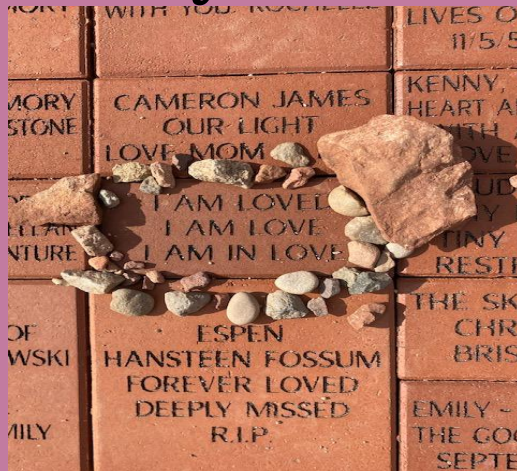




HUMANITY 360 's Monthly JoyLetter

Phoenix, Arizona May, 2021



The Fastest, Slowest, Hottest State!

by **Cedrica Mitchell and Shontice McKenzie** on [June 1, 2021](#)

This city truly captured the essence of what we love to do! While engaging in activities we love to do for our own Mental Wellness, we connected with souls who really used the resources we provided us and compensated us accordingly. Well, according to what they felt was enough. Honestly, the expenses of this mission are steadily increasing, making compensation a touchy subject. Nonetheless, we were here for 3 months and certainly made lifelong friends, while putting to test our AMAZING 12 Week Joy Workshop! The HEAT was low and bearable, until it wasn't and we ended our stay with an art auction hosted by "Poetic Soul", raising enough money to publish our BOOK! Thank you to the genuine people of Phoenix.

THIS MONTH'S
PICTURE GALLERY

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4-29-21– A bittersweet ending to a 10 week Joy Workshop at a local Day Recovery Center.



3-19-21 –A Rotary Club member in Phoenix Rotary 100!



5-27-21– A very inspiring and courageous couple living life with PURPOSE and MEANING! FAMILY!



4-11-21–Helping local community healers distribute food to people without dwelling.



5-1-21 –Our First BLM healing event with the Metro Phoenix chapter was a success with our SAVIOR! Literally, this girl in the picture saved us from drowning in a canal! Love you Rachel!



5-7-21– Art Night on the town, meeting some of the most talented Woman Football players in the country!





~Another month without a "Joy Jam", but another month full of exciting, invigorating, conscious people. People who embraced and allowed us to share information and have those tough conversations, and we all left smiling. It is an extremely painful, but revealing process and all of the smiles are an indication that it was loved and needed. We know our impact can never be measured. Our Youth and Adult Workshops were certainly a highlight of our visit as well as the Art Auction! PS. We almost drowned and while RACHEL saved our life, Spencer (bottom right) saved Cedrica's phone, also saving her life LOL.



[READ MORE ON OUR BLOG!](#)

Arizona's "JOY SPOTLIGHT" is Awarded To:

Qosmic Qadence



This spotlight is certainly NOT because Q is a DC Native, but because his journey and life path helped him understand the importance of EVERYTHING that we stand for. It was moments when we didn't have to say actual words to each other, and we all understood what was happening. His embrace felt like A BIG BROTHER'S FROM HOME. He knew before we could speak what we needed and how he was going to MAKE SURE we had it. This is FAMILY. This is TRIBE!



HU.M.A.N.I.T.Y 360, Inc.
501(c)(3) Organization
Suitland, MD, 20746
Humanity360for365.org
301-456-0563