

Do your self a favor, savor the flavors of truths. Google Maya Angelou's biography! These iconic tonic's will show you who, what, when, where & why the eyes in the sky are on you! No mortal can or will validate you. Then the sanity choice would be to hear the Almighty's voice! You have a choice otherwise a voice may deceive you, unfortunately some people will too.

Then once you know, then you must go. Success us the best revenge and reciprocity should be the devils aghast, not the past, the past can haunt you!

It can also empower you on what not to do! Ado

~Sir Richard Holland



I am not defined by my relapses but my decision to remain in recovery despite them.

Addiction if the only prison where the locks are on the inside

My recovery must come first so that everything i love in life doesn't have to come last.

~Anonymous



Artwork by Khari

Money, it can be,
Good or bad,
It can make you,
Happy or Sad,
It can turn,
Friend into foe,
Its happened to me,
So I know,
It must be,
The power of green,
That makes people,
Do stupid things,
It can turn,
Friends into lovers,
It can turn sons,
Against their mothers,
It can pit sisters,
Against their brothers,
But why it can't make us,
Love one another

~Gregory Spears

Philliappians 3:13-14

Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus

The only person you are destined to become is the person you decide to be.

Move forward with persistence, and don't let anyone take your focus! Keep your eye on the goal?

"Determination" is the product of three elements: A goal, a commitment, and a focus, you have to have something to "strive" for, then you've got to be committed you've got to believe in your goal. The stronger your belief, the stronger your determination," will become and finally, you must stay focused "on your goal." Yielding to distraction will destroy "your determination"

Looks at the elements

~Mr. Mad aka JohnDavid 9-22-24

STREET VOICES

St. Francis Breadline
Franciscan Bread for the Poor
COMMUNITY NEWSLETTER

V4 N44 ■ 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 writing from Gregory Spears, writing from Honesty, writing from Izzy Iz, poetry from Stanley "Cosmic Stan" Johnson, writing from Ted Day, writing from Derrick Lola, a contribution from an anonymous guest, work from Mr. Mad aka JohnDavid, an interview from Garret Smith, a haiku from M. Dunn and a artwork from Khari.

The Answers to last week's trivia questions.

Which Olympic athlete has won the most medals?

Answer: Michael Phelps

Which NBA team has won the most championships?

Answer: The Boston Celtics

Which NFL team has neither played in nor hosted the Super Bowl?

Answer: The Cleveland Browns

Be the first to correctly answer all three trivia questions below to win a gift card.

Which NFL team holds the record of most points scored in a single Super Bowl?

Who holds the record for most goals in a single NHL season?

Which player made the catch in what is now known as the "Immaculate Reception"?

PSALMS 34 6-7

This poor man called, and the Lord heard him; he saved him out of all his troubles. The angel of the Lord encamps around those who fear him, and he delivers them.

everyday is a new arrival
look forward and not back and nothing can time you
am i really in a race against time?
or a race from myself to a better me?
All badness has vaporized
all sadness is gone
All my good doings are right
all of theirs are wrong
what else can i do but give a helping hand
because i cannot fall where i stand
i can say I'm the man
when it comes to the time with the sand
because when i rise and they wither
I'm the buds for when you tasting bitter
I'm the warmth for their winter
and cut the grass where they slither
i can only be down for so long before i rise
that only i know, I am son of God
and you can never take my prize.

~Izzy Iz

INTERVIEW WITH **Garrett Smith**

Where did you grow up? I was born in Houston, Texas. But, I was raised in Paterson New Jersey and Monroe New York

Favorite place to be? Nowhere particular just love being free to roam.

What is your dream job? A stockbroker or structural engineer.

What did you want to be when you were a kid? I wanted to be a baseball player.

If you had a superpower, what would it be? I would want to have the ability to heal and be telepathic.

What would you do if you won the lottery? I would donate a lot to different causes and travel the world for the rest of my life.

Biggest lesson you learned in life? Realizing to just let go and move forward is the right thing to do.

What would you change about yourself? To start making better decisions.

Advice for reading this? Numbers are universal language. God is real and things happen for a reason. There's a path and plan for us all.



I believe that a man's worth is determined not by the path he has taken, but by the decisions he has made along the way.

No one can see their reflection in running water. It is only in still water that we can see our true self

A man may conquer a million men in battle but one who conquers himself is indeed the greatest conqueror.

You are selfish in your addiction, and you have become even more selfish in your recovery, Feelings aren't facts, tell me that my feelings are real but they aren't, reality.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else, but you are the one who gets burned.

A successful man is one who can lay a firm foundation with the bricks others have thrown at him.

When you want to succeed as bad as you want to breathe, then you will be successful.

A measure of a man's character is not how he handles his victories but how he handles his defeats.

~Derrick Lola

THE FORSALE SIGN

YES, A TOPIC THAT YOU LOVE OR HATE. HOW WOULD YOU RATE YOUR FORSALE SCORE 1 POINT FROM A DIVORCE THE LOWEST POINT YOU CAN GET, SCORE 10 POINT FROM A RECENT MARRIAGE THE HIGHEST POINT OUT THERE, YES! BUT SOMEWHAT OF A DIFFICULT TASK, WELL I RECALL A LADY NAME OF GERALDINE HEART FAILURE, HER HOUSEHOLD WAS CONSUMED WITH GRIEF OF NOT BEING TOGETHER ANYMORE CARDBOARD CURBSIDE WITH THEM NOWHERE TO GO. WELL, I.D.K. SEEM OF SOME SORT OF MANIPULATION #56 CANDLESTICK?

~Honesty

GOD IS MY STRENGTH IN MY DARKNESS HOURS WHEN I AM DEEP IN A WILDERNESS SITUATION GOD IS MY STRENGTH.. WHEN I AM FACING GREIF. LONELINESS .DEPRESSION AND CHALLENGES WHICH APPEAR TO HAVE NO END. GOD IS MY STRENGTH..WHEN THINGS APPEAR TO BE AT THEIR WORSE AND I AM FEELING WEAK AND WEARY I WILL LOOK TO THE HILLS, WHERE I CAN FIND HELP, FOR, I KNOW, JESUS IS WITH ME. WHEN OTHERS ASK ME, HOW ARE YOU ABLE TO COPE, HOW ARE YOU ABLE TO GO ON, I SAY GOD IS MY STRENGTH.. REMEMBER NO MATTER WHAT YOU ARE FACING TODAY, YOU CAN STILL SMILE AND HELP OTHERS. THE ONLY THING YOU HAVE TO DO IS SURRENDER TO GOD AND OBEY HIS LOVING WORDS, MEDITATE ON HIS WORDS AND BOW DOWN TO HIM. GOD GIVES PEOPLE THE CHOICE TO FOLLOW HIM OR GO THE OTHER WAY, HE GIVES US FREE WILL TO MAKE A CHOICE. HIS LOVE IS UNCONDITIONAL.

~Ted All Day. 9-30-24



Haiku by M. Dunn

Cosmic Stan is doing fine (+the whole 9)

Cosmic Stan, the poet is back, by popular demand, if Cosmic Stan can't do it, Nobody can, poetry for all my readers, across the land, even in Brooklyn, the Bronx, Harlem, and Queens, Ladies and Gentlemen, whether my poetry book are, thick for thin, In every lyrical or poetry contest, Cosmic Stan comes to win, I'm doing fine all the time, on every poetic line, and shout out to my mentors, the temptations, after they did the song "Cloud Nine" that's why by the public, to write the best poetry, Cosmic Stan will always be able, to put my poetry like food, on the table, Cosmic Stan Doing fine on poetic lines

~ Stanley "Cosmic Stan" Johnson