

### SPIRITUAL FREEDOM



True freedom begins in the soul. As we journey in faith, we are reminded that spiritual liberty is not found in worldly success or

comfort, but in the grace, mercy, and forgiveness of God. No matter our past, we serve a God who offers healing, renewal, and restoration.

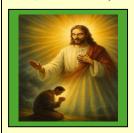
Galatians 3:14 tells us Christ redeemed us from the curse of the law, becoming the Sacrificial Lamb (John 3:16). Through His mercy, our loving Father remembers not our sins (Jeremiah 31:32; Zephaniah 3:15; Hebrews 8:10) and forgives us through His Son (Colossians 2:14; 2 Corinthians 5:17; 1 John 4:10).

The Sacrament of Reconciliation invites us to humbly seek God's mercy and be spiritually renewed (Psalm 50:9). Using the Ten Commandments (Exodus 20:3; Deuteronomy 5:7) as a guide, we examine our conscience and prepare for forgiveness. Consider these steps for a

meaningful confession:
-Turn away from sin (Sirach 5:8;

- Galatians 5:18)
- -Live a holy life (John 5:14)
- -Forgive yourself and others (1 John
- 3:19–21; Matthew 6:14)
- -Make amends (Luke 19:1)
- -Fast and pray (Jonah 3:15)

-Give alms and do works of mercy (Tobit 4:10; James 2:14)



God, who knows our hearts (1 John 3:19), receives us when we come with peace, humility, and sincerity (1 John 3:20–21). As we keep His

commandments and abide in Him, He abides in us (John 15:4–7). He is Spirit, and we are made in His image (Genesis 1:26). When we let go of the flesh (Galatians 5:16), our spirits are free to commune with Him—embracing true spiritual freedom.

~Reverend Arputham Arulsamy (Fr.Samy), Risen Eagle Spiritual Director~

Colossians 2:14: "...having canceled the bond which stood against us with its legal demands this he set aside, nailing it to the cross."

Sirach 21:1: "Have you sinned, my son? Do so no more, but pray about your former sins."

## Prayer Line 929-561-8301

Call and leave us a message with your brief prayer intentions. Prayers will be lifted at holy mass confidentially and our Eagle Ambassador prayer warriors will also intercede for your intentions.

# RE-ENTRY ROADMAP: Strength for the Journey

This month, remember: each step forward matters. Whether it's forgiveness, rebuilding trust, or starting again—God walks with you. You're not alone. Need help or prayer? Call: 929-561-8301.

~Chemeka R, Risen Eagle Ambassador ~

## HEALTH AND WELLNESS

Healing starts with honesty. This month, take time to check in with yourself—mind, body, and spirit. Speak kindly to your soul. Let grace lead your journey toward healing.

~Tricia D, Risen Eagle Ambassador ~

## BIBLE WORDSEARCH

H M V X V O X L W Z N E D E Z
B X G H Q V Z F T C L P U J Z
I T E H P O R P L K E J E A S
P L N R L Y R M A I G Y L O H
I O E Y F L J L S O N L S S A
H R V I H C F E L C A R I M R
S D A A A Z A I A T K R A Q V
R S E C H O I C T Q E W M M M
O M H S N J T X Z X F A G E Q
W R L U N S H E U K E D G D V
T U O Z Z G A B H D C A W E E
M O S E S A B P R E Y A R P J
X E V L G K S U S E J R X O O
N K I C E Y K M O D G N I O G
M S I T P A B L M F I D O G A

WORD LIST

FAITH GOD GRACE

VE HOLY
ITH JESUS
DD KINGDO
ACE LORD

MOSES NOAH PRAYER PROPHET WORSHIP

Risen Eagle

#### INSIDE VOICES



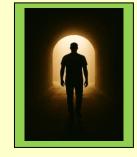
As I await my freedom, I write this testimony about my ability to forgive my family and, above all, myself for my

shortcomings. I am recovering from the addictions of gambling and drug abuse, which have plagued me for years due to my concealed depression. These vices led me into further trouble with the law when I pilfered luxury goods to support my illicit habits.

Before my time behind walls, I was an unbaptized agnostic for 56 years and was truly impervious to what divine salvation meant. I am proud to say today that I have discovered God and embraced His peace, thanks to my new friends who have helped me through my spiritual journey. I experienced miraculous healing of my left knee, which had debilitated me for over three years. These new friends prayed over my knee, with an intercession of a catholic Saint, and now the arthritic pain mostly is gone. Today, I am able to walk better, go up and down stairs, and play sports comfortably.

Importantly, I have also been able to forgive my girlfriend for not being faithful to me. I sincerely hope she is

happy with her family and newborn child, who is now a year and a half old. Because of an existing order of protection, God has equipped me with the wisdom and strength to respect



her wishes and be mindful of the legal ramifications, even though I still love her. I continue to pray for her and wish her peace and success.

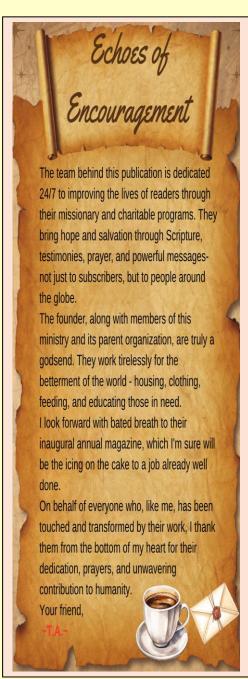
I now look forward to returning home to be with my 93-year-old mother, who is bedridden with health issues, so I can rightfully devote the care that she needs. I am confident that I have received God's salvation and that He has healed me from all my past burdens. I pray every day and give Him all the glory.

~DS, a son of God who is awaiting his

Luke 6:36 "Be merciful, even as your Father is merciful.

" John 5:8-9 "Jesus said to him, 'Rise, take up your pallet, and walk'. And at once the man was healed, and he took up his pallet and walked."

1 John 1:7 "but if we walk in the light, we have fellowship with one another, and the blood of Jesus his Son cleanses us from all sin."



If you have a testimony to share on Inside Voices, we would love to hear from you. Write to your local Correctional Chaplain Services or mail it directly to our Ministry at 4711 Church Ave., Bklyn, NY 11203

# Saint of the Month: Saint Dismas, The Good Thief



Saint Dismas, the Good Thief, was crucified next to Jesus and, in his final moments, turned to Him and

Feast Day: March

said, "Jesus, remember me when you come into your kingdom" (Luke 23:42). Jesus replied, "Today you will be with me in Paradise."

Dismas's story is a powerful reminder that it's never too late to seek God's mercy. Once a condemned man, he found spiritual freedom through repentance and faith.

As the patron saint of prisoners and the repentant, Saint Dismas offers hope to all who feel lost or unworthy—showing that even in our darkest hour, God's grace can still reach us.

~Kim C, Risen Eagle Ambassador ~



#### **WORDS OF HOPE**

I am not defined by my circumstances.
I am defined by my actions.

I am committed to my personal growth and healing. I am worthy of respect, love and second chances.

~Redeemed~

Check out our Instagram page @riseneagle

