

The Bread That Was Too Much

It happened at the food pantry on a Tuesday. The kind of day that doesn’t try to be anything special. The bread table was full—white, wheat, a few sad-looking rye loaves no one ever took unless they were desperate or kind. I was helping pass out bags. It was near the end of the shift, and we had extras. “Sir,” I said, “you can take two loaves today. We’ve got plenty.” The man in front of me—mid-sixties maybe, face like paper left out in the rain—just shook his head. “One’s enough,” he said. I smiled, polite. “Are you sure? You could freeze it. Or give it to someone else.” He looked at me, eyes soft but steady. “That second loaf,” he said, “would just be extra bread to me, but it might be someone else’s miracle.” I didn’t know what to say. I’d been taught to encourage abundance, generosity, fullness. But this was something else. He took his single loaf like it was communion, nodded once, and walked off. And all I could do was stand there with a second loaf in my hand, wondering what it meant to have enough—and to trust that someone else would too. Sometimes the holiest thing isn’t giving. It’s not taking what you don’t need.

- RHYAN SCORPIO-RHYS



Be Courageous. Be Persistent
Sometimes life’s obstacles are totally unexpected, sometimes they are our own.
We should face up to them regardless.
Perseverance is a key trait to have.
Courage is yet another one. Be courageous. Be brave
And your obstacles all of sudden become minuscule.
You are much stronger.
They no longer overcome you.
No longer intimidate you.
Now that you are a grown-up man, no longer a child.
No longer in need of guidance.
And so, what life is all about is personal growth.
When we mature as people, less ills we commit.
We are all of sudden, in a position to offer guidance to others, thereby, ushering them into a more fruitful and productive life.
Courage is important.
Persistence is even more so.
Have both and you will a guiding light to others.

- ANONYMOUS



A dawn unfolds with whispers new,
Soft light dances, skies of hue,
Morning breathes a gentle song,
A promise that rights every wrong.

Walls are bare yet filled with dreams,
Echoes of the future’s schemes,
Footsteps echo on fresh floors,
Opening wide welcoming doors.
A dawn unfolds with whispers new,
Soft light dances, skies of hue,
Morning breathes a gentle song,
A promise that rights every wrong.

Walls are bare yet filled with dreams,
Echoes of the future’s schemes,
Footsteps echo on fresh floors,
Opening wide welcoming doors.

Every dawn a blank new page,
A story turned from past’s old cage,
Homes of hope rise hand in hand,
Built upon unwavering sand.

Sunshine spills through open panes,
Washing away yesterday’s stains,
In each new day, we find our way,
Building tomorrow, come what may.

For new days and homes renew,
A promise bright, forever true.

- STEVEN CONTI



St. Francis Breadline

Franciscan Bread for the Poor
COMMUNITY NEWSLETTER

V5 N30 ■ JULY 2025

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 Rhyan Scorpio- Rhys, poetry from Joey, writing from Sawanda Stewart, writing from Jane Farmer, poetry from Mercedes, writing from Kevin F., writing from an anonymous contributor, poetry from K.Magak, poetry from Seraphiel, writing from John David, poetry from Steven Conti, writing from Reginald G, artwork from Lola Derrick and writing and artwork from Sheba Wright.

HEBREWS 10:24-25

And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching.

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

Where were the Declaration of Independence, the Constitution and the Bill of Rights stored during World War II?

Who was the first televised President?

What does SPF in sunscreen stand for?

Answers to last weeks trivia questions

What is the name of the world’s first artificial satellite? Sputnik

What is the chemical element with the symbol Fe? Iron.

What is the smallest unit of matter? Atom

It stands tall, a fortress in the mind,
A voice that whispers, “You’re one of a kind”
It puffs you up, gives you a crown,
But beneath its weight, you’re slowly breaking down

It feeds in pride, thrives on fear,
Drowning out the vocals you hold dear
You’re caught in a cycle, a never ending chase
For validation in a hollow space

You push away those who truly care,
In the pursuit of power, you’re unaware
That true strength comes from being real
Not from a mask that you choose to conceal

One day you’ll find when the cheers fade away,
That ego alone won’t help you stay
It’s the heart that matters, the bonds that you make,
Not the empty glory or the games that you play

So let go of the need to be the best
And embrace the flaws, let your soul rest
For in humility, you’ll find your grace,
A life filled with love, a warm, safe space.

- JOEY

You don't know what you don't know. It's always jarring to look back on your past actions through the lens of who you are today. You beat yourself up over the mistakes you made which seem so obvious and frivolous today, though they didn't at the time. Perspective is both a gift and a curse. A gift because it allows you to measure your personal growth and newfound knowledge, but a curse because it's easy and sometimes inevitable to dwell on the past. You reflect on your previous life and analyze how your choices from before your recently-gained wisdom led you to where you are today. This is a common trap that you must take care to avoid falling into. This trap hinders your progress, lowers your morale, and causes you to question your own decision-making abilities. How can you physically move towards the future when your mind is stuck in the past? How can you move on from the mistakes you've made when you're allowing them to haunt your mind day in, day out like an inescapable phantom intent on making you feel the blistering agony of regret? All we can do in life is continue to press on; continue down the road of progress and self-fulfillment in spite of the bumps and hurdles we connect with along the way. The greatest individuals in history all experienced bouts of depression, self-doubt, and regret. What differentiates the extraordinary, those that make history and propel humanity further towards utopia, and the ordinary is their ability to take the hits as they come and pursue and complete their objectives in spite of them. You have a choice everyday you have a choice- to be ordinary or extraordinary. What will you choose to be today?

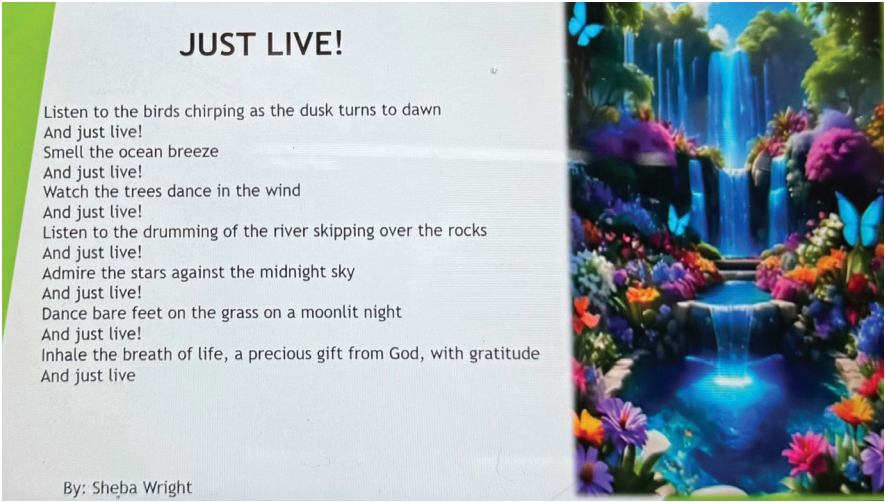
- JANE FARMER

King David
Small boy, strong heart,
Stone and sling, a bold start.
Giant fell, crowd did cheer,
God was close, always near.
Harp he played, songs he sang,
Psalms of joy through heaven rang.
Sin he knew, tears he shed,
Still God crowned his royal head.
Shepherd, king, soul so true—
A man of God, through and through.

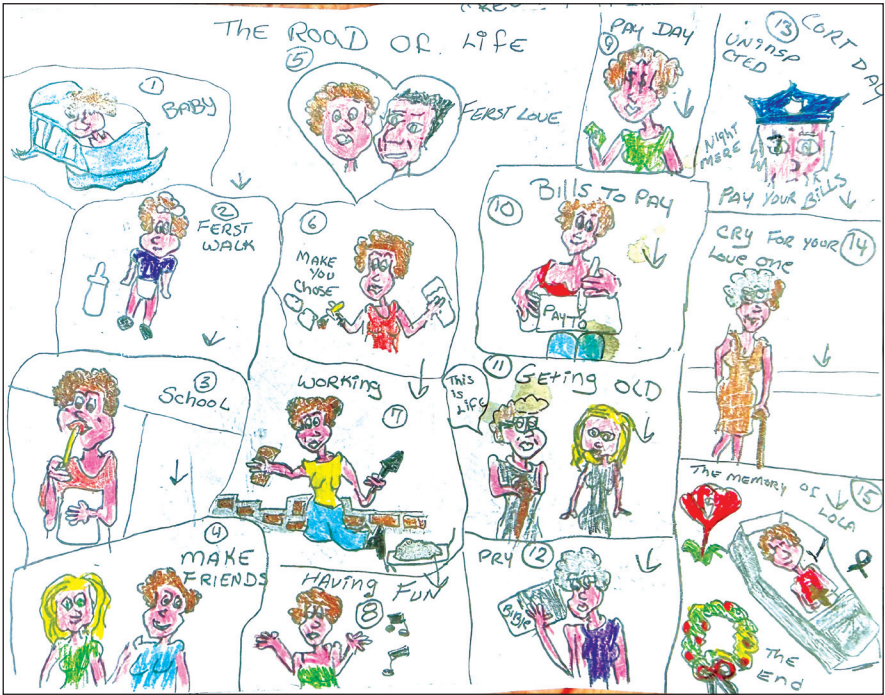
- K.MAGAK

We tell ourselves little lies on a daily basis. Things that we think are nothing. Lies like. I'll just do it once. Maybe I'll pick it up and read tomorrow. I'll go to church next Sunday. Or, the best one. I'll do it tomorrow. But, disaster doesn't wait til we feel like. Trouble doesn't wait til we are strong enough to handle it. So why do wait till here is Trouble to talk to God. Why do we wait til we are on our knees because of troubles. But go to God on our knees because he is God, and because he is good. And because troubles don't last always, and neither us or this world will be here forever. But God, God is eternal.. Sela

- SAWANDA STEWART



Writing and Digital artwork by Sheba Wright



Comic by Lola Derrick

Summer Adventures

Summer is pretty much halfway over what adventures have you experienced so far?

Living in NYC there is so much to experience cookouts, parks such Riverbank State Park, Central Park, beaches Orchard Beach, Rockaway Beach, Coney Island etc! Fairs, Basketball tournaments, movies, plays etc! Find time to enjoy summer experiences with friends family or by yourself! Don't let the heat stop you its time to enjoy and have fun young or old!

- KEVIN F

Lifting the Veil

Walking in the dark, shine a flashlight on my path. I may not see the bends in the road ahead, but the beam of light highlights each next step. Likewise, my journey doesn't depend on knowing exactly where I'm heading or how I'll get there. My faith in the perfect guidance illuminates my way one step at a time. I feel my faith through meditation and pray connected to my intuition, spirit within is my guide.

Although any explanation can be seen as a gift bringing new light and deeper understanding, it may be harder to appreciate. When I struggle to remember a memory, I can open my mind and heart to better receive the gift of internal light. For instance, learning why my relationship ended shows me where I can grow in understanding, and empathy. Feeling unconditional love of God.

- REGINALD G.

Lifting the Veil

By salt unbroken and iron's edge,
By basil's scent and flame's bright pledge,
No veil of shadow, no hidden lie,
No demon's whisper can dwell nearby.
Eyes of truth now pierce the shade
Any spell of cloak or shade is now unmade.

- SERAPHIEL

Our God Loves Us
Our God loves us
For we are His children
Our God loves us
For we were made in His image
Our God loves us
For He sent His only son to die for our sins
Our God loves us
For He wants us to be saved
Our God loves us
Yes, it is true
Our God loves us

- MERCEDES

Let go of Regrets

The Lord says, I will give you back what you lose to the swarming locusts, the hopping locusts, the stripping locusts, and the cutting locusts, it was I who sent great destroying army against you. Very few people have a conscious plan for developing their spiritual lives. Most Christians are not intentional, but rather functional like cars on autopilot. Our crammed schedules, endless to-do lists, demanding jobs and families, constant noise, information bombardment, and anxieties keep us speeding up, not slowing down. According to 1John 2:15 - 17 Don not love the wold or anything in the wold. If anyone loves the world, the love of the Father is not in him. For everything in the world, the craving of sinful man, the lust of his eyes and the boasting of what he has and does - comes not from the Father, but from the world. The world and its desires pass away, but the man who does the will of God lives forever. Its all about the walk of life.

- MR MAD, JOHN DAVID