

# Like Young Observer on

## VOCATION CORNER Forgive ourselves

One of the most powerful actions that we can perform in our lives is forgiveness. When we hold onto things rather than letting them go, all they do is hold us down. This of course makes sense in regards to dealing with hurts that others have caused us, but do we ever think about the need to forgive ourselves? So often we hold on to weaknesses from the past or to failures from long ago, and these memories keep us from having the confidence that we need so that we can step out in faith and go when God is calling us to go. It's as if we've fallen down again and again, and we're afraid to get back up because we fear that we'll simply fall again. Well, it's probably true that we will fall again, but as long as we

take a few steps forward (even just one step makes a difference!) then it's worth all of the effort. On the other hand, if we stay down, we have a 0% chance of ending up where God is calling us, and if we don't try to follow, then we'll most likely not find the peace and the joy that we all seek. So today, do what you need to do to forgive yourself, and let God pick you back up. A great resource for this is the sacrament of confession, when we can be assured that God wipes it all away. Since God wipes it all away, we need to try to do the same in our hearts and minds!

— Father Keith Romke, Diocesan Director of Vocations  
Write to him at [kromke@rockforddiocese.org](mailto:kromke@rockforddiocese.org).



# Runnin' with nuns

**T**hree young women, Sarah Clarke, Veronica Pfundstein and Rachel Peterson, traveled on a diocesan vocations office "Nun Run," March 7-10.

The often twice-yearly event introduces young women to several religious orders, traveling in a different direction from the diocese each time, says Dorothea Barger, administrative assistant at the vocations office. She and Sally Mullen, administrative assistant to general counsel of the diocese, serve as chaperones on these trips, which have ventured as far away as Kentucky and Nebraska. This year, travels were closer to home. Three religious orders hosted the group.

The Missionary Sisters of St. Charles Borromeo in Melrose Park work with refugees and also run a large nursing home facility. The Daughters of St. Mary of Providence in Chicago provide a weekday soup kitchen, and house and work with mentally handicapped women.



Helping in the Providence sisters' soup kitchen

The Missionaries of Our Lady of the Angels are helping rebuild Our Lady of the Angels Parish in Chicago, which had closed after a horrific school fire in 1958 that killed 92 children and three sisters. This new order was begun with the blessing of Cardinal Francis George and works with Franciscan Father Robert Lombardo, pastor, to staff the parish again after many years of being closed.



Playing Rummikub with the Daughters of St. Mary of Providence in Chicago



The runners with Missionaries of Our Lady of the Angels ...



and Missionaries of St. Charles Borromeo ...



and more St. Charles Borromeo sisters.

Another Nun Run is in the works for fall. Contact the diocesan Vocation Office at 815/399-4300 or check [www.rockforddiocese.org/vocations](http://www.rockforddiocese.org/vocations) for information.

Watch



Real Faith  
tv

sundays at 6 a.m. on WREX-TV, Channel 13 in Rockford.

too early? Catch it on the Web at [www.realfaithtv.com](http://www.realfaithtv.com)

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Emily Harper

# What are you doing for Lent?



Kathryn Pusateri

Photos and text by DENISE SANDERS | Youth Minister at the Newman Center, DeKalb

**Emily Harper**

NIU senior, Accountancy

**Praying a rosary and journaling daily and giving up pop.**

**Kathryn Pusateri**

NIU senior, Special Education

**No Meat**

**John Paul Von Arx**

Kishwaukee College sophomore

**For Lent I've decided to be more proactive in developing better time-management habits. Also, I am focusing on being abundantly joyful and finally to maintain purity of mind through devotion to Divine Mercy.**

**Rebekah Ernat**

NIU freshman, Biology/Anthropology

**I'm giving up Pinterest and using that time to read the Bible instead.**

**Joe Von Arx**

NIU senior, Mechanical Engineer

**Daily Bible reading — morning and night — and decade of the rosary every day — minimum.**

**Melissa Welsh**

NIU senior, Operations Management and Informations Systems

**Praying a rosary for a different person every day and doing a good deed.**

**Aaron Kushner**

NIU grad student, Political Science

**Rosary a day**

**Kassandra Salgado**

NIU junior, Family, Consumer and Nutrition Sciences

**Instead of complaining I will do things with great joy. I will also be praying the Chaplet of Divine Mercy at 3.**



John Paul Von Arx



Melissa Welsh



Joe Von Arx



Kassandra Salgado



Aaron Kushner



Rebekah Ernat

## Helping

### IN HAITI

#### PAWS needs birthing kit supplies

PAWS at Aquin Central Catholic Junior-Senior High School in Freeport is again collecting items for birthing kits for Haiti. They hope to assemble 100 kits in April. They still need:

- Bath-size towels (can be used)
- Small hand sanitizers

- Bar soap
- Newborn hats (can be used)
- Cash to help cover shipping costs

Drop off donations at the Aquin campus, 1419 S. Galena Ave. in Freeport.



**Q** I went to my cousin's wedding a few weeks ago and noticed that the priest made an announcement before Communion about who could receive it. It made me wonder why anyone who is baptized can't take communion in any church. Can you explain?

**A** Sure, I'd be happy to.

First of all it should be said that we, as Catholics, would love it if every baptized and believing Christian would receive holy Communion! This is the desire of the heart of Jesus and is his greatest gift he has given us. It is the gift of his precious body and blood, soul and divinity. But that desire, on our part, is not enough for us to be able to share this most precious gift with others. There are some other essential requirements that have to be met for others to properly be prepared to receive such an incredible gift.

It should also be said that Jesus himself desires that all come to receive this gift of the most holy Eucharist even more than we could ever desire it. This is the gift of the New Covenant, the gift of his very life, the gift of everlasting salvation. This is the reason he came into the world! He came so that we could enter into perfect Communion with him through his body and blood and, through this gift, enter into everlasting life. He himself said, "Whoever feeds on my flesh and drinks my blood has eternal life and I will raise him on the last day!"

So why don't we just invite everyone, Catholic or not, to receive this precious gift at Mass? The answer is quite simple. In order to receive this gift you have to believe in it fully. It would be wrong to receive this perfect gift of Christ himself if you did not understand what this gift was or if you just thought it was a symbol or a representation of Christ's body.

As Catholics we believe something very unique about the holy Eucharist. It's a belief that we share only with the Eastern Orthodox Churches which we do actually allow to receive Holy Communion in our Church. All other Christian religions believe something different than we do about the Eucharist. The bottom line is that if a Christian of another denomination truly believed what we believed about this sacred host and precious cup in the Catholic Mass then they would convert to the Catholic faith to receive it. And, to that, we say, "all are welcome!" All people are most welcomed and encouraged to come to share our faith, make a full profession of faith, enter into full communion with the Catholic Church and, at that point, share in the holy Eucharist.

I should also note that we as Catholics should not partake of communion in other Christian denominations if we happen to attend one of their services for some reason. The reason is that by participating in communion in their church we would be saying we believe what they believe about communion rather than what we hold to be true. Let's pray that one day all will be one in our Lord and share the same holy Catholic faith!

*YO Father questions are answered by Msgr. Aaron Brodeski. Send your questions to [youngobserver@rockforddiocese.org](mailto:youngobserver@rockforddiocese.org).*

Write to [youngobserver@rockforddiocese.org](mailto:youngobserver@rockforddiocese.org).

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