



RAISING UP

The good news at Helping Up Mission



National Recovery Month
see page 2 for more

"I couldn't do five miles. I couldn't. But, before I knew it, I was walking a quarter mile, a half mile, a mile, and two miles."

Lee has a Personal Relationship with God



Levolia, age 51, known affectionately as Lee at Helping Up Mission and Prudence to family and friends, was born and raised in Baltimore, Maryland. "My mother and father were both addicts," remembered Lee. "My mother loved me but abandoned me in a hospital at an early age. My mother's cousin Beverly raised me for a while, and she loved me as much as she could. At age 8, my mother's oldest sister Alberta, who was better off financially, stepped in, moved me in with her, and sent me to private schools. But I missed my mom and moved back with her to Cherry Hill, Baltimore."

Thinking back on her young life, Lee remembers 'Love.' "Our neighborhood was tight knit. Everybody knew everybody. I had an older sister and a younger brother, and we all slept in the same room. My father had another child from another lady. I loved my half-sister so much. I do not remember childhood trauma. I just remember love!"

"My mother and sister were so close. I was about 25 when my mother died. I did not want to go to the funeral and my family literally carried me out of the house. And my sister did not cry or mourn my mother, like I did.

So, I asked her why she was not more upset, and she said, she got high because the 'drugs sedated her.' After my mom's death I wanted to try drugs and they begged me not to. At the time I was working as an executive secretary. I had money, a young baby, and I was young. But I did not want to feel the pain and from using drugs my entire world crumbled."

"I always knew about God because of my maternal aunts. They were saved at a young age. God called them one day and they became devout Christians. They introduced me to church and how to have a relationship with God. They planted a seed in me that became watered when I came to Helping Up Mission (HUM). My aunt Alberta told me about HUM. I responded by saying that is only for men and she said, 'they now have a Center for Women & Children!' HUM was nothing that I thought it would be. God resides here. It is a place where people care about you holistically. I am being healed physically, emotionally, and spiritually."

"Today I am doing stuff that I have never done before. I do not recognize the old me. I am 51 years old, and God saved my life. I remember before I got to HUM, sitting on my

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NOW IT'S UP TO US Bob's Monthly Update

Dear friends,

Each autumn for the last 15 years, HUM supporters have been participating in the Baltimore Running Festival as a way to raise funds for our work to transform the lives of those experiencing homeless and poverty because of their addiction. We call this **Team HUM**, and we are so grateful for the many runners and walkers who have already signed up to support Team HUM this year—and I hope you will join us as well!

Our longtime supporters know that I was running the marathon for Team HUM myself for many years. While at this phase of life I'm more of a 5K runner, I am still excited for the race each fall, mainly because I love being in the company of the runners. At a running race, you can practically feel the energy in the air. Yes, some of it is certainly nervous energy, but mainly I can feel the tangible joy and blessings of being around people who are working to achieve a goal.

I wonder if I looked back on all of the past newsletters, how many times have I written to you about the culture of achievement we aim to foster here at HUM? And how many times in my years at HUM have I said, *"if you don't grow, you gotta go"*? So many of those we are called to serve here at HUM must learn about setting and achieving goals as part of their year with us—the goals of recovery, of reconnecting to family, of finally obtaining the education or employment that will lead to a better future. We simply cannot help someone who does not have goals.

In our feature story this month, Levolia "Lee" is growing in her recovery, her relationship with God, and in her personal achievements. She has joined our new women's Back on My Feet walking and running group which trains every week. At HUM, we use activities like running, hiking, and even playing golf as part of our Life Enrichment programs. In recovery, overcoming challenges—like learning to run or play golf—helps build confidence. But it also helps those in recovery to fill their time with healthy activities that lead to positive social engagements.

Lee has as one of her goals to complete the 5K distance as part of Team HUM at the Baltimore Running Festival on October 15th, and I believe that she can achieve that goal! With the support of the HUM community, and our amazing contributors like you, just think of all she will be able to achieve! Thank you!

Sincerely,

Bob

* Due to an overabundance of kindness, we are not accepting women's and children's clothing through December 31st.

** Have you considered placing Helping Up Mission in your will?
Visit: <https://helpingupmission.org/legacy-gifts>

National Recovery Month

We do recover! For the 540 men and women that we serve Recovery is Life-Transformation. Our comprehensive recovery programs address root issues of substance abuse and poverty. As one person is healed, Greater Baltimore is raised up. In honor of National Recovery Month, here are a few photos to show what Spiritual Recovery looks like! And be on the lookout for Helping Up Mission in The Baltimore Sun's Guide to Addiction and Recovery 9/18!



Ji received his Maryland High School Diploma



Shawnte kayaked at Camp Wabanna



Carla's life has been Transformed



Darius jammed with the HUM Choir & Band

bed, and crying and asking God, 'if You are real You gotta show me, You gotta save me.' I cried all day. I 'used' to live, and I lived to 'use.' I was the 'living dead.' Today, I am LIVING!"

"I went to a recovery convention in Front Royal, Virginia recently. It was beautiful in the mountains and the personal stories were powerful. I was really encouraged. I have gone to equine therapy. I was able to get my birth certificate and social security card. I am meeting with Brett Hartnet and Whitney Mugula in Workforce Development to work on my education. Before, I gave everything away, but now I see that God allowed everything to be taken. God is my everything. I am excited and things are opening up!"

"I joined Back on My Feet (BOMF). We walk one to three miles every Thursday. It

is prepping us to be a part of Team HUM for the 5k at the Baltimore Running Festival on October 15. I am 51 and I couldn't do five miles. I couldn't. But, before I knew it, I was walking a quarter mile, a half mile, a mile, and two miles. I used to walk around the chapel and sing to God. I am in the choir, and people started telling me that I need to get involved with BOMF! People see things in each other that we do not see in ourselves."

"I have never had a personal relationship with God. It was not until I came to HUM. It is like you plant a seed in a pot and the seed becomes a stalk, and the next day it grows a leaf. In four months, my spirit has been strengthened. I used to blame Him for my mom and dad being addicts. But God saw fit to save me. In Jeremiah 29:11 'For I know the plans I have for you,' declares the Lord. I do not have to worry, because right now I do not

know what I want to be when I grow up. But God has plans for me. I always wanted what I want and now I want His will instead of my own."

"Looking forward to the future, I know that I will be helping other people. Telling them that there is eternal life. I want to be where God puts me. I can go to work, obey the rules of HUM, spend time with God and maybe somebody will see that."

"To the donors like Terry and Bob who tirelessly help in our library, these people give of themselves of their time, effort, prayers, and money I am so thankful. That is how God intended us to work and come together. There are many other women and men who are grateful at HUM. We are thankful to God for allowing you to have the mind and heart to do what you do, and we are thankful to YOU for doing it!"

To read more of Lee's story, visit helpingupmission.org/stories/levolia

Focus on Recovery – The Spiritual Aspect of Running

Laura Staroneck – Assistant Director – Center for Women & Children



Running was never the thing that I enjoyed doing. During my Division II basketball playing days, I always wanted to be the quickest player on the floor as a power forward. In order to do that I had to run sprints to build up stamina to accomplish that goal. My senior year in college, running prepared me to be the fastest forward in the conference—why? Because I dedicated my off time and after practice to running up and down the court for 30 minutes. Every practice. Every day. This grounded me, kept me determined and as I slowly began to see the outcome it drove me to want to do more. The title of being a 'runner' was something that continued to morph as I kept challenging myself to longer runs and longer races to ultimately run in a very competitive half marathon in London in 2017.

Running has and still does this one thing that is hard to put to words; it connects me in a new way to God. All my runs then and now are a time for me to be alone with God in my body, heart and soul. I can also venture to say that running has had a big impact on saving me from me. What do I mean by this? Running has helped me through some of the deep struggles in my life by giving me an outlet to challenge myself, push through pain physically and use as intentional time to be with God in nature.

Leading Back on My Feet connects all of us together as we live out the Core Values of Helping Up Mission; spiritually, as a community, elicits integrity, accountability and empowerment as we use innovative ways to connect to overall recovery.

Help Team HUM Face the Challenge & Finish Strong

On October 15, a group of men and women from Helping Up Mission will create Team HUM as they participate in the annual Baltimore Running Festival.

And an even more important race is underway involving each of the hundreds of individuals in our care... *a race toward a new life free from years of homelessness and addiction.*

This is the biggest challenge of their lives. **Will you help them face the challenge—one mile at a time, one life at a time—by making a special donation today?**

Your generous gift will help provide critical care like:

- Hot meals
- Clean clothes
- Safe shelter
- Medical care
- NEW LIFE through our Spiritual Recovery Program

Each of our Team HUM members will be doing their own fundraising for this special event — asking family and friends to sponsor them. But we really need your support too.

I'm hoping 1,500 friends like you will give generously to help reach our goal of \$250,000.

Please take a moment to **give now at helpingupmission.org/BRF**

Your kind contribution will inspire the men and women of HUM to run the races before them with perseverance, and to finish strong... in the Baltimore Running Festival *and in their recovery!*

Thank you!



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NOW IT'S UP TO US

What a Year



Helping Up Mission is a community of hope. We help men and women fighting addiction and homelessness get their lives back. Our comprehensive recovery programs address root issues of substance abuse and poverty.

We would like to celebrate key accomplishments and outcomes for Fiscal Year 2022. During the past year alone, Helping Up Mission (HUM) served 1,451 unduplicated men and women in our Spiritual Recovery Program integrating their practical needs — food, clothing, shelter — with their clinical, mental health, medical, educational, and vocational needs.

- Our flagship Spiritual Recovery Programs had 110 men and women graduate.
- 45 women were served in the **NEW** Women's Spiritual Recovery Program
- 148,763 bed-nights of shelter provided
- 445,000+ full meals served
- 330,000+ items of clothing and personal care products distributed
- 16,634 Individual Appointments scheduled for Substance Abuse Group Sessions (On-Site)
- 1,711 Medical Appointments (On-Site at GBMC Clinic)
- 636 Dental Appointments Provided
- 1,063+ Individual Appointments Provided for our Hispanic Outreach Program (On-Site)
- 121 men gained employment
 - Total Average Placement Wage \$16.90, 76.86% of which came with benefits.
 - Total WFD Placement Wage \$18.61, 94% of which came with benefits.
- 48 men enrolled in College and/or Technical Skills Training
- 294 "Barrier to Employment" Service Appointments (ex. Background Check, Child Support, Criminal Expungements, MVA Record Expungements, Tax, and MOCK Interview)

As one person is healed, Greater Baltimore is raised up. All of that is built upon a Gospel foundation. And by God's grace, it can lead to lasting change. Thanks to YOU!!!



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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