



# RAISING UP

THE GOOD NEWS OF HELPING UP MISSION

**MORE  
THAN**  
*a shelter.*

## Strength Through Surrender

“Before I came to Helping Up Mission (HUM), I was homeless, living on the streets and spending all my money on drugs,” recalls Tawonda, 44 (in left photo). “I was a good student at Western High School and I wanted to be the first in my family to graduate from college. So, I joined the military to help pay for my degree. At 17, I enrolled in the late entry program and when I turned 18, I completed Army basic training.”

“I didn’t know what I was getting myself into. This was right around the time the movie *G.I. Jane* came out and my mom asked if I was sure I wanted to do this. ‘Yeah, free college!’ I said. I went on to graduate from George Washington University where I trained as a medical laboratory technician. I also served as a medic in Iraq.”

“Iraq was the toughest 15 months of my life. I saw a lot of the aftermath—amputees, blood and injured children. One child was burned from head to toe down his left side and he was the same age as my son. That

continued on page 2 →

2

Daniel Stoltzfus’  
monthly update

3

• Focus on Recovery  
• Baltimore Running  
Festival

4

Workforce  
Development  
Success!

CONTINUED FROM PAGE 1

traumatized me. I still remember the names of my fellow soldiers who didn't make it. They were good guys."

**"As a veteran, we're not used to asking for help. I really had to surrender."**

"Transitioning back to civilian life was hard. I had my son, I was going through a divorce and I came back to the States with PTSD, paranoia, anxiety and an injured back. That's when my drug use started. At first, I was prescribed Prozac and I tried other treatments like acupuncture but nothing worked and my back pain worsened. I began smoking marijuana and eventually turned to cocaine."

"As a veteran, we're not used to asking for help. I really had to surrender. The VA program in Lebanon, PA helped me get into HUM for the first time through their Veteran's Program. Although I relapsed, I made my way back on June 28 and enrolled in the Women's Spiritual Recovery Program (WSRP). The structure of the WSRP reminds me of the military but it's a bit more lenient—and sometimes, I need that (structure)."

"Since coming to HUM, I've joined the choir. I love the spiritual growth classes, Bible study, art classes and the food here is awesome. We just got back from a camping trip at Camp Wabanna. Even though we all come from different backgrounds, we bonded through that uplifting experience."

"Some days I struggle, but I look at my youngest son's eyes and this is better than any drug out there. I look forward to watching my three-year-old grow and to seeing my oldest graduate from college. I've always been a soldier, and for my family, seeing me fall was traumatizing. Now, I'm trying to help them recover as I recover."



## Hope Restored. Lives Rebuilt.

Daniel's Monthly Update

### Dear HUM Family,

This season of giving thanks is an opportunity to express our gratitude for the partnerships that fuel transformation at Helping Up Mission. We are truly grateful for the support from so many of you, the service of our volunteers and the many partners that make our work possible. Partnerships like the Veterans Administration (VA), with whom we provide a place for those who have served our nation yet face homelessness and addiction—find a place of hope to rebuild their lives.

The VA and later enrollment in our Spiritual Recovery Program is an opportunity for us to thank Tawonda for her service and commitment to recovery. As she shared "Some days I struggle, but I look at my youngest son's eyes...I'm excited to watch my children grow while I enjoy sober life."

Together, we have much to be thankful for and I wanted to share from my favorite Thanksgiving Scripture, Psalm 116 in closing.

With Gratitude,

A handwritten signature in black ink, appearing to read "K. Daniel Stoltzfus". The signature is stylized and cursive.

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

**<sup>17</sup> I will offer you a sacrifice of thanksgiving and call on the name of the Lord.**

**<sup>18</sup> I will fulfill my vows to the Lord in the presence of all his people.**

– Psalm 116:17-18 NLT

# Focus on Recovery

Kris Sharrar - Director of Philanthropy

As a military veteran who served in the United States Air Force for 17 years, I have many proud memories of my service. In my career, I learned and lived the three Air Force Core Values: **Integrity First, Service Before Self, and Excellence In All We Do.** Unfortunately, I didn't always maintain these values, and ultimately suffered through years of active addiction, leading me to Helping Up Mission in March 2006.

As a 2007 graduate of our Spiritual Recovery Program, I am grateful to have had the chance to restore these values in my life. And I'm sure Tawonda (feature story) feels the same about the values she learned in her service.



I celebrate Tawonda, fellow veterans, and others at HUM who find their way back from the abyss of addiction to realize new life, new relationships, and new purpose for a cause beyond themselves.

## Baltimore Running Festival

On October 19, 100 men, women, and children raced together as part of Team HUM 2024, raising over \$137,000 to support our life-changing programs.

We thank everyone who supported this endeavor—you are a vital part of the whole-life transformation impacting the lives of more than 1,000 men, women and children each year.

Together we can Restore Hope and Rebuild Lives.





## Urgently Needed

Our Mission urgently needs donations of hygiene items and toiletries to support those in our care! Simple items like deodorant, foot powder, shampoo, conditioner and lotion can have a profound impact on someone's dignity and well-being. Together, we can ensure that everyone has access to basic hygiene necessities. Please consider donating today and help us spread hope and care in our community!

### To Donate Urgent Needs

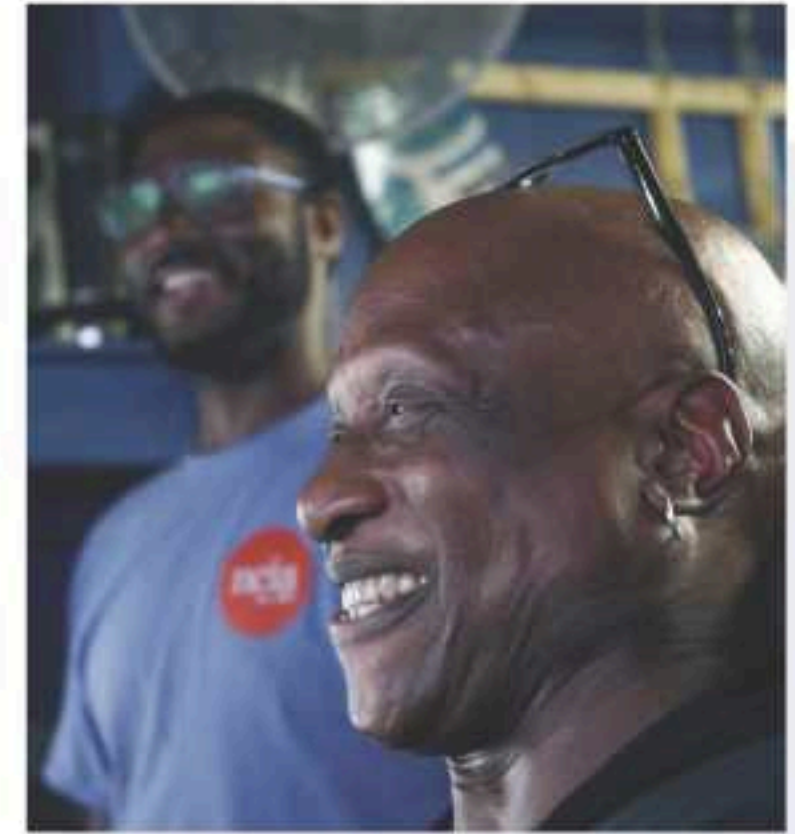
[helpingupmission.org/ways-to-give/donate-goods](http://helpingupmission.org/ways-to-give/donate-goods)



# Workforce Development Success!

Helping Up Mission's (HUM) Workforce Development Partners support our work by providing life-changing resources to the men and women in our programs.

Located just a few blocks from HUM, NCIA's Vocational Training Center, or VTC, empowers people to create career paths and bright futures. NCIA's diverse staff, which includes HUM graduates, prepares our residents and other trainees for meaningful, fulfilling work. In addition to training in CDL, HVAC and Automotive Mechanics, the program provides personalized case management, career readiness work and 1-to-1 job coaching, all in a welcoming, inclusive atmosphere.



"Success happens when preparation meets opportunity," says VTC Program Director Eric Brown. "We provide both, preparing students for work, presenting them with opportunities for employment, and equipping them with the tools to be successful."

Thank you NCIA!

## WE NEED VOLUNTEERS

We currently face a volunteer shortage at the **Center for Women & Children** and need your help! Your time and dedication can make a difference in the lives of our community members—join us and be the change today!



[helpingupmission.vomo.org/org/helping-up-mission](http://helpingupmission.vomo.org/org/helping-up-mission)

 **Helping Up Mission**  
Hope Restored. Lives Rebuilt.

1029 E. Baltimore St.  
Baltimore, MD 21202

**410-675-HELP (4357)**  
[helpingupmission.org](http://helpingupmission.org)

## Our Mission


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

### Donate now

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

Follow us on social media:  [helpingupmission](https://www.youtube.com/helpingupmission)

 [@helpingup](https://www.instagram.com/helpingup)

 [helpingupmission](https://www.facebook.com/helpingupmission)

 [@helpingup](https://twitter.com/helpingup)