

RISEN EAGLE

Psalm 136:1, "Give thanks to the Lord, for his love endures forever."

SPIRITUAL FREEDOM



When we come to worship, we are encouraged to give praise and thanksgiving (Psalm 100:4). Indeed, we know that God prefers such worship rather

than mere sacrifices (Psalm 69:30). We also know that God is readily present in the midst of anyone who praises and gives thanks (2 Chronicles 5:11–13; 20:22–23).

As we enter this season of Thanksgiving, let us take time to reflect on its true spiritual meaning.

In Psalm 148:3–5, even the sun and the moon are called to praise God. It goes further to say that the stars and the heavens should do so as well. This passage reminds us that all creation was made to glorify the Lord — everything He formed declares His majesty and goodness.

God is glorified whenever His creation reflects His infinite wisdom (Psalm 104:30). By simply being what God made us to be, we testify to His power and greatness. His magnificence shines through the harmony of creation. The same holds true for us (Isaiah 64:8; Jeremiah 29:11). Our very existence reveals the wisdom, mercy, and sovereignty of God (Isaiah 43:7–13).

When we fulfill His purpose (Jeremiah 29:11) and walk in His commandments (Deuteronomy 28:13–14), we live according to His way (Ezekiel 20:18–20) — and in doing so, we glorify Him. Thanksgiving, then, is not just about giving thanks for what we have, but also about reflecting on who we are in God's plan. It is a time to examine our hearts, to renew our faith, and to ask ourselves: Have we truly lived in gratitude? Are there areas where we must grow or reconcile? Is there someone we need to forgive — or a burden we need to surrender to Him?

This Thanksgiving, let us lift our hearts in praise and gratitude to the One who gives us life, peace, and redemption. Even when we are apart from loved ones, we remain united in Christ — one body, one faith, and one spirit (Romans 12:5).

~Fr. Samy, Risen Eagle Spiritual Director~

Psalm 150:1 — "Praise the Lord! Praise the Lord in His sanctuary; praise Him in His mighty firmament!"

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:

Grateful Beginnings: Every day is a new chance to rise, rebuild, and give thanks. Need support? Call 929-561-8301.

~Chemeka R, Risen Eagle Ambassador~

HEALTH AND WELLNESS

Good health isn't just about what's on your plate, it's about the love and creativity behind it. Shared with by one of our friends behind the walls, this recipe reminds us that simple ingredients can feed both body and soul.

~Tricia D, Risen Eagle Ambassador~

Baked Ziti

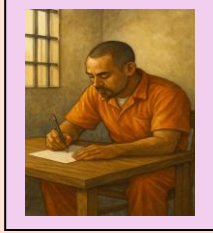
1 pound of ziti	1 clove of garlic
1 onion	1 summer sausage
1 green pepper	1 pepperoni
1 tomato paste	
MOZZ. Cheese	
Sazón	
Adobo	
Sugar	

EAT. PRAY. LOVE.

INSIDE VOICES

A Personal Testimony: The Hardest Person to Forgive — Yourself: Part 2

(continued from October's "Inside



Voices)

After months and months of study and prayer, I finally pieced together the hidden factors throughout my life that had led me down

the wrong path and into my current predicament behind the wall. It took insight, reflection, and above all, honesty — often brutal — but it could indeed be done.

What I learned hit me like a ton of bricks: a spiritual revelation that unveiled itself and placed me on a path where I could finally begin to forgive myself (Acts 9:18; Ephesians 1:17). It was not only for the pain and trauma I caused to the innocent minds of my ex-wife and daughters, but also for the deeper understanding of what had led me to that place — the choices, the weaknesses, and the lessons that needed to be learned.

That road, winding and uncertain as it may often seem, is specific to each of us. It was a miracle. God answers the prayers of the humble when they come to Him with a broken and contrite heart (Sirach 3:17-19; Psalm 34:18; James 4:6; 1 Peter 5:5-6). "Be not far from Him; seek Him" (Isaiah 29:13-14).

That same week, a Bishop came and celebrated the Holy Mass in our facility — what a blessing it was! Attending the Mass felt energizing. The Bishop's homily focused on gratitude. Some might think it's difficult for people in such circumstances to feel grateful, yet his message was one of the most valuable homilies I have ever heard.

After Mass, the Bishop heard confessions — a sacrament I had not received in more than twenty years. I was last in line, but I might as well have been first. I jumped at the opportunity to unburden myself of guilt and empty my heart. Tears welled up as the words poured out. I tried to restrain myself, but it was impossible. It's incredible how much energy we waste trying not to cry, trying to hold on to discomfort and shame.

When I finished confessing my sins, the Bishop raised his hand over my head, absolved me, and said, "God forgives you." Those three words — that phrase of absolution, that cleansing, that liberation — changed everything. My tears poured out uncontrollably. I had longed to hear those words. In that moment, I tasted freedom (John 8:36). My penance was to focus on gratitude — to thank God for all I have. I also needed to work on forgiving myself, because God forgives me. That day is one I will never forget.

Jesus teaches us, "Forgive us our trespasses, as we forgive those who trespass against us" (Matthew 6:12). This is vital and deeply rewarding when we choose to forgive and release the burden of guilt. Forgiveness, however, is not a feeling. It is by no means a passive act — it is an active one.

Forgiveness is a command. Jesus directs us through His simple but powerful instruction to forgive (Mark 11:25).

Therefore, you must grant it. In the same way, you must also extend that forgiveness to yourself.

I thank God for His saving grace. I thank God for liberating me. I know I am still learning to forgive myself — but I am on the path, one step at a time. Are you doing the same?

~ FP, A Life Renewed in Christ ~

1 John 3:21-22 — "If our hearts do not condemn us, we have confidence before God, and we receive from Him whatever we ask."

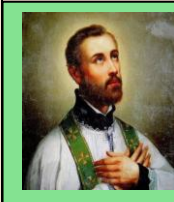
John 8:36 — "So if the Son makes you free, you will be free indeed."

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.](mailto:4711@riseneagle.org), Bklyn, NY 11203

Check out our Instagram page [@riseneagle](https://www.instagram.com/riseneagle)



Saint of the Month: St. Frances Xavier Cabrini. Feast Day: November 13



St. Frances Xavier Cabrini, the first U.S. citizen to be canonized, lived a life defined by trust, perseverance, and a heart full of gratitude. Born in Italy and later sent to America as a

missionary, she faced rejection, illness, and countless challenges. Yet, through every obstacle, she remained thankful — never doubting that God could turn even her struggles into blessings.

Her forgiveness ran deep. When others discouraged her or failed to believe in her mission, she responded not with anger, but with compassion and prayer. St. Frances saw every trial as an opportunity to grow closer to Christ, teaching us that spiritual freedom begins when we let go of resentment and live with a thankful heart.

Her legacy reminds us that God's grace can multiply what little we offer — just as she built schools, hospitals, and orphanages from almost nothing but faith. In her humility and gratitude, we find a living example of how forgiveness and thanksgiving walk hand in hand. May St. Frances Xavier Cabrini inspire us this month to release the past, embrace gratitude, and trust God's purpose in all things.

~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~