

Self Grace

As individuals, we often judge ourselves too harshly. We pass judgements on ourselves in areas in which we would normally extend grace to others. Those of us who understand the significance of kindness, patience, and understanding will demonstrate humanity to those who have wronged us. Being a compassionate person is something that is learned and oftentimes something one has to work hard to become; ignoring the natural, initial reactions of fear, sadness, and anger when others mistreat us, whether intentionally or unintentionally, and choosing instead to put forth grace towards those people. It is hard work to become a genuinely compassionate person towards others, especially for those of us who did not grow up in a compassionate environment. However, even when compassion is a trait that is successfully achieved by us, that compassion is often not extended to ourselves. Just as others are humans who are imperfect, we, too, are bound to make mistakes, have lapses in judgement, and make choices that impede on our goals. It's normal to have moments in which we sit down and think about how every decision we've made has led us to whatever predicament we are currently in- good or bad. It is crucial, however, not to dwell on our mistakes and missteps and to show ourselves the same level of empathy that we ought to show to others. Failure to give oneself kindness and grace can lead a person down a path that is difficult to escape from. Thoughts of self-hatred and other dark thoughts can cause us to stray further from our paths than our initial errors caused us to. It can lead us to engage in destructive behaviors that remove us further from our true, higher selves and further from God. We are made in God's image and we are worthy of warmth and gentleness no matter how badly we mess up. We were put on this earth by Him to learn and to grow. We were put here to make mistakes and to learn from them. Trials and tribulations are all a part of the process of rejoining the Lord in his Kingdom. There is no need for despair when things do not go exactly as you planned in this life or should you find yourself in compromised positions. Take every error made as a blessing from the Lord, rather than a punishment. Learn from your mistakes and choose to be as kind to yourself as you, hopefully, are to others.

~Jane Farmer



Drawing by Lola

IM FIXING THE BANKS COOLING SYSTEMS IM
DUSTED FROM THE BASEMENT I GOTTA GET
RELIGIOUS I FEEL A MIRACLE IN THE WIND THE
GRAVE THE SECOND DEATH THE JUDGE GAVE
ME HALF A SENTENCE IM IN A CYBER TRUCK
ON THE APPLE PHONE THE QUEEN COOKING
COLOGNE CASH IS KING THE MONEY REALLY
MADE TO SEE IF WE CHANGE FACEIM IN SUPREME
EXTRAVAGANT TO THE EXTREME I DID THE MATH
WITH THE MILLIONS MULTI TASKING LAP TOPS
AND NOTE BOOKS BY APPLE IN THE BAG ROLLING
UP THE STREET ON A JOURNEY THE MONEY IM
GETTING PAID GOT ME STEPPING UP THE PACE

~CHALLAH

A Story, "Nightmare"

Yes nightmares, why do most people suffer with this. What causes this "movie" in your mind I should say? Could it be thoughts from your life experiences? Well most people don't know what the nightmares mean. Some see images they never seen with human eyes, how could this be? You see things in your sleep that you never witness with human eyes? It can really be a scary "nightmare," well this you call it, how does it get there? As if you are inside a movie, yes it plays as a movie. What causes the brain to see this movie you never witnessed before? How can something that can make you afraid be in your mind? "What Movies" "Hollywood".

~W.L.S



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 writing from Mike K., a story from W.L.S, poetry from Stanley "Cosmic Stan" Johnson, writing from Rodney Wise, writing from Kevin Ferguson, writing from Frank Landy, writing from Jane Farmer, poetry from Challah, an interview and artwork from Dominic, and artwork from Lola and Derrick.

Answers to last week's riddles.

What is the end of everything? G

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

What do you buy to eat but never consume? Utensils

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

What can't talk but will reply when spoken to?

What has many teeth but cannot bite?

What do you bury when it's alive and dig up when it's dead?

*He raises the poor from the dust and lifts the needy
from the ash heap; he seats them with princes,
with the princes of his people.*

Psalms 113:7-8



Life is a challenge. You never know what's ahead. Take small steps and you can get to where you want to go. Failure is a learning experience. Keep trying and you will conquer what's ahead. Stay focused and put your heart into it and your dreams will come true. Eat well and stay healthy and have a long life. Love others, love yourself. Show kindness and sincerity in everything that you do. Don't ever doubt yourself or your capabilities. Laugh as often as possible. Smile as often as possible. But remember, it is also ok to cry and frown. It is all a part of this life experience that we currently lead. Overcome every obstacle that you encounter, but remember that it is ok to fail sometimes. Don't let failure get you down- keep going. Be grateful for all that you have. Don't take anything in this life for granted. Be grateful for your friends, your family, your co-workers, and all of your loved ones. Be grateful for your enemies, too. Do not smite them, but rather, pray for them. Enjoy this life that God has given us as it won't last for long. Stay healthy, happy, and blessed.

~Frank Landy



INTERVIEW WITH **Dominic**

Where did you grow up? I grew up in Santo Domingo, the vibrant capital of the Dominican Republic. It's a place filled with history, culture, and the warm energy of the Caribbean. The beaches and the ocean were my playgrounds, and the small airport near my neighborhood fed my imagination with dreams of flying.


What is your favorite place to be and why? My favorite place is by the beach, specifically along the quieter, less commercialized parts of the coast. The sound of the waves, the feel of the sand beneath my feet, and the endless horizon bring me a sense of peace and clarity. It's where I feel most connected to myself and the world around me.

Dream job? My dream job would be a mix of things—writing novels, developing video games, and composing music. All these pursuits allow me to create and express myself while contributing something meaningful to the world, especially to the cultural legacy of my homeland.

Favorite pastime? I love reading, especially science fiction and fantasy. There's something about being transported to other worlds, whether through time travel, interdimensional adventures, or a gripping fantasy tale, that captivates me. Cooking is also a passion of mine; it's a creative outlet where I can experiment and enjoy the process of crafting something delicious.

What did you want to be when you were a kid? As a kid, I wanted to be a pilot. Watching the planes take off and land near my home made me dream of flying. Unfortunately, learning to fly was something that only seemed possible for the wealthy, so I channeled that dream into other areas like programming and creative writing.

My picture would go here but the camera broke—Take this emoji instead



If you had a superpower, what would it be? I would choose the ability to teleport or travel through time. The idea of exploring different eras or dimensions, and the freedom to experience life in multiple realities, is incredibly appealing to me.

What would you do if you won the lottery? I'd buy a small, secluded beach cottage where I could create in peace. I would invest in my passions—writing, music, and game development—without the pressures of needing to earn a living from them. I'd also support educational initiatives in the Dominican Republic to help others pursue their dreams, regardless of their economic background.

The biggest lesson you've learned in life? The biggest lesson I've learned is that simplicity and authenticity are key to a fulfilling life. Chasing material wealth or social status often leads to emptiness, while staying true to who you are and focusing on what genuinely brings you joy creates lasting satisfaction.

Advice for anyone reading this? Focus on what you love and don't be afraid to pursue it, even if it's unconventional. Life is too short to be lived according to someone else's expectations. Embrace simplicity, cherish your peace, and always be open to learning—there's a whole world of knowledge out there, just waiting to be explored.



The fire blows across my chest of heartbreaks and conflict to my fellow man that soars by lies and drops into a black hole of the forgotten Catholic men and woman who lost there lives to hunger and sickness.

To rise from below and into the arms of knowledge and wisdom in the path of broken lives that can give a gift of vision from the past sounds of silence and then cross the signals the interpretation.

As Jesus died on a hill from his doubters to his throne. A cross of heaven and earth swept to the world to his brothers and sisters and the understanding to the word of love and forgiveness by the arms and the power of truth and acceptance by a life in its fullest recognition of self worth.

As we journey into the recognition, the image of what we see is changed in our hearts of difference makers and family makers as we truck further by rivers of land and the free people of conviction in a pass to our creator of identity and establishing lives that are marked by there examples of life given.

In God we trust

YP

~Mike K, Catholic at birth



Drawing by Derrick

THE POWER OF RESTORATION

You know we all face difficult situations and experience sometimes tragedies in life. Especially disappointments and set backs. But, there is HOPE. The story of Lazarus in the Bible illustrated just how good and powerful GOD is. (Luke chapter 11). Divorce, suicidal, robbed, cheated, demotion on your job, major set backs, death of a loved one, finances, broke, Jobless, rejection, sickness. These are just a few examples of what we all at sometime have went through or experienced. "Jesus said, I AM the resurrection and the life, tho' you might be dead (in spirit) I AM the life". Jesus can restore us back whether it's spiritual or physical. Trust Him today.

~Rodney Wise

My poetry is never alone,
With the cosmic tone,
Under each stone,
Every wind is blown,
Wow,
Real poetry,
You know it's me,
Cosmic Stan,
Taking it from the T-O-P,
Later y'all,
FOR ALL EYES TO SEE

~Stanley
(Cosmic Stan Johnson)

Situation

I am not my situation
I am not my struggles nor am I my failures
Please adjust your vision when you stare
Your perception will have you missing the true person here
I am not broken
I am not abused
I am not alone nor lonely
I am not damaged
I am on a journey and my situation is only temporary
My strength has been built on my struggles, failures and situations
I am more than my situation
My greatness will always shine through

~Kevin Ferguson