

# St. John the Baptist **Roman Catholic Parish Family**

Established in 1841

10th & Mahantongo Sts., Pottsville, Pa. 17901

Pastor: Rev. David J. Loeper

Deacons: Luis R. Visot / Lawrence Lonergan

**24**<sup>TH</sup> SUNDAY IN ORDINARY TIME **SEPTEMBER 15, 2019** 

(570) 622-5470 Rectory **Rectory Fax** (570) 622-4589 Russell Building (570) 628-3002

Website - SaintJohnPottsville.org.

Parish Council President: Robert Bechtel Choir Director/Organist: David Derbes CCD Coordinator: Lucilla Kochol E-mail – stjbparish@comcast.net

Nativity BVM High School (570) 622-8110 Assumption BVM Elementary (570) 622-0106 St. Joseph Center for Special Learning (570) 622-4638

#### **Weekend Mass Schedule**

Saturday Evening – 5:00 p.m. Sunday Morning - 8:15 & 10:30 a.m.

#### Weekday Mass Schedule (in Chapel)

Monday thru Friday – 9:00 a.m.

#### **Cemetery Information**

St. John's Rectory (570)-622-5470

#### C.C.D.

All children preparing to receive any sacrament must

be in a Religious Education Program for two consecutive years immediately prior to receiving a Sacrament. The child must also be a practicing Catholic.

#### **Certificates of Eligibility**

Certificates to act as sponsors, Godparents, etc.

only be issued to parishioners who are formally registered with the church and attend Mass on a regular basis.

#### **New Parishioners**

Please call the Rectory for an appointment to register.

Bulletin Deadline Tuesday prior to publication.

#### Sacrament of Reconciliation

Saturday afternoon – 4:15 to 4:45 p.m. Sunday - 7:45 to 8:00 a.m. & 10:00 to 10:15 a.m. Or by appointment

#### Sacrament of Marriage

Please call the Rectory one year in advance.

#### Sacrament of Baptism

First Sunday of each month at 11:30 a.m. Second Sunday during 10:30 a.m. Mass Baptismal Preparation for Parents MUST precede the Baptism Please contact Father Dave for an appointment.

#### **Outreach Program**

Rectory (570)-622-5470

#### Sick Calls

Please notify the parish office

#### **Diocesan Victim Assistance Coordinator**

Ms. Wendy S. Krisak, M.A., NCC, LPC Direct Telephone: (800) 791-9209

#### **Diocesan Safe Environment Coordinator**

Sister Meg Cole, S.S.J., M.S., LMFT (610) 332-0442 ext. 2019

#### FROM THE PASTOR

Dear Parishioners,

In our readings this Sunday, the first reading Moses turns away God's wrath when the people of Israel create and worship a molten calf. In the second reading for this Sunday, St. Paul writing to Timothy describes himself as the foremost of sinners – an example to others of God's merciful love. In the gospel Jesus tells several parables to illustrate examples of God's mercy to sinners.

God the Father shows remarkable mercy to us when we stray from following Him. We are all His sons and daughters and when we sin we are called to repentance and to accept God's gracious mercy. By the same token, when others stray, we are to welcome them back with joy when they repent for we are all sons and daughters of that same merciful Father.

Yours in Christ,

**Father Dave** 

#### **MASS INTENTIONS**

Monday, September 16 – 9:00 a.m.

THOMAS & EVA FRANCIS (Francis Family)

Tuesday, September 17 – 9:00 a.m.

**CATHERINE SCHWEIKERT** (Bill Schweikert)

Wednesday, September 18 – 9:00 a.m.

**DOROTHY PROKOP** (Mr.&Mrs. Michael Toth)

Thursday – September 19 – 9:00 a.m.

JOHN & LORRAINE TASSO

Friday, September 20 - 9:00 a.m.

**JOSEPH & SARAH FRY** 

Saturday, September 21 – 5:00 p.m.

**DOROTHY ROSENBERGER** (Janet Thomas)

Sunday, September 22 – 8:15 a.m.

**GEORGE HOLLEY** (Mark Holley)

Sunday, September 22 – 10:30 a.m.

RAMON GRAPSY (Joan Grapsy)

# **SCHEDULE**

# 25<sup>th</sup> Sunday in Ordinary Time

5 p.m. - Saturday - September 21st

Reader: Bob Wollyung

Euch.Min.: Dan & Hermine Murphy

Servers: Finley, Bennett, Lukas McNamara

Cantor: Lucilla Kochol

8:15 a.m. – Sunday – September 22<sup>nd</sup>

Reader: Jennifer Daubert

**Euch.Min.:** John Corbacio, George Forney

Servers: Jackson & Hayden Daubert, Samantha Heenan

Cantor: Tina Seiger

10:30 a.m. – Sunday – September 22<sup>nd</sup>

Reader: Evielyn Hower Euch.Min.: Mary Modesto

Servers: Macie Rushannon, Nathan Peckman,

Evelyn Datte Cantor: Ensemble

#### CANDLE DONATIONS

**BVM** - IMO Amelia Minchhoff Androsko

by Joanne Wood

St. Joseph - IMO Edward J. Krupa

by Barb & Bruce Krupa

**Tabernacle** – IMO Rita Mae Switzler

by Stan & Heidi Gorski & Sons

#### Sanctuary

1.IMO Rita Mae Switzler by Stan & Heidi Gorski&Sons

2.IMO Babe Heller by Paul & Bernadette Gombola

3. For Baky, Frances, Chloe & Joseph Manus

by Neil & Frances Manus

4. For Neil, Zary, Chloe & Joseph

by Neil & Frances Manus

#### **Guardian Angels**

1&2. IMO Ramon Grapsy by Joan Grapsy

#### PRAY FOR OUR SICK / DECEASED

We remember in prayer those who are ill. We commend to our Divine Lord all of our aged people and those residing in nursing homes.

**Sick:** Tom Jefferson, Paul Burns, Lorelei Oswald, Sue Klem Moore, Pat Thomas, John

Whelski, Gary Bradley, Beth Thomas Resnick.

#### BANNS OF MARRIAGE

**II** – Joshua Clauser & Kelsey Amos

#### FLOWER DONATIONS

If anyone wishes to memorialize flowers in the sanctuary for the weekend Masses for a living or deceased intention, please call the Rectory 622-5470.



#### WEEKLY COLLECTION

Aug. 31/September 1st: \$ 4,686.00 Dues: \$ 1,299.00

September 7/8: \$ 4,379.50 Improvements & Repairs: \$ 1,792.00

We thank our parishioners for their sacrificial giving.

# SECOND COLLECTION NEXT WEEKEND ... SEPT. 21/22

... will be taken up for the Archdiocese for the Military Services USA.

Thank you in advance for your generosity.

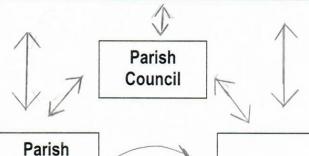
#### 2019 BISHOP'S ANNUAL APPEAL- UPDATE

Total Goal: \$31,744.76 Amount Collected: \$13,046.00 Number of Donors: 94 Participation: 13.93%

# THE AMAZING PARISH

THE FLOW OF COMMUNICATION DIAGRAM

# **PARISH FAMILY**



Parish Leadership Team



Pastor

#### **GOALS:**

- 1.Better serve the needs of the parish.
- 2.Increased lay participation in decision making.
- 3. More openness to the ideas of the parish family.
- 4.Better communication between Pastor/Parish Leadership Team and the Parish Family.
- 5. More focus on the parish's unique mission.

#### QUESTION OF THE WEEK

In what way do you imitate Jesus' welcoming of all people?

# **Next Week's Readings**

**25**<sup>TH</sup> SUNDAY IN ORDINARY TIME (Sept.21/22)

Reading I: Amos 8:4-7 Reading II: 1 Timothy 2:1-8 Gospel: Luke 16:1-13

#### **DIVINE MERCY PERPETUAL ADORATION**

We need adorers for the following hours:

Wednesday 12 a.m., 1 a.m. Thursday 3 a.m., 4 a.m.; Friday 6 a.m., 5 p.m. Saturday 4 a.m. & 12 p.m. Sunday 12 a.m., 4 a.m.

Whenever you are unable to cover your Holy Hour, for whatever reason, we are always able to get a sub.

Call St. Patrick's Rectory 570-622-1802.

#### ALTAR SERVERS NEEDED

Eligibility ... male or female, 4th grade (in Fall) to 12th grade ... if interested, please call the Rectory 622-5470.

#### R. C. I. A.

# Rite of Christian Initiation of Adults

RCIA is for anyone who is interested in becoming Catholic or in updating and deepening their understanding of the Catholic Faith. Are you interested in deepening your own faith? Or do you know anyone who has expressed an interest in becoming Catholic? Please invite them to join us. Have them call St. John's Rectory, **622-5470**, to register for the RCIA sessions. All are welcome to attend any or all of the sessions!

#### MEN'S GOSPEL REFLECTION GROUP

Men's Gospel Reflection Group meeting will take place on Tuesdays from 7 to 8 p.m. in the Rectory Fellowship Room. This group is open to any men interested in reflecting on how the Gospel impacts their lives. All are welcome! Please call Michael Scheidel 739-1808 or Bill Gianfagna 573-0105 with any questions.

CACDAMENT OF CONFIDMATION

#### SACRAMENT OF CONFIRMATION



Confirmation will be conferred

Wednesday, April 29th, 2020

#### St. John's ENSEMBLE



The purpose of this ministry is to serve the parish at Mass, singing liturgical hymns, using contemporary instruments like the guitar, keyboard, drums or other instruments,

and using contemporary music arrangements.

We invite **ANYONE** in the parish wanting to share his or her voice and musical gifts whether you are a beginner or more experienced. Arrangements are not complicated and songs are familiar. You do not need to know how to read music to join us. We will teach anyone who has a willing heart.

Our goal is to play/sing once a month at one of the weekend Masses. Practices will be one or, at most, twice a month for ONE HOUR, to prepare for music at Mass that week. This is a great way to participate in parish life and have fun with only a small commitment of your time.

Why not give it a try and give back to your parish family by sharing the gifts God has given to you?

If interested St. John's Rectory 570-622-5470.

Our next practice is:
Wednesday, September 18<sup>th</sup>.

We will play at the 10:30 a.m. Mass on September 22<sup>nd</sup>.

# CHRISTMAS BAZAAR

Our Annual Christmas Bazaar will take place ...

#### Saturday and Sunday, November 9 & 10

'View & Drop' Preview weekend is November 2<sup>nd</sup> & 3<sup>rd</sup>.

We are asking families to donate a <u>Theme Basket</u> with a suggested value of at least \$25.00 in merchandise or gift certificates. If you would like to donate the items, we would be happy to put a basket together and wrap it for you. Be creative and come up with your own unique idea!

Homemade craft items are also very welcome.

So many families donated baskets last year --- it was wonderful to see the spirit of St. John's shine through.

Our 'Lottery Baskets & Lottery Frames are always a huge success. If you would like to donate lottery tickets (any amount), please drop tickets off at the rectory or place in the collection basket at Mass.

As always, **Monetary donations** are greatly appreciated. and helping hands at the Bazaar are always welcome. If you can help or you have questions, please call the **Rectory 622-5470 ext. 3** 

#### Gift Cards / Certificates are especially needed.

In addition to our many various **THEME BASKETS**, there will be beautiful **CRAFTS**, many of which are handmade, **SPECIALS**, and of course, delicious **FOOD** and our famous homemade **BAKED GOODS**.

PICTURES WITH SANTA will be available as well.

This is a great way to get involved in a fun fundraiser for the parish and to meet other people. Join us !!!

Baskets should be dropped off before October 21st at the Russell Building on the following dates:

October 2, 9, 14, 16, 21

4:30 to 5:30 p.m. ONLY

Baskets / Items for baskets CANNOT

be dropped off at the Rectory.

#### WINE / CHEESE / SNACK BASKETS



If you would like to donate **Wine**, **Cheese**, **or Snacks** for our *Wine/Snack Baskets* for this year's Christmas Bazaar, please drop your donation off at the **Russell Building on the** 

dates and times listed above.

# St. John's Catholic Women's Union Kauffman's Chicken Barbeque

Tickets: \$8.00 --- includes ½ Chicken, Baked Potato, Applesauce and Roll. Date: Saturday, September 28<sup>th</sup>

Time: 10 a.m. to 2 p.m.

Place: Former Pizza Hut Parking Lot, Yorkville Pre-Sale: after all Masses on September 21/22.

Please contact any Catholic Women's Union member or St. John's Rectory -570-622-5470.

#### NATIVITY BVM HIGH SCHOOL ···

**HOST FAMILIES NEEDED** Hosting an international student is an incredibly rewarding experience! Families who open their hearts and homes to international students create lifelong bonds and gain a better understanding of the world around them. Host Family reimbursement paid monthly. For more information contact Nativity BVM High School at 570-622-8110.

**GIFT CARD BINGO** sponsored by the Green & Gold Boosters on <u>Sunday</u>, <u>September 22<sup>nd</sup></u> at the high school. Doors open 11:30 a.m.; Bingo starts at 1 p.m. Food & Refreshments available for purchase. Questions call Nativity BVM High School 570-622-8110.

#### CHOIR PRACTICE

... Will begin <u>Tuesday</u>, <u>September 17th</u> at 7 p.m. in Longinus Hall. New members are always welcome. It's a great time to join us! Please contact David Derbes <u>daderbes@yahoo.com</u> or call the Rectory 622-5470 for more information.

# **UPCOMING MEETINGS/EVENTS**

#### **September**

- 14/15 Blood Pressure Screenings after Masses
- 14/15 Kauffman BBQ Presale tickets after Masses
- 15 Confirmation Class 6:30 p.m. L.H.
- 15 Coffee & Donuts after 10:30 Mass L.H.
- 17 Men's Gospel Reflection Group 7 p.m. F.R.
- 18 Catholic Women's Union Mtg. 7 p.m. L.H.
- 21/22 Kauffman BBQ Presale tickets after Masses
- 24 Men's Gospel Reflection Group 7 p.m. F.R.
- 28 CWU Kauffman Chicken BBO Sale
- 29 Confirmation Class 6:30 p.m. L.H.
- \*\* L.H. Longinus Hall
- \*\* F.R. Rectory Fellowship Room
- \*\* R.B. Russell Building

#### **NEIGHBORING EVENTS**

FALL FESTIVAL ... St. Ambrose Wine and Beer Fall Festival takes place on Saturday, September 21<sup>st</sup> from 5 to 10 p.m. at 201 Randel St., Schuylkill Haven. Tickets \$20 / \$10. 6 wineries, 3 craft beer breweries, food trucks and craft vendors; 2 bands – Another Side and Sapphire

GAME NIGHT ... sponsored by Lehigh Valley Hospital - Schuylkill Auxiliary on Thursday, September 26<sup>th</sup> from 6 to 8 p.m. at 700 E. Norwegian St., 1<sup>st</sup> Floor; \$5.00 per person which includes dinner - assorted hoagies, chips & water. Refreshments & desserts available for purchase.

Join us to play old classic games including Mahjong, Catch Phase, Trivial Pursuit, Dominoes, Cards. Feel free to bring your own games as well to add to the fun.

Please RSVP by September 21<sup>st</sup> by contacting Mary Bardell at 570-621-4242 or Mary.Bardell@lvhn.org. Proceeds benefit LVHN Cancer Services.

BASKET AUCTION ... sponsored by St. Charles Borromeo Church, 1115 Walnut St., Ashland on September 29<sup>th</sup>. Shop & Drop Saturday, Sept. 28<sup>th</sup> noon to 6 p.m. and Sunday, 10 a.m. to 3 p.m. Auction starts at 3 on Sunday. For more information, call Parish Office at 570-875-1521.

HARVEST FEST '19 ... at St. Mary Church, 94 Walnut Road, Hamburg on Friday, October 4 (4-9 p.m.) and Saturday, October 5 (12-9 p.m.). Friday music – Oldies Band; Saturday music includes a Polka Band 1 p.m., Polka Mass at 4:30 p.m.; more music until 8:30 p.m. Homemade ethnic foods, fun, entertainment and games for all ages, rock wall and bungee jump, hayrides, bingo, theme baskets and more. New this year: corn maze and escape rooms. Free admission, plenty of parking, no coolers. Held rain or shine. For information call 610-562-7657 or visit www.stmaryhamburg.org and Facebook.

AMERICAN GIRL DOLL BINGO ... at Divine Mercy Hall, 400 block of W. Cherry St., Mt. Carmel on Saturday, October 12<sup>th</sup>; Doors open 11 a.m.; Bingo starts 1 p.m. Tickets \$25 in advance; \$30 at the door. Food available for purchase. Bring your doll and be eligible for a prize. Tickets can be purchased at the Divine Redeemer Church Office, 438 West Ave., Mt. Carmel during normal office hours.

#### **FAMILY MATTERS**

Actions Speak Louder than Words. "Go out and preach the Good News. And, if necessary, use words!" We ask that this week we all share with our families the Gospel daily – through our actions. Pray that the Lord give us the strength to do this even when we are most exasperated.

You pray for my family and I'll pray for yours.

#### **DIOCESAN NEWS & EVENTS**

**COMPENSATION PROGRAM** As a reminder to victims of clergy sexual abuse in the Diocese of Allentown, the deadline to apply for compensation as one aspect of your healing is <u>Sept. 30, 2019</u>. To learn more about the Independent Reconciliation and Compensation Program, visit <u>www.allentowndioceseIRCP.com</u>, or call 1-833-267-6389.

WOMEN'S CONFERENCE Calling All Women! The Diocese of Allentown is hosting its third annual women's conference on Saturday, October 5th at DeSales University from 9:00 a.m. to 4:15 p.m. beginning with a Holy Mass celebrated by Bishop Alfred A. Schlert. \$40/Adult, \$10/High School Students, \$15 Students and Vowed/Consecrated Religious. The theme "Women: Chosen for A **Purpose** " will feature presentations by nationally known speakers Dr. Edward Sri, Sarah Christmyer, Sr. Sophia Marie Peralta, S.C.C. (Spanish Track), Martha Fernández-Sardina (Spanish Track). Continental breakfast, lunch, Confession, Adoration, and Exhibitors included. For more visitwww.allentowndiocese.org/womensinformation: conference. Ouestions call 610-289-8900 x 2021 or email adultformation@allentowndiocese.org Hope see you there!

**TEEN RETREAT** Teens in grades 6 through 12 are invited to join us for a relaxing day of faith and fellowship, including Eucharistic Adoration, opportunities for Confession, talks by Fr. Mark Searles, and other activities. The Anchored in Peace Teen Retreat is on **Sunday, October 6**<sup>th</sup> from 2 to 6 p.m. at Stone Lake Inn, 407 Greenview Dr., Saylorsburg. Lunch will be included and there is no cost to attend. More information<u>allentowndiocese.org/anchored</u>.

HOPING AGAINST HOPE Living the Gospel where it is unwelcome – The Diocesan Commission for Men is offering a men's morning of reflection on Saturday, October 19<sup>th</sup> at Queenship of Mary in Northampton. An optional Holy Mass will be offered at 8:00 AM followed by refreshments. Presentations by Rev. Eric Gruber, Rev. Patrick Lamb, and Rev. David Anthony will begin at 9:15 AM. To register for this free offering visit <a href="https://www.allentowndiocese.org/cfm-spirituality">www.allentowndiocese.org/cfm-spirituality</a>

#### PRAYER FOR OUR TROOPS AROUND THE WORLD

"Lord, hold our troops in your loving hands. Protect them as they protect us. Bless them and their families for the selfless acts they perform for us in our time of need. I ask this in the name of Jesus, our Lord and Savior."

#### **CATECHISTS PRAYER**

Gracious and all-loving Father, out of love for all people you spoke your Word who became flesh for our salvation. May your Word transform me so that the message of your Son, our Lord, may be echoed through my teaching. Allow me to guide the hearts of those whom I teach in such a way that they will enter more deeply into your way of truth and salvation. Grant me the insight needed to lead them to know, love, and serve you. With the guidance of the Holy Spirit, may they become hearers and followers of your Word, so that they might help transform the world to follow the way of life to which your Son has called us all, for he lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

#### CCD PROGRAM

We thank the following parishioners for accepting the challenge of spreading the "Good News" to our parish children:

#### **CCD**

D I D I	0 1 1
Evelyn DeJesus	Grade 1
Lori Reedy	Grade 2
Lucilla Kochol	Grade 3
Farrah Benart	Grade 4
Beth & Rick Smith	Grade 5
Josette Peckman	Grade 6
Dr. Robert DeColli	Grade 7
<b>Robert Hahner</b>	Grade 8

<u>Pre-School / Children's Liturgy</u> Melissa LeBlanc, Lucilla Kochol

#### FAMILY MATTERS

**Teachers.** Teachers shape the lives and minds of the children of our families. We ask God to bless all of our teachers – those who teach in our schools, in our community and in our parish. May God give them wisdom and patience daily in their service to our children.

You pray for my family and I'll pray for yours.

#### STEWARDSHIP LIBRARY

**Stewardship Displays are located at the church exits.** There are many items available including CD's, Rosaries, Self-help and Informational Booklets, etc. **New Items include**: Music (lower door); Divine Mercy (main church), in addition to other great CD's or books.

If ye abide in Me, and My words abide in you, ye shall ask what ye will, and it shall be done unto you.

John 15:7

## CURIOSITY SHOP / YARD SALE THANK YOU

Thank you to everyone who donated items for the September Curiosity Shop/Yard Sale. Thank you also to all those who purchased items, donated baked goods, or volunteered to work at the sale. We are very grateful for all your support.

Also, thank you to *Carl & Toni Wiest* for donating the cake which was chanced off . Winner: *Bill Schweikert* 

#### Volunteers

Chris Black	Carol Lasco
Mary Bound	Frances Lorenz
Ann Burns	Bernie Lecher
Kathryn Carroll	Charlene Lesher
Janet Daubert	Carole Quirin
Ann Marie DeFrank	Patty O'Neill
Millie Fredericks	Theresa Skrobak
Pat Klassen	Linda Smith
Lucilla Kochol	Toni Wiest

#### **Bakers**

Mary Bound Frances Lorenz
Kathryn Carroll Carole Quirin
Janet Daubert Rosann Sitkus
Millie Fredericks Pat Scheetz
Bernie Lecher

**Total Profits:** \$ 1,189.65

#### St. John's Catholic Women's Union

Women of all ages are invited to join the Catholic Women's Union.

Learn how you can become involved with the Catholic Women's Union by joining us on Wednesday, September 18<sup>th</sup> at

7 p.m. in Longinus Hall. A "Harvest Auction" will be featured! Meet the members and



learn how you can be part of this unique organization. We share ideas and light refreshments are served. We work to raise money for our parish and have fun doing it. We also share in fellowship by sharing in a Spring and Fall Auction, Christmas Party, and the Spring Covered Dish Party. Your ideas, friendship and membership are welcomed.

For more information call: St. John's Rectory (570) 622-5470.

#### ARE YOU PLANNING A CHANGE ??



If you are making a change in ... address, parish affiliation, e-mail, or phone number, please call the Rectory Office. We strive to keep our records up to date.

#### SCAM ALERT

The Diocese of Allentown is alerting parishioners about an apparent scam. Recently, a number of people from several different parishes have notified the Diocese that they received a text message on their cell phone from someone pretending to be a Diocesan priest or Deacon asking them to purchase gift cards for him.

These are not legitimate requests and are not from a Diocesan priest. No Diocesan priest will ever solicit funds by text message

The Diocese is not aware that anyone has fallen victim to this scam. But it does want to remind everyone if you are concerned about a text message you receive, always verify it before you take any action

### **FOOD COLLECTION for Pantry**

Thank you for doing the small things, like feeding your neighbors, with great love. God bless.

#### **Items Needed:**

Stuffing Mix Canned Fruit
Broth Macaroni & Cheese
Coffee/Tea (instant) Hot Chocolate
Hot Cereal packages Apple Sauce

Cereal – boxed Vegetable - Canned

Beef Stew Spaghetti

Soups Spaghetti Sauce

Peanut Butter Jelly

Canned Gravy Canned Sweet Potatoes

#### PLEASE - NO OUTDATED ITEMS

<u>Please Do Not</u> donate any nutritional drinks (Ensure, etc.)

Kindly place your donations in the basket at the 10<sup>th</sup> Street entrance at the bottom of the steps. Thank you.

WELCOME VISITORS
Thank you for worshiping
with us today.
If you are visiting our
beautiful church, please
know you are most welcome!

SPONSOR OF THE WEEK

We appreciate advertisers who support St. John's by advertising in our bulletin. Please patronize their business and let them know you saw their ad in our bulletin.



#### Why Advertise In A Church Bulletin?

- \* It's inexpensive Advertising
- \* It's Effective in Catching New Neighbors' Attention
- \* It's Advertising Concentrated in Your Own Neighborhood
- \* It Develops Good Community Relationships
- \* It's Good For Developing Loyal Customers

#### FROM OUR PARISH NURSE ...

If you do yoga, be careful: A new study in the Journal of Bodywork & Movement Therapies reported that yoga caused pain in about 10% of people and exacerbated pre-existing pain in 20% -- even though yoga is often viewed as a low-risk activity and is practiced as a way to relieve musculoskeletal pain. The study tracked 354 participants at two yoga studios over a year. One-third of those with "new" pain had to stop doing yoga for more than three months. The most common injuries reported were to the wrists and hands, attributed possibly to the downward dog pose. But any pose can be risky if done incorrectly or to excess or done by people with previous injuries or biomechanical problems. Other research has cited headstands, handstands, shoulder stands, lotus position, and forward and backward bends as being associated with the most injuries. If you take classes, be sure to inform your instructor about any musculoskeletal problems or past injuries and go at your own pace (it's not a competition). There are ways to modify positions as they don't cause or increase pain.