

July 2026

THE PARISH POST

Holy Innocents'
Episcopal Church
Pearl & Marine Streets
Beach Haven, NJ 08008

Church Email
office@hiecbh.com
Website: www.hiecbh.com
Office: 609 492 7571
Parish Office Hours
Monday thru Thursday
9:00am - 2:00pm



A community of faith, sharing the love of the Holy Spirit, seeking and serving Christ in his creation.

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A Moment with Mother Erin



Dear Parish Family,

I am delighted to see how Holy Innocents' cares for our community! On June 28th, we held a coffee and size 7 diaper drive for the St. Francis Community Center's food pantry. I will be dropping off the donations this week. Thank you to all who contributed!

In addition, I am proud to announce that Holy Innocents' lunch packing ministry received a grant from Episcopal Community Services to underwrite their program! You can learn more about this program, and how you can volunteer, on our website. Thanks to this grant, and the work of the lunch packing team, we will be scaling up the number of lunches we prepare each month for the Nook food pantry at Bright Harbor Healthcare in Toms River!

Also, you will find Holy Innocents' folks volunteering to serve our neighbors all over our community, from the First Aid Squad, to the Community Arts Program, to Compassion Cafe. When you see them out and about this summer, make sure to say hello!

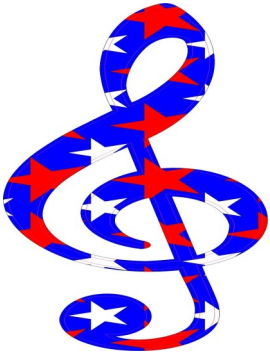
If you have ideas about how we can continue to support our community, I would be delighted to talk with you more about this!

I hope you are having a wonderful summer! Thank you for everything you do!

A Prayer for our Nation on Independence Day

Lord God Almighty, you have made all the peoples of the earth for your glory, to serve you in freedom and in peace. Give to the people of our country a zeal for justice and the strength of forbearance, that we may use our liberty in accordance with your gracious will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen. -- The Book of Common Prayer, page 258

Minister of Music



THANK YOU CHOIR!

The Choir of Holy Innocents will be singing for Sunday morning services through July 5th, and then taking off the rest of the summer.

Please thank our members for their musical offerings, as well as their time and dedication. I know the choral music will be missed until they return in the fall.

We are blessed to have a choir that goes well above and beyond in every effort they make, from Sunday morning services to special additional services, including some funerals. They also work tirelessly to put together receptions for our concert series and to host and welcome performers and audience members for those events as well. But the greatest thing they do is show up in every way anyone could possibly ask. For all these things, I give them deep personal thanks. They help to fill both my life and my heart!

Yours in Christ,
Ellen Dondero, Minister of Music
ejdondero@comcast.net

American Flag Cake Recipe~ A Fourth of July Favorite!

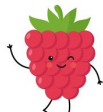
INGREDIENTS

- 18 1/4 ounces vanilla cake mix
- 8 ounces cream cheese
- 9 ounces frozen whipped topping (slightly thawed)
- 3 tablespoons powdered sugar
- 1 pint blueberries
- 1 to 2 pints raspberries

DIRECTIONS

1. Gather all ingredients
2. Prepare cake in a 9 by 13 inch baking dish, according to package directions.
3. Let cake cool 15 minutes, then invert onto a serving platter to cool completely. Freeze cake while you prepare the frosting (this makes the flag cake easier to frost).
4. With an electric mixer beat the cream cheese, whipped topping and powdered sugar until smooth.
5. Frost flag cake with this frosting.
6. To decorate your flag cake, outline a square in the top left corner with blueberries. Fill in with remaining blueberries, leaving some white space showing through. These are the stars on your flag cake. Make several lines of raspberries next to and below the blueberries. These are the stripes of your flag cake.

Refrigerate flag cake until ready to serve. Serve and enjoy! *TIP: If your frosting seems a bit runny, freeze the cake 15 to 45 minutes before adding the berries. Then you can either freeze the flag cake until 2 hours before serving (leave it out to thaw) or refrigerate until ready to serve.*



144th Anniversary as a Parish on July 9th!

We give you thanks, O God, for the gifts of your people, and for the work of many hands, which have beautified this place and furnished it for the celebration of your holy mysteries.

Accept and bless all we have done, and grant that in these earthly things we may behold the order and beauty of things heavenly; through Jesus Christ our Lord. *Amen*

The Book of Common Prayer, page 573



Parish Prayer List July

If you need to add or delete a name, please contact Lisa Halpin, our Parish Administrator

Laura	Connie	Dennis	Joe	Debbie
Joe	Pat	Warren	Ann	Judy
Meg	Rich	Charles	Doug	Ellis
Judy	Diane	Jeannine	Nellie	Will
Devin	Rick	Scotty	Don	Gail
Erma	Becka	Bob	Karen	Roy
Mike	Shirley	Ben	Tim	Mike
Karen	Walter	Kathy	Johnny	Matthew
James	Sue	Joe	Jack	Dixie
Mary	Amy	Charles	Ellen	Oliver
Cindy	Jacob	Xavier	Rachel	Sherry
Pat				

Those serving in the military and other dangerous professions:

Paul Bailey, Justin A. Dumhart, Joseph Alexander, Danny Melega, Andrew Wall, Brandan White



COMMEMORATE AMERICA 250:
A Special Interfaith Shabbot Service
With the Jewish Community Center of LBI
& Holy Innocents'
FRIDAY, JULY 3rd @ 6:00 PM on
the beach at 24th Street (Spray Beach)



Join the Jewish Community Center of LBI and the Episcopal Church of the Holy Innocents for a special Interfaith Shabbot Service honoring America's 250th Anniversary this Independence Day weekend. Bring a beach chair and join in prayer, fellowship, and patriotic songs! Contact the Rev. Erin Morey at rector@hiecbh.com or 609-467-8742 with any Questions.

***In the event of inclement weather or extreme heat, the service will be held indoors at the JCC.**

Holy Innocents' Happenings

Heifer Breakfasts

Sundays: July 12*, August 2 & September 13* (note new dates) at 10:30am Coffee Hour

Join us at coffee hour once each month this summer for a special, home-cooked breakfast to benefit Heifer International. Your free will offering donation supports the mission of ending hunger and poverty in a sustainable way. The organization provides livestock to families in need around the world, such as:

Goats, for milk, cheese, and butter
Flocks of chicks for eggs and meat
Dairy cows for milk and fertilizer
Sheep for wool
Bees for honey
Tree seedlings

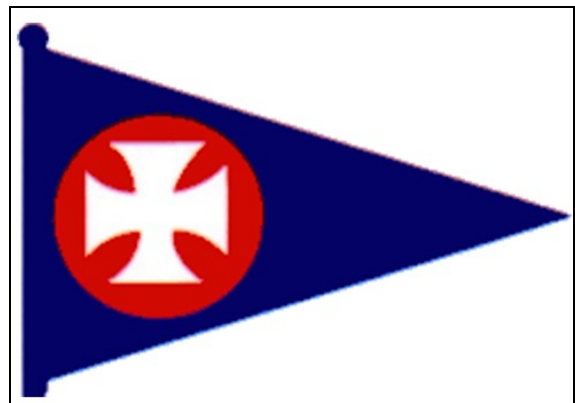
Heifer also provides food baskets, courses to teach business skills, biogas stoves for communities, and solar kits for families.

HELPING PARISHIONERS IN NEED ~ We'd like to continue to grow this Ministry and need Volunteers to help. We know that a *few* can't help all the time, but *you* could help every once in a while *if we have many!*

DRIVERS Take a Parishioner to a doctor's appointment or shopping: Manahawkin, Cherry Hill, University of Penn, Medford, etc.

HOME HELP Check on a Parishioner to make sure that they have enough food, take trash out or simply be good company with a visit!

PHONE CALLS Call a Parishioner to make sure they are ok, especially if we haven't seen them recently in Church. **Call Judy Contreras to add your name to the list: 856-906-6725-Email: judyc3956@gmail.com**



**JULY 19th at the 9:30 am service, we welcome our
Little Egg Harbor Yacht Club Friends!
Officers of LEHYC will be participating in
the service!**



Holy Innocents' parishioners are very active in our community! A number volunteer with the Beach Haven Community Arts Program, and you can see them at the free community concerts each Wednesday at 7:30pm at Veterans Park this summer! (Pictured left to right are: Rob Meyer, Ellen Kehr, Alexa Fahner, Mike Fahner, Carol Kirby and Bill Kehr)



On the first Thursday of each month through November, The Episcopal Church's Public Policy and Witness team will host a series of "Vote Faithfully" calls to support voter engagement in ways consistent with Episcopal values.

During the calls, hosts will share resources and ideas to help congregations promote voting and civic participation while remaining nonpartisan (avoiding support for specific political parties, candidates, or platforms). Dates are 7/2, 8/6, 9/3, 10/1 and 11/5 at 1:30pm.



Memorial Garden Watering

In the Memorial Garden? Feel free to help out watering the flowers in the pots with the watering can that is there!
Thank you!

Sunday, June 20th was the Blessing of the Fleet at Barnegat Light, and I was excited to take part with my ecumenical and interfaith colleagues from around the Island! (Here with me on the Coast Guard cutter is Fr. Kevin Daly from St. Francis, and Rabbi Michael Jay from the JCC - Fr. Matt Ryan from St. Francis took the picture, and Pastor Wes Smith from Zion Lutheran was also part of our crew on the boat!)
~Mtr. Erin





GET YOUR TICKETS
TODAY!



Back to the Beat - 1976!



A Seventies Dance Party!

Rock n' Roll - Disco - Pop - Funk

Turn back the clock and hit the dance floor!

JULY 5, 2026 | 7:00 - 11:00 PM

Location: Holy Innocents Episcopal Church, Beach Haven

Celebrating 50 Years of Preserving LBI History

Adults 21+ Only

LBI Historical Museum

www.lbihistoricalmuseum.org/events



Long Beach Island Historical Association received funding from a grant administered by the Ocean County Cultural and Heritage Commission from grants funded by the New Jersey Historical Commission, a division of the Department of State. LBIHA is a qualified organization of the New Jersey Cultural Trust.



Beach Haven Community Arts Program
Presents

CONCERTS ON THE GREEN 2026

Beach Haven Veterans Memorial Park
Beach Ave between Engleside and Amber

Wednesdays at 7:30pm

**Bring a Chair*

**Spread a blanket*

**Enjoy a free concert*

June 24	The Pickles	Classic Rock
July 1	The Eddie Testa Band	Classic Rock
July 8	Carnaby Street Band	British Invasion
July 15	Jimmy and the Parrots	Jimmy Buffett cover band
July 22	Diablo Sandwich Band	Classic Rock
July 29	Suyat Band	High Energy Hits
August 5	The Kootz	Classic Rock
August 12	Rave Ons	Rock and Roll tribute band
August 19	McLean Ave Band	Irish
August 26	Tequila Rose Band	Country
September 2	Gypsy Moon	Acoustic Guitar

Our Coffee Hour Schedule is posted on the bulletin board outside Martin Hall. Parishioners are encouraged to sign up for any available Sunday from July through September (See availability below.) There is now a Heifer Coffee Hour one Sunday a month and the second Sunday of each month is reserved for Vestry. All other Sundays are available for signup. Please consider participating in the coming months. Thank you, *Ellen Kehr*



July 2026

6 _____
12 Heifer - Rob and Maggie
19 Vestry - Kay D.
26 _____

August 2026

2 Heifer Project - Rob and Maggie
9 Deb Hunter Vestry
16 _____
23 _____
30 _____

September 2026

6 Heifer Project- Maggie and Rob
13 _____
20 _____
27 _____



Endangered Beach Nesting Birds of LBI: The American Oystercatcher



American Oystercatcher with chick

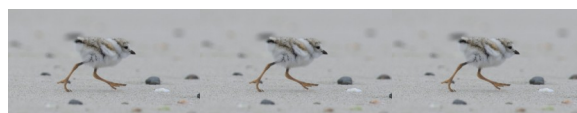
Photo credit: Robert “Merce” Mercer. 03/2026

Any discussion of our beach nesting birds often focuses upon the Piping Plover, as it is our most endangered local beach nesting bird.

For this article we are focusing upon another of our four threatened / endangered beach nesting birds, the American Oystercatcher. Standing nearly a foot and a half tall with a long, straight orange-red bill, the stocky black, brown, and white oystercatcher is not easily overlooked. Their loud calls and gregarious behavior make them even harder to miss. With years of beach walking and exploring, you are probably familiar with this shorebird. With its unique coloring, some call it the clown of shorebirds. Unlike the other beach nesters, some American Oystercatchers stay on LBI for the winter months, whereas most are snowbirds who spend the winters in Florida. Once you see or hear them, you will easily remember them.

As of June 10, there were ninety known nests of Oystercatchers on our protected beaches: Forsythe’s Holgate Beach, Horseshoe Island off Holgate and Barnegat Light restoration area. Forty-one pairs laid 1-3 eggs. Like the Piping Plover, their nests are a small indentation in the sand, often surrounded by a few broken shells and just above the high tide line. The eggs are camouflaged by their brown spots and light color, so they are very difficult to see along the beach. When a nest fails, usually it’s caused by predators or flooding. The young will stay at the nest site for a day or two, then they are off to the water’s edge to forage with the adults. At 34-37 days old, these chicks are full grown and independent, gaining strength for their flight south.

With some luck and good fortune, these young birds will return next year to LBI with a life-mate to begin this cycle again. ~ *Mary Jane Mannherz*



JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30-10:30am Tai Chi Class 7:30pm BHCAP Summer Concert: Eddie Testa Band	2 9:15-10:15am LEG 1:30pm Book Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	3 Parish Office Closed 6:00pm JCC Interfaith Shabbat for America 250 on the beach	4 250th Anniversary! 
5 <i>The Sixth Sunday after Pentecost</i> 7:30am Rite I 8:30am Choir 9:30am Rite II <i>Birthdays & Anniversaries</i> 7:00pm LBI Historical Museum 70's Dance Party in Martin Hall	6 Parish Office Closed <i>(In observance of 4th of July)</i> 9:00am MP (FB) 9:15-10:15am Chair Yoga	7 9:15-10:15am LEG 1:00pm Mah Jongg in MH	8 9:30-11:00am Sandwich Min. 11:00-12:00pm Tai Chi Class 7:30pm BHCAP Summer Concert: Carnaby Street Band	9 <i>144th Anniversary</i>  9:15-10:15am LEG 1:30pm Book Study 7:00pm Vestry Mtg. 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	10 Parish Office Closed	11
12 <i>The Seventh Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II <i>Heifer Breakfast Coffee Hour</i>	13 9:00am MP (FB) 9:15-10:15am Chair Yoga 	14 9:15-10:15am LEG 1:00pm Mah Jongg in MH	15 11:30am Jeff Strong Funeral Service 12:30pm Repast in Martin Hall 4:00pm Prayer Ministry 7:30pm BHCAP Summer Concert: Jimmy & The Parrots	16 9:15-10:15am LEG 1:30pm Book Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	17 Parish Office Closed 	18
19 <i>The Eighth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II LEHYC Sunday	20 9:00am MP (FB) 9:15-10:15am Chair Yoga	21 9:15-10:15am LEG 1:00pm Mah Jongg in MH	22 9:30-10:30am Tai Chi Class 7:30pm BHCAP Summer Concert: Diablo Sandwich Band	23 9:15-10:15am LEG 1:30pm Book Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	24 Parish Office Closed	25 11:00am Timothy Hillyer Interment 1:00pm Seith/Hunt Interment
26 <i>The Ninth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II <i>Healing Service in Chapel</i>	27 9:00am MP (FB) 9:15-10:15am Chair Yoga 	28 9:15-10:15am LEG 1:00pm Mah Jongg in MH	29 9:30-10:30am Tai Chi Class 7:30pm BHCAP Summer Concert: The Suyat Band	30 9:15-10:15am LEG 1:30pm Book Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	31 Parish Office Closed	

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Mother Erin's contact information

Email: rector@hiecbh.com

For pastoral emergencies call (609)-467-8742

Any time

On the Fourth Sunday of the Month, Mother Erin will offer prayers and anointing for healing in the chapel immediately after the Holy Eucharist for anyone who would like this ministry. Persons can come into the chapel and request healing prayer for themselves or for others.

THANK YOU ALL!!!

Please be sure to patronize
& thank the businesses
that so very generously
purchased ads for
this Parish Post year!

The Hughes Family
~ The Hillman Family
~ Larry & Pat Peacock
Murphy's Family of Stores
~ The Surflight Theatre

These ads greatly help defray
our publishing costs and
support our ministries and
church operations!

July Birthdays



Nicole Baxter	03	Patricia Cotey Peacock	17
Harlow Romanowski	06	David Mitchell	19
Carmen Mack	08	Christa Steiner	20
Kay DeCicco	14	Cindy Longenbach	21
Marilyn Thomas	14	Kris Anderson	27
Melba Budd	16	John Johnson	29



WE LOVE OUR VOLUNTEERS!

The following parishioners have graciously volunteered to assist with our worship and/or have donated either candles or flowers for the altar for the month of July.

JULY ALTAR DONATIONS

5th -
 12th - 1. Ruth McLaughlin 2. Roger Budd
 19th -
 26th -

JULY FLOWER GUILD

5th - Artificial Flowers
 12th - Joyce Hillyer
 19th - Kim Sparks
 26th - Carol Hammond



JULY ALTAR GUILD

5th - Chris Burlaga, Melissa Wall
 12th - Jackie Sparks
 19th - Jeanne Cashel
 26th - Jackie Sparks, Chris Burlaga

JULY USHERS & GREETERS

5th - Bob Weidmann, Mike Fahner
 12th - Melissa Wall, Sue Hughes
 19th - Rob Meyer, Dave White
 26th - Kay DeCicco, Mike DeCicco



JULY COFFEE HOUR SCHEDULE

5th -
 12th - Maggie Aftanis (Heifer Breakfast)
 19th - Kay DeCicco (Vestry)
 26th -





Holy Innocents' Episcopal Church
Pearl and Marine Streets
Beach Haven, New Jersey 08008

Sunday Morning ~7:30 a.m.
Rite I Worship Service
(May 24th through Labor Day)
Sunday Morning ~9:30 a.m.
Rite II Worship Service with music
609-492-7571



Donate your way.
Give one time, anytime or
set up a recurring donation.

HAPPY 
Fourth of July
INDEPENDENCE DAY

