

Resolutions

It is time to start preparing ourselves for the start of a new, promising year and, with that, begin preparing our list of New Year’s Resolutions. With the start of each year, we are able to wipe our slates clean; forget about the troubles and the mishaps we previously faced and start fresh. If you struggled this year or years prior and are seeking to get your life on track, now is the time to begin making plans to do so. I can relate to making New Year’s Resolutions and then feeling disappointed when the year is almost over and I haven’t fulfilled the promises I made to myself many months prior. Despite the many faulty resolutions, I am still hopeful that each new year is a chance to do right by myself and comply with the goals that I have set. It’s easy to become disenchanted when you so often tell yourself that you are going to do something; accomplish anything; over and over again, and yet still find yourself waiting and wishing for the change you want to occur. Never losing hope that someday soon you will be the person who is unstoppable and achieves everything that you seek to do is essential to a successful year. No matter what promises you broke, no matter what dreams you have that are still unfulfilled, no matter how many resolutions you made the last year that will once again appear on your list this year, the new year is the start of a new beginning; a new chapter in your story in which you can become the hero of. It all starts with sitting down, thinking about what you need and want, and creating your list of resolutions- a roadmap that will guide you day-by-day in 2025. You can map out the entire year ahead, the monomyth that you will embark on, and begin walking along that path, despite burning out years prior. This upcoming year, let’s promise ourselves that we will do the things our brains are telling us to do and take the risks our hearts want us to take on.

~Jane Farmer, November 25, 2024

“The Signal” –A Flash Fiction

It began as a scratchy hum, like a distant radio frequency found by accident. I was alone on the night shift at the observatory, watching the sky’s monotonous dance, when the hum turned into rhythmic pulses. I sat up, the coffee slipping cold and forgotten from my hand. The signal repeated every 22 seconds, unwavering and precise. I jotted it down, the numbers crawling across the page like something alive. At first, I thought it was interference — maybe an old satellite catching a stray bit of noise. But it was too intentional. Too steady. I calibrated the equipment, adjusted for static, recalibrated. Still, the signal came back. In my ear, it was almost like a heartbeat. I checked every database, ran every possible simulation, but nothing matched. This was uncharted. Finally, I sent the recording to a colleague. When his reply came, it was nothing but silence, the audio file strangely blank. I was about to dismiss it when the signal resumed — from my own speakers. Louder. Insistent. Then I saw it: a single phrase written in the empty text window. The message was not from my colleague. “Do not respond.” The pulses grew louder, faster, relentless. I reached to shut it down, but the control panel froze, and one last message burned onto the screen: “You are being watched.” The equipment sparked, and everything went dark. I sat in the absolute silence, the cold realization settling in my bones. In the days that followed, I told no one. They thought it was a power surge. They said I’d misheard, overworked. But every night since, I still hear the pulse — faint, just beneath the hum of the stars — like a distant heartbeat, drawing closer.

~Dominic



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
Scheduled appointments only on Friday from 9am - 4pm

WHO: All are welcome!

NEW: Art and Guitar classes, Work space available Tuesday 9am -11am

Good Morning! This week we have poetry from Stanley “Cosmic Stan” Johnson, writing from Henry Yee, a short story from W.L.S, writing from Micheal, writing from Minister Cora Shaw, poetry from Gregory Spears, writing from Rodney Wise, flash fiction from Dominic, writing from Jane Farmer, art work from Khari and artwork from Derrick Lola.

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.”

DEUTERONOMY 31:6

Be the first person to correctly answer all three trivia questions below and receive a gift card.

In 1863, what U.S. president decided that Thanksgiving would be observed on the last Thursday in November?

Where did the Pilgrims first land when arriving on America’s shores?

Approximately how many Pilgrims survived the first winter in America?

Answers to last week’s trivia questions.

Which U.S. president was the first to officially pardon a turkey? Answer: George H.W. Bush. In 1989, Bush “presented a Presidential pardon” to a “fine tom turkey” — and it’s been an annual tradition ever since.

Which retailer was the first to host a Thanksgiving Day parade? Answer: Gimbels. The department store hosted a Thanksgiving Day parade in Philadelphia in 1920, four years before Macy’s held their first.

What is an adult male turkey called? Answer: A tom

A Story, “Nightmare”

Yes nightmares, why do most people suffer with this. What causes this “movie” in your mind I should say? Could it be thoughts from your life experiences? Well most people don’t know what the nightmares mean. Some see images they never seen with human eyes, how could this be? You see things in your sleep that you never witness with human eyes? It can really be a scary “nightmare,” well this you call it, how does it get there? As if you are inside a movie, yes it plays as a movie. What causes the brain to see this movie you never witnessed before? How can something that can make you afraid be in your mind? “What Movies” “Hollywood”.

~W.L.S.

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We shared and cared, through
the cross we bear strength,
to survive injustice, life
challenges is sometimes unfair, it's not
clear. At the rhythm of a heartbeat,
under pressure spirit died, life left.
As a pilgrim, a passerby through this life,
minds in recollection of it's childhood
when it wasn't this way, now impaired,
as a shattered dream. What does it mean
this invasion of mind and soul don't give
in, the statement is bold when moment of
peacefully entering resurrection, nit arises.
and the human spirit is revived to relive
it's purpose, dream on. I SHALL NOT DIE
BUT LIVE..

HOPE, your eternal life, destination for
destiny.

~Minister Cora Shaw



Drawing by Khari

Love thy fellow man and give onto him others as they give to you, don't forget your family whether
they're here on earth or not. Give Jesus a call in heaven and repent your offenses in the lord's eyes of
love, and tell yourself Jesus loves you because he is true to us as he is one of us. In our birth and life
that he laid before us. Love ya Jesus

~Micheal

Lord, we like to thank you on this Thanksgiving day for our many blessings.
Thank you for our country and freedoms that we share,
Fearless men and women and heroes everywhere
Thank you for life's teachers those we call our friends
All we take for granted and love that 's forever
Thank you for our gifts of talents no matter big or small
Bless us with the knowledge that one can learn from each other
Thank you for the beauty you fill this world you made
The ocean, forest, mountains and the ways to Heaven
Thank you for all the answers we prayers asked of you
help us remember you always upon us
Lord please know we thank you in each and every way
give us safe haven through church ,family and friends
Thank you for the meal and laughter we share this day
blessing to each other on this truly thankful of God day

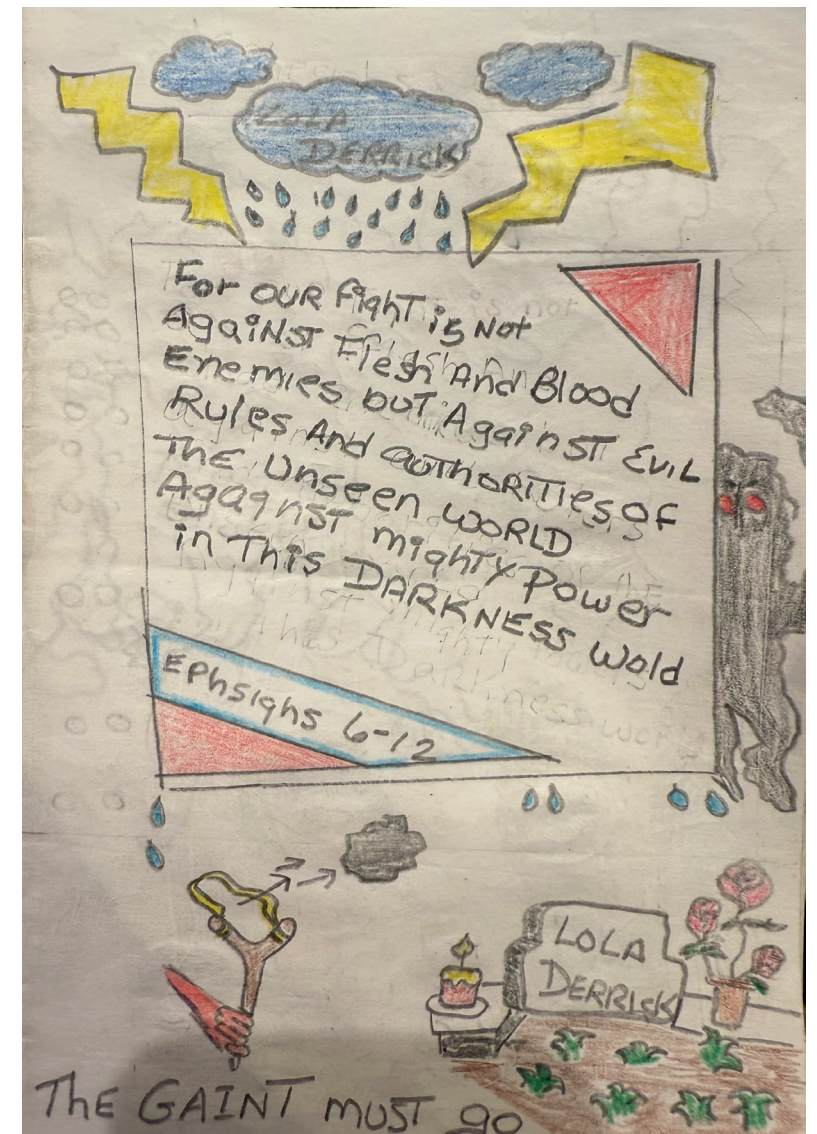
~Henry Yee

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Tell her you love her
For if you don't
someone else will
Because you wont
Tell her you love her
And don't you lie
For if you do
Then she will cry
Tell her you love her
And mean it
Let it hit her hard
Like she never seen it
Tell her you love her never ever say never
And the love you have
Will last forever
~Gregory Spears

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Cosmic Stan gets his mind right,
Ad brings my poetry to life,
Flying,
Higher than a kite,
Brighter than the sun,
My poetry shines bright.
Y'all didn't know,
It seems that's a shame,
Poetically let me explain,
Cosmic Stan is my name,
To win this poetry contest,
Is why I coming,
Giving the world poetry
That's hotter than flames,
Lyrically with poetry,
I always rock,
Brag more than Muhammad Ali,
Blowing up every Hip Hop spot,
This paper is almost full,
For every cow that died,
I don't need no bull,
It's a fact,
That I'm one of the best,
With my 2024 raps, jack, jack,
I'm out like the night turns black
~ Stanley Cosmic Stan Johnson



Drawing by Derrick Lola

THE LOVE OF GOD

Many of us attend church every Sunday. But, do we
really know God? Love is very essential when we
are walking with God. Jesus left a commandment
before He went back to Heaven. Matthew 22 37-40.
“You must love the Lord your God with all your
heart, all your soul, and all your mind. This is the
first and greatest commandment. The second is
equally important: Love your neighbor as yourself.
The entire Law and all the demands of the prophets
are based on these two commandments”. Love is
not based on skin color, nationality or creed. Love is
color blind. *He who loveth not, knoweth not God,
for God is love. (1 Corinthians 13). Which is called
the chapter of love. Explains how we are to live our
lives expressing God's love.

~RODNEY WISE