

Praise the Lord
Oh my soul
I'll praise when I feel it
And I'll praise
when I don't
I'll praise
cause I know
You're still in control
Cause my praise is
a weapon

JESUS CHRIST
IS LORD

I CAN DO ALL THINGS
THROUGH CHRIST
WHO STRENGTHENS ME.

PHILIPPIANS 4:13

RISEN EAGLE

Psalm 136:1—"His mercy endures forever".

VOL 15

May 2026

SPIRITUAL FREEDOM

My Brothers and Sisters awaiting freedom in Christ.

There are moments in life when we feel unseen—when our struggles, our prayers, and even our efforts

seem to go unnoticed. But take heart: God sees you exactly where you are. He sees the quiet battles no one else knows about. He sees the effort you make each day to do better, to grow, and to hold on. Even when progress feels small or invisible, nothing is wasted in His hands. Like the eagle that rises high above the storm, we are reminded that our strength does not come from our circumstances, but from the One who carries us through them.

You may not be where you want to be yet, but you are not where you used to be—and that matters. God is working, even in the waiting.

So lift your eyes. Trust His timing. Keep

moving forward in faith, knowing that you are never forgotten. Because with God, every step—no matter how small—is leading you somewhere greater. Even in your lowest moments, God's mercy is still at work in your life.



What feels like a delay is often God preparing you for something greater. Stay faithful, stay patient, and trust that He is guiding every step of your journey.

~Fr. Samy, Risen Eagle Spiritual Director~

Psalm 145:8—"The Lord is gracious and merciful, slow to anger and abounding in steadfast love."

Banana Pudding Delight

★ INGREDIENTS

- 1 pack vanilla wafers
- 2 ripe bananas
- 1 box instant vanilla pudding mix
- 2 cups cold milk
- 1 tub whipped topping
- Optional: crushed vanilla wafers for topping

DIRECTIONS

1. **Prepare pudding:** In a bowl, whisk pudding mix with cold milk for 2 minutes until thickened. Let it sit for 5 minutes.
2. **Layer wafers:** In a dish or container, place a layer of vanilla wafers on the bottom.
3. **Add bananas:** Slice bananas and layer them over the wafers.
4. **Add pudding:** Spread a layer of pudding over the bananas.
5. **Add topping:** Spread a layer of whipped topping over the pudding.
6. **Repeat layers:** Continue layering wafers, bananas, pudding, and whipped topping until all ingredients are used, ending with a topping layer.
7. **Chill and enjoy:** Sprinkle crushed vanilla wafers on top. Chill for at least 30 minutes before serving. The longer it sits, the better!

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:

Starting over is not failure—it's growth. Every step forward, no matter how small, matters. You are not alone. Support, direction, and hope are within reach.

Re-entry takes patience and faith. Some days will feel harder than others, but progress is still progress. Stay focused, stay consistent, and trust that a new path is being built for you. Call 929-561-8301.

~Chemeka R, Risen Eagle Ambassador~

HEALTH AND WELLNESS

Caring for yourself is part of your journey. Rest, reflect, and take things one day at a time. Small steps lead to real change.

Taking care of your mind and body helps you stay strong through challenges. Give yourself grace, stay balanced, and continue moving forward with purpose.

~Tricia D, Risen Eagle Ambassador~

WORDS OF HOPE

I am not defined by my circumstances.

I am defined by my actions.

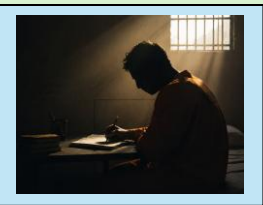
I am committed to my personal growth and healing. I am worthy of respect, love and second chances.

~Redeemed~

Risen Eagle

INSIDE VOICES

A Personal Testimony: The testimony below was written on Apr 6, 2026



Forty years ago, on April 6, 1986, I had a genuine encounter with God, and now I'm finally prepared to give

my testimony regarding the events of that day. Let me be the first to admit to you that at that time, all those years ago, I was a 23-year-old knucklehead who was having fun running with the Devil. I wasn't religious, needless to say. Instead, my idols were fast cars and marijuana—buying, selling, and enjoying both of these with a misguided passion that appalls me today.

In the spring of '86, I had just bought a great-looking 1978 Chevy Nova and gave it the attention you would expect from someone demonstrating abundant pride and idolatry. I painted it candy apple red, gave it T-tops on the roof, ground-effects lighting, and under the hood, I installed an engine that could roar. Imagine the inflated opinion of myself in my hot car, with my long blonde hair and leather jacket, going stop to stop selling marijuana by the pound, packing a 9-mm gun in my belt, of course. I was invincible.

So, on that night of April 6, I was in my car on my way to score a sale while smoking the Devil's lettuce myself. I was speeding, and I saw the police pulling me over. If I rolled the window down, the police would smell the weed or, even worse, see the pound of the Devil's merchandise on the passenger seat. What do I do? Well, I told you I was a knucklehead, right? Completely stoned, I peeled away as fast as I could. Before I knew it, I was going 120 mph down a country road.

Then I hit a bump, and the car went airborne—I'm flying high, and so is my car! When it landed, the newly installed engine popped out and landed on top of me. A piece of metal pierced my neck and came out through the floor of my mouth, while my arm was split open. At the accident scene, I was pronounced dead after the jaws of life removed my body from the tangled mess.

Then I saw Him. Although I could not see His face, I saw His outstretched arms, and He called to me and said, "It's not your time. Wake up!" (Psalm 118:17). Instantly, I opened my eyes to realize I was in a body bag. I clawed at the bag from inside frantically. The startled rescuers who were carrying my body dropped the bag and yelled, "He's alive!" When the bag was unzipped, I was a bloody mess and was going in and out of consciousness until I finally fell into a coma that lasted 6 months.

Today, as a 63-year-old man, I have mixed emotions about the events of that night and my checkered lifestyle. Although I've been running from God all my life, I also know that He's been protecting me all my life too. He hasn't given up on me despite my inexcusable stubbornness, impenetrable pride, and deplorable weaknesses for vices.

Now, while in this season of my life, I finally see God's plan, and I tell you, it is magnificent. He sent me here, of all places, to meet a certain individual who has worked as His heaven-sent angel to systematically relieve my childhood trauma, reestablish my self-worth, give me purpose and direction, teach me morals and virtues, reinvigorate my Christian faith through Church and daily Bible studies, and, above all, help me forgive myself and reconcile with God's mercy.

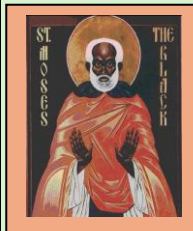
I have been resurrected. (2 Corinthians 5:17). I want to soar like an eagle to praise God and glorify Him. Indeed, God has been protecting me and has never given up on me. It will be an honor to return the favor. The message God has been sending me could not have been any clearer—it just took this knucklehead a while to understand it: I just needed to put God in the driver's seat (Proverbs 3:5–6).

~ER, a son of God awaiting freedom~

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: St. Moses the Black



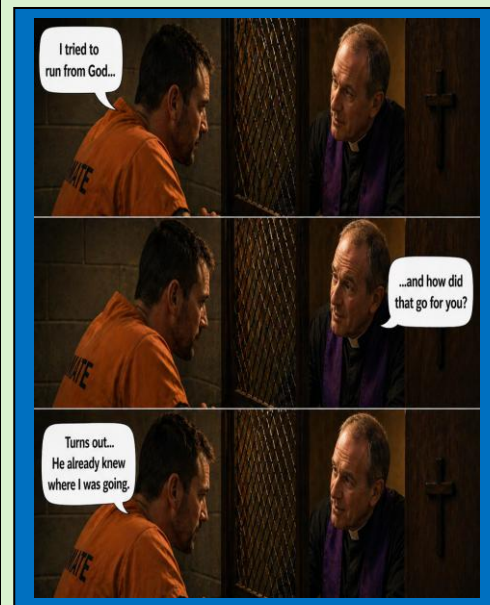
St. Moses the Black is a powerful example of God's mercy and transformation. Before becoming a saint, Moses lived a life of violence and crime. He was known as a thief

and a leader of a gang, feared by many for his actions. Yet, his story did not end there.

After encountering the mercy of God, Moses turned away from his past and sought a new life. He fled to the desert, where he joined a community of monks and began a journey of repentance, humility, and spiritual growth. Through prayer, discipline, and trust in God, Moses was transformed. The man who was once known for violence became known for his peace, wisdom, and holiness.

His life reminds us that no one is beyond God's mercy. No matter how far we may have gone, God is always ready to receive us, restore us, and lead us into a new life. St. Moses the Black teaches us that true strength is not found in power or control, but in surrendering to God. His story is a reminder that with God, transformation is always possible.

~Kim C, Risen Eagle Ambassador~



Check out our Instagram page [@riseneagle](#)

