

RISEN EAGLE

Luke 1:37, "Nothing is impossible with God"

SPIRITUAL FREEDOM



God's love is not distant or conditional — it meets us where we are and restores what feels worn, forgotten, or heavy. When we open our

hearts to that love, it

renews our strength and reminds us that we are never alone on the journey. Christ teaches us that love is active and enduring. It forgives, heals, and gives courage to keep going when the path feels uncertain. This kind of love lifts the spirit, breaks through fear, and brings peace even in the midst of struggle. Through love, God reshapes our lives and reveals new purpose.

Love is also something we are called to share. Small acts of kindness, words of encouragement, patience with one another, and sincere prayer become powerful expressions of God's presence. When we choose to give love freely, we reflect Christ to those around us and allow hope to grow where it is needed most.

Scripture tells us, "There is no fear in love, but perfect love drives out fear" (1 John 4:18). When we choose love over fear and trust over doubt, we allow

God's grace to guide us forward with confidence and hope.

May God's love strengthen our hearts, deepen our faith, and remind us that every step forward — no matter how small — is held in His care.

~Fr. Samy, Risen Eagle Spiritual Director~

1 Colossians 3:14 —

"Above all, put on love, which binds everything together in perfect harmony."

Gado-Gado Spaghetti

INGREDIENTS

Pasta

- ½ lb spaghetti

Sauce

- 3 tbsp peanut butter
- 3 tbsp soy sauce
- 3 tbsp vinegar
- 3 tbsp brown sugar
- ½ cup water

Seasonings & Add-Ins

- 1 tbsp dried onion, rehydrated
- ¼ tsp garlic
- 1 tbsp chicken base or 1 packet chicken broth
- 1 vegetable bouillon cube

Toppings

- 2 tbsp sunflower seeds
- Sliced onions (for garnish)

Cooking Oil

- 3 tbsp oil

INSTRUCTIONS

1. Boil spaghetti according to package directions: Drain and set aside.
2. Heat oil in a frying pan over medium heat. Add sunflower seeds and rehydrated onions; cook and stir for 2 minutes.
3. Add peanut butter and stir gently, being careful not to overheat or burn.
4. In a bowl, mix chicken base, brown sugar, garlic, and water until well combined.
5. Stir mixture into the pan, then add vinegar and soy sauce. Mix well.
6. Pour sauce over spaghetti and toss until evenly coated.
7. Garnish with sliced onions and serve.

RE-ENTRY ROADMAP:

Moving forward takes intention, patience, and consistency. Progress is built step by step, through commitment and the willingness to keep going even when growth feels slow. Each purposeful step strengthens confidence and clarity for the journey ahead. This season invites reflection and renewed focus. Whether preparing for a new chapter or supporting someone who is, guidance, encouragement, and resources are available. No one is meant to walk this path alone. Support, direction, and hope are within reach. Call 929-561-8301

~Chemeka R, Risen Eagle Ambassador ~

HEALTH AND WELLNESS

Caring for ourselves is an act of love that strengthens both body and spirit. When we choose rest, reflection, and healthy habits, we honor the life God has entrusted to us. Wellness is not about perfection, but about compassion toward ourselves, one day at a time. Small, intentional steps—proper rest, nourishing food, movement, and prayer—can renew our strength, lift our spirits, and restore hope. By caring for our well-being with patience, we become better equipped to face challenges, serve others with love, and move forward with resilience and purpose

~Tricia D, Risen Eagle Ambassador

INSIDE VOICES

Thanksgiving For Friendship

My Dear Friend and Brother,

I don't know how to thank you for what you have shown me and given me. I can only take what I have learned from you and run with it—to change lives, change minds, and spread the Word of God to millions.

I thank you so, so, so very much for your brotherly friendship and *Philia* I love, which is something I've never truly experienced, simply because no one has taken the time to share these acts of human kindness with me. You have become a permanent part of my life. I am sad to be leaving you, but joyful knowing that you'll be joining me in liberation soon.

I've learned more in three months with you than I ever have in forty-nine years. I owe you greatly, as you have certainly helped me regain my life. I want you to know that I will always love you.

God bless you and your family. Thank you for caring for me—that was something new to me. I never expected it from an angel.

~S.J.A., A Son of God in Gratitude~

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.

A Gentle Reminder

There are moments in life when progress feels slow and strength feels thin. In those times, it's important to remember that God is still working—often quietly, patiently, and with great purpose. Even when change is not immediately visible,

every faithful step forward matters.

You are not defined by where you started, nor by the weight of past struggles. You are defined by the grace of God that continues to shape your life day by day. Growth takes time, and

transformation is often built through perseverance, prayer, and choosing hope again and again.

Let love be your guide in this season—love for God, love for others, and love for yourself. Speak kindly to your heart. Be patient with the process. Trust that what God has begun in you will continue to unfold in His perfect timing.

No step taken in faith is wasted. No prayer goes unheard. And no journey is walked alone when God leads the way.

~A voice behind the scenes~

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.

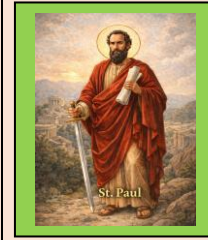
~Redeemed~

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:4711ChurchAve@riseneagle.org), Bklyn, NY 11203

Check out our Instagram page [@riseneagle](https://www.instagram.com/riseneagle)



Saint of the Month – St. Paul



St. Paul's life is a powerful testimony to the transforming love and mercy of God. Once known for persecuting followers of Christ, Paul

encountered Jesus in a

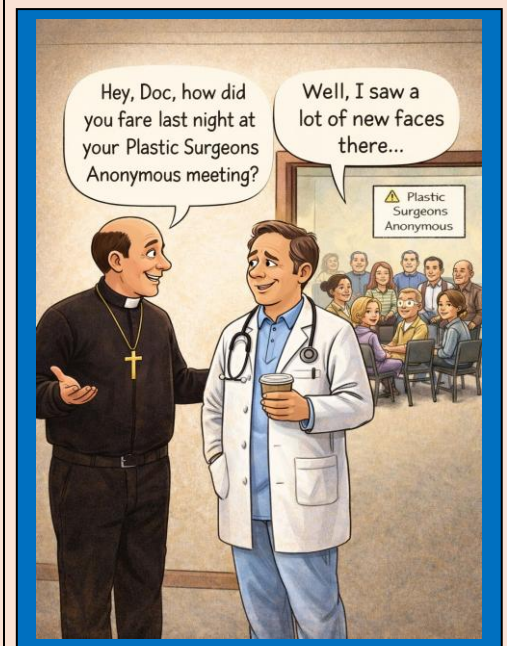
moment that changed the direction of his life forever. (Act 9:5-15) Through that encounter, his heart was softened, his purpose renewed, and his faith strengthened.

Rather than being defined by his past, St. Paul allowed God's love to reshape his future. He devoted his life to sharing the Gospel, teaching that true freedom and strength come from living in Christ. His letters remind us that love is not passive, but active patient, forgiving, and enduring even through hardship. (1 Corinthians 13:4-8)

St. Paul's journey shows us that God's love reaches us wherever we are and calls us forward with hope. No matter how heavy life feels or how far we think we've gone, God is always ready to restore, guide, and use our lives for good. As we reflect this month, St. Paul encourages us to trust in God's mercy, to walk in faith, and to let love lead every step of our journey.

"And now these three remain: faith, hope, and love. But the greatest of these is love."— 1 Corinthians 13:13

~Kim C, Risen Eagle Ambassador~



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