

SPIRITUAL FREEDOM



My Brothers and Sisters awaiting freedom in Christ,
There will be seasons when nothing seems to be going the way you hoped. You may pray and still feel like the answer has not come. You may try to do better and still face disappointment. You may look ahead and wonder if anything is really changing.

Do not give up.

Sometimes God is working in ways we cannot yet see. A closed door does not always mean the journey is over. A delay does not mean God has forgotten you. As Scripture reminds us, "For with God nothing will be impossible" (Luke 1:37). Faith is choosing to trust God when the road is unclear, when your plans fall apart, and when you are tired of waiting. Jesus teaches us to pray always without becoming weary (Luke 18:1).

Keep praying. Keep making better choices. Keep believing that your life still has purpose.

You may not be where you want to be yet, but that does not mean God is finished with you. Growth can be slow, and change can take time. The Lord sees every quiet effort, every honest prayer, and every step of faith. When you feel discouraged, remember that God's grace is still enough for today. (Psalm 32:6-7)

Ask Him for strength for the next step, and then take it. Christ is with you in the waiting, in the struggle, and in the uncertainty.

Hold on to your faith. Hold on to hope. The chapter you are in right now is not the whole story. Trust Him, remain faithful, and do not lose heart.

~Fr. Samy, Risen Eagle Spiritual Director~

Galatians 6:9 - *"And let us not be weary in well doing: for in due season, we shall reap, if we faint not ".*



RE-ENTRY ROADMAP

A new beginning takes hope, preparation, and focus. Use this time to strengthen the skills, habits, and mindset that will help you move forward. Set realistic goals and stay open to learning. Progress may be slow, but every positive step helps build a stronger future.

For re-entry resources and support, call 929-561-8301.

~Chemeka R, Risen Eagle Ambassador ~

HEALTH AND WELLNESS

A healthy spirit needs care just like the body does. When life feels heavy, turn to God. Prayer can bring peace, Scripture can bring direction, and quiet time with Him can renew your strength. You do not have to have everything figured out. Give God what is weighing on your heart and allow Him to strengthen you one day at a time.

~Tricia D, Risen Eagle Ambassador~

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.

INSIDE VOICES



From a son of God awaiting freedom

I had been feeling lousy for about 2 weeks- no energy, muscle aches, annoying dry cough, sometimes chills at night, no appetite, just wanting to stay in bed and do nothing. I just wasn't myself. I simply assumed I just can't shake this virus. Then I noticed on one of my fingernails what is known as a splinter hemorrhage, a curious but innocent-enough looking dark vertical line across the nail. Having been a cardiologist for 23 years before this chapter of my life, this was the slap in the face that screamed to me, "Wake up, stupid! You have endocarditis!". Endocarditis is when an infection in the blood, typically bacterial, infects a valve in the heart. This is particularly ominous in my case because 9 years ago I had an aortic valve replacement. Therefore, if this valve was to be badly infected, it would mean another open-heart surgery for me. I was scared, worried, concerned, and knew the consequences of this infection can be very serious, even fatal. I'm a cardiologist - I've seen it all before. I knew I needed immediate medical attention.

I showed my fingernail to another cardiologist here, who immediately confirmed my suspicion. Incidentally, he had also created a spiritual program that helps those get closer to God, especially those with trauma, like me. Having completed this program, I was prayed upon by him and another graduate of this program to called upon (Mark 16:17-18, 1 Timothy 4:14), the Holy Spirit to heal me, to specifically cleanse my valve, to complete clear out the infection, and to protect me. My life was in God hands.



I was sent to the hospital were blood cultures were drawn to look for an infection in my blood. I was scheduled for a specialize echocardiogram (TEE), which is an ultrasound of the heart to best image the valves, especially my bioprosthetic aortic valve. Blood cultures typically take 24-48 hours before they show any results. In my case, after just 11 hours, they started growing Strep- not the Strep that causes Strep throat, but a different species called Strep viridans- the most common organism to cause subacute bacterial endocarditis. The fact that the cultures showed growth so quickly indicated I had a very large amount of this bacteria growing in my bloodstream. This was an extremely serious infection. I could die.

I had the TEE the next day. This was the most important test now and I was bracing for more bad news. With such an aggressive infection, left unchecked for over 2 weeks, I was expecting my 9 year old aortic valve replacement to be heavily infected, thus requiring another open-heart surgery. However, the results shock me. The valve was appositely fine- no vegetations, no abscess, no damage- it was functioning normally. How could this be? My thoughts sprinted back to the prayers we shared together, asking the Holy Spirit to cleanse the valve and protect it from the infection. That's exactly what happened (Psalm 116:1-2, Jonah 2:1-10). Medically, this is scientifically unexplainable. I do not throw around the word "miracle" very casually, but is this what I just experienced?

Wow! What more can be said about the power of prayer? The power of the Holy Spirit. God's mighty hands. It's real. It's ALL real. My faith is strong. I never needed evidence or signs or miraculous stories to believe, but when it happens to me, I feel obligated to share and testified. Miracles occur every day. All we need to do is pay attention, pray, have faith, and put our trust in God. One thing is for sure- He IS paying attention.

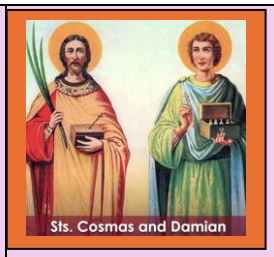
~FP, A Son of God~

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~

Check out our Instagram page
@riseneagle



St. Cosmas and Damian Feast Day: September 26

St. Cosmas and Damian were twin brothers, physicians, and Christian martyrs who lived during the early centuries of the Church. They became known for caring for the sick with compassion and for using their medical knowledge as a way of serving God. Their faith shaped the way they treated others. They understood that healing involves more than the body and that kindness, prayer, and mercy can bring comfort during times of fear and uncertainty. Their lives remind us that caring for someone who is suffering can itself become an act of faith.

Because they refused to abandon their belief in Christ, Cosmas and Damian faced persecution and eventually gave their lives for the faith. Even in danger, they remained faithful to God and continued to trust Him.

Their story speaks powerfully to anyone facing illness, difficult news, or circumstances that feel beyond their control. Faith does not mean ignoring medical care or pretending that fear does not exist. It means trusting that God remains present while we receive the help, treatment, and support we need.

St. Cosmas and Damian remind us that God can work through physicians, through medicine, through prayer, and through the compassion of others. Their example encourages us to remain hopeful and faithful, even when the future feels uncertain.

As we honor them this month, may we pray for those who are sick, those awaiting answers, and all who care for them. May we also remember that in every difficult moment, God's grace is still present, and His strength can carry us through.

~Kim C, Risen Eagle Ambassador~

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