs 19:17) And we pray God blesses you richly for what you have done for the hundreds of men, women, and their families at Helping Up Mission!

\* Due to an overabundance of kindness, we are not accepting women’s and children’s clothing through April 1st.

\*\* This holiday season you can select HUM as your charity of choice at [smile.amazon.com](https://smile.amazon.com) and Amazon will donate .5% of your purchase at no cost to you!

## The Gift of Giving

Christmas gifts were abundant thanks to the holiday spirit of the WBAL Kids Campaign, BFPE, and private donors. Our Helping Up Mission clients selected presents for their children, and even grandkids, from the Amazon website. The gifts were shipped and then wrapped in festive paper by the Chapelgate Women’s Ministry group. The personalized presents were handed out by new HUM CEO Daniel Stoltzfus, HUM staff, and even a Christmas Elf!



ease me from. I would spend another two years addicted to heroin while going in and out of 30-day programs.”

“At the age of 42, I went back to the 30-day rehab again. This time, I found myself in legal trouble and knew that I had to do something different. With the help of the rehab and my parents, we searched for a more permanent solution and found the Helping Up Mission (HUM), online. I saw what they had to offer, and I knew that making such a commitment was something I had never done before. I needed to address my mental, spiritual, and physical health issues. I purchased a one-way ticket to Baltimore, left my dog, and sought help!”

“My previous program was small, and at first, being one of the 500 people that HUM served was overwhelming. One day, I was sitting alone while feeling depressed

because I did not know anybody. Another client asked me to join the HUM Choir and I nervously agreed. Before I knew it, I was coming out of my shell! Through HUM’s resources, I went hiking, on retreats to Camp Wabanna, attended outside recovery meetings, and enjoyed therapeutic art.”

“I spent the first two months of the Spiritual Recovery Program assisting in housekeeping as my work therapy assignment. One day while signing thank you notes in the Philanthropy department, I asked Philanthropy Specialist Mike Cannon if there were any opportunities to help. The atmosphere was relaxed, and I was brought over to be an associate, answering calls, giving tours, and cataloging gift-in-kind donations. Thanks to my hard work, I soon became the Philanthropy Intern. With increased responsibility, I continued to attend my wellness appointments, but I wanted

something more. I enrolled in online classes at Southern New Hampshire University to pursue my degree in psychology with a minor in addiction counseling. Even though I have graduated from the program, I have decided to stay at HUM for a couple of years while finishing school and finding work.”

“It is a new year and I have been able to reinvent myself! Thanks to you I have been able to address mental health, obtain my driver’s license, and get my teeth fixed in the Dental Program. HUM has completely changed my life by offering me much needed help with compassion. After all the times I spent in and out of 30-day programs, I wish I had found this place earlier! Because of you and HUM, I have become a stronger person who can help other people!”

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

## Focus on Recovery – Pastor Gary Byers, Former Deputy Director



### The End of an Era... and a New Beginning

Bob Gehman and I met on the first day of registration at the brand-new Lynchburg Baptist College in the fall of 1971. We connected quickly because they told us both to get haircuts and he had a car to get us to a barber shop. From that point on we became friends. That December he also introduced me to my wife on a blind date – the sister of his fiancé.

Both from the DC area, after graduation Bob and I went back to that region and started new churches the same year – he in Baltimore County, me in Frederick. As young pastors, we also drove back and forth to Lynchburg every week together for 3 years, earning our graduate degrees.

In 1994, Bob went to HUM as Director of Development and, by 1998, he was the Executive Director. He invited me to teach a recovery class and it turned out he needed some help there. I

was working with a ministry doing archaeology in Israel and actually needed to make more money – so Bob made me an offer my wife said I could not refuse (even Indiana Jones had a real job!) and I started as HUM’s Spiritual Life Director – one of seven on staff at the time.

Way back then, Bob had a vision of what HUM could be – should be. I could not see that far ahead but was in for the long-haul with him. My role was to offer daily hope, answers, empowerment, and transformation to the guys while he led in friend-raising, fund-raising, and building a board, staff, and new facilities. Operating on a one-day-at-a-time basis, HUM got to where it is today, and I stayed amazed at how God was using my friend to take HUM to the next level.

I retired as Deputy Director in 2019 (back to archaeology in the Holy Land), but working with my friend, the clients, and the staff who would come was the coolest job I ever had. Today is the end of an era – but God still has lots more to do at HUM and I know He has it in very capable hands!

## Need Title

You are the best kind of partner - because you share our passion for helping broken and desperate neighbors here in Greater Baltimore.

These are men and women struggling with homelessness and addiction. And through your steadfast partnership with Helping Up Mission, you're helping to meet their immediate needs – and are opening doors for them to be restored and made whole.

For their sake, we hope you will renew your support for 2023 with a generous gift today - and help meet our goal of \$80,000 by January 31.

In the coming year, we anticipate providing:

- Over 500,000 nutritious meals
- Over 200,000 nights of safe shelter
- Thousands of recovery services that will save and transform lives

...And we're relying on the support of caring friends like you to make it happen!

Please – start this new year by caring for those in need now.

Simply visit: [HelpingUpMission.org/partner](https://www.HelpingUpMission.org/partner)

Thank you for standing with us and for all you do to help the most vulnerable in our community!

Have a Happy New Year from all of us at Helping Up Mission!



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NOW IT'S UP TO US

## The Thrill of the Outdoors



Many of the men and women you supported in 2022 have never enjoyed the great outdoors. They were often stuck in the city in stifling conditions, living on the streets, or never breathing in the fresh air. Thanks to generous supporters like you and key organizations, our clients participated in truly memorable activities.

At Wabanna Camp and Retreat Center, men and women spent time on the Chesapeake Bay engaging in biblical retreats. Activities included fishing, kayaking, making s'mores around a campfire, and competing in team-building contests. According to the participants' faith, fellowship, and food are the highlights of this peaceful refuge.

Some of the men and women we serve enjoyed "horsing around" on equine therapy day retreats. These educational and therapeutic trips involved cleaning, grooming, and walking the horses. Ron, a HUM client, was all smiles when he shared, "spending time with the horses was a dream come true!"

Racking up the miles, HUM's trail team hiked, backpacked, and camped along the Appalachian Trail and West Virginia's Dolly Sods Wilderness area. From boulder scrambles and knee-deep mud piles to indescribably beautiful, million-dollar views, the men spent the past year facing fears of heights and vulnerability, while building trust.

Thanks to you, 2023 will be another great year celebrating the outdoors!



### 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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Baltimore, MD 21202-4705 • 410.675.HELP