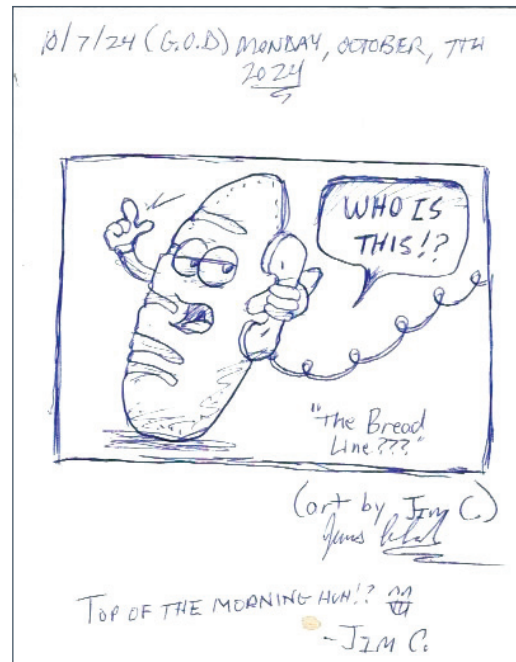


Life Choices

The choices that are made in ones life are many and are chosen every second of ones life. They vary from good to bad, high to low. In my case my choices in life are sometimes made by thinking about what will result from my decision will it benefit me, hinder me or result in me losing something! I'm at the end of the dash at this time in my life I have to be very selective in my life choices because time waits for no one! Bad choices have cost my dearly over the years and the hurt I feel has increased over the years. Lost relationships, employment, housing, etc! My life could be next, cherish the small things the ability to make choices think them out ask others to assist with your choices, don't let your pride or ego get the best of you!

~Kevin F.



Drawing by Jim C.

Walk the path of success with a grateful heart, hope is the guiding light of life. Keep moving, forward there is helping yourself even if we don't have the power to choose where we come from, we can still choose where we come from, we go from there. Be a positive role model to inspire others, cultivate gratitude and attract more happiness, you are the director of your own life, stop being afraid of what could go wrong and start being excited of what could go right. Sometimes in life we just need a hug... and no words, on advice, just a hug to make you feel like you matter.

Just don't give up trying to do what you really want to do where there is love and inspiration, I don't think you can go wrong. All dreams are within reach. All you have to do is keep going towards them. To bring change, you must not be afraid to take the first step. We will fail when we fail to try. One child, one teacher, one book and one can change the world.

~Derrick/Lola

Experiencing Life

We are all on this earth for a short period of time. Though living is the longest thing we will ever do, at the end of our lives, in retrospect, we will find that time has passed us by much quicker than we realized. We have to ask ourselves, "what do we want to accomplish throughout our lives and what steps we should take to ensure we meet those expectations that we have set for ourselves?" Each waking morning should be a clean slate you can use to advance yourself towards becoming the person you want to be and checking every box off of your bucket list before too much time has passed you by. Though it may be more comfortable to stick to what we know: our daily routine that we've followed scrupulously for extended periods of time, what causes us the least amount of pain, or the path of least resistance; we must understand that our brains trick us into choosing comfort, even if comfort is not necessarily in our best interests. In your old age, what memories would you like to have to reminisce on? What stories would you like your descendants to tell about you when they remember you when you're gone? What are some adventures you should go on to ensure that you have lived life to the fullest? Hours of solace, turn into days, the days into weeks, the weeks into months, and the months into years and before we realize it, we have wasted our lives. Do not live your life watching others live experiences that were meant for you. Face the world head on and take the challenging steps necessary to live a life worth living.

~Jane Farmer



St. Francis Breadline
Franciscan Bread for the Poor
COMMUNITY NEWSLETTER

V4 N42 ■ 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

Good Morning! This week we have an Interview and writing from Wenda Shelton Lee Mendes, writing from Kenny D, writing from Rodney Wise, art from Jim C., art from Khari, writing from Derrick/Lola, writing from Sir Richard Holland, writing by Ted Day, writing from Jane Farmer, writing from Kevin F., and writing by John Madison.

Which player has the most Super Bowl wins in NFL history?
Who holds the MLB record for the most home runs in one season?
Which player holds the record for most points scored in one NBA game?

The answers to last week's trivia and murder mystery.

Who was the first baseball player to hit 60 home runs? Babe Ruth
Who is the only basketball player in the N.B.A to score 100 points in a single game? Wilt Chamberland

Who is the first American world chess champion from New York?
Bobby Fisher

The victim was hit around 8:40 But Tracy didn't report his car stolen until just before 9:00, When McGregor was closing. Tracy said he discovered the "Theft" after leaving the store, then returned to make a call. But the druggist told you he made his call before leaving the store. ~James D.

PSALMS 34:8-9

Taste and see that the LORD is good; blessed is the one who takes refuge in him. Fear the LORD, you his holy people, for those who fear him lack nothing.

I have AG and AG keep everything AG for your energy

The Cause for effects will be + and -

Know, no, and know.

Don't be vague when

it's time for purpose

reasoning.

Know when you can effect a cause.

No, you will not get time back for the lover you found and love ya lost .

The effect causes wisdom and you know not to have regrets.

The cause of knowing and saying no has an effect on your life and others.

So know no and know.

~John Madison

When you conquer fear, it makes you brave, you'll never be a sucker, or a slave, it is what it is, we are who we are, you didn't have to queen, to be with a star, you shoulda stayed with me, you'd be all that I need, love for us, was meant to be, now love for us, is broken glass, there is no future, only future's past, now that love, will never be, you weren't strong enough, to stay with me.

~Gregory Spears

INTERVIEW WITH **Wenda Lee Shelton Mendes**

- **Where did you grow up?** Belize, but raised in Florida
- **Favorite place?** Belize
- **What is your dream job?** Ruler of the World
- **What did you want to be when you were a kid?** Attorney
- **If you could choose a superpower what would you choose?**
To be superman of course
- **What would you do if you won the lottery?** Be Rich
- **Biggest lesson you learned in life?** Make better choices
- **What would you change about yourself?** Nothing
- **Anything you want to say to those reading this?** Why do you think you are here on Earth?
- **If you could have dinner with anyone who would it be?** Obama



THE STORY SPELL BOOKS & BOUNDS DO WE LIVE IN THE LIFE OF HARRY POTTER? SPELLS BOOKS, BOUNDS, WITCHES, DEMONS & WARLOCKS. WHAT WOULD YOU CONSIDER ALL OF THIS TO BE. MAGICAL THINGS WIZARDS AND SO FORTH. DO YOU THINK WE LIVE IN THIS ERA? OF SPELLS FROM THE UNKNOWN MAGIC BROOMS THAT FLY THEMSELVES. WELL WHAT WILL THE SPELL MEAN FOR YOU? THE CHANNEL SEARCH SEEMS AS IF YOU CAN FIND ANYTHING. DO THIS TAKE A BIG IMPACT ON EVERYDAY LIFE? WHAT IS IT THEY, THEM IT OR SO ON WANTS FROM YOU OR US. WHAT DO YOU WANT WITH THIS WORLD THAT THIS UNKNOWN FANTASY. THIS LIFE DOES NOT HAVE ANYTHING WITH THIS WORLD. IF THESE THINGS ARE POSSIBLE. "I TELL YOU THE TRUTH" GET LOST IN A ANOTHER WORLD. #3 NOW. WENDA LEE SHELTON MENDES THANK YOU. COMMAND.

~ Wenda Lee Shelton Mendes

WHEN IS ENOUGH... ENOUGH?

You know when we go through trials and tribulations, making wrong choices and disobeying God, even though He is trying to persuade us to stay on course. God still Loves us despite our disobedience. BUT, we are responsible for how we live our lives. God allows us to make choices but, when we make choices that are not good for us, and we continue and continue and continue, it grieves the Holy Spirit. It breaks God's Heart to see us destroying the precious life He gave us, for some of us we are living, a double Life. You see the consequences with SIN never cease, until maybe DEATH. (Romans 6:23). You see we can choose the sin but we can't choose the consequences. When we choose to live in SIN, the guillotine is just waiting to be loosed to drop down to cut off your head. (THE WAGES OF SIN IS DEATH). Take a lesson from the story of the parodical son. (Luke chapter 15). The bible says he came to his senses and he humbled himself and went back to his father. If you read the story he didn't say "let me go back because I know my father is gonna take me back". No, he said "let me go back, I will ask my father to be like a Hired servant". He really HUMBLed himself. Just like some of us need to do go back to God. HUMBLE yourself. God will forgive you. ENOUGH IS ENOUGH. MOVE FORWARD. DON'T LOOK BACK. GOD has good things in store for you. Amen.

~ Rodney Wise

Letting God have His Way

"God said," I will never leave you, nor forsake you! God has kept his word until this day. I have stumbled time and time again. Falling back into the mire. God was right there, pulling me out of the mire.

I am a witness to the blessings I have received from God. I'm not talking about material blessing's. I am talking about a spiritual relationship with God.

When you walk with God you will never get lost. Proverbs 24:16 which states if you fall get "back up" which states for the righteous fall seven times and rise again but the wicked stumble in times of calamity.

Explanation: This verse emphasizes that even righteous people will stumble and fall, but they have the strength to get back up and keep going, unlike the wicked who may fall and not recover.

~Kenny D.

Awake Christian
Wake Christian no longer sleep
We've promises to keep
From Calvary a cross to bear
To Zion's walls a crown to wear
Shall tonight our beds be made?
When tonight the heathens fade
Shall in peace we rest our back
When others salvation lack

The shepherd's voice for long we knew
Onward then with strength renewed
The low valley and high mountains
Bold we march crossing fountains
Each dawn is a day made new
With hours that keep getting few
In bold and strength we rise and stand
Our king the lord himself commands

Wake Christian no longer sleep
We've promises to keep
And miles to go before we sleep
And miles to go before we sleep

~Ted Day

Are you in love with the creature comforts? Whom paved the way fro that and this day? Do you pay homage there to those who bravado thru for the next tells waves swells, wishing them and theirs well.

No matter your hue pay it forward is what we should do. Since I do, that would make us kindred spirits if you'd choose too!

Soul searchings are repaired to define the trust you. That's only a queue to the freedom's (spiritually) that await you and all you do!

The chosen few are to do what the enemies couldn't do that is lift you up. They only want to put you down and steal that crown. Do not allow the carnal to vaporize your spiritual inheritances! The inmates are running the asylums. Evils are morphing and Goodness regressing? The only thing needed for evil to flourish is for good folks to do nothing. Matriarchal wisdom

When the praying people leave, the evils will take over

Thus the ends, spends, bends of life, do not have to end in strife. That probably why a happy wife means a happy life

~Sir Richard Holland



Colored pencil drawing by Khari