

RISEN EAGLE



Matthew 14:27, "Take courage, I am here".

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SPIRITUAL FREEDOM



My Brothers and Sisters awaiting freedom in Christ,

There are wounds that no one else can see. Some come from what has been done to us, and others come from

what we have done. Regret can become heavy. Shame can make us feel unworthy. Anger can remain buried so deeply that it begins to shape the way we think, speak, and see ourselves.

But God is not afraid of the broken places within us.

He does not turn away from our pain, our failures, or the parts of our story that we wish we could erase. He enters those places with mercy. He invites us to be honest, to repent, to forgive, and to begin again. Spiritual freedom does not mean pretending the past never happened. It means allowing God to heal what the past has wounded and refusing to let it control the rest of our lives.

You may still be waiting for physical freedom, but your heart does not have to remain imprisoned by bitterness, guilt, fear, or hopelessness. Every sincere prayer, every act of forgiveness, every decision to choose what is right, and every effort to become better is evidence that God is still working within you.

Do not believe the lie that you are beyond redemption. You are more than your worst

decision. You are still a child of God, still worthy of love, and still capable of becoming the person He created you to be.

Let God meet you where you are. Give Him the pain you carry, the mistakes you regret, and the future you cannot yet see. He can rebuild what has been broken, renew your mind, and lead you into a freedom that begins within.

~Fr. Samy, Risen Eagle Spiritual Director~

Psalms 51:10 - "Create in me a clean heart, O God; And renew a right spirit within me."



RE-ENTRY ROADMAP:

A successful return begins with rebuilding trust—first with yourself, then with others. Trust is restored through honesty, consistency, responsibility, and patience. Keep your word, accept responsibility, communicate honestly, and remain committed to doing what is right. You do not have to prove everything in one day. Trust is rebuilt through small, steady choices over time.

The future is not built through promises alone, but through actions that show growth and change.

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

~Chemeka R, Risen Eagle Ambassador~

HEALTH AND WELLNESS

Peace of mind is an important part of your health. Stress, anger, regret, and uncertainty can affect the body as well as the spirit. Learning how to manage these feelings can help you think more clearly and respond to difficult situations in healthier ways.

Take a few quiet moments each day to breathe slowly, pray, write down your thoughts, or speak with someone you trust. Pay attention to what triggers frustration and give yourself time before reacting. Choosing calm does not mean ignoring your feelings—it means handling them with wisdom.

~Tricia D, Risen Eagle Ambassador~

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INSIDE VOICES

The Man I Am Choosing to Become

There are nights when the past feels louder than everything around me. I lie awake thinking about the

choices I made, the people I hurt, and the moments I can never take back. In those quiet hours, regret has a way of making me feel as though I am still trapped inside the worst version of myself.

For a long time, I thought carrying shame was the same as taking responsibility. I believed that if I stopped hating myself, it meant I was forgetting the pain I caused. So I punished myself in my own mind. I replayed every failure, every broken promise, and every wrong decision until I began to believe that nothing good could ever come from my life again.

But shame did not change me. It only kept me trapped within myself.

Real change began when I stopped hiding from the truth. I had to admit that some of my wounds came from what others had done to me, but some came from what I

had done to others. I could no longer blame my childhood, my environment, my anger, or the people around me. Those things may have influenced me, but they did not make

my choices for me.

That truth was painful, but it was also the beginning of freedom (1 John 3:19-21). I began speaking honestly to God. I did not use polished prayers because I did not have polished feelings. I came to Him with anger, guilt, fear, and a heart that was tired of pretending. I asked Him to show me who I had become and who I could still become.

Little by little, I started to understand that repentance is more than feeling sorry. It is allowing sorrow to change the direction of your life. It is choosing humility instead of pride, patience instead of anger, and honesty instead of excuses. It is doing the right thing even when no one notices and even when there is no reward.

I know that an apology cannot repair everything. Some people may never forgive me, and some relationships may never be restored. I have had to accept that genuine accountability does not demand another person's forgiveness. It respects their pain and gives them the space to heal.

What I can do is live differently.

I can become more careful with my words. I can control my reactions. I can listen before

responding. I can encourage someone who is struggling instead of adding to their burden. I can use my time to learn, pray, and build the discipline I once lacked.

Some days, I still feel undeserving of another chance. But I am learning that God's mercy is not permission to ignore my past. It is the strength to face it honestly without allowing it to destroy my future.

I am not asking anyone to forget what I have done (2 Corinthians 5:17-18). I am asking God to help me become a man whose life shows that change is possible. My past will always be part of my story, but it does not have to be the final chapter. Every day, through my choices, my faith, and my actions, I am deciding what kind of man I will be from this point forward.

~A Son of God, Choosing a Better Way~

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.



Saint of the Month:
St. Augustine of Hippo

Feast Day: August 28

St. Augustine was born in A.D. 354 in North Africa.

Although his mother, St. Monica, raised him in the Christian faith, Augustine turned away from God during his youth. He pursued worldly pleasures, made choices he later regretted, and spent many years searching for truth and meaning. Throughout those years, his mother never stopped praying for him. Her faith, patience, and tears became a powerful part of his journey back to God. After a long inner struggle, Augustine experienced a profound conversion. He was baptized, completely changed the direction of his life, and later became a priest, bishop, and one of the greatest teachers of the Church.

St. Augustine's life reminds us that conversion does not always happen overnight. Change may require honesty, patience, prayer, and the courage to leave old ways behind. His past did not prevent God from using his life for a greater purpose.

For those carrying regret or wondering whether it is too late to change, St. Augustine offers hope. God can reach us wherever we are, heal what is broken, and transform even the most troubled past into a testimony of grace.

His journey reminds us that no one is beyond redemption. When we open our hearts to God, He can give us a new direction, a renewed mind, and a life filled with purpose.

~Kim C, Risen Eagle Ambassador~

"You have made us for Yourself, O Lord, and our hearts are restless until they rest in You."— St. Augustine

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.](tel:4711), Bklyn, NY 11203

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