

MINISTER CORA SHAW Psalm 22 ;24 For he has not despised or abhorred the affliction of the afflicted, and he has not hidden his face from him, but has heard, when he cried to him. O lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear. To do justice to the fatherless and the oppressed, so that man who is of the earth may STRIKE TERROR NO MORE. If life's challenges, or circumstances involve risk of safety or wellbeing, and such adversity causes affliction or suffering, I Am, God himself the creator is mindful and compassionate, your securer your protector and healer in any situation, whatever or whoever your opponent or adversity, trust him. He'll sustain and give you the victory leading to his divine plan for your life. His promise won't fail you it's trustworthiness as written, when you cry to him. His word relates for. My thoughts toward you are for good, not evil to give you my expected end, FUTURE HOPE. His Angels are mandated and assigned to your life when in submission to his guidance, he give his justice in your life's experiences when unfair or with opposition. I've gained confidence through trusting God in situations with unfairness, injustices, persecutions and dangerous occurrences being repeatedly violated, with violence, b jas hate and hate activity with challenges of a support system for protection, yet God IS my DEFENSE and I believe in my innocency and decency in maliciousness and injustices being violated as will grant his favor for Justice, and against unfairness as discrimination as I trust him, for myself and elderly matters of discrimination and abuse, etc. As I have survived and relate to suffering of other innocent lives who are victimized per ratio crimes in New York and elsewhere across America, having birth pains as a woman travailing as in War room to conquest Hate and evil forces and negativity, violence that consumes and destroys human minds and lives. God through spirituality builds internally and externally, his Walls are as shields - coverings in the lives of those who trust him, and removes debris, for strategy to defeat your enemy's plot, devices of evil to oppress, afflict or attack, or rob your identity, personal livelihood and inheritance (possessions) including his divine purpose for good, not misfortune, concerning you. Rejoice, you are more than a senates through Christ Jesus. Arise, stay within his refuge, abide in his word and keep focus on your direction, moving forth towards your destiny, you're winning.

~Cora Shaw. 8 20 1924



Drawing by Jim C.

Soul Growth

No matter one's position in life, we all must continue learning and growing and never remain stagnated where we currently are if we are to become one with God. We are here on this earth to advance our souls so we can once more live with our Savior in the Kingdom of Heaven. Our life experiences, both good and bad, give us the opportunity to put the word of God into action and follow his example in all of life's challenges. We can qualitatively analyze our personal growth by examining our reactions and handlings of the daily life hurdles that are thrown our way. Do we respond with anger or joy; sadness or happiness; ungratefulness or gratitude? In the physical realm, it can be easy to respond in a worldly manner to less than favorable circumstances, forgetting that we are spiritual beings here to live as closely to God as possible. Romans 12:2 "Do not be conformed to this world but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect." In other words, do not allow the way of the world that we live in to cause us to stray off the path of holiness. Allow each situation we find ourselves in to be a learning experience and allow ourselves to respond in a manner as closely as possible to how the Lord himself would. Remember to always question and think about our actions prior to acting on them. Allow every interaction we have on this earth to be a chance to grow into a better person and always remember to center the Lord in everything that you do.

~Jane Farmer (August 19, 2024)



St. Francis Breadline
Franciscan Bread for the Poor
COMMUNITY NEWSLETTER

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If you have any content to share for our newsletter please see one of the breadline staff. **We are in need of content such as a poem, lyrics, writing, thoughts, questions, image of your artwork or anything uplifting or informative.** Anyone who contributes content for our newsletter will receive a \$10 gift card.

The St. Francis Breadline and this publication is made possible by the Our Lady of Guadalupe.

FRANCISCAN 360 IS OPEN!

WHAT: Case Management, Computer Access, Mailing Address, Health Clinic

WHERE: 144 W. 32nd Street

WHEN: Monday - Thursday, 9am - 4pm

WHO: All are welcome!

NEW: Art and Guitar classes, Work space available Tuesday 9am -11am

Located in the school house directly behind the breadline tables.

Good Morning! This week we have an interview with Allen Watkins, poetry from Gregory Spears, poetry from Izzy Iz, original lyrics from Tim Flavey, writing from Carlos, writing from Kenny D., writing from Reginald G., poetry from Stanley "Cosmic Stan" Johnson, writing from Jane Farmer, writing from Katrina Platt, writing from Cora Shaw, artwork from Wraith and Jim C.

Answers to last week's riddles:

Forwards I am heavy, backward I am not. What am I? Ton.

What five-letter word has one left when two letters are removed? Stone.

What has a bottom at the top? Your legs.

Be the first person to solve all three riddles below and win a gift card.

What is the end of everything?

What word is pronounced the same if you take away four of its five letters?

What do you buy to eat but never consume?

"Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it."

Matthew 7:13-14



Its Another Masterpiece by Cosmic Stan aka Stanley "Cosmic Stan" Johnson

Poetry is my foray, Cosmic Stan, writes and creates, poetry everyday, in a lot of different way, like a breeze, it's a lot different way, like a breeze, it's a good thing you found me, in a definite hurry, in a nick of time, I'm talented at many things, one is when I rhyme, poetry, seems difficult, Isn't it, especially when you witness it, I produce like a poetic troop, abbreviate like e.t.c., cause other poets are ghosts, and I see though them, and their poetry, with me, you learn master poetry, and hip hop history, cause I'm a lyrical. Poetical revolutionary, folding up and giving you poetic stationary *

~Stanley "Cosmic Stan" Johnson



INTERVIEW WITH **Allen Watkins**

Where did you grow up? I grow up in Indio, California, until about the time I was 16.

What is your favorite place to be and why? My fav place to be is New York City.

Dream job? My dream job is to take pics for time life.

What do you want to be when you were a kid? I wanted to be Spiderman

If you could have one superpower what would it be?
If I had a super power, it would be to control matter.

What would you do if you won the lottery? I don't know what I would if I won the lottery.

The biggest lesson you've learned in life? The biggest thing I've learned is to watch yourself.

What would you change about yourself if you could? I would change the fact I don't think before I open my mouth.

Advice for anyone reading this? Be the best person you can be.



'TOO THE:' -HILLS IS TOO THE TOP ABOVE THE SURFACE HIGHER THAN THE BELOW LINE SO PULL AND TOW IN THE UP DIRECTION OF COURSE BECAUSE IT'S IN THE HEIGHT WHERE ONE FINDS SIGHT, JUMP HIGH JUMP MAINTAIN THE JUMP LEAP WHEN YOU FEEL SOLID GROUND BENEATH YOU SQUARELY AND FAIRLY PRESENT THE CASE APPEAL TO THE BASE AND THOSE WHO PROTEST PERHAPS THEY WILL CONFESS THAT THE FACTS OF TRUTH ARE WORTH PUSHING PASS THE NAIL ALLOWING ITS REVEAL 111 JUMP HIGH JUMP MAINTAIN THE JUMP LEAP REMAIN HIGH IT SUITS YOU BUILD A NEST THERE SO YOU CAN REST THERE DWELL THERE ON THE HILL FEEL THE MILL LIKE CYCLE GRASP THE MECHANICS LOCATE THE DYNAMICS OF THE FORMULA INITIATE A STABILIZER BE IT THE POWER OF AN ENERGIZER LAST FOR GENERATIONS IS THE TASK THAT MUST BE UNMASKED IT A SOLUTION MUST EXIST FIXING SUCH ERRORS YES CAUSE THE LOOKING IN OF MIRRORS, 111 JUMP HIGH JUMP MAINTAIN THE JUMP LEAP BETTER POSITIONING HIGHER POSITIONING UNITED POSITIONING TOO THE HILL MAY WE ALL REACH FOR SUCH WILL- 46 'CONTINUE.'

~Katrina Platt



Digital art by Wraith

During these hard times of mine I still move against the blistering wind I'd rather flow with my innocence And steer away from sin No matter what it does Or how much it takes I'd rather Love No matter how many breaks I will never let no one bring me down As long as I keep my head above water Even if it's harder I'll never let me drown I'll never let me down I'll never let me frown Even if there's a tear in my eye I'll always hold the crown I'd rather suffer now and eat at the table in the end Than to have someone take you the wrong direction Who you thought was a friend So no matter how starred Or how hard I will always look up and pray to Father God Amen!!!

~lzy Iz

Too slow to run
Too old to fight
And soon my day
Will turn to night
You can try
But you cant
pretend
Time catches all
Our show will end
I have memories
I do believe
And still have
dreams
I wish to achieve
But all in all
I have a nice life
I have a baby's
mother
And I have wife
I have two
children
A boy and a girl
And five
grandkids, to rock
the world
Im pretty happy
I cant pretend
I am happy
When my life ends

I was walking
around
And out of the blue
I turned my head
And I saw you
I shook my head
I couldn't believe
That you still
Looked good to me
So we hugged
Had chitter chatter
We exchanged
numbers
But only one thing
mattered
Can we pick up
Where we left off
I'd love to try
At any cost

~Gregory Spears

Reveille gotta get up man
Tear out the pages man
Burn the book
Turn in the script man
don't take another look
turn the corner man
set the pace
take that step man
run your race
gotta get up man
assemble your players man
build your stage
it ain't gonna be built for you - not today
the bowels of the Holy City are quaking
we don't have long
tell your story man
sing your song
gotta get up man
somewhere at the crossroads - near the corner of Calhoun at King
a young man dances naked in the pelting rain
and a squeaky street sweeper sings at five-A.M.
requiem for my bestest friend and me in the red-green-glow-go-light of Reveille
gotta get up man

~Tim Flavey

Not loving yourself, is the biggest sin? That is how the Bible teaches us that the sin that God does not forgive, is precisely the blasphemy against the Holy Spirit, and the next major sin from which more sins also derive is not loving oneself not accepting yourself as you are, not loving you and abandoning you, losing your dignity you, do not be repugnant to others, do not become a pest and emotional illness to those around you, stop along the way, reflect and you will realize that you are unique in existence, there are not two, only you can discover how beautiful that spiritual being that you are is, that goodness and love if the are in you. To recover you and vigorously push that spiritual being, which is restored. If the first sin I mention is undoubtedly the one that God does not forgive, the second I mention, does not even forgive you. Forgiveness heals the soul, from whatever has hurt, damaged, afflicted, resented or hurt it, that is the cure and liberation of your spiritual being, use it!!!!!!

Love yourself and leave the brutal coldness of not loving yourself.

~Carlos



Love

I will exalt you
Lord! For you
protected me, from
my enemies, who
tried to harm me.
The Lord is with me
I will not be afraid.
Weeping may
endure for a night.
Joy comes in the
morning!

~Kenny D.



Love

My life began when I met my wife of twenty -one years. It was on a Saturday and my friend introduced me to her. He said can you sit with her until I come back from running an errand. So we started talking about her day and she had a birthday coming up in two weeks. I ask her what she was high to do on her birthday. She said I'm going to Coney Island and ride the cyclone and bumpers cars and play some games tat the arcade. Shea asked me if I would like to toad I said sure. So that was one being of life with the woman that showed me how to live life to the fullness and don't take life for granted. Before we became sexual she told me she had HIV.

~Reginald G.