



## **BISHOP COTTA'S MONTHLY REFLECTION**

**TO: THE DIOCESE OF STOCKTON**

**FROM: BISHOP MYRON J. COTTA**

**DATE: MARCH 1, 2020**

Brothers and Sisters,

Just do It!

Years back, the Nike company utilized this marketing phrase to entice the public to buy their popular recreational and athletic shoes. By wearing their product, the public was being encouraged to get up; to get on their feet; and to get out there and become physically active - in other words, don't just think about doing it: "Just do it!"

Brothers and sisters, to purchase a nice pair of jogging shoes, and to commit for the next forty days to get physically fit, is not a bad idea; but, I think it will do us well if we focus on these forty days of Lent with the intention of getting *spiritual* fit. As we become more spiritually active, during this penitential season, it will assist us in our pursuit for holiness. As we acquire holiness, it will have a powerful impact on our overall well-being.

As the faithful, we must not hesitate in our response to the call of ongoing conversion and repentance. Now is the time to listen to the voice of Jesus and to examine our hearts. So, let us not put it off. "Even now, says the Lord, return to me with your whole heart for I am gracious and merciful." (Joel 2:12-13)

This year, let us not only think about reserving time to be more: attentive to prayer; courageous in our fasting; generous in our almsgiving, or growing in holiness. No! Thinking or wondering about these things is not enough. As Scripture says: "Now is the appointed time." So..."Just do it!"

May St. Joseph, who never hesitated to assist Jesus and Mary in their need, help us to attain the goal of this Lenten season: *holiness!*

In the Peace of Christ,

Bishop Myron J. Cotta