

It's not about standing still and becoming sage if anybody wants to keep creating they have to be about chase. For me becoming isn't about arriving some where or achieving a certain aim. I see it instead as forward motion, a means of evolving, a want to reach continuously, toward, away toward a better self. The journey doesn't end. Smile no matter who you are, no matter where you are, no matter where you come from you, can always change become a better version of yourself. We keep moving forward, opening new doors and doing new things because, doors and doing new things, because were curious and your comfort zone. God walk thank you God my Father you in everything.

I have learned that success is to be measured not so much by the position that one has reached in life as by the obstacles which he has had to over come while trying to succeed. The only way to make sense out of change is to plunge into it, move with it and join the dance. You have power over your mind not outside events. Realize this, and you will find strength true strength in controlling your reactions.

Without God he got you and me we have not a thing, Change will not come if we wait for some other person or something, or some other thing, or some other time. We are the one we've been waiting for we seek and changes that people who are the thing we have change ourself, the only limit to our realization of tomorrow with be over doubt of today, mind over matter don't mind it the most common way for people give up their power is by thinking they don't have any. It's not about standing still and becoming sad. If anybody want to keep creating they have to be about change.

For me, becoming isn't about arriving somewhere or achieving a certain aim. I see it instead as forward motion, a means of evolving, a way to reach continuously toward a better self. The journey doesn't end. Smile

No matter who you are, no matter what you did, no matter where you've come from, you can always change, become a better version of yourself. We keep moving forward, opening new doors, and doing new things, because we're curious and your comfort zone.

God is walking with you in everything Thank you my Father

~Derrick Lola

Essay - Climate of NYC

As the end of the year is nearing the climate of NYC is so fragile at this time. Within nine days the presidential election will be decided the holidays will begin to arrive chaos will start to ramp up not for the better! With the NY Liberty winning their championship last week for the moment there was joy in the streets! These are tense times families are in need, homeless people are in need of safe shelters, etc! Prayer can be a big help to the down trodden in NYC! Hope can be fostered through prayer! Services such as what St. Francis offers the community daily is a blessing but those who are much better off should look within to see how much more support we can give!

Just a thought about the climate of NYC

~Kevin F

Cosmic Stan is poetically nice,
My poetry is hype,
Good as beans, steak, and rice,
Added with sugar and spice,
I'm just one of the best poets,
Proving it with every poem I write, My poetry
is hotter than the sun,
I've been writing dope lyrics,
And dope poetry all my life,
This is for my guy Adam,
So he can read this,
A thousand times over,
My poetry is bright like light,
Poetically and lyrically,
I've got the competition scared,
And on the run,
Cosmic Stan is hotter than the sun,
A poet's job is sometimes done,
Cosmic Stan is out, ONE, I'm still number one.

~Stanley "Cosmic Stan" Johnson



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

Good Morning! This week we have a murder mystery submitted by James D., an essay from Kevin F., writing from Sir Richard Holland, original song lyrics from Tim Falvey, a submission from an anonymous contributor, poetry from Stanley "Cosmic Stan" Johnson, writing from Derrick Lola, writing from Jane Farmer, writing from Ted Day, writing from Rodney Wise artwork from Jim C., and a Haiku from M. Dunn.

"For we walk by faith, not by sight." 2 Corinthians 5:7

Be the first to solve the murder mystery or to answer all three trivia questions and win a gift card.

Who holds the record for most stolen bases in MLB history?

What decade was the three-point line added for NBA games?

What is the maximum number of points you can score in a game of bowling?

Answers to last week's sports trivia.

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

What pitcher last won 30 Games? Denny McClain

Who was the player that broke Babe Ruth's record of 60 homers in a single season? Detroit Tigers (31 games)

SPIRITUALITY

What does it mean to be spiritual? Well when God breath life in to man, he became a living soul. (The spirit of life). Every man and woman born into this world has a spirit. This spirit keeps us alive. Well according to the Bible, God the father, JESUS and the Holy Spirit are one. When we receive Jesus as our lord and Savior, the Holy Spirit comes and resides inside of us. He is called "The comforter", or "The counselor". He is the one who speaks to believer's in a still small voice, guiding our every step. But SPIRITUALITY is not just feeling spiritual and just doing good things. (Not saying that it's a bad thing) The Bible says: "Beloved believe not every spirit but try the spirits to see if it is of God, because many false prophets are gone out into the world" .But, REAL spirituality is is being saved by the blood of Jesus and walking in His ways. Trusting in our MIGHTY God and His Holy Word.

~Rodney Wise

A Poem for your Lover

There's a spark of magic in your eyes CandyLand each time I see you smile colored rainbows in your favorite shades to show I love you and am thinking of you!!!

~Anonymous

Coffee Cup Collateral

Moon thumbtacked As matter of fact
And waxing from the the right
Under stars hung low we were caught counting crows
And blushing at the sight
Of the blue grey seam on a gemini dream
That I treasure to this day
With midnight draped Like a black velvet cape
On the hunch of Folly Bay

Sundress slipping to her feet
Sunbaked back and redskin heat
Sunburnt Cheeks in silver sheets
Sunspots burning memories of

Coffee cup Collateral and a curtsy in the sand
Of an ebbing shore, We were Connecting four, my
Heartstrings in her hand
fading quotes on ransom notes and now I owe it all
To Trinket-taking and curfew breaking And Coffee
cup Collateral
now I owe it all to Coffee cup Collateral

Two legs twirl And ten toes curl
On cracked shells under feet
A calculated bet On saltwater & sweat
And springtime's rising heat
Thereby sealing a chance for one more dance
Under phosphorescent sky
Six new steps In riptide jets
And a Harbor Lullaby

Sundress slipping to her feet
Sunbaked back and redskin heat
Sunburnt Cheeks in silver sheets
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Coffee cup Collateral and a curtsy in the sand
Of an ebbing shore, We were Connecting four, my
Heartstrings in her hand
fading quotes on ransom notes and now I owe it all
To Trinket-taking and curfew breaking And Coffee
cup Collateral
now I owe it all to Coffee cup Collateral

Teeth devour An earring flower
Just to steal a taste
Forget me nots next to coffee pots
And ransom notes erased

~Tim Falvey

Moving On

Change can be difficult as it is human nature to seek comfort. We all would prefer to walk along the path of least resistance, but that path is rarely the one that will lead us to where we truly need to be. Building a life for yourself is not easy, but it must be done at some point less you waste the one that was given to you. Leaving behind the consolation of friends, family, coworkers, and other familiar faces to step into the unknown is an unavoidable step in our journey that we must initiate eventually. Our minds can play tricks on us; making us believe we are progressing while at home, surrounded by loved ones, when in reality, we are stalling our own progress by choosing ease and peace over hard work and uncertainty. It's the difficult choices in life that truly test out resilience and dedication to bettering ourselves. It is when faced with adversity that we find out how willing we are to become our best selves and achieve every goal that we have set for ourselves. The first step towards reaching the top of the mountain of success is moving on. Move on from the place of comfort that is holding you back in the long run. Move on from the habits and routines that are not advancing you further. Move on from the inner thoughts that keep you delusionally believing that everything is fine while you accomplish nothing in reality. Move on from comfort and seek displeasure; only then will you begin to grow.

~Jane Farmer



Drawing by Jim C.

The Lethal Lemonade

William Marin, elderly millionaire, lies dead on his bed. His face is gruesome, it must have been a horrible death. Using a handkerchief, you pick up a half-empty glass of lemonade and the large pitcher that sat on the night table next to the bed. Your nose detects the unmistakable odor of the deadly poison that made WM. A corpse. Tommy Marins is Williams nephew. There's an open pile of insecticide on the windowsill. He must have mixed it not his drink, he says. It wasn't in sight when I brought uncle Will his drink tonight. He liked to read in bed every night till about 10, and always like a pitcher of lemonade. Who brought it to him? You ask. Usually his housekeeper - but this is her night out. So I did it for him. If I had any idea he was goin to do this. William was. Big name in the business world. Was he troubled about anytime lately? Business matters perhaps? Oh no. Nothing wrong in his business concern, Tommy says. You look at the body, again, and at the pitcher and glass. Then you walk across the room to the window sill. There the insecticide pkg. sits, open and deadly I don't understand, why my uncle would do this. I don't think he did, you say. I'm takin you into headquarters for further questioning.

Why do you suspect Tommy of murdering his Uncle?

WE MASK OUR FEAR WITH THINGS LIKE ANGER.
NUMBNESS. HIDING, THINGS LIKE CRYING, CEMENT FEET OR FIGHTING,
THINGS LIKE IMAGE, STUFF OR LYING. TIME TO TAKE A STEP AWAY FROM HOW WE DEAL.
WHY NOT LUST TAKE A RUNNING LEAP/ BE BRAVE MY HEART AND FEEL.
THE LORD IS WITH US, SAY IT ALOUD....

THE ONE WHO WOULD SAVE US, HEAVEN COULD NOT CONTAIN ITSELF.. LIGHT SPILLED FROM A
STAR HEALING HIS ARRIVAL.
THE EARTH BURST INTO LIFE. BIRDS CALLED FOR REVIVAL..
AND FRIGHTENED SHEPHERDS TREMBLE LIKE SHEEP..
WHEN ANGELS AWAKENED THEIR SLEEP WITH SONG AS LIGHT AS SNOWFLAKES, AS POWERFUL AS
A TSUNAMI OF HARMONY POURING ONTO EARTH AS JESUS BIRTH... OH, PRAISE HIM....

~Teddy Day

The complacency traps are sprung!
Procrastinations
righteous
indignations long
supersede inflations.
Tensions do think
that you cannot,
cut it with an
attitude knife L.O.L.
Have a truffle, no
scuffles, then do
the hustles. since
the past is over
and the leprechaun
left with the 4
leaf clovers. Make
the best of any
situation regardless
of the journeys
destinations.

~Sir Richard Holland

Did you know? The illustrious queen Angela Lansbury was a Rockette!

Radio cities Beauties, qualities beyond the Trees!

Hence the sudo-post-covid era is or was a test of faith! Feast of famine, Freddy Mac, Fannie may which ever finance the eco way! The fact's are askew, yet the zeroes claim to be heroes! They must meow at cats.

That and or they have bet's on the elections debacle, maybe bat's in the bell towers. The illusionist deport powers. The scene is wrong and they play the long song. That's because the alleged human only has hours. Only God dispenses true power and hours. How could this be? The generational curse doesn't leave with the hearse. They are bound to earth lower atmosphere and in N.Y.C. they are not hard to see (even abnormalities) That's because Karma is real ir is no steal ok real deal. Unless you've done good. That is the differences Karma understood. Put that on the wood and make the C-Low gave go good

(A three dice game C-Low)

Gambling on eternity is not advised so open the surprise! There is no disguise in the clear blue skies! Poker face! Don't make love a distaste waste misplaced! That is a disgrace!

~Sir Richard Holland