

Hope, Rest, Trust

Psalm 44:23-24 Awake, Lord! Why do you sleep? Rouse yourself! Do not reject us forever. Why do you hide your face and forget our misery and oppression?

When our prayers go unanswered and God seems silent our faith becomes shaken. We doubt, we question with frustration, we fear, we anger. We want what we want when we want it. Everything is urgent. We doubt- will God’s intervene? We question - will he help me or am I waiting in vain? We fear things will get worse so I have to take more action by seeking another way as prayer and faith is not enough. We anger - the world has taken, God has forsaken, where is His promise.

We have no more words for prayer. We have no more songs to sing. We too become silent. No more frustration, no more tears, no care. Just hoping for the better. It is then we let Go - which is what God wants us to actually do. Be still and know that he is God (Psalm 46:10).

It is OK to do nothing at times but maintain hope (Psalm 62:5 Yes, my soul, find rest in God; my hope comes from him) and know that God will never leave you or forsake you (Hebrews 13:5). Find whatever simple thing that brings you joy in the moment, be encouraged and take care of yourself today for today for even God does not want us to worry about tomorrow.

-NADINE JOSEPH

Coping with Anxiety

According to the National Institute of Mental Health (NIMH), an estimated 19.1% of adults had anxiety as of 2024. Anxiety is the most common mental health condition in the US. Females experienced anxiety disorders at an estimated 23.4%, but males experienced anxiety disorders at 14.3%. An estimated 31.1% adults will experience anxiety disorders at some time in their lives. Anxiety disorders include: generalized anxiety disorder, panic disorders, specific phobias, agoraphobia, social anxiety, post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD) and separation anxiety disorder. Anxiety can interfere with daily activities that include: relationships, job performance and school work.

As a peer with lived experience with an anxiety disorder, I hope that I can soothe your worries by validating your experiences. I am a female and I have experienced anxiety since childhood. But, my anxiety began to worsen during my teenage years when I began experiencing social anxiety as many teenagers do. If our anxiety disorders are untreated in our childhood and adolescence, it can affect our adult life. Luckily, I began receiving mental health treatment in my early 20’s. Beginning mental health treatment changed the direction of my life forever. Instead of becoming a parent to another child with anxiety, I decided to get treatment for myself, hold off on having children and pursue my education. Living with social anxiety is not always easy, but getting talk therapy from a psychologist and going to anxiety recovery groups can help with overcoming your fears and worries. Some people take anti-anxiety medications, some people exercise and some people practice a form of meditation like mindfulness or breathwork- to calm themselves down during panic attacks. I know firsthand what panic attacks feel like, and I definitely experienced them during the Pandemic. I want to validate your feelings and concerns, because having anxiety makes you feel that the world is off-balance or chaotic. Some of us experience shortness of breath, chest pains, or full-on panic attacks. All of these experiences are normal and okay. We just need to help ourselves feel safe. If you’re experiencing anxiety or panic disorders, these are ways you can cope: first stay calm, focus on your breath with deep breathing techniques, ground yourself against a wall, a chair or even a tree, practice relaxation techniques, reframe fearful or negative thoughts with positive or affirming thoughts, distract yourself from your anxiety by going for a walk in nature, soak up some sunlight, spend some time near lakes or beaches, take a shower or a relaxing bath, read an entertaining book, listen to calming music, watch a comedy special to unwind yourself, or talk on the phone with a supportive friend. I understand that the instability of the economy and world events- even events like shootings in our local neighborhoods or subway attacks- fill us with fear. But, we have to continue living, working towards our goals and striving for success. We can’t allow current events and life events to permanently affect us. We have to learn how to cope with our brain being wired for fight-or-flight and learn how to cope with the stressors of life. Learn how to cope with anxiety, improve your symptoms and improve your quality of life. Recovery is possible.

To your health!

M. Dunn

By M. Dunn

STREET VOICES

St. Francis Breadline Franciscan Bread for the Poor COMMUNITY NEWSLETTER

V5 N45 ■ NOVEMBER 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, 8:30am - 4pm
Scheduled appointments only on Friday from 9am - 4pm

WHO: All are welcome!

Good Morning! This week we have a short piece from James Daniel(aka Steve) a piece from M.Dunn, work from Sawanda Stewart, writing from Tony Ghorayeb, writing from Nadine Joseph, a piece from Jane Farmer, a scripture reflection from Mercedes Daniels, work from Minister Cora Shaw and artwork from Destiny.

My whole being will exclaim, “Who is like you, Lord? You rescue the poor from those too strong for them, the poor and needy from those who rob them.

PSALMS 35:10

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

Who was the first running back to achieve 2000 yards?

What quarterback was the first to throw 5,000 yards in one season?

What football team has the most hall of famers?

Answers to last weeks trivia questions.

Who was the first running back to achieve 2000 yards?
Answer: O.J. Simpson

What quarterback was the first to throw 5,000 yards in one season?
Answer: Dan Marino

What football team has the most hall of famers?
Answer: Dallas Cowboys



Pumpkin art by Destiny



The Magic of Faith

We can evoke any reality we wish in this universe. We can truly accomplish anything we want and be whatever or whoever we want to be. When you align yourself to your goals and expectations, you'll find that all of your desires begin to manifest. You cannot achieve greatness if you are operating in mediocrity. You must live your life in accordance with the goal that you are aiming for in order to actually accomplish it. This isn't magic, as some would call it, but rather God's divinity in action. When you begin to live as though you already have what you want, begin to be thankful for all that you currently possess, and put your faith in the Lord, you'll start to see this "magic" shine through. Wake up every morning believing you already have what you've been yearning for and soon you will possess everything. Live everyday as though you already have the life you've prayed for and soon that life will be yours. Walk, talk, and behave as the person you want to be and soon you'll become them. Have faith that the Lord will provide to you what is necessary and live each day knowing that as a true believer in Christ, you will never go without and you'll see reality begin to shift in your favor. Faith in God is the key to all that we are striving for. No matter how thoroughly you plan or how hard you work, if you aren't putting God first and of the belief that He will eventually come through for you when the time is right, you will never achieve success. Keep in mind that everything and everyone is on God's timing. He knows when the time is right to bestow all that we've hoped for upon us. You may think you've been forgotten, you may think your faith is for nought, but believe that He's looking over you and waiting for the perfect moment to grant you all that your heart desires. With faith in the Lord and total alignment to what we want, we can accomplish amazing things!

-JANE FARMER



Poem

When life's downs take over your life, Jesus is there to be with you. Don't despair. His friendship is genuine. It is true, it is strong. Learn from what went wrong. And try to avoid your short comings in the future. But now what you are down. We're here. Jesus is here to be with you. To provide support and assistance. Life is never an upward trend. There are a lot of friends ahead of you. Be strong. Surround yourself with genuine people. Things will be much easier to overcome. Jesus asked us to seek his help and assistance whenever it is necessary. And not to worry about, anything else. Ask and he'll respond. Stretch you hands and he'll reach for you. Just ask. That's all you need to do. And he will answer the call. Not to worry. Be confident. Be positive. Be brave. Things will always work out as long as you don't give up. Jesus is there for you. He is there for all of us. Keep hope alive.....

Amen.....

-TONY GHORAYEB



HOLY FIRE

Holy fire is the truth. The real truth. Not the truth you tell yourself every Sunday so that you may feel better. It's the truth that we as humans are liars, deceivers and manipulative. As well as strong, determined and dedicated.

Going into the holy fire is to gain access to the parts of you, that you didn't even know you had. To become whole within thyself. To be capable of handling the truth of thyself. You cannot go to the father without going to the son. But you cannot run to either without being purged through the Holy Spirit.

Holy Fire is the truth. It strips away the lies we tell ourselves and leaves nothing but the bones. any cannot handle their own truth..which is why everyone is not worthy of heaven.

-SAWANDA STEWART



Today's Bible verse is Ephesians 5:15-16.

"Be very careful, then, how you live- not as unwise but as wise, making the most of every opportunity, because the days are evil."

The world that God has sent us to is full of temptation and evil. It's a test that we need to pass to live with him again. Will we avoid temptation or give in to it? Will we go with God or the Devil? There are demons all around us trying to bring us into darkness and it's our jobs as children of God to resist them. We're in the end times and we need God more than ever now. Don't forget Him because He would NEVER forget you. Put God first and don't let the evils of the world bring you down EVER.

- MERCEDES DANIELS



That which was from the beginning, which we have heard, which we have seen with our eyes, which we looked upon and have touched without hands, concerning the word of life.

The life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal which was with the Father and was made manifest to us. 3. That which we have seen and heard we proclaim also to. you, so that you may have fellowship with us and indeed our Fellowship is with the Father and with his son Jesus Christ.

And we are writing these things that our Joy might be complete.

The affiliation and fellowship with the Church Of St. Francis, 31st St., Manhattan, N.Y, whose Mission with open hearts is faithfully serving its community and city providing support services, building Bridges and expanding it's Border (KINGDOM) to produce positive results for effective change, development and growth as it's Leaders, Priest, Pastors, progressively marked the History of time regarding it's profoundness of teaching the WORD OF GOD, as it is written, causing Life Changing experiences to those touched by it from near and far, giving HOPE and REFUGE, and provision as feeding and aiding misfortunate. Its universal calling is with a Global Impact and vision. I find it amazing, and my life bear witness of the its teaching, in spite of life's challenges, when facing crises, St. Francis shared open arms, also provided opportunity that we could share as have occasionally, STREET VOICE, Adam, Thanks!

Also special acknowledgement and thanks to NEAL, (St.Francis), May God's favor richly, embrace, bless, and strengthen you and grant fulfillment of your hearts desire concerning his plan for your destiny to succeed with greater expectations. We appreciate you.

Fellowship with the body reflects GOD'S LOVE, in him and each other may our JOY be complete in JESUS.

AND BY THIS LOVE ALL MEN SHALL KNOW WE ARE GOD's DISCIPLES.

-MINISTER CORA SHAW

Service with a smile

A man wrote a letter to a small hotel in a mid-west town he planned to visit on his vacation. He wrote: I would very much like to bring my dog with me. He is well-groomed and well behaved. Would you be willing to permit me to keep him in my room at night? An immediate reply came from the hotel owner, who said, I've been operating these hotel for many years. In all that time, I've never had a dog steal towels, bed clothes or silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome, at my hotel. And if your dog will vouch for you, you're welcome to stay here, too.

-JAMES DANIEL (AKA STEVE)