

RISEN EAGLE

Psalm 29:11, "The Lord gives strength to his people."

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SPIRITUAL FREEDOM



My Brothers and Sisters awaiting freedom in Christ,
Every new day is a gift from God and an opportunity to begin again. No matter what yesterday looked like,

God's mercy is new every morning, and His love for you has never changed. He is not finished writing your story. True freedom begins in the heart. As we open ourselves to Christ through prayer, Scripture, and trust in His promises, He continues to shape us into the men and women He created us to be. The chains of fear, anger, regret, and hopelessness cannot overcome the power of God's grace. This month, choose to take one step closer to Him. Forgive where you can, encourage one another, and never stop believing that God is working in your life. Every prayer, every act of faith, and every choice to do what is right is preparing you for the future He has planned. Walk forward with confidence, knowing that your identity is not found in your past but in Christ, who makes all things new.

~Fr. Samy, Risen Eagle Spiritual Director~

Isaiah 43:18-19 *"Remember not the former things; nor consider the things of old. Behold, I am doing a new thing. Now it springs forth, do you not perceive it? I will make a way in the windowless and rivers in the desert."*

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~

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.

No-Bake Strawberry Cheesecake Cups

INGREDIENTS:

- 1 cup crushed graham crackers
- 2 tbsp melted butter
- 8 oz cream cheese, softened
- ¼ cup sugar
- 1 tsp vanilla extract
- 1 cup whipped topping
- Fresh strawberries, sliced

DIRECTIONS:

- 1 Mix the crushed graham crackers with the melted butter and spoon into the bottom of serving cups.
- 2 In a bowl, beat the cream cheese, sugar, and vanilla until smooth.
- 3 Fold in the whipped topping until well combined.
- 4 Spoon the cheesecake mixture over the graham cracker crust.
- 5 Top with fresh sliced strawberries.
- 6 Chill for at least 1 hour before serving.



RE-ENTRY ROADMAP:

Preparing for a better future begins with the choices you make today. Use this season to strengthen your faith, build positive habits, and develop the character that will guide your next chapter. Every lesson you learn and every good decision you make is preparing you for the opportunities ahead.

Stay committed to your goals, seek wise counsel, and trust that God is leading you one day at a time. With patience, perseverance, and faith, a brighter future is possible.

For re-entry resources and support, call [929-561-8301](tel:929-561-8301).

~Chemeka R, Risen Eagle Ambassador~

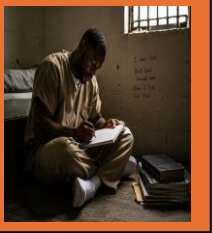
HEALTH AND WELLNESS

Your health is one of God's greatest gifts. Caring for your body, mind, and spirit helps you remain strong for the journey ahead. Eat well when you can, stay active, get enough rest, and make time each day for prayer and quiet reflection. Healthy choices made today can lead to a brighter tomorrow.

Remember, true wellness is found not only in physical strength but also in a heart that trusts in God and a spirit filled with hope.

~Tricia D, Risen Eagle Ambassador~

INSIDE VOICES



To the Family, Friends, Community, and to God, There are no words that can fully express the sorrow and regret that I carry in my heart for the

pain and loss I have caused. In February 2008, I took away a life. I killed a human being. I murdered a person. I annihilated one of God's creations. I know that no apology can undo what has happened, and I understand that some wounds may never fully heal. Still, I feel it is important for me to say how deeply sorry I am. TN, I am sorry for what I did to you.

To your family I sincerely apologize that I took away someone who was precious and irreplaceable. I took away a daughter who was loved, a sister who was cherished, and can never be replaced, and a friend whose kindness and memories will forever remain in the hearts of those who knew her. I recognize that because of my actions, there is now an empty place at family gatherings, birthdays, holidays, and countless moments that should have been shared with you, TN. For that pain, I am profoundly sorry.

I think often about the life that was lost and the future that was taken away. I spend countless sleepless nights trying to undo what I did in my mind. Alas, I fall short. I cannot undo the hands of time. I understand that my actions affected not only one person, but an entire family, a circle of friends, and everyone whose life you have touched, TN. The grief, heartbreak, and suffering that I caused are my crosses that I will carry with me for the rest of my life.

To the community, I am sorry for the fear, sadness, and hurt that my actions brought upon others.

I know that acts of violence leave scars on humanity that extend far beyond those directly involved. I deeply regret contributing to that pain and damaging the sense of peace and safety that every community deserves.

Most of all, I accept responsibility for what I have done. I do not offer excuses, because there are none. I know that I cannot change the past, but I can acknowledge the harm I caused and spend

the rest of my life striving to be a better person than the one who had made such a terrible, selfish and inhumane decision. And to God, I come before You with a broken and humbled heart. (Psalms 34:18) I ask for Your mercy and forgiveness. I pray for the family and loved ones who continue to suffer because of my actions. I pray that You surround them with comfort, strength, and peace. Shower them with your loving joy and give them all the graces, even if it means taking it away from an undeserving person like me. I ask for the opportunity to live each day with genuine repentance, accountability, and a commitment to becoming a better human being. Give me the strength to forgive myself as I come before you (1 John 3:21-22)

I am not the same person I was in 2008.

In the past few years while awaiting my freedom, I have worked with Exodus Transitional Community, a 501(c)(3) non-profit organization established in 1999 to help the incarcerated population transition into society. I have learned the necessary skills through their OASAS-licensed program to assist those transitioning with substance abuse issues. I have also equipped myself with their specialized training to help in their Article 31 mental health facility when I am released. I am also acquiring my certification as a high-risk health counselor in dealing with sexually transmitted diseases and in particular, with those exposed to HIV and hepatitis C to generate awareness and to assist in modes of disease prevention.

As I continue to educate myself, I never neglect to continue working on my imperfections. It is an ongoing, repetitive, daily process of reflection, meditation and prayer that starts with accountability and ends with taking responsibility for the betterment of the future of my society. TN, I hope you are watching from above and that you approve the mere drops in the ocean that I strive to make as I change the dark narrative of the past to uphold your legacy.

~JG, a Son of God Seeking Mercy~



Saint of the month: St. Olga of Kyiv Feast Day: July 11



St. Olga of Kyiv was born around A.D. 890 and became the ruler of Kievan Rus after the death of her husband, Prince Igor. In the years that followed, she sought

revenge against those responsible for his death and became known for her harsh and violent acts.

Although her early life was marked by anger and vengeance, God had a greater plan for her. Olga later embraced the Christian faith and experienced a profound conversion. She was baptized in Constantinople, taking the Christian name Helena, and devoted the rest of her life to serving God. She encouraged the spread of Christianity throughout her kingdom by building churches, supporting the faithful, and preparing the way for the future conversion of her people.

St. Olga's life reminds us that no one is beyond God's mercy.

No matter how painful our past or how serious our mistakes, God's grace has the power to transform hearts, restore hope, and lead us toward a

new life in Christ. Her journey is a powerful witness that true conversion begins when we surrender our lives to God and allow His love to change us from within.

~Kim C, Risen Eagle Ambassador~

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

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)

