

Unashamed

Written by Ella Salazar

This past Sunday was the senior retreat. It was an experience that was unforgettable. Everyone was able to get something out of it regardless of religious beliefs, which is truly beautiful. When reflecting on what this retreat meant for me, the best word to describe it is unashamed.

For many people, the sacrament of Confession is difficult to understand. This has been true for me. We think we can just tell Jesus we are sorry for our sins and move on with our lives. For many of us, we continue to commit those same sins because there isn't any reconciliation and absolution. However, the idea of confessing the sins to a priest makes us uncomfortable, but it is hard to pinpoint where that discomfort comes from. In my own life, I have found what that discomfort is--shame. I've been afraid of my sins.

Going from feeling shame to being unashamed doesn't happen overnight. It took almost 5 years for that to happen. I was too ignorant to realize it sooner. My main issue was that I struggled (and still struggle) with vulnerability.

Opening up for me is no easy feat. Once I realized that, I began to understand the severity of my sins, by completing a full examination of conscience. I didn't just write down mortal sins, I wrote down every single sin I committed, forcing myself to remember and listen.

The more I wrote, the more I realized the heavy presence on my soul, feeling like I was being weighed down by something. I then realized it was my sins.

That is when it made complete sense. I had been trying to deepen my faith with Jesus for a while now, but I didn't have the grace given in Confession to grow closer. This made me feel stupid and angry at the exact same time (I'm not joking). In that moment, I no longer felt ashamed because Jesus knew my sins. **He knew my flaws, but wanted me to grow closer to him.** However, my pride was in the way to truly see that. It took being vulnerable to confess and receive the absolution and grace I desperately needed.

At the senior retreat, I confessed my sins for the first time in two years, and I made my first good confession for the first time in five years. I felt that weight being lifted off my chest, and I was able to receive the grace I needed to deepen my relationship with Christ.

I encourage you to do the same.

For students, we have confession every Wednesday at 10:00 AM, and Father White is always on campus if you are in dire need of confession. Priests are willing to help, you just need to be vulnerable and open.

If confession scares you, I get it. If it is hard to recognize why you need confession, reflect on these words from Padre Pio: “Confession is the soul’s bath. Even a clean and unoccupied room gathers dust; return after a week and you will see that it needs dusting again!” - St. Padre Pio

With that being said, I must remind you of Campus Ministry events. This Tuesday, October 5, 2021, is Praise Night on the deck beginning at 6:30 PM. Everyone is welcome to attend. It will be a low key night filled with praise and worship. If you want to know more about ministry events, listen to announcements in the morning, or find a campus minister, or Mrs. Badeaux and we can help you out.