

What is better: instinct or intuition. Instincts are important behaviors for survival, non-reflective and stimulated. While intuition is the ability to understand things instantly without any reasoning. As a derivative of these two, it allows the human being, when his reasoning through his vision of the world is no longer enough, then he opens a flashlight in the darkness, giving him the ability to see what he could not see, thus inventing was born, innovation, novelty, the creative basis of the new knowledge. In such a way that both are complementary for creation of new knowledge, which goes from an abstract world that we do not see, to the real world that we perceive naturally, knowing that it happens.

~ Carlos

Then let's pray to him tell him you believe him and want him as your Lord. Lord Jesus thank you that you love me and paid for my sins. I believe your message and I will only serve you. I receive you as my Lord and savior. Thank you, Lord Jesus

~ Anonymous

God, give us strength, guidance and perseverance so we can take on life's challenges and love others like Jesus does. When we are faced with death, help us to hold on to the hope of heaven where we will be with our love ones, strengthen us when we are afraid, and give us confidence to face the challenges before us and thank you for the gift of spiritual friendships even when we don't know how things will work out, help us to trust that you care for us and will provide for our needs.

~ Reginald Gunnell

### Echoes of the Forgotten —A Flash Fiction by Dominic

In the ruins of New Al-Khaira, where the sky was forever tinged with the ash of old worlds, Layla stood before the Chrono Gate. It shimmered in the air like broken glass, the ancient machine forbidden, yet whispered about in every shadowed corner of the city. "I can save her," Layla muttered to herself, her fingers trembling. Her sister's laughter still echoed in her mind, a sound stolen by the plague that had swept through their district last winter. "You know the rules," came a voice behind her. Layla froze. It was Samir, the Gatekeeper, one of the last who remembered how to navigate time. His face was stern, but his eyes betrayed sorrow. "You go back, you change something, it will take from you." "I don't care!" Layla's voice broke. "I can bring her back! She was just a child. It's not fair." Samir sighed, stepping closer, his heavy coat trailing dust. "The past is a locked door, Layla. The Chrono Gate doesn't open it—it shatters it. And when you break time, it breaks you." "I've heard the stories," she whispered, staring at the shimmering portal. "But I'm not like them. I'm careful. I'll only change one thing." He placed a hand on her shoulder. "Everyone says that. Everyone loses more than they bargain for." But her heart was already too full of grief. Ignoring his warning, Layla stepped through. The world twisted, reality unraveling around her. She landed in a time before the sickness, in her old home. There was her sister, running through the streets, laughter ringing out. "Samira!" Layla cried, reaching for her, tears streaming down her face. Her sister turned, smiling—until her form began to blur. Layla's heart seized as she watched Samira's face twist into her own. In a blink, the world rippled. She returned to the present, crumbling under the weight of what she had done. The Chrono Gate demanded balance. Layla had saved her sister, but the universe had stolen her identity. She stood in her childhood home, but no one recognized her—because she was now the ghost of her own past. "Who am I?" Layla whispered, staring at her reflection—a stranger in the only life she had ever known. The Gate had taken everything. And time, cruel as ever, had ensured she could never return.

~ Dominic



St. Francis Breadline  
Franciscan Bread for the Poor  
COMMUNITY NEWSLETTER

V4 N40 ■ OCTOBER 2024

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 and article from Kevin Ferguson, an article from Jane Farmer, a piece of flash fiction from Dominic, poetry from Stanley "Cosmic Stan" Johnson, 2 pieces of writing submitted by two anonymous guests, writing from Carlos, writing from Rodney Wise, writing from Reginald Gunnell, writing from Sir Richard Holland, and artwork from Jim C, and Joseph Richardson.

ROMANS 3:23-23

*For all have sinned and fall short of the glory of God, And all are justified freely by his grace through the redemption that came by Christ Jesus.*

**Be the first to correctly answer all 3 sports trivia questions below and win a gift card.**

Who holds the world record for the fastest time in the 100m dash?

Who is the all-time leading scorer in NBA history?

Who won the first-ever Super Bowl?

**The answers to last week's questions.**

How many basketball players per team can be on the court at once in the NBA? Answer: Five

How many players can a football team have on the field during a game at one time? Answer: 11 players

Which MLB team has won the most World Series championships? Answer: The New York Yankees

### ANNOUNCEMENT:



Now on view in **Franciscan 360**, an art exhibition featuring recent works from the artist, **Joseph Richardson**. Please stop by, have a coffee and view the show which will be up all month long in **Franciscan 360**. *If interested in having your work displayed in an upcoming exhibition please see Adam.*

**"SHANGO"**

Acrylic and shellac on paper 8"x11"



## INTERVIEW WITH **Kevin Ferguson**



**Where did you grow up?** HARLEM NYC

**Favorite place?** Basketball games professional and college. I played college ball.

**What is your dream job?** Director of a supportive service organization.

**What did you want to be when you were a kid?** An engineer like my father.

**What would you do if you won the lottery?** I would give the majority of my winnings to my daughters and my grandchildren!

**Biggest lesson you learned in life?** That I will make mistakes learn from them forgive yourself and move on!

**What would you change about yourself?** Be more forgiving of myself for the mistakes I've made in my past!

**Advice for those reading this?** Be forgiving!

**What legacy would you want to be remembered for?** Forgiving, loving, respectful and that I was my brother's keeper! PEACE!

### Self-Conflict

Sometimes we are our own worst enemies. It's the voices in our heads that develop our insecurities and lead us to self-doubt. We are often our own harshest critics and are the ones holding ourselves back from achieving greatness. How do we overcome this incessant feeling of unworthiness that plagues our spirits? How can we reach our goals and thrive when our own conscience is determined to hold us back? How do we persist in the midst of self-conflict? Psalm 91:1-2 "My refuge and my fortress, my God, in whom I trust." We persist by keeping our faith in the Lord. We persist by praying to the highest of all and asking him to lend us his strength, or rather, help us find our own inner strength that he blessed us with, to keep pushing ourselves forward despite the trials and tribulations that confront us daily. It is easy to allow ourselves to give in to the negativity our minds conjure up, but difficult to allow ourselves to be vulnerable and put all of our hope, strength, and trust into God; faith is what will carry us through life. Faith is what will defeat any self-conflict and win all inner battles we have with ourselves. We are un-defeat-able with the Lord at our side and there is nothing that can stop us from being our best selves when we trust in Him completely. Tell any critics or dissenters and even tell yourself: that the Most High is on your side and will get you through each day. You will emerge victorious in any conflict that you are faced with as greatness for you is God's will!

~ Jane Farmer, September 23, 2024

To bring about change you must not be afraid to take the first step.  
We will fail when we fail to try there are only two ways to live your life.  
One is as though nothing is a miracle. The other is as though everything is a miracle!

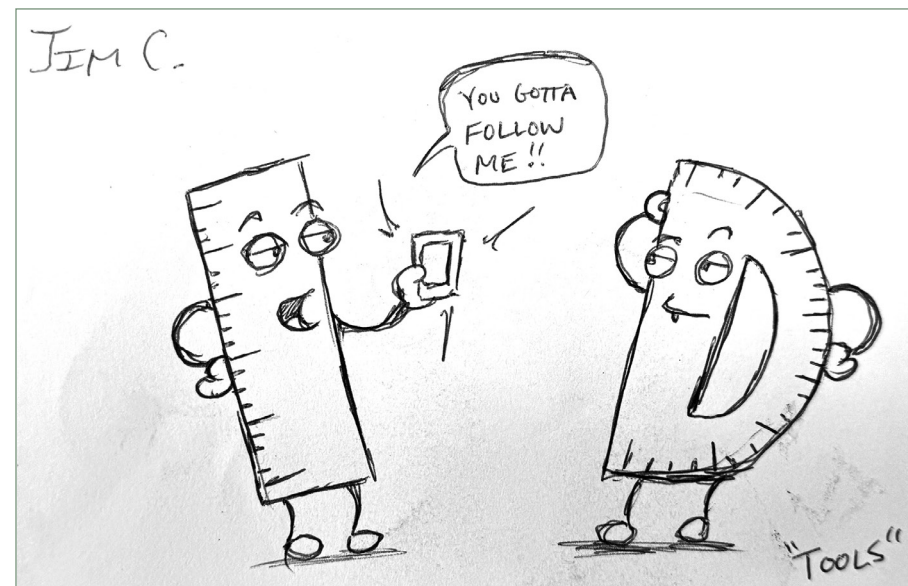
~ Anonymous

### Reflections a Short Essay

Over the years of my life as I advance in age their frame seems to move faster and become shorter!

As a youngster the years seemed so long and much slower! I'm grateful that I've been alive to experience all life has afforded me throughout these years good and bad. Most of all I treasure my family my four daughters and four granddaughters and two great grandchildren! Experiences with them is priceless! The blessings are countless! As I continue to reflect I don't dismiss the bad experiences and cherish the good ones I accept that I was destined to experience all of them because that is what life offers good and bad. Accept and deal!

~ Kevin F



Drawing from Jim C.

Did you know? There are people whom will use what God gave you for good against you! Truisms, tourism, truth serums. Then you'll have to make some decisions, hopefully without inceptions using intuitions! Hence no one can steal your joy or treat you like a toy! That is unless you allow them too. That is up to God and you! Ergo don't think you know someone or something! Because knowledge is ever changing like the universe, expanding and deleting feelings are fleeting and love is forever! Never say \$ never! No matter what kind of weather those words could haute you especially when infatuations distracted you away from true love! P.S. That is only proven tried & true the Almighty Gods purifying you and who?

~ Sir Richard Holland



### THE BIG EVENT

There is an event that is gonna take place sometime in the near future or it can happen at any moment. Born again believer's are especially waiting patiently for this marvelous event to happen. If you have received Jesus as your personal Savior, then you should know what I'm talking about. "It's called the Blessed Hope" or christians call it "The Rapture". \*1Thessalonians. 4: 16-17. Yes, this Big Event is gonna happen pretty soon, and guess what? "YOU DON'T HAVE TO MISS IT". Receive Jesus today, and you will also be in the next Big Event.

~ 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)  
August 27, 2024

