

Continuous Learning

As our lives go on, it is important to never stop learning. Learning is how we grow and evolve as human beings and it is through new knowledge gained during our time on this earth that we will once again find ourselves living with our Father in His kingdom. We must analyze every action we take, both good and bad, and use it as an opportunity to progress our souls for the better. Learning from our mistakes as well as learning from our successes is essential for our personal growth. We cannot afford to sit idly by and allow ourselves to wallow in our regrets, but we must also place an importance on righting our wrongs and trying our best not to repeat any errors we made in the past. We were put on this earth to advance from beings capable of sinning in a world full of hate and anger to souls at peace with the Lord in heaven. As none of us are perfect in our current mortal states, it is crucial that we use our time here wisely and work towards becoming the powerful beings of light that God intended for us to be. There will be no development, however, without a continuous dedication to learning as much as possible about the earth, humanity, life in general, and all that God has created. By actively seeking knowledge and wisdom and learning and growing from it, we can transform ourselves from flawed humans into beings of light worthy of enjoying eternal paradise with our Lord and Savior.

~Jane Farmer, October 23, 2024

Once upon a time

The world wasn't like this

The pandemic hit us

Our world I miss

We wear masks, keep our distance

What happened to the fun

Well Believe it or not

We had a good run

People dying, people lying

What the hell is wrong

People looting and shooting

Its not a good song

The pandemic, God permit

Took away our sun

I hate to admit it but

We had a good run

~Gregory Spears

God I believe

God above heaven high
ever loving ever faithful in loving me
even though, I am being sinful and stubborn to follow your call.
I'm really sorry for all the times I failed
you always given me the wills to to carry on
how do i know the decisions i pursuing are you will?
I humbly want to thank you for the roof over my head
and the food i am able to get and enjoy in every day
the trails and tests we join to pass.
sometime results might not i expected
I will learn from the setbacks and carry on.
I want to thank you, praise and glorify you
for each breath that passing from my lung
but how do I know that I am doing these right?
is it enough that I simply attend a church service?
Thank you for your unconditional love to either believer or not.

~Henry Yee, Oct 2024

Eyes have not seen, ears have not heard, neither has it entered into the hearts of man the things God has prepared for those who love him.

Think it as it is related [written], believe it for what it is and receive with an open mind/will in acceptance to God's desire for your life concerning it's meaningfulness and fulfillment as recipient of his promise.

As it is written, it shall come to pass and manifest itself realistically, multiply. To the life of the CHOSEN and believer, his spoken word is not delusional, but proof of his capability to transform impossibilities to possibilities, the miracle in expectation, and NO WEAPON FORMED AGAINST what GOD has SPOKEN and PREDESTINED SHALL PROSPER.

In "EYES OF THE BEHOLD" his Truth is revealed, bearing witness through indepthness
Of his Spirit, wherein his secrets are revealed, I AM EIOIM.

~Minister Cora Shaw, 10/24/2024



St. Francis Breadline
Franciscan Bread for the Poor
COMMUNITY NEWSLETTER

V4 N45 ■ NOVEMBER 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 Jane Farmer, this week's riddles and a short writing provided by Rodney, in interview with Diane Cho, poetry from Joaquin F., writing from Jane Farmer, writing from Minister Cora Shaw, a haiku from Sister M. Dunn, bible verse provided by Debora L., writing from Ray, original song lyrics from Chris, writing from Charles, writing from Henry Yee, writing from Rodney Wise, writing from eRIS NYCe poetry from Gregory Spears and artwork from Pauly B.

When Jesus spoke again to the people, he said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life."

—JOHN 8:12

Answers from last week's 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 person to answer all three baseball trivia questions below and win a gift card.

From Rodney: The Baseball season is coming to an end with the Yankees being in the world series!!

Who was the term 5 tool player first used to describe a complete player? Who was that player?

What pitcher last won 30 Games?

Who was the player that broke Babe Ruth's record of 60 homers in a single season?

The Lord said follow my law only if you are in danger or your family is in danger for I will know what's on your heart, but also follow the law of the land. Give Caesar his due!!!

~Rodney

OK WE TAKING EVERY CITY AINT NO PITY SCORING
AINT NO REELING IM ON FIRE KEEP THAT MONEY PORING
SOME SAY IM SOARING UP TO LIMITS THAT I SHOULD BE CAUTIOUS
BUT ON THE HAND JUST LOOK AT WHATS REALLY IMPORTANT
I GOT MYSELF AND I GOT ME AND YEA IM ALWAYS TOURING
ILL SMOKE A LIL THEN DRIFT OFF INTO 3 WHEEL MOTION
YOU SEE A GANGSTA'S NOT A GANGSTA UNLESS HE'S REALLY CHOSEN
A LOT OF HENNY AND REMY WILL KEEP THESE MODELS OPEN
NEVER TO OLD FOR CREATIVITY TO BE AWOKEN

~Chris

INTERVIEW WITH **Diane Cho**



Where did you grow up? Here, New York Flushing, Queens

Favorite place to be? Swimming Pool

What is your dream job? A 50 thousand pay a week job retail

What did you want to be when you were a kid? I wanted to be figure skater?

If you had a superpower, what would it be? The ability to cure people

What would you do if you won the lottery? I would donate food to a shelter and travel the world and make music and then movies

Biggest lesson you learned in life? I should have taken the vacation

What would you change about yourself? Hair

Advice for reading this? people do help you .. don't give up on the job ... we always make it Jesus christ be with you always God is good

Recognizing the traits, raises your self-esteem and...

When we recognize our hereditary traits (genes), physical, emotional, intellectual, it helps us to better understand and understand the events in our personality, and that by recognizing our physical traits, it is prudent to be delicate, to find out if we are getting sick or if we are getting sick. falling into a void of nostalgia, of tragic fatigue, it is from recognizing ourselves that the warnings are triggered, that they communicate to you, that something is happening, and if you learn to recognize them, you will surely activate the alerts and start a process of improvement, it is physical or mental, concluding what is leading you to that or more points that weaken you.

What can we say about recognizing the traits of the people you love, who esteem you, who value you, who feel appreciated, then, you act as a thermometer that can recommend, suggest in the friendliest way, and transmit that concern, in such a way, that the inner being of that person also interacts for their healing. All of this is applied to see beyond what we superficially observe, giving a tool of knowledge of greater self-esteem, improving interpersonal relationships and affectionate relationships,

Of course, the traits of commercial brands that abound, exploit that richness of recognizing behaviors and audiovisuals, that please people, is in such a way, that influence, and equally, with all those, who are manipulators, offering attractive attributes Therefore, recognizing the traits is self-knowledge, which allows us to go beyond what we look at superficially.

Traits are important signs to improve our self-esteem, grow intellectually and improve our personal relationships.

~Charles

I looked at her youth
and her oldness
Remembering what age
I was there

We spoke of mineral
rocks for cleaning
The deep wounds
central memories share.

A friend came to sit by
her
Past wounds opened
in the clearness of her
eyes

He offered her
government protection
Her quietness leant
through the years as
wise.

She inhaled deeply and
slowly
A relaxation among
mental despair

The Jane effect guided
No worries even of
NYPD anywhere.

~eRIS NYCe

THE TEMPLE

According to the word of God, the Bible. Our bodies are considered "Gods Temple". As we grow older our organs also grow old as well. Taking care of our bodies is essential. Our bodies are Not made for *illegal drugs, cigarette smoking, vaping, overindulging in alcohol. Body piercing, tattoos, or any defacing of our skin. 1 Corinthians 6:19-20: "Don't you realize that your body is the temple of the Holy Spirit, who lives in you and is given to you by God?" "You do not belong to yourself, for God has brought you with a high price. So you must Honor your body". So, today let us take care of our bodies or your temple.

~Rodney Wise

He (God) wakes me up everyday like clock work he blows his gentle breath over my body that shakes me awake. The firs words that goes out of my mouth are, Thank you Lord, Thank you!

Thank you for the many angels that worship you, by doing your will. The angels I am talking about, are at St. Francis of Assisi. In James 2:12-26 it says "Faith without work is dead. James is arguing that true faith manifests in good deeds not just empty words or beliefs.

I am learning that it's not all about me! In Romans 12:20 if your enemy is hungry feed him, if he is thirsty, give hime something to drink, Jesus was the ultimate example of serving others. Not my will but thy will be done. Luke 22-42 Amen!

~Ray

Importance of Vitamin D

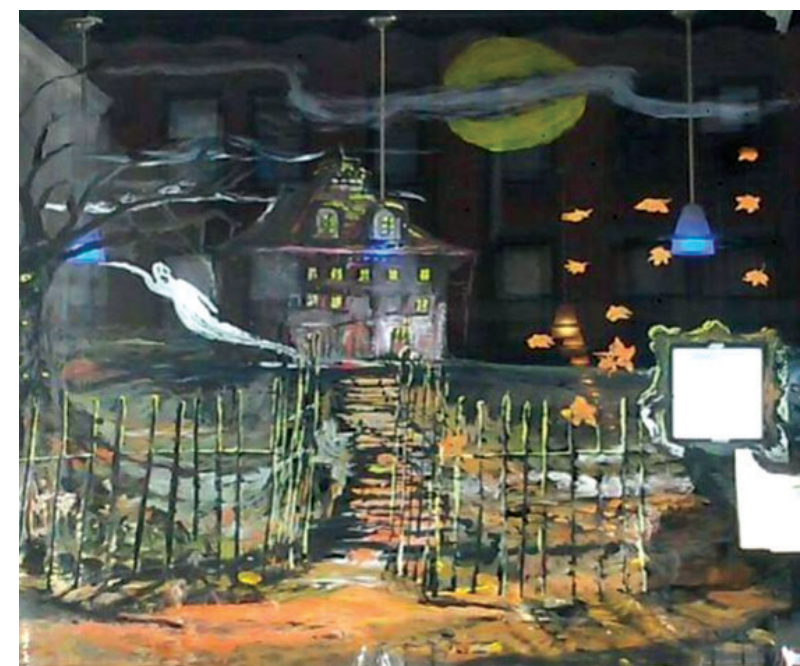
During the fall and winter months, the days are shorter and we get less exposure to sunlight. We may feel feelings of depression and hopelessness. Not only is our mental health affected, but our physical health is affected by less exposure to sunlight. We might experience fatigue, dull looking hair and skin, eczema, cavities and other health problems. Vitamin D's primary purpose is to give us strong bones and teeth. Vitamin D like natural sunlight, also lifts our baseline moods.

If you feel that you might be experiencing any mental health problems due to a possible Vitamin D deficiency, then I encourage you to visit your primary care doctor. They can test your Vitamin D levels and you can safely improve your wellness! You can also eat nutritious foods that may contain Vitamin D. Some accessible sources of Vitamin D are: orange juice fortified with Vitamin D, yogurt, salmon, tuna, and sardines. Never begin vitamins without the advice of your doctor.

To your health!

Sister M. Dunn

Haiku by Sister M. Dunn



Artwork by Pauly B.

"The city and the sea"
The city wake up
With the sound of wave of the sea
Wake up my heart
And make it deal with yours
Don't break it up
I don't have another precious things
Just my heart and my God
Who guide me toward you
To tell you the truth from his words
Anointed with invisible oil
Walking down the street together
With all my friend
To help you
Wherever you would be....

~Joaquin F.