

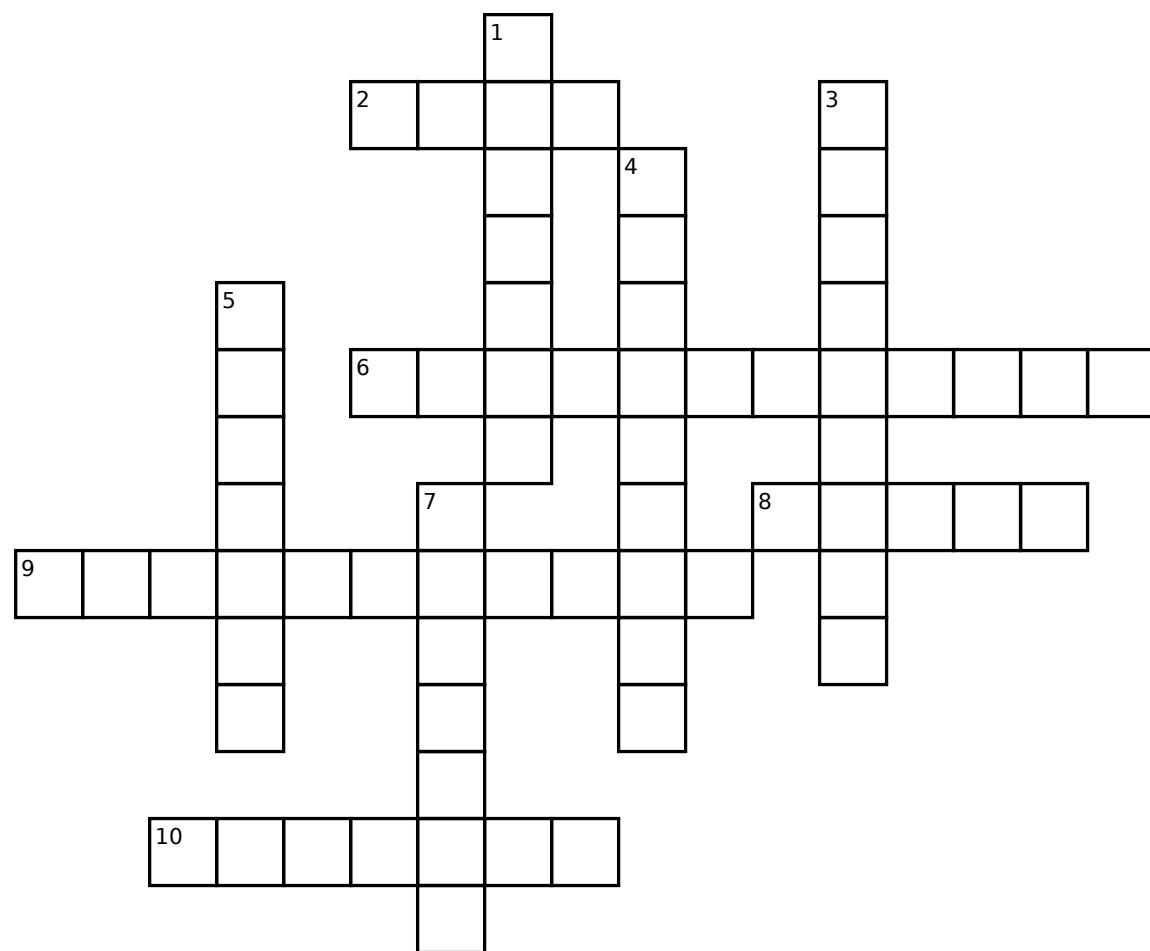


It's not about standing still and becoming safe if anybody wants to keep creating they have to be about change. For me becoming isn't about arriving somewhere or achieving a certain aim. I see it stead as forward motion, a means of evolving, a want to reach continuously toward, away toward a better self.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

~Unfinished work from Derrick Lola



## Crossword Puzzle



Down:

- (in the past) soldiers who fought on horseback.
- Baked in a bundt pan
- She was burned at the stake in the 15th century
- French luxury sports car manufacturer.
- World's second most expensive spice

Across:

- A street car, or a bus on rails
- North american land bridge (ice age)
- Pirates of the Caribbean has some scenes on THIS beautiful white sand beach island
- Someone who live to a hundred or more
- "Lago" fictional character, villain in ...

Crossword puzzle from Dominic



St. Francis Breadline  
Franciscan Bread for the Poor  
COMMUNITY NEWSLETTER

V4 N50 ■ DECEMBER 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  
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 writing from Jane Farmer, writing from Reginald Gunnell Sr., Rodney Wise, James D., and Kevin F., poetry form Stanley "Cosmic Stan" Johnson, a Haiku and health advice from M. Dunn a puzzle from Dominic, writing from Derrick Lola and cartoons from Lola Derrick

1 CORINTHIANS 15:58

*Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain.*

**Be the first to answer all three questions below and win a gift card.**

Giraffes What animals are more prone to be struck by lightning than humans?

What did the Hollywood sign original say?

What is the closet planet to Earth?

**Answers to last week's trivia.**

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

Where did the Pilgrims first land when arriving on America's shores? Provincetown, MA

Approximately how many Pilgrims survived the first winter in America? 50



### A CHANGE IS GONNA COME

There is one song that I use to and still today like to listen to when things seem to get a little rough. Like the trials and tribulations of life. "A change is gonna come" by soul singer Sam Cooke. Don't get me wrong it's good to listen to something that might seem to motivate you, but not to sit on the pity potty and feel sorry for yourself. The moral of the song I believe is to help you to not give up on yourself. Keep trying no matter how hard things may seem to get. Don't be afraid to ask for the help that you may need. Yes, we all go through the STORM'S of Life. Whether it's personal, marriage, or problems with our children. Perseverance is the key that unlocks how strong we really are. **DON'T GIVE UP ON YOURSELF.** -----*(James Chapter 1. 1-4)*

~Rodney Wise

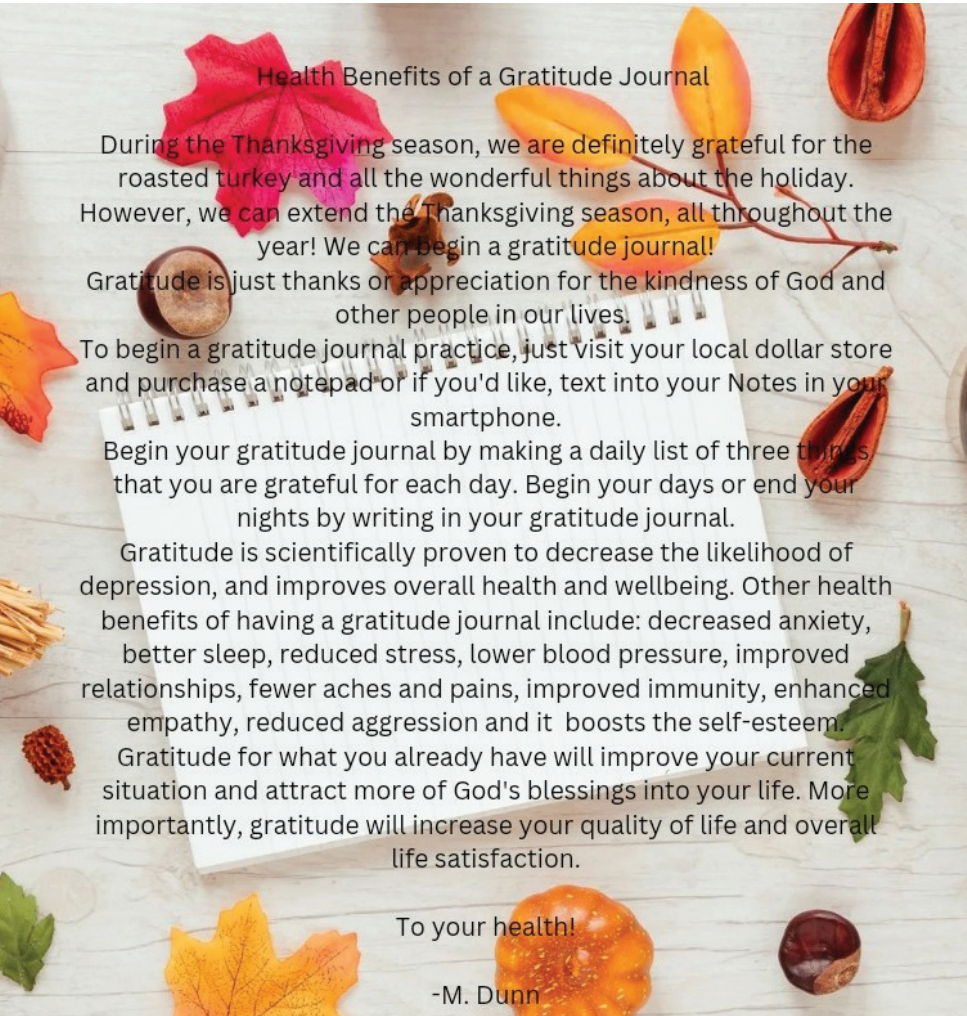




Maintaining Peace

There are few things more important than having peace; peace in your family, peace with your friends, peace within yourself, and peace in your life in general. Peace of mind is a necessity to getting through each day and completing your daily tasks, less you be distracted and restlessly overthinking the problems in your life. I find it helpful to make a checklist with each dilemma I am currently facing and make an effort to check as many boxes off as possible until all issues have been resolved. Not only does this clear up any difficult or unfinished tasks I've been putting off, but it also gives me a spark of joy and a sense of accomplishment each time I add a check to a box. Aside from daily tasks and goals that need to be tended to, sometimes the people you allow into your life are also the source of any stress or discomfort you might have in your spirit. Removing those from your life that seek to do you harm or disturb your peace is crucial to a life well-lived. We cannot allow those with nefarious intentions to turn our rays of sunshine into dark, cold storm clouds. The reality is: some people never change, no matter how much you wish for them to and no matter how much grace you give them. Some people have nothing better to do but cause trouble and stir up drama and discontent among others. Some people are energy vampires that build themselves up by producing negativity and instilling low vibrational emotions into others. These people have to be removed from your life as it is not your responsibility to fix them or make them behave appropriately. While second, and even third chances ought to be given as no one is perfect, at some point you have to show yourself that kindness and respect that you are owed and cut off people who are not right for you in life. No one who brings you stress ought to be welcome in your life. Take care of yourself and ensure your peace is secure- always.

~Jane Farmer, December 2, 2024

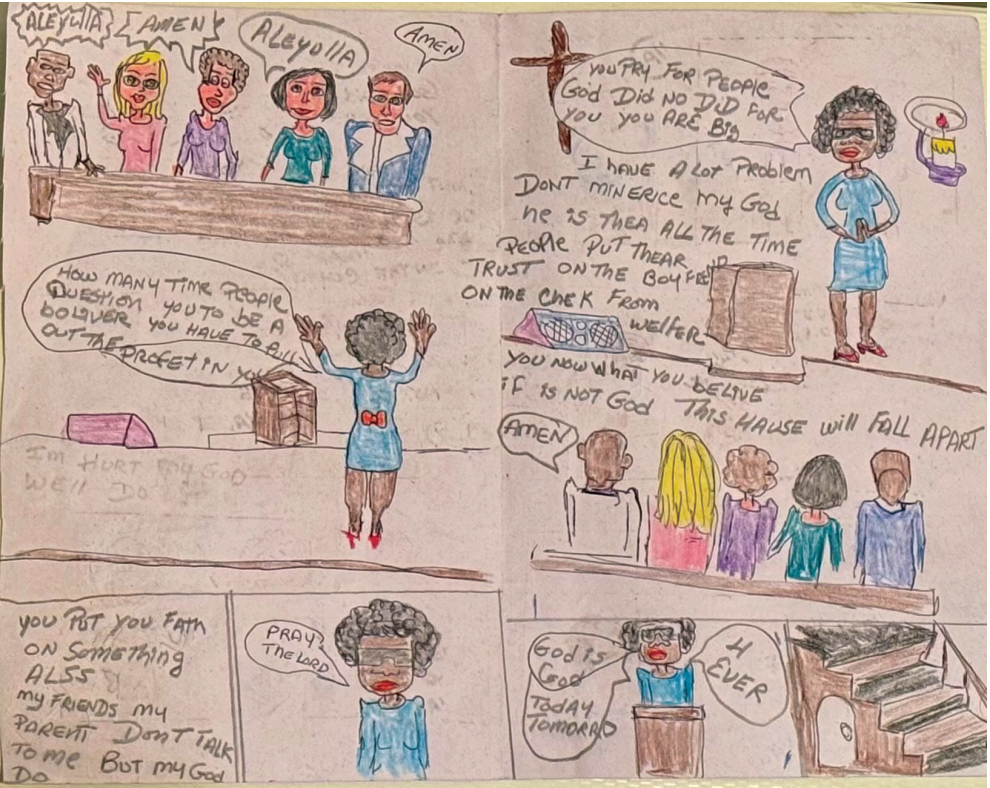


Haiku from M. Dunn

“Cosmic Stan 2024 is Still Nice”

Cosmic Stan poetically, and lyrically is ready to rock, this is how I reached the top, with real poetry, and real HIP HOP, you can even ask Captain Kirk, and Mr. Spock, Cosmic Stan is straight like 9:15, on the clock, Jane stop this crazy thing, and go get you dog spot, the name of this is: Cosmic Stan 2024 is Still Nice, all my poems blow every mind, y'all have to read it, more than twice, at weddings, I throw diamonds jewelry, Instead of beans and rice, Lyrically and poetically, I shake the dice, Winning the prize price, To make my poetry, and my platinum mic sound nice.

~Stanley “Cosmic Stan” Johnson



Comic strip from Lola Derrick

Building up Goodwill

We we think of best business practices, what first matters to mind probably aren't qualities like kindness and generosity. Putting these qualities central gave people the hope and motivation they needed to unify, innovate, and problem -solve. In daily life too, its easy to think of qualities like kindness as vague and intangible afterthoughts to our other priorities. But as the apostle taught such qualities matter most of all. Writing to new believers, emphasized that the purpose of believers lives in transformation through the spirit into mature members of the body of Christ. To that end, every word and every action has value only if it builds up the benefits others. Transformation in Jesus can only happen through daily prioritizing kindness, compassion, and forgiveness. When the Holy Spirit draws us to other believers in Christ, we grow and mature as we learn from one another.

~Reginald Gunnell Sr.

A New Day is Coming!

Seasons greeting everyone! During these times of celebration Thanksgiving, Christmas and New Years Eve rejoice the wonderful times that exist food fellowship and Football games. At the beginning of the New Year change will occur shortage of supportive services to those in need, increases in food prices, closing of food pantries, medical prices rising! The new political climate due to the past election will be the cause. Now is most important to be your brother's keeper pray for those less fortunate love on others! Be part of the solution not the problem! Everyday above ground is a blessing!

~Kevin F.