

YO on the record

By CHARLIE MARTIN | CNS

Leona Lewis' current single "Fire (Under My Feet)" invites us to consider what genuinely puts energy into our lives. The song's character says "I got fire under my feet and I feel it in my heartbeat." Apparently, she has been through difficult times.

She says she once felt as if she were "drowning in quicksand" and "nobody grabbed my hand." She worried that the painful situation would "bury me." Through all of this difficulty, she has learned that "sometimes you eat dirt," but "you live and learn."

Because of this learning, she is now ready for "moving onto bigger things." She knows that "every tear shed will be worth it," and she looks forward to building her future "step by step," and she "ain't looking back." Now she can truly say, "I'm set free."

The events that turned her life around are not mentioned. However, she feels this renewed energy has helped her move beyond whatever was depressing her spirit.

All of us go through tough times, occasions when we feel no "fire under our feet." How do we rediscover the zest for life that the song's character rediscovers?

There is no sure answer to this question, but several actions and attitudes can help renew our lives.

The first is to seek no shortcuts and no magic moments to quickly move past life's hurts.

Often, we have to grieve what we have to grieve, no matter what the loss. We need to allow the hurt to occur and connect with those who can love us even in the midst of emotional pain. Meeting with

a professional guide who can support us as we experience God's healing in our lives also can be helpful.

The next step is to allow life to teach us what brings new and real energy into our lives.

At times, what eventually emerges is something new, something different than what we have done in the past. For example, we may realize that we want to help others. We can put that into action by becoming a volunteer. One's personal pain can change when we focus on the needs of others.

If you follow these initial steps, then you can get ready for a bigger step. Your "fire" can become a way to truly be of service to God's family on this planet.

You might find yourself drawn to a career that specifically serves others' needs, a way to make sure that others have more joy in their lives, too. This type of "fire" is really the energy of the Holy Spirit, filling your life with passion and meaning.

In suggesting these steps, I don't mean to imply that the process goes easily or always follows this order. Hurt has a way of sneaking back into our lives, even when we have put our lives on a new and

Fire (Under My Feet)

Sung by Leona Lewis © 2015, Island/Def Jam Records



Refrain:

I got fire under my feet And I feel it in my heartbeat Oh, you can't put out all these flames You can't keep me down in my seat I got fire under my feet And I feel it in my heartbeat Oh, go get out of the place If you can't take the heat Fire, oh, oh, oh	crumble Sometimes you eat dirt You live and you learn The lamb with the lions The tigers and titans Afraid to get hurt But now I'm making them purr (Repeat refrain.) Was drowning in quicksand Nobody grabbed my hand Thought it'd bury me Instead, I'm set free Moving onto the bigger things I began to spread my	wings No longer in chains I'm dancing over these flames (Repeat refrain.) This may not be, not be perfect But I'm happy and I've earned it Every tear shed will be worth it Step by step, ain't looking back Have no regrets (Repeat refrain.)
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I tripped and I stumbled
Watched my world

more meaningful path.

Keep your connection with God strong.

Thank God every day for what is good in your life, but also share with God the desire for more healing. Ask God to help you live so you can feel His fire in your heart. Then, follow what your heart leads you to do.

Send comments to Charlie Martin at chmartin@hughes.net or at 7125W 200S, Rockport, IN 47635.

YO FATHER

Q Why do we have to go to confession to have our sins forgiven? Some friends of mine who are not Catholic say all you have to do is tell God you're sorry because He already knows what's in your heart.

A I'm thrilled to answer your question because confession is one of the greatest gifts that God gives us. Allow me to explain from the beginning.

The reason why we go to confession rather than just telling God through prayer that we're sorry is because God Himself has revealed to us that this is the way that He desires to distribute His mercy!

We see this first way back in the Old Testament in the book of Leviticus, where after listing out a bunch of different sins it says that: "When a man is guilty in any of these, he shall confess the sin he has committed . . . and the priest shall make atonement for him for his sin."

This of course was different than what we have today in confession, because an Old Testament priest wouldn't have been able to have given sacramental absolution (the thing that actually takes away our sins). But God still wanted the people way back in the time of Moses to confess their sins to a priest!

Then, in the New Testament, immediately after Jesus' resurrection, He appeared to the disciples and said to them "as the Father has sent me, even so I send you."

Now, if we think about this statement for a second, and call to mind that God the Father sent Jesus into the world so that He could die for our sins and thus, offer us salvation, we can understand that if Jesus is sending the Apostles out in the same way as

the Father sent Him, then Jesus is clearly sending out the disciples for the forgiveness of sins. This conclusion makes even more sense if we continue reading.

John's Gospel says that "when Christ had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.'"

Now, in order for the disciples to know whose sins to forgive, they would need to have the people tell them what they wanted to be forgiven for. Thus, the people would have to go to confession.

Finally, if that isn't enough, I've got one more piece of scripture for you. In the Letter of the Apostle James he says: "Confess your sins to one another, and pray for one another, that you may be healed."

So, that handles one side of your question: Why do I have to confess my sins to a priest and why can't I just tell God that I'm sorry?

The reason why I say that it covers just one side is because when we go to confession, we **do** confess our sins directly to God.

This might be a little confusing, since I just said that someone needs to speak with the priest in order to go to confession. But, as we heard from the Gospel passage in which Jesus commissions the disciples to go out and forgive sins, we hear that Jesus breathed on them and said to them, "Receive the Holy Spirit."

This small passage is of the utmost importance to understand what really occurs in the sacrament of confession. At a priest's ordination he receives this same Holy Spirit, and it is thus through the power of the Holy Spirit that the priest is able to forgive sins in the confessional.

On top of this, when a priest is ordained he is configured to Christ in such a way that Christ acts through the priest. This is why at Mass the priest is able to speak the words "This is my body, which will be given up for you" during the consecration.

All of this is able to lead us to the realization that

in confession, Christ acts through the priest, and so when —during the words of absolution — the priest says "I absolve you from your sins," it is truly Christ forgiving the penitent of all of their sins. Thus, whenever we go to confession, it **is** God to whom we are confessing.

One final question that one of your friends might ask would be: But why do you go to a priest who himself is a sinner?

As I begin to answer this question I want to acknowledge and admit the fact that **all** priests are sinners and that we go to confession too!

I think that the easiest way to understand why we are able to receive forgiveness through the hands of a priest who himself is a sinner is to think about what we would do if we were sick and needed to visit a doctor. For the sake of this example let's imagine you have a broken leg. When you arrive at the hospital you discover that there is a doctor there who can help you immediately, but that this doctor is suffering from cancer. You are told that he can help you, **or** that you can wait to see if a different, perfectly healthy doctor, has an opening later in the day.

I'm pretty sure that all of us would go to the doctor who was available right at the moment, because we understand that his own ailment doesn't in any way impede him from healing ours.

The same is true of priests in the confessional. No matter what sins that priest may have committed, it doesn't change the fact that God has given him the ability to forgive sins, and that God desires for us to be forgiven and wouldn't want for us to have to wait around for the perfect priest, because there is only one perfect priest, and that is Jesus. He, in fact, is the priest who forgives the sins of everyone who confesses, no matter what particular priest may be sitting in the confessional!

So there you have it! We go to confessions because Jesus asks us to and because He wants us to be forgiven!

This month's YO Father question is answered by Father Keith Romke. Send your questions to youngobserver@rockforddiocese.org.



VOCATION CORNER

The wisdom of St. John Paul II

From time to time we read something that sparks a fire within us, that makes us nod our heads in agreement, and that rings true in the depths of our hearts.

The following quote from St. John Paul II is one that has made many people marvel in awe, so I'd like to share it with you and I invite you to reflect upon it and encourage you to be not afraid to follow Christ in a deeper way if this elicits a powerful response from within you.

So, here it is, St. John Paul II says:

"It is Jesus that you seek when you dream of happiness; He is waiting for you when nothing else you find satisfies you; He is the beauty to which you are so attracted; it is He who provoked you with that thirst for fullness that will not let you settle for compromise; it is He who urges you to shed the masks of a false life; it is He who reads in your heart your most genuine choices, the choices that others try to stifle. It is Jesus who stirs in you the desire to do something great with your lives, the will to follow an ideal, the refusal to allow yourselves to be ground down by mediocrity, the courage to commit yourselves humbly and patiently to improving yourselves and society, making the world more human and more fraternal."

— Father Keith Romke, Diocesan Director of Vocations
Write to him at kromke@rockforddiocese.org.



(Photo provided)

Marian Elects Homecoming Court

Marian Central Catholic High School in Woodstock celebrated homecoming Oct. 9. Its court was made up of (seated from left) Hannah Gillespie, Alexandra Kaufmann, Nicole Rhodes, Harper Holyoak, Justine Arejola, Alison Dobbins, (standing) Sean Keisling, Lucas Morrissey, Lucas Dowell, Gavin Dineen, Emitt Peisert and Matthew Crook.

Share your 'Catholic life'

If you are a high school or college student who is interested in sharing your faith journey, tell us

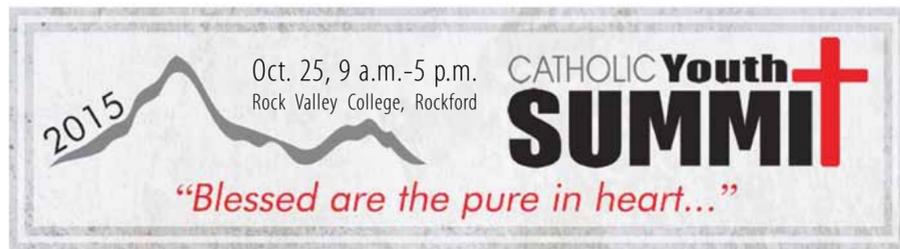
in about 250 words. Write about how you live your faith in the world. Talk about what being Catholic

means to you.

Send your essay and a photo of yourself

to youngobserver@rockforddiocese.org. Put "My Catholic Life" in the subject line. Be

sure to include your age, phone number (not for publication), school, parish and town.



Are you ready for CYS3?

It's a day to inspire and encourage

Just the facts

When: Oct. 25, registration from 9-9:45 a.m.

Where: Rock Valley College Physical Education Center, 3301 N. Mulford Road, Rockford

Cost: \$30 teens, \$20 chaperones (includes lunch)

What's going on

- ✦ music from Paul Vogrinc and "Arise"
- ✦ opening prayer
- ✦ keynote speaker, Mary Bielski
- ✦ Mass
- ✦ lunch
- ✦ confessions
- ✦ more music from Paul Vogrinc and "Arise"
- ✦ "Are you Smarter than a Bishop?" with Bishop David Malloy
- ✦ more from Mary Bielski
- ✦ speaker Father Keith Romke
- ✦ Adoration of the Blessed Sacrament
- ✦ closing songs
- ✦ thanks and farewells.



Info: www.RockfordDiocese.org/youthsummit



(Photo provided)

Twenty-five Marmion Academy seniors and one faculty member were commissioned Extraordinary Ministers of the Eucharist at the Marmion Abbey Church in Aurora. Twelve seniors and one faculty member were commissioned at an all-school Mass on Sept. 14 and the others were commissioned at the Sunday Mass on Sept. 20. They are (not in order) Chris Baker, Joel Bottarini, Andrew Burroughs, John Callahan, Trace Carello, Kevin Donner, Omar Espinosa, Jerod Hirner, AJ Jaffe, Ben Kallas, John King, Conor Mach, Michael Middendorf, Mark Powers, AJ Rechenmacher, Ben Rydecki, Jacob Schwartz, Michael Seraphin, Thomas Seraphin, Christian Surtz, Matt Talarico, Quinn Turcich, Ian Valaik, Jon Young, and Spanish instructor Mrs. Norma Ortega

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