

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

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Office: 609 492 7571
Parish Office Hours
Monday thru Thursday
9:00am - 2:00 pm



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

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What a blessing to re-open as we enter the middle of the summer on the island! A huge THANK YOU to the Wardens and Vestry teams that studied and compiled resources so that we could create and set out reopening plan in motion. Lots of churches are not in the same situation as we are with space and with teams or resources so please keep them in your prayers. Also, please remain vigilant with your personal health safety by continuing to wear masks when in public and/or crowded spaces.

July 9th is our church's anniversary and while we won't celebrate it right now, we are planning something for mid-September when we will hopefully be more comfortable gathering together, though it may remain physically-distanced for quite a while! This makes our 138th anniversary as a church.

Speaking of anniversaries, I can't believe it's been a year since I moved here and became a priest and I am so grateful to be your rector. As we move ahead together, please keep me in the loop when events happen for and to you.

This, below is EXACTLY what we are always seeking! Some good news, interesting life stories from

you, our families, and sharing the things that make you proud because these things make us proud too!

Stay safe!
Caroline+



WOW! Way to go Owen Vaughan! Owen drew up his own blueprints for the lemonade stand and after it being cut out at Home Depot, he painted it with some help. Rich Vaughan put it all together and Voila! Such terrific entrepreneurial skills! Check with Karen Vaughan to see the next time delicious iced cold lemonade might be sold at 26th Street, Spray Beach! We are so proud of you Owen!



Blessings for a Happy Anniversary to our Rector, Caroline Carson...

Everyone has heard “How Time Flies ” or “Time Flies When You Are Havin Fun”. So, we suppose that we, the members and friends of The Holy Innocents’ Church of Beach Haven, have had a rather remarkable year. We are truly celebrating the first anniversary of the arrival of our Rector, Mother Caroline Carson, “The Parson Carson”, for all the wonderful deeds and blessings she has brought to us in the past year.

It does seem like only last month that the long process of discernment and search led to the Vestry Call of Mother Caroline. And, then the onset of optimism and pure joy of her acceptance of that Call and arriving here in Beach Haven, NJ. That’s how memory works.

The reality is that this past year of working together and getting to know each other shows a beautiful sense of spirituality, trust, honor and love between Mother Caroline and our congregational members and friends of Holy Innocents’ Church. Her long list of accomplishments is only surpassed by her longer list of wishes, hopes and plans.

And as for that pesky little pandemic of COVID-19

throwing a true roadblock in our Church life, Mother Caroline countered with a myriad of on-line offerings, supportive check-ins, and manipulated Zoom functions like it was her own program to offer a continued worship environment of services and spiritual communion. The good news is that the numbers show a tremendous response to her energy and commitment. The better news is her guidance and grace as we endeavored to develop a re-opening plan of love and safety for in-person Church at Holy Innocents’.

We purposefully have left specific examples of what we have reason to celebrate from this brief article. Our hope is that you as readers will chat with Mother Caroline and share directly with her the meaningful exchanges, programs and spiritual guidance that you have reason to celebrate for this first anniversary.

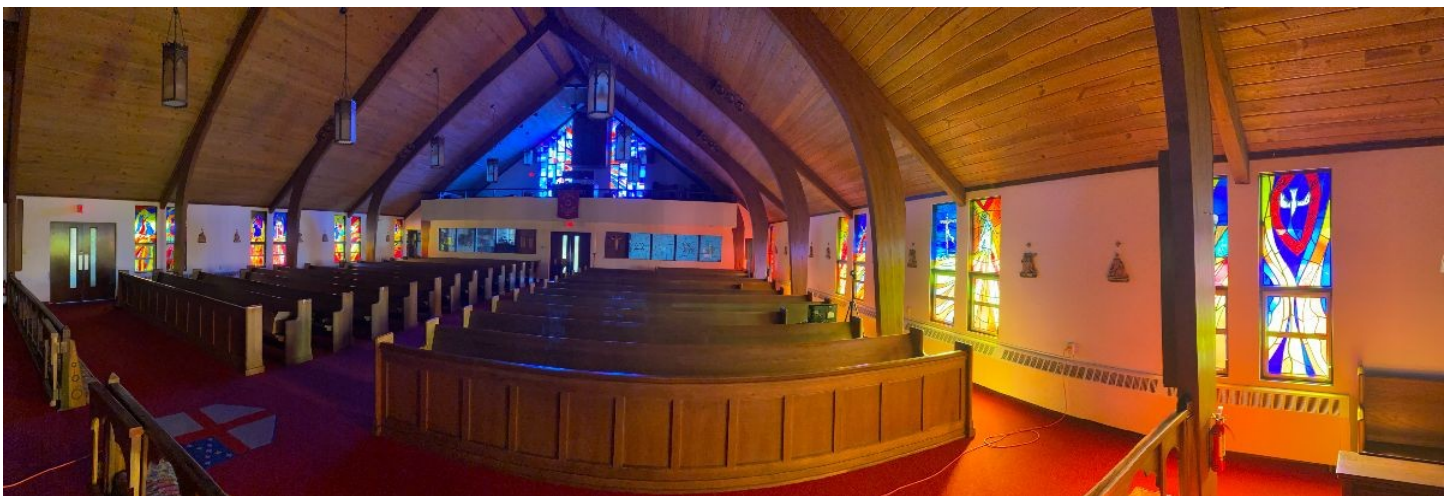
We have been truly Blessed.

Thank You and Love to You “Parson Carson”, The Reverend Doctor Caroline Carson, our Rector.

On behalf of the Vestry from the Church Wardens,



Kay DeCicco & William Kehr



**HAPPY 138TH ANNIVERSARY TO HOLY INNOCENTS’
ON JULY 9TH ~ WE ARE BLESSED!!**

Parish Prayer List - July, 2020

*Under the current circumstances, all names will remain on the prayer list for the month of July
If you need to add or delete a name, please contact Lisa Halpin, our Parish Administrator.*

Ada
Bob
Judy Contreras
Michael Read Davis
Carol Dobbins
Faye & Ed
John Hughes
Diane Lee
Linda M.
Carol Ann Renzland
Robert Thomas
Joel & Kate White
Lapinski Family
Bill O'Connell
Bill
Walter
Kathy Rice
Joe, Pat & Rich
Shelly
Jessica Zarnick
Mary
Kathleen
Ward Family
Melissa & Tyler
Flagler Family
Sheila Frey
Evelyn Nancy
Marcie Barnett
Jeanette Peterson
Steve Alexander
Family & Friends of Pam Stephneski Schwartz

Dcn Judy
Marie Bregler
Mary Ann Crewdson
Donald Deacon
Meg Dougher
Frank
Jeannine
Cecily Lovas
Virginia Nicholas
Sissy
Colin Walker
Maggie Degnan
Kurt Martin
Vinnie
Alicia
Phillip Tracy
Marie Serfling
Bob Prindible
Rebecca
Yoder Family
Ashley
Alda Cumings
Matt Russo
Sullivan Family
Theo
Carole Lee Kenney
Ladislav Family
Anderson/Steiner Families
Barbara Josephine
The Vaughan Family

Aurora
Joan Connolly
Joan Cunningham
Dennis
Carol Earl
Barbara Hanlon
Johnny
Gail Lovenduski
Hieronimus Family
Lara Sparks
Ann White
Bonnie
Hawkes Family
Nancy & David
Jacklyn
Javy Vargas
Rich Serfling
Sam
Susan
Trent
Danielle
Rosemary
Memphis Rank
Mariel & Alexa
Joey Hinton
Elizabeth Ann
Steve, Jan & Mary
Cindy Parker
Ruth Wolf

Those serving in the military and other dangerous professions:

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



FROM OUR MINISTER OF MUSIC

Adjusting to the New Diocesan Guidelines

Who would ever have thought that making music could be dangerous?

I'm sure that by now you have all heard about singers being super spreaders of COVID-19, and that this will keep us from having choir, or any congregational singing for the time being.

This is sad news, but of course, it is a temporary situation.

Until we are all together again, we will still have beautiful live music from wonderful solo singers and instrumentalists, as well as music played on our fabulous organ.

If you're watching the live stream services at home, please sing along with all the hymns and "lah lah" or whistle to the organ if you choose! Please keep making music.

Ellen Dondero, Minister of Music

ejdondero@comcast.net

DISHING WITH THE DEACON

My dear friends,

We are just getting back together and I won't be there. Sad. I hope to be there in 4-6 weeks depending on how the hip heals. Several of you have had hip replacements. Based on your experience how long did it take for you to recover? I will miss you but I leave you in God's hands. What better hands are there?

We learn over and over again that Jesus who loves us is always there to protect us and keep us safe. Reading Psalms over the last several weeks makes it really clear that God knows everything that is going on with us. There are also many verses in Scripture that encourage us and promise us that we are always in God's Care. Here are some of them.

Joshua 1:9

⁹ I hereby command you: Be strong and courageous; do not be frightened or dismayed, for the LORD your God is with you wherever you go."

2 Corinthians 1:3-4

³ Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, ⁴ who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God.

Psalm 27:1

The LORD is my light and my salvation;
whom shall I fear?

The LORD is the stronghold of my life;
of whom shall I be afraid?

Psalm 119:76 New Revised Standard Version (NRSV)

⁷⁶ Let your steadfast love become my comfort according to your promise to your servant.

Psalm 46:1

God is our refuge and strength,
a very present help in trouble.

Matthew 6:28

²⁸ And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin.

Matthew 19:26

²⁶ But Jesus looked at them and said, "For mortals it is impossible, but for God all things are possible."

2 Thessalonians 2:16-17

¹⁶ Now may our Lord Jesus Christ himself and God our Father, who loved us and through grace gave us eternal comfort and good hope, ¹⁷ comfort your hearts and strengthen them in every good work and word.

I hope this will keep you going for a while. I intend to take this list to the hospital.

Love you, Your Deacon, Judy

JULY BIRTHDAYS

Bill Cowper	04	Gerald Markowski	15
Carmen Mack	08	Patricia Cotey Peacock	17
Andrew Goddard	09	Marilyn Flagler	18
Suzette Whiting	09	Chuck Hall	19
James Payne	11	David Mitchell	19
Charles Steinmann	12	Alan Lee	20
Kay DeCicco	14	Cynthia Logenbach	21
Marilyn Thomas	14	Kris Anderson	27
		John Johnson	29

JULY ANNIVERSARIES

Terry & Diana Shoenbach 07/24

WE LOVE OUR VOLUNTEERS!

We thank our volunteers for being on-call!

We look forward to seeing all of you soon!

USHERS ~ Volunteers needed!

If you are able to volunteer as an usher at anytime during the upcoming months please contact Rob Meyer at 609 618-3914 or rmeyer1394@aol.com

NEWS FROM THE FLOWER COMMITTEE

I am thrilled to let you know Joyce Hillyer will be taking over as coordinator of the Flower Committee. After many years, I have decided to retire as head of the committee (will remain as a working member). After working with Joyce on the flowers, I know she will do a wonderful job, bringing a new energy to the committee.

I want to take this moment to thank all those women (friends) who have been supportive of me all these years. Sherry Johnson, Kim Sparks, Marilyn Thomas, Jeannette Bond, and of course, Joyce. There are other who have helped on special occasions, Barbara Bishop and Suzette Whiting. Also, those who helped and moved on, Floss Boulden, Mary Jane Mannherz, Diana Shoenbach and Marilyn Flagler. All of you have been solid dedicated friends to work with and I thank you.

Carol Hammond

“But as for me, I am filled with power, with the Spirit of the Lord, and with justice and might, to declare to Jacob his transgression, to Israel his sin.”
– Micah 3:8

AFRICA & EUROPE

Pray for an ongoing campaign in Uganda about violence against women and children. The campaign includes talk shows raising awareness on the roles of various institutions in responding to violence, some of the unique challenges during COVID-19 for survivors of violence and a biblical perspective to help the Church actively engage in reducing violence and caring for survivors. Pray that this would reach the right people, and would prompt active support from the many service providers and communities that have the power to protect and prevent violence against women and children.

LATIN AMERICA

Praise God for the opportunity to partner with local organizations in Ecuador to provide humanitarian relief to 125 families in extreme need during this pandemic - most of them Venezuelan migrants. IJM does not currently work in Ecuador, but our team partnered with Paz y Esperanza Ecuador, a group on the ground in Guayaquil, to distribute food baskets and even coffins so those in need can bury family members who died due to COVID-19.

Please pray for the population in Ecuador, as the country has suffered **one of the worst outbreaks in the world**, has an overloaded health and mortuary system, and on top of all this is experiencing their worst economic crisis in decades. Pray for healing and for wisdom for the government, and for all the grassroot organizations who are on the ground providing help.

SOUTH ASIA

Please pray for strong charges to be filed in a labor trafficking case IJM has been supporting through our local partners. In this case, two women were trafficked and forced to work in an incense factory. They managed to escape, but were caught and badly assaulted. Thankfully, they escaped again and made their way to police, who have filed initial reports for trafficking, bonded labor and sexual assault. Pray this leads to strong formal charges against the factory owner and supervisors soon. Please also pray for these two women as they recover in freedom.

SOUTHEAST ASIA

Continue to pray for IJM teams and government partners working to end online sexual exploitation in the Philippines. Last week the **BBC published an article** about the surge in child abuse material appearing online, particularly during the pandemic.

The article features IJM's work and a survivor we supported, Ruby.* Pray that publications like this would raise awareness of this growing issue, and galvanize global actors to respond.

IJM HQ & Global Partners

IJM headquarters is located in the United States. IJM has international advancement offices in Australia, Canada, Germany, the Netherlands and the United Kingdom.

Pray for deep rest and renewal during a prayer retreat for the HQ and North American Regional staff. One of our spiritual disciplines as an organization is to lay down our work once a quarter and spend a full day in prayer together, knowing that the work of ending slavery and violence is only possible with God. In the midst of an extraordinary season, please pray that the messages from our speakers, which are examining the theme of hope, would be just the right word at the right time.



AMERICAN FLAG CAKE RECIPE

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.*

INSTA-POT SPICY CHICKEN TACOS

INGREDIENTS FOR THE CHICKEN

- 2 lb. boneless skinless chicken breasts (about 4)
- 1 (15-oz.) can fire roasted diced tomatoes
- 1 c. low-sodium chicken broth
- 1/4 c. hot sauce
- 1 1/2 tsp. kosher salt
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. garlic powder
- 1/2 tsp. freshly ground black pepper

FOR SERVING

- Corn tortillas
- Avocado, diced
- Jalapeño, sliced
- Red onion, thinly sliced
- Freshly chopped cilantro
- Sour cream



DIRECTIONS

In a 6-quart Instant Pot add chicken, diced tomatoes, broth, hot sauce, and seasonings. Lock lid and set to Pressure Cook on High for 12 minutes. Follow manufacturer's guide for quick release, making sure to wait until cycle is complete before unlocking and removing lid. Shred chicken with two forks. Use a slotted spoon to serve chicken on tortillas with desired toppings.

MOBILE & ONLINE GIVING

GIVING YOUR WAY



1 Weekly Offering

Place offering envelopes or check/cash in the plate during worship service. Mailing or dropping at church is always an option!

2 Direct Giving from Your Checking Account

If you pay your bills online, simply add HI as a payee. Most banks allow you to set this up as a recurring gift if you like.

3 Online through GivePlus+ Church NEW!

Go to our website hiecbh.com to set up an account or make a one-time gift through our safe & secure GivePlus+ service.

4 Mobile Giving NEW!

Use your cell phone. Download the GivePlus+ Church app from your iPhone's App Store or Android's Google Play. Search for HI using our zip code 08008. Set up an account or donate without an account using your checking account or a credit card. Recurring payments will need an account set up.

Please consider...

If it is possible for you and you are comfortable doing so, please support our fellow parishioners who run local restaurants and businesses that have been hit hard from pandemic conditions. While we do understand that this is a crisis and we need to wear masks and social distance, we continue to pray for those who are being economically affected in the many and varied ways that may take place.

Let us pray.

Every week in the bulletin and now in the Friday E-pistle, you see the Parish Prayer list, which is ever-changing. Please consider taking some time to sit and down and pray for everyone on the list. Many are sick. Many are stressed and anxious. Many feel alone in their strife. Knowing that you really, truly are praying for them each by name is something that goes directly to the hearts of those who asked for friends and family to be placed on this list.

Almighty God, we entrust all who are dear to us to thy never-failing care and love, for this life and the life to come, knowing that thou art doing for them better things than we can desire or pray for. Grant that they may know your love through our efforts in prayer and thanksgiving; through Jesus Christ our Lord.

Caroline+

Environmental Education and Advocacy Committee



NEW JERSEY'S CHANGING SHORELINE

During the month of July we would offer this video, produced by the New Jersey Climate Adaptation Alliance (which is facilitated by Rutgers University), which describes the dynamics of New Jersey's Atlantic Coast shoreline since the 19th century, using both historical maps as well as satellite image animation from 1984 - 2012 along NJ's entire Atlantic coast. Viewers can observe periods of erosion, beach narrowing and beach widening as these change over time.

<https://climatechange.rutgers.edu/rci-media/videos-and-other-broadcasts/new-jersey-s-changing-shoreline>

Please take some time in the next few weeks to view this 20 minute video leading to an open discussion via a Zoom Live meeting.

More information to follow.

For further information contact
Rob Meyer - rmeyer1394@aol.com



Join us via Facebook Live every Friday at 7:00PM (or watch later!) for the Kid's Korner. This is a special time of stories, science experiments, crafts, and things for the kids of all ages!

JULY 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 3pm BS (zoom) 9pm Compline (online)	3 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	4 Happy Independence Day!
5 <i>Proper 9</i> 730am Rite I 930am Rite II	6 9am MP (online)	7	8	9 3pm BS(zoom) 7pm Vestry (zoom) 9pm Compline (online)	10 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	11
12 <i>Proper 10</i> 730am Rite I 930am Rite II	13 9am MP (online) 9pm Compline (online)	14 6pm Sung EP (online)	15	16 3pm BS (zoom) 9pm Compline (online)	17 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	18
19 <i>Proper 11</i> 730am Rite I 930am Rite II	20 9am MP (online) 9pm Compline (online)	21	22	23 3pm BS (zoom) 9pm Compline (online)	24 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	25
26 <i>Proper 12</i> 730am Rite I 930am Rite II	27 9am MP (online)	28 6pm Sung EP (online)	29	30 3pm BS (zoom) 9pm Compline (online)	31 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	

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THANK YOU ALL!!!

Please be sure to patronize & thank the businesses that
so very generously purchased ads for this Parish Post year!
Enos/Kleber Family ~ The Hillman Family ~ Carl & Carroll Sheppard
Larry & Pat Peacock ~ The Hughes Family ~ Jay Cranmer
Bill Martin ~ Judy Hamilton
These ads greatly help defray our publishing costs!



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

Sunday Morning ~ 7:30 a.m.
Rite I Worship Service
Sunday Morning ~ 9:30 a.m.
Rite II Worship Service with music