

The Eagle's Nest

ERCM, Vol 21

March 2026

Come Fly With Me

Dear Friends in Christ,



March invites us into the sacred season of Lent — a time of prayer, sacrifice, and renewal. It is a season that calls us to look within,

to examine our hearts, and to return more fully to the Lord.

Lent reminds us that faith is not only professed with our lips, but lived through discipline, humility, and trust. Through prayer, fasting, and almsgiving, we open ourselves to God's grace and allow Him to strengthen what has grown weak and restore what has grown distant.

The journey toward Easter is not always easy, but it is meaningful. As we carry our crosses with patience and sincerity, we grow closer to Christ, who carried His cross out of love for us.

As we walk through this Lenten season together, let us ask God for the grace to persevere, to seek Him faithfully, and to support one another with compassion. May this be a time of true spiritual renewal and deeper communion with Christ.

~Fr. Samy, Spiritual Director~

Psalm 51:10: "...Create in me a clean heart, O God."

Founder's Message

Lenten Reflection: A Journey Through Fasting



To assist you in your continued preparation during this Lenten season, we offer you some Bible trivia on fasting that may

help deepen and enrich your spiritual journey.

Take a moment to reflect on the questions below:

1. *In Nehemiah 9:1, the sons of Israel assembled in sackcloth with fasting and with earth upon their heads for what specific purpose?*

- A. To complain to the Levites
- B. To enter the synagogue
- C. To confess their sins
- D. To worship the Golden Calf
- E. To see if David would defeat Goliath

2. *Who was the 84-year-old prophetess who fasted and waited in grace in the temple for the presentation of the infant Jesus?*

- A. Mary Magdalene
- B. Judith
- C. Salome
- D. Anna
- E. Rahab

Pilgrimage Reflection: Walking with the Saints – Part 2 (Continuation from our October 2025 issue, Part 1)



In our October 2025 newsletter, we shared the first part of this sacred pilgrimage

journey. We now continue that reflection as the pilgrimage moved beyond Italy to Bosnia and Poland.

From Italy, our pilgrimage continued by ship to Croatia and from there by land to Medjugorje, a remote town in Bosnia. Here, Jesus' Mother, Our Lady (called Gospa locally), has been appearing to six individuals since 1981. The Gospa requested the visionaries to fast on Wednesdays and Fridays on bread and water, hearkening back to this practice of early Christianity.

Her messages often emphasize five core practices, known as the "five stones": daily prayer (specifically the Rosary), fasting on Wednesdays and Fridays, daily Bible reading, monthly confession, and the Holy Eucharist. It is a place of deep holiness and peace and is known for many conversions. Millions of people now come to this sacred place to pray through the intercession of the Gospa for the conversion of sinners, miracles, and other intentions.

Eagle Rising Catholic Ministry

Saint of the Month – St. Patrick



Feast Day:

March 17

St. Patrick is widely known as the patron saint of Ireland, but his story is one of perseverance,

forgiveness, and deep faith. As a young man, Patrick was captured and taken away from his homeland. During those difficult years, he turned to prayer and developed a profound trust in God. After escaping and returning home, Patrick later felt called to go back — not with bitterness, but with love. He returned as a missionary, preaching the Gospel to the very people among whom he had once suffered. Through humility, courage, and unwavering faith, he helped bring countless souls to Christ.

St. Patrick's life reminds us that God can use even our hardest seasons for a greater purpose. What once felt like loss became the path to his calling. His example challenges us to forgive, to trust God's plan, and to remain faithful even when the journey is unexpected.

As we continue through this Lenten season, St. Patrick encourages us to deepen our prayer, strengthen our faith, and allow God to transform our trials into testimony.

~Chemeka R, ERCM Ambassador~

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

Bible Trivia Answers

7. E (Matthew 25:35-36 Tobit 1:17)
6. C
5. A (Mark 9:29)
4. B (Jonah 3:5)
3. C (Deuteronomy 9:9)
2. D (Luke 2:37)
1. C

Founder's message continued.

3. Who fasted 40 days and 40 nights on Mt. Horeb to receive, in a state of grace, the Ten Commandments from God?

- A. Muhammad
B. Jesus
C. Moses
D. Adam
E. Eve

4. What was the reason the people of Nineveh fasted when Jonah went through the city proclaiming the Lord's message?

- A. To prepare for God's arrival
B. To repent for their sins
C. To make arrangements for the wedding feast
D. To prepare for the prophet's arrival
E. To lose weight due to their overindulgence in savory foods

5. When Jesus said to His disciples about the boy who had been convulsing, "This kind cannot be driven out by anything but prayer and fasting," what was He specifically indicating that the purpose of fasting was for?

- A. Deliverance
B. Neuroscience
C. Transubstantiation
D. Teleportation
E. Dieting

6. Using fasting for the wrong reasons, the Jews in Acts 23:12 maliciously neither ate nor drank in order to plot to kill whom?

- A. Peter
B. John
C. Paul
D. James
E. Herod

7. Isaiah 58:7 poignantly encourages us to feed the hungry, shelter the homeless, and clothe the naked during the Lenten season. What are the other four Corporal Works of Mercy?

- A. Give drink to the thirsty
B. Visit the sick
C. Visit the prisoners
D. Bury the dead
E. All of the above

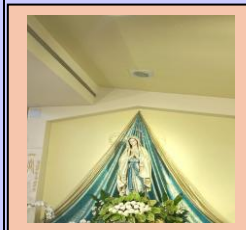
~Vic Joseph, Founder~

May our fasting lead us to deeper freedom in Christ.

Pilgrimage reflection continued.

This place is also special to me, as it was one of the first pilgrimage sites visited by my husband, ERCM's founder, when Medjugorje was still a tiny village not yet known to the world. It was there that he felt the powerful presence of the Mother of God.

From there, the pilgrimage continued to



Poland. In Poland, we visited the home of the late Pope John Paul II and then Kraków-Łagiewniki, the site of the Divine Mercy Shrine,

where Sister Faustina lived, died, and was buried, and where her message of Divine Mercy spread throughout the world. The Pope John Paul II Center is located near the Divine Mercy Shrine. It is a large church with a museum dedicated to the life of the Pope. This place was very special to me because it is here that the blood-stained garment worn by Pope John Paul II on the day of the attempted assassination, May 13, 1981, is preserved. The Pope miraculously survived the assassination and attributed his narrow escape to Our Lady of Fatima.

I hope our readers take time to learn more about these sacred places, the life of the Pope, and this miracle. We look forward to sharing more in a future newsletter

~Andrea, Chairperson~

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