The 3:20 Scholarship
Newsletter #1 | Dec 2024

The Audacity of Legacy

TO OUR BEAUTIFUL COMMUNITY...

Posturing our mind and heart

For the last four months, I've been meditating on the idea of *legacy*. My initial curiosity, like many journeys, led me to the infamous Google search. There, I found a definition: *Legacy is the long-lasting impact of particular events, actions, or a person's life.* While I appreciated the simplicity of these words, they didn't fully capture the depth and richness of what legacy feels like to me.

To deepen my understanding, I turned to our community. Through the voices of the people who make this work possible, I hope to illuminate what it means to leave a lasting impact in this world and in the lives of others. Along the way, I'll share exciting updates and reflections. At the same time, this is an invitation for mindful consideration as 2024 comes to a close—and an opportunity to express my deepest gratitude to you. To *all* of you. The generosity, kindness, and heart of this community have brought us to where we are today.

So, as you engage with this newsletter and our story of legacy, I encourage you to take a moment to reflect on these questions: *What do you hope to leave behind? What mark or impact do you want to make in this world?*

3-2-0!,
Dr. Darrien Jamar (they/them)

The 3:20 Scholarship

Slowly, Steadily, & Assuredly: Our Impact Since 2018

*31 Scholars supported
*20 Volunteer Mentor-Coaches
*Over $76,000 in scholarship funds awarded
*56 "Gifts of Grace" mailed
*Over 328 Mentor-Coaching phone calls

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"WHEN YOU FEEL LIKE GIVING UP, REMEMBER WHY YOU HELD ON SO LONG IN THE FIRST PLACE."
-ANONYMOUS

Charlie Fulton, 3:20 Mentor-Coach

What does The 3:20 Scholarship mean to you?

To me the 3:20 scholarship is the intersection of opportunity and initiative. The scholarship provides financial and academic opportunity, but it also demonstrates the initiative our scholars have. 3:20 Scholars have taken action to seek opportunities early in their academic and professional careers to both network and continue self-development. That is inspiring and you never know what other opportunities that mindset will lead to!

GET TO KNOW ALL OF OUR MENTOR-COACHES BY VISITING THE320SCHOLARSHIP.COM/MENTOR-COACHES

"I AM NOT WHAT HAPPENED TO ME, I AM WHAT I CHOOSE TO BECOME. THE PRIVILEGE OF A LIFETIME IS TO BECOME WHO YOU TRULY ARE."
-CARL YUNG

Dr. Ashley Abaie,

3:20 Scholarship General Board Member & Mentor-Coach

(finish this statement) I believe. . .

I believe that every person has inherent worth and it is our job to remind those who may have forgotten theirs and speak up for those who never knew they had any.

(finish this statement) I wish you. . .

I wish you abundance in all good things, especially an abundance of courage, an abundance of love, an abundance of wisdom, an abundance of faith, an abundance of support, and an abundance of light.

"WORK FOR A CAUSE, NOT APPLAUSE."
-ANONYMOUS

Chelsea Mapp, 3:20 Scholar Alum

I am a psychology major with two minors in sociology and social welfare. I will graduate with my Bachelor of Science in May 2026. Right now, my plan for post undergraduate is to go into a Master's degree program in Counseling here at VCU.

I was awarded $3,000 for my accomplishments through high school to help with paying for my college tuition during my first year. I was assigned a mentor who has helped me through my three years of college. The scholarship has given me a tremendous amount of love and support from Dr. Darrien, Ms.Jessica, and the fellow scholarship winners. I am truly grateful and blessed to have received the scholarship and to be a part of the 3:20 family.

The legacy I hope to leave behind through my life, gifts, and time would be love. I want to be remembered for the good things and the good times I shared with people.

GET TO KNOW ALL OF OUR SCHOLARS BY VISITING THE320SCHOLARSHIP.COM/OUR-SCHOLARS

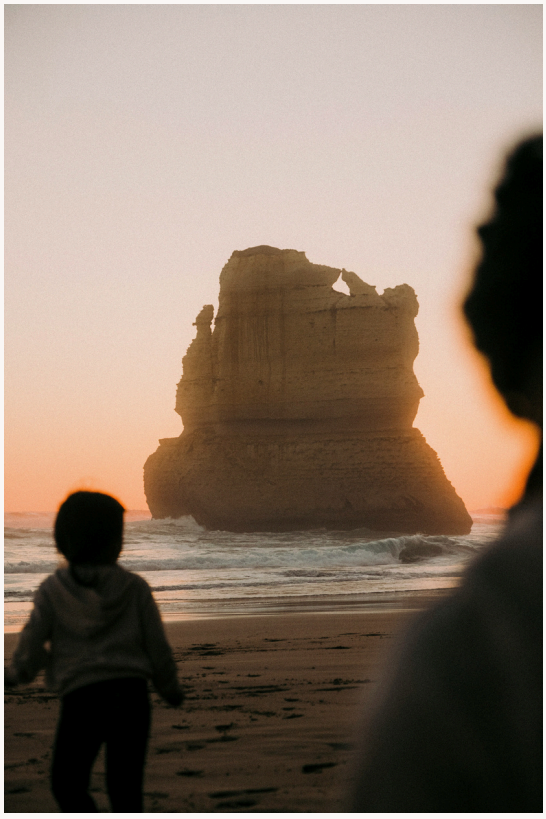
"PEOPLE WILL FORGET WHAT YOU SAID. PEOPLE WILL FORGET WHAT YOU DID. BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL."
-MAYA ANGELOU

Pierre Somoray,

3:20 Scholarship Board of Directors Vice President

When I think of legacy, I think of impact—the seen and more so—the unseen. The smaller scale impact that exists within those we serve in our daily lives and communities, regardless of how brief. Legacies of ourselves quietly living in the world and carrying on through those we impacted, such as how they provide empathy and kindness, navigate experiences, and lead their own communities.

Our own legacies being the ripples of our interactions and moments of leadership—from serving, guiding, and fostering growth in others.



"A GENUINE LEADER IS NOT A SEARCHER FOR CONSENSUS BUT A MOLDER OF CONSENSUS". —MLK

Thank You!

Dear, The 3:20 Scholarship

I cannot thank you enough for awarding me this amazing scholarship and all it has to offer! I am beyond grateful and feel so blessed to have received this opportunity. I find comfort in having your guidance and support on my side as I embark my college journey. I know I can achieve "immeasurably" more!

Thanks for investing in my future,

Ella Shotwell

Class of 2024

New Year, New School — The 3:20 Scholarship Expands Support

We've taken another bold step of faith. When deciding whether we were ready to expand our support to a fourth high school—alongside The Eastern Shore Community College—the answer came not from what we currently have but from the legacy we are building. Did we have the funds when we first started this journey? No. Do we have everything we need right now? Not yet. But what we've always had is an unwavering faith. And faith, as we've learned, requires courage—it calls us to own our version of brave.

So far, one thing remains certain: our hunger for purpose, hope, and serving our community has never let us down. Perhaps this is the legacy we're meant to leave behind—a story of faith that inspires others to dream bigger.

We are thrilled to announce that starting with the 2025-26 school year, we'll expand our support to include Northampton High School, located on the Eastern Shore of Virginia. This expansion will allow us to support two additional students each year, bringing our total number of scholars to eight annually.

"FAITH REQUIRES COURAGE—IT CALLS US TO OWN OUR VERSION OF BRAVE."

LEARN MORE ABOUT NORTHAMPTON HIGH SCHOOL

WWW.NCPSK12.COM

The Audacity of Legacy//Where Darkness Meets Light

After opening the shades in my living room, letting in the morning light, something fell to the floor. I reached down quickly, already annoyed that I was dropping things less than five minutes after getting out of bed. To my surprise, it was an old wooden frame.

It came from my Great Grandma Hattie, who lived to be 104 years old. As I held it, my memory carried me back to the first time I read the inscribed words in her living room: "I shall pass through this life but once. If there is any good I can do, let me do it now, for I shall not pass this way again."

Caroline Miller, in her book Getting Grit, shares that "the number-one regret of those in hospice care is that they lived someone else's life, and not the one they felt they should have lived." She goes on to say, "...the happiest people are those who take risks to be uncomfortable in the face of fear and find the grit to hang in there until they've given their goals every possible effort."

So many times this year—and in the six years since The 3:20 Scholarship was founded—I have questioned myself. I've wondered if starting this organization was the right decision, or if it was time to throw in the towel. I've fantasized about the freedom it might bring: more time to build my practice, to travel, to breathe.

But I've also learned to sit with those moments of frustration, defeat, and discouragement. To allow myself to feel the fears: the fear of not knowing if I have what it takes to lead, the fear of not doing or knowing enough. And yet, after staying in that place long enough, I always return to perspective. Every time, I am reminded that The 3:20 Scholarship stands for the very things I'm tempted to give up on. It was born from the adversity that has many times threatened to take me down—but still hasn't. And each time, I find the grace and strength to stand again. To recommit. To trust.

I am reminded that I am not alone in this work. That I am supported by the Universe, by my family and friends, by our board members, volunteers, and donors. I am reminded of the day my grandmother gave me that wooden frame—perhaps knowing I would need it someday to remember why I am here. My time is limited, but what I leave behind has the power to last forever.

Legacy is not just about the hope and inspiration we leave behind; it's about the honesty of the darkness we navigate on the way. The 3:20 Scholarship exists because of the darkness, but it will endure because of the light we've found along the way. Legacy, I've learned, is audacious. Bold—not from ego, but from a humble spirit rooted in love and purpose. Legacy is reflected in our choices, in our willingness to commit despite fear and discomfort. It's in how we spend our time—without regret and with divine purpose.

The 3:20 Scholarship was built on the belief that, through us, despite our fears, our past, or our resources, immeasurably more is still possible. It was born in darkness, but it was always destined to leave behind light. Just as that wooden frame reminds me each day to do the good I can now, your support ensures that together, we create a legacy of lasting impact. If this story and our mission move you, I invite you to join us in ensuring this light continues to shine. Your support—whether through a donation, volunteering, or simply sharing our story—helps us build a legacy that lasts. Together, we can make immeasurably more possible.