

# The Eagle's Nest

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## Come Fly With Me



Dear youth and friends in Christ, October reminds us that faith is not only about beginnings, but about staying the course. St. Paul encourages us, “Run with

perseverance the race that is set before us, keeping our eyes fixed on Jesus” (Hebrews 12:1-2). The Christian life is not a sprint — it is a lifelong journey of trusting, serving, and growing in Christ. At times, the path may feel long, and the fruits of our efforts may not appear right away. But every prayer, every act of kindness, every moment of faithfulness is a step forward. God sees what we may not yet see, and He strengthens us to continue.

This month, I invite you to reflect: How is God calling me to keep going? Where do I need perseverance in my faith, in my studies, in my service? Remember, even the smallest steps taken with love lead us closer to Christ.

Let us walk with courage, not growing weary, but trusting that God is with us every step. May we persevere with hope, knowing that in His time, His work will be fulfilled in us.

~Fr. Samy, Spiritual Director~



## Eagle's Word

### The Sacraments – Part 1.

There are 7 sacraments in the Catholic Church: Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Holy Orders, and Matrimony. They are the “masterworks of God,” touching every stage and moment of Christian life. By the very act of being celebrated, they bring God’s power and grace—not by the righteousness of the minister, but by Christ Himself. The fruits, however, depend on the openness of the one receiving them.

**Baptism:** Through Baptism, the faithful are born anew in Christ. To baptize means “to plunge” or “immerse,” signifying burial into Christ’s death and rising with Him in new life (John 3:3; 2 Corinthians 5:17). Without it, we cannot experience the renewal of the Holy Spirit or enter the Kingdom of God.

**Confirmation:** Also called Chrismation, this sacrament strengthens baptismal grace. Anointed with holy chrism, the faithful are sealed with the Spirit. This anointing signifies joy, cleansing, healing, and strength, reflecting the life of Christ Himself (Luke 3:21; Acts 10:38). Adults baptized into the faith immediately receive Confirmation.



## In Focus

### Perseverance in Faith

October calls us to stay steady in our walk with Christ. God’s grace through the sacraments gives us strength to keep going, even in the small, hidden acts of love.

This October, let’s:

- Stay faithful in prayer.
- Offer small acts of love.
- Serve with patience and hope.

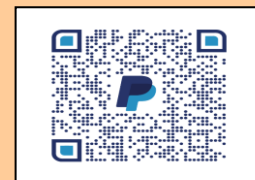


## Youth Corner

### September Recap: Celebrating the Holy Mass

At our September Fellowship and Faith Night, we reflected on the beauty and meaning of the Holy Mass — the source and summit of our faith. We discussed how the Eucharist unites us with Christ’s sacrifice and strengthens us as a community of believers. Scripture reminded us to approach the altar with reverence, gratitude, and love. As we enter October, may these lessons keep us rooted in Christ’s presence and growing as His children.

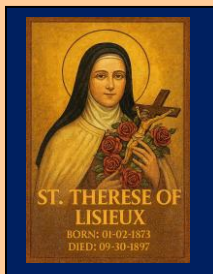
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Eagle Rising Catholic Ministry

## Saint of the Month – St. Thérèse of Lisieux

**Feast Day: October 1**



St. Thérèse of the Child Jesus, often called “The Little Flower of Jesus,” was born in Alençon, France, in 1873. From a very young age, she felt a deep love for God and longed to

give her life to Him. At only 15 years old, she entered the Carmelite convent in Lisieux after receiving special permission from the Pope.

Though she lived a hidden life behind convent walls, her heart was wide open to God’s love. Thérèse discovered her unique path to holiness — her “little way.” Instead of seeking great achievements, she chose to serve God by doing ordinary things with extraordinary love: smiling when she was tired, being patient when misunderstood, and offering her daily struggles to Jesus.

Her perseverance in this “little way” made her great. Even as she suffered from tuberculosis, she continued to trust God completely, writing, “I am not afraid of suffering for Thee. I only fear one thing: to keep my own will.”

Before her death, she promised to “spend her heaven doing good on earth” and let fall a “shower of roses” — signs of God’s love and answered prayers. True to her word, countless people have received miracles through her intercession. In 1925, she was canonized, and later declared a Doctor of the Church for her profound spiritual wisdom.

Today, she is one of the most beloved saints in the world and honored as Patroness of Missions, reminding us that we can help spread the Gospel through prayer, sacrifice, and love, even if we never travel far. Her life is a shining example of perseverance in faith — staying faithful in the small, daily things and trusting that God uses even the simplest acts of love to build His Kingdom.

~**Chemeka R, ERCM Ambassador**~



## Eagle’s word message continued

**Eucharist:** The Eucharist, meaning “thanksgiving,” is the source and summit of Christian life. It completes initiation, drawing the faithful deeper into communion with Christ. In the Mass, we share in the Lord’s sacrifice and are nourished by His Body and Blood (Matthew 26:26; Luke 22:14-20). It is the Blessed Sacrament, Christ’s real presence with us.

As we reflect this October, we remember that God’s grace meets us in the ordinary and sustains us in perseverance. Each sacrament equips us for the journey, just as St. Thérèse of Lisieux—the “Little Flower”—remained faithful through small acts of love and trust. Through them, we too grow in holiness day by day, steadfast in faith.

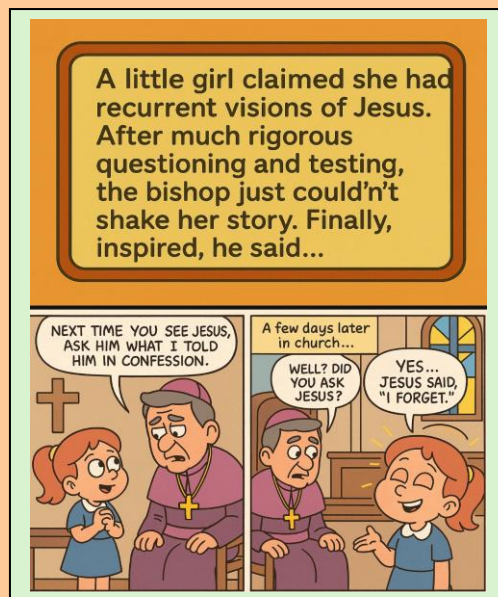
~**Kim C, Vice Chairperson**~

**1 Corinthians 12:13 “For by one spirit we were all baptized into one body... and all were made to drink of one Spirit.”**

### OUR PRAYER

**Lord, guide us to be of service to you and others. Inspire us to care for all your creation, especially the youth. Fill us with truth, hope and love in all that we do. Unite us to faithfully journey together with you, as we work to build Your Kingdom within our community.**

~**Serviam**~



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## Pilgrimage Reflection: Walking with the Saints – Part 1



This past month, an Eagle Rising ambassadors was blessed to journey on a sacred pilgrimage for the Jubilee Year of Hope through holy sites in Spain, Italy,

Bosnia and Poland (with Poland and Bosnia to be shared in Part 2). From Garabandal to wadowice, each step carried the prayers and intentions of our ministry and community.

The pilgrimage began with Mass in Garabandal, where all the names of our Eagle Rising family and mission were placed on the altar. In Rome, prayers were offered at the tomb of Saint Peter, the first pope and rock of the Church and at the Catacomb of 500k martyrs.

At San Giovanni Rotondo, the group visited Saint Padre Pio, who bore the stigmata and gave his life in prayer and confession, and nearby Saint Rita, a witness of

perseverance and miraculous signs. The journey continued to Assisi, home of Saints Francis and Clare, and to the tomb of Saint Carlo Acutis, the newly canonized millennial who spread Eucharistic devotion through modern technology.

Through this pilgrimage, Eagle Rising was carried to the heart of the Church. The witness of these saints—ancient and modern—calls us to deeper faith and courage. May we, like our ambassador, walk faithfully in Christ’s light, strengthened by the saints who go before us.

~**Andrea, Chairperson**~

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