

# Risen Eagle

John 8:36, "So, if the Son sets you free, you are free indeed".

Vol 1

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## SPIRITUAL FREEDOM



**God** bless each of you. With a joyful heart Eagle Rising Catholic Ministry (ERCM) welcomes you to Risen Eagle our Newsletter created just for you, a

child of God that is awaiting freedom. As it is written in John 8: 36 'If the Son sets you free, you are free indeed'! Our goal is to provide a faith-based resource of fun-filled pertinent information that will motivate and cultivate interest among you for betterment and will also assist you to prepare for reintegration into the community.

This month, we review a core Christian principle: Love your neighbor as yourself (Matthew 22:39). In essence, we are asked to do acts of mercy for one another where such actions simply begin with meeting others' physical needs. James 2:18 states, "You have faith, and I have works. Show me your faith apart from your works and I, by my works, will show you, my faith." Telling someone in need, e.g. those poorly clothed or hungry, to go in peace, be warmed and filled, without us doing the work, is incomplete and less fruitful.



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.

Living out these works of mercy often means being sensitive to the needs of those around us. Our Eagle Rising Ministry shares suggestions to anyone interested in caring for the sons awaiting freedom to learn about prison ministry. This can be as simple as donating rosaries, prayer materials, Bible, reading material or taking the time for social or care visits in addition to pen pal correspondences. We also have prayer warriors praying just for you! Our Risen Eagle prayer line takes prayer intentions where we intercede and lift your prayers and intentions to the Lord. A loved one can call this number below on your behalf or they are welcome to join our prayer team and become an Eagle Ambassador.

While some may not be able to physically help, you can do amazing works of mercy by simply praying and offering inconvenience for someone. More on this in a future Newsletter. God's call to share with our brethren the grace, goodness and love He has showered us with, is the very core of our Christian faith. Now, go forth in peace, therefore, boldly glorifying the Lord with your life!



~Reverend Arputham Arulsamy (Fr. Samy),  
Spiritual Director, ERCM~

"And hope does not disappoint, because the love of God has been poured out in our hearts by the Holy Spirit who was given to us."

(Romans 5:5)

## RE-ENTRY ROADMAP: A path to a fresh start.

Housing is an essential component of the re-entry process for individuals once they are free. There are housing programs that not only address the immediate needs for a place to live but also offer support such as job training, employment support, mental health service, healthcare, substance abuse counseling, rental help etc. These programs help individuals to transition back to the community successfully. One such example is called **Freedom House (an HRA Supportive Housing Program)**: an emergency and transitional housing unit for adult men. Freedom House provides housing-vulnerable and at-risk participants with a safe and supportive place to live with access to services, and the goal of transitioning to permanent housing. Operating Dedicated residential buildings in the Bronx, Manhattan, Queens and Brooklyn. For any questions regarding how these services work, contact ERCM at 929-561-8301 for assistance.

~ Kim C, Vice Chair, ERCM~

## Lord's Prayer

P B V R E H T A F R N E  
E V I G R O F C O M E M  
T R E S S P A S S E S A  
L D K I N G D O M E Q N  
S E T E M P T A T I O N  
L L Y W X A G A I N S T  
E I H E A V E N G I V E  
A V F V D E W O L L A H  
D E H I E N O D Q E K T  
E R Z L G T E D A I L Y

AGAINST	FATHER	HEAVEN
COME	FORGIVE	KINGDOM
DAILY	GIVE	LEAD
DELIVER	HALLOWED	NAME
DONE		TEMPTATION
EVIL		TRESSPASSES

## INSIDE VOICES

### A personal testimony from a son of God awaiting freedom

Society has a way of putting labels on people when they are not considered “normal” or when they are deemed not capable. When people are limited in some way, we tend to use our own emotions and challenges as a gauge of measurement. The term awareness is not only used to identify a person or define a spectrum, but more importantly, it needs to be used to understand the conditions that shape us from within. This is my testimony about unlimited possibilities and the superheroes who help guide us through life. I was a heroin addict, a thief, a repeat offender, a “frequent flyer” in the system. Not just a bad person, but also a bad father, a bad brother, a bad son, and even a bad inmate. My addiction started extremely early with cigarettes, then beer, then later weed, and eventually prescription pills and heroin. I always said it was not my fault but my parents’ fault, for example, their divorce, a broken home, or childhood exposure to illicit things. My mom & dad were alcoholics, so it became easy for me to follow their footsteps. I lied to myself constantly that I could maintain some more moderation when indulging in my voice. I thought it would make me more sociable and help me concentrate better, but I just couldn’t control it. I was in prison several times and it robbed me of much of my life



but when my wife passed away it was hard on me. To be honest, I missed the opportunity to tell her goodbye or to tell her that I loved her. My mental state and addiction impacted my child’s development.

Through my struggles, I have come to understand redemption. I have come to believe in second chances. I tell no sugar-coated story; I tell no sweetened past, but my life changed unexpectedly in my most recent incarceration. There are people placed in our lives who help guide us toward a better path, whether we recognize them at the time or not. Sometimes, those people come to the most unexpected places, even in prison.

I have met a fellow son of God who has become my Superman. He is a mentor, a man of Christ, and is now my greatest friend. He is everything you would expect from a superhero. His actions are selfless and inspirational, and he has touched my life beyond comprehension. Despite many prison programs and vocational requirements, I never really received any help and did not experience “correction”. God sent him to be my spiritual angel, who has opened my eyes and showed me a new vision.



He introduced me to a spiritual life which is something I had never known or experienced before. He helped me understand forgiveness, how to forgive, gave me purpose and made me believe in second chances. I know now what I must do. I need to continue this new path. I can succeed and continue to walk forward in faith. I’m proud to say that through accountability, hard work, and obedience, this friend who mentored me showed me that my old life is behind me now. God will not return me to my old life because I am now His son. I am now resurrected. I also know that my family is very proud of me. Today, when I speak to my mom, she breaks down in joy, saying, “Lord, thank you for returning my son to me.” I no longer have a broken spirit and no longer dream just of survival. I have hope, purpose, and I am a witness that everything I do matters. Thank you, God, for granting me this wonderful person who is not just my very great friend but my brother and family. I now pray every day for his health, wellbeing and his release. I thank him for aligning me spiritually and bringing me back to Christ.

Remember it says in Hebrews 13:2-3 *'Do not neglect to show hospitality to strangers, for through it some have unknowingly entertained angels without knowing it. Continue to remember those in prison as if you were together with them in prison, and those who are mistreated as if yourself were suffering..'*

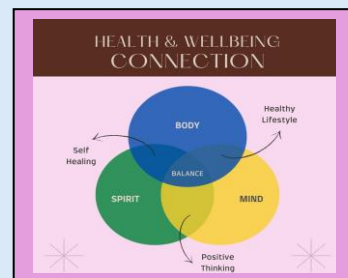
*~Submitted by a Confidential Inmate at Adirondack Correctional Facility~*

**If you have a testimony to share on Inside Voices, we would love to hear from you.**  
**Write to your local D.O.C. Chaplain Services or mail it to Eagle Rising Catholic Ministry at [4711 Church Ave., Bklyn, NY 11203](mailto:4711 Church Ave., Bklyn, NY 11203)**

## HEALTH AND WELLNESS

Health and wellness reflect the care God calls us to have for our bodies and minds. In the Bible, we are reminded that our bodies are temples of the Holy Spirit (1 Corinthians 6:19-20), and maintaining our health is a way of honoring God’s creation. Even in challenging circumstances, we can nurture our physical well-being by staying active, eating mindfully, and getting enough rest. But wellness also extends to the soul as prayer, reflection, and connecting with God brings peace that can strengthen us spiritually and emotionally.

As we face difficult moments, remember that through faith, we find healing and strength. God walks with us in every step of our journey, offering peace and hope in both body and spirit.



**~Tricia D, Eagle Ambassador, ERCM~**

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### 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~*