



RISEN EAGLE

Revelation 21:5, "Behold, I make all things new"

VOL 14

April 2026

SPIRITUAL FREEDOM



April brings us to the heart of our faith—the Resurrection. It is here that we are reminded that what appears to be the end is often where God begins something new (1Corinthians

15:12-17). The tomb was not the final chapter, but the doorway to life. Many of us carry things that feel buried—pain, regret, past mistakes, or seasons that left us feeling forgotten; these are our crosses (Luke 9:23-24). At times, it can seem as though nothing is changing, as though we remain in the same place. Yet, the Resurrection teaches us that God works even in silence, even in what feels still and sealed. Jesus did not avoid the cross—He passed through it. And through that surrender came victory. In the same way, our struggles are not without purpose. What we endure, when placed in God's hands, becomes the very place where transformation begins. True spiritual freedom is not found in escaping our circumstances, but in allowing God to meet us within them. It is found when we rise—when we choose faith over fear, when we release what weighs us down, and when we trust that God is calling us forward into something greater. Resurrection is not just an event—it is an invitation. An invitation to step out of

what has held us bound and into the life God has prepared for us. Even when we feel unready, even when we feel uncertain, His voice still calls us by name. This season, let us not remain in what has already been buried. Let us rise—with courage, with trust, and with the quiet confidence that God is not finished with us yet.

~Fr. Samy, Risen Eagle Spiritual Director~

2 Corinthians 5:17 *"If anyone is in Christ, he is a new creation; the old has passed away, behold, the new has come."*

Double-Layer M&M's Cheesecake

INGREDIENTS

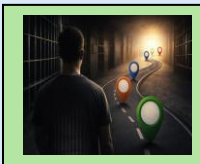
- 1 pack vanilla cream cookies
- 6 tsp of hot cocoa mix
- 1 packet regular oatmeal
- 2 cream cheese packets
- 1 bag peanut M&M's
- 1 Chick-O-Stick (peanut butter & toasted coconut candy)
- 2 tsp milk

DIRECTIONS

1. Separate cookies: Take the tops off the vanilla cream cookies and scrape off the cream, placing it into a bowl. Set aside.
2. Make the cookie crust: In a second bowl, crush the outer cookie layers into a fine powder. Add 10 tsp water and mix together to form a dough. Press this dough against the bottom and sides of the bowl to form a pie crust.
3. Create the oatmeal layer: In a third bowl, mix the hot cocoa mix, oatmeal, and 3 tsp water until well blended. Add this mixture to the pie crust, forming a second layer.
4. Prepare the cheesecake layer: Return to the bowl with the reserved cookie cream. Add the cream cheese and milk. Stir well until it forms a smooth batter. Add this batter to the crust bowl as a third layer.
5. Add toppings and set: Place peanut M&M's and crushed Chick-O-Sticks on top of the cheesecake layer. Let the assembled dessert set for about 30 minutes. Enjoy!

RE-ENTRY ROADMAP:

This season is a reminder that every new beginning is a chance to rebuild and move forward with purpose. Your past does not define your future.



Re-entry takes patience and faith, but with the right support and guidance, change is possible. You are not alone—help and

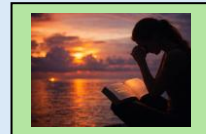
resources are available every step of the way.

Support, direction, and hope are within reach. Call 929-561-8301.

~Chemeka R, Risen Eagle Ambassador~

HEALTH AND WELLNESS

Caring for the body and mind is an important part of renewal. This season reminds us to be intentional about rest, balance, and healthy habits.



Simple practices—such as staying active, taking time to reflect, and maintaining a routine—help support both physical and emotional well-being. When we care for ourselves, we gain the strength and clarity needed to grow, face challenges, and live with purpose each day.

~Tricia D, Risen Eagle Ambassador~

INSIDE VOICES

A Personal Testimony: Rising From the Darkness

I never thought I would end up here. There was a time in my life when I felt in control—moving how I wanted, doing what I thought was right. But little by little, my choices began to bury me. What started as small decisions turned into

habits, and those habits led me down a path I couldn't escape.

By the time I realized how far I had gone, it felt too late.

When those doors closed behind me, I felt like my life was over. Not just physically, but inside. I carried regret, anger, and a heaviness I couldn't explain. Every day felt the same, and I started to believe that this was all I would ever be.

Buried.

But God has a way of meeting you where you least expect Him.

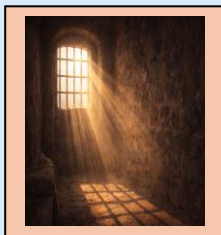
One day, I came across a Bible. At first, I didn't open it. I didn't think it had anything to say to someone like me. But something kept pulling me back.

Eventually, I gave in—and when I did, everything began to change (Joshua 1:8). I read about Jesus—how He forgave, how He loved, how He gave people a new beginning. And for the first time in a long time, I felt something I hadn't felt before: hope.

It didn't happen overnight. There were days I still struggled, still questioned, still felt the weight of my past. But slowly, something inside me started to shift. The anger began to fade. The emptiness started to fill. I realized that even though I was locked up physically, I didn't have to stay locked up spiritually.

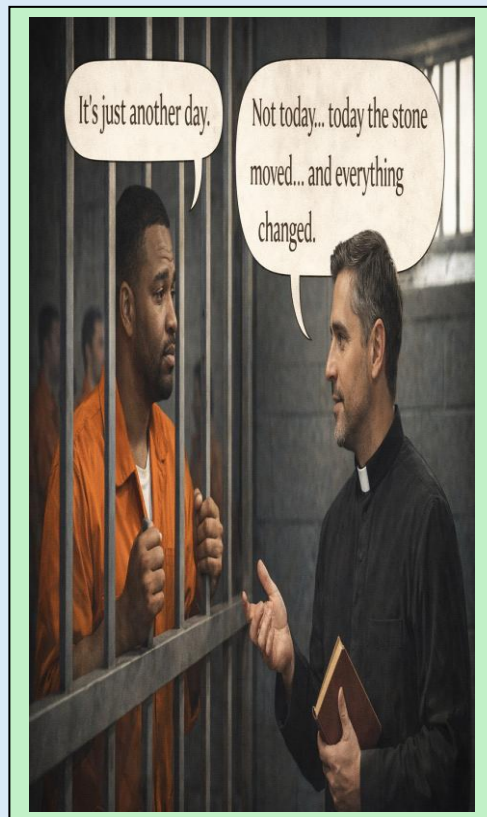
God was calling me to rise.

I began to pray—not perfectly, not with fancy words, but honestly. I started letting go of things I had been holding onto for years. Bitterness. Pride. Pain. And in letting go, I found a freedom I never knew existed.



I'm not the same person I used to be. I still have my past, but it no longer defines me. What once felt like the end of my life became the place where God gave me a new one. I may be behind these walls, but my spirit is no longer trapped. Because in Christ, even what is buried can rise again.

~A Son of God, Made New~



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.

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. Mary of Egypt Feast Day: April 1



St. Mary of Egypt's life is a powerful testimony to the transforming mercy and grace of God. Before her conversion, she lived

a life far from God, consumed by sin and worldly desires. For many years, she wandered without direction, unaware of the emptiness within her soul. Everything changed when she encountered God in a moment that led her to repentance. What began as resistance turned into surrender, and from that point forward, her life took a new direction. Through that encounter, her heart was softened, her purpose renewed, and her faith strengthened.

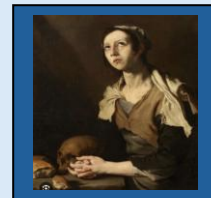
Rather than being defined by her past, St. Mary chose to turn fully to God. She withdrew into the desert, where she spent years in prayer, fasting, and deep reflection. In that place of isolation, God transformed her life completely. What once held her captive no longer had power over her.

St. Mary's journey reminds us that no one is too far gone for God's mercy. His grace reaches us even in our lowest moments and calls us into something new. No matter how heavy our past may feel, God is always ready to restore, renew, and lead us forward.

As we reflect this month, St. Mary of Egypt encourages us to turn away from what holds us back, to trust in God's mercy, and to embrace the new life He offers us.

"For I will restore you to health, and your wounds I will heal, says the Lord." – Jeremiah 30:17

~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~