

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



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

**Church Email
hichurch08008@gmail.com
Website: www.hiecbh.com
Office: 609 492 7571
Parish Office Hours
Monday thru Thursday
9:00am - 2:00pm**

The Parson’s Place

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Have you noticed the Monarch butterflies appearing on the island and in our Memorial Garden? I have and it warms my heart to see them in goodly number. It reminds me that even if I do not like summer, there are things that I do appreciate, like the flitting beauty and symbolism of the butterfly. Why don't I like summer? First, I detest the heat. That may sound weird, because you know I'm from New Orleans. Where I grew up in SC, the summers were as long as the winters are here and there just wasn't the relief that I sought. Here, I find that even though the summer is quite pretty and pleasantly tolerable (mostly), my old habits die hard. I count the minutes of lost daylight since the summer solstice to try and speed on the Fall (my fav. season!) We've lost 45 minutes and one second from June 21st to today (Aug. 1st) and that is cause for rejoicing in my book! What is it about the darkness that is so exciting for me and the sunlight that is terrific for others? How does the Holy Spirit enter into our rhythms of day and night and the seasons? How do we feel time and how do we perceive the timelessness and agelessness of God? As believers, we tend to be comforted that God is with us, in the now. We live in a physical world with its known space-time dimensions of length, width, height (or depth) and time. However, God, though dwelling with us, also dwells in a different realm, a "spirit realm", beyond the perception of our physical senses.

God is not limited by the physical laws and dimensions that govern our physical world we know. Because of our finite minds, we grasp the concept of God's timeless existence in part. And in so doing, we describe God as without a specific beginning or end....eternal, infinite, everlasting, etc. For me personally, the shortening of day length sets off a series of mystical feelings and brings forth an awareness of our brief, temporal physical nature. Just like the return of the monarchs show me their brief lifespan and their beauty and movements are symbols of life and joy, for me the simple reminder that we too will be transformed and that we will one day migrate through this transitory life come as part of God's grand mystery. It both keeps be grounded that I am not immune to life's movements and cycles, but also holds me to the philosophy that I can choose joy as I live.

Two Butterflies went out at Noon
by [Emily Dickinson](#) - 1830-1886

*Two Butterflies went out at Noon—
And waltzed above a Farm—
Then stepped straight through the Firmament
And rested on a Beam—
And then—together bore away
Upon a shining Sea—
Though never yet, in any Port—
Their coming mentioned—be—
If spoken by the distant Bird—
If met in Ether Sea
By Frigate, or by Merchantman—
No notice—was—to me—*



Caroline +



HI Circles ~ August



1. August 2 at 6:00 PM - *Taizé service*

Join us in the church for a quiet, contemplative prayer service focused on light, music, and prayers.

2. August 10 at 7:30 PM - *Concert on the Green*

Join Mtr. C+ for the weekly Concert in Veterans Park. Bring your own beach chair and snack.

3. August 15 at 6:00 PM - *Game Night*

Join us in Martin Hall at church for a fun-filled evening of games together! Pizza and tea dinner provided.

4. August 19 at 10:00 AM - *Tuckerton Seaport & Lunch*

Join Mtr. C+ to explore the shops and crafts of the Tuckerton Seaport, followed by lunch (at own expense) at a local spot.

5. August 30 at 6:30 PM - *At the Movies*

Join us in Martin Hall for a movie followed by discussion. popcorn provided!

Again, **Please RSVP** to Mtr. Caroline+ by emailing her at theparsoncarson@gmail.com or calling at **504-390-5331** for the circles you plan on attending!

Dishing with the Deacon

Have you thought about what it means to worship Jesus? Lately, I've been thinking about what are the actions that comprise worship? There are quite a few. Maybe we can't use them all every time we worship but as I have been thinking about my own worship, I've discovered some that I have rarely used and their addition to my worship would enhance it.

I'd like to share some of my discoveries with you. Adoration is an aspect of worship that comes to mind. What does it mean to adore God? I think it means to love everything about God more that I love anything else. To put God at the top of my list to worship and adore. Do I tell God how much I love him?

Along with adoration is praise. What are all the marvelous characteristics about the Holy Trinity that we can praise as a part of our worship. God as creator, helper and protector; Jesus as redeemer, helper and protector; and Holy Spirit as communicator, helper, and protector. There are many roles of the Trinity through which the Trinity operates in our lives. When was the last time I thanked the Holy Trinity for all the help I am given?

Music! What a beautiful gift from God that enhances our worship! Thanking God for this gift of people like Ellen and our choir, the organ and piano, the Brass Ensemble, and others who contribute to our worship through music. When was the last time we really paid attention to the words of the hymns we sing or let music fill our hearts with praise for God?

Humility comes to mind. When have I realized that I need to have humility before God for the riches of worship? We come into the church and sit, stand, and kneel before our Lord in adoration, praise, beautiful hymns that praise him and we didn't write them; sometimes singing them without paying attention to the words? There are many more gifts of worship that God has given us. This topic is to be continued. Thank you, Lord, for your beautiful gifts of worship of you.

Love you,
Deacon Judy

From Our Minister of Music

Special thanks to all those who have provided special music during the summer months while the choir has been on break.

Our choir will begin again in September, and we are always looking for new members. To be a member, you don't have to read music or have a spectacular voice. You *do* need to have a sense of humor and willingness to raise your voice in praise. If you fit that description, we'd love to have you!

Save the date(s)

Saturday, October 8th 3pm Capital Singers of Trenton Chorale performance
Sunday October 16th 4pm – Rev. Canon Ron Clingenpeel in Concert

Ellen Dondero, Minister of Music
ejdondero@comcast.net



HI Happenings!



Once a month, folks will gather in-person in our chapel and/or sanctuary, light a few candles, and pray together for all on our prayer list, all on our hearts and minds, and all whose struggles are known to God alone.

DATE - August - TBA

TIME - 4:00 to 4:30 PM

FREQUENCY - Monthly

MORE INFO - Please contact **Judy Contreras** for more info at judyc3956@gmail.com



We are collecting backpacks for school kids. Maggie will gather them from church. Our Family Promise ministry will receive some of the backpacks and then she will take the rest to various places. Thank you Maggie Aftanis and Rob Meyer for heading this up for us and thanks in advance to all who are making donations! Deadline for collection is **Sunday August 21st!**



MARK YOUR CALENDARS!! SUNDAY, SEPTEMBER 11TH

5:00 PM until sunset (and beyond with FIREPIT and S'mores!)

ACTIVITIES FOR KIDS Bring your pets!

Grilling out and picnicking on our grounds



Silent Auction

SAVE THE DATE!

Our Annual Auction date has been set for **THURSDAY, OCTOBER 13th** and we will return to the Shell.

Thank you Tom Hughes and the Shell for hosting us!

Tickets sales will begin shortly.

Look for more information in your E-Pistle and Parish Post

Contact: Maggie Aftanis at 609-492-5271

Parish Prayer List August

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

Alycia	Timothy August	Ellis Barbieri
Charles Bishop	Cynthia Clarke	Joan Connolly
Judy Contreras	Lynn Cowper	Mary Ann Crewdson
Art "Jim" Curtin	Mike DeCicco	Carol Dobbins
Roseann Dolan	Meg Dougher	Dave Elfreth
Faye	Frank	Gordon H.
Adam Houser	Jan	Jeannine
Joan & Susan	Ryan Jastrzembski	Rick Johnson
Joni	Carol Jordan	Anne Joyce
Julie	Karen & DJ	Karen Grossman
Kathy G.	Mary Keough	Ryan Koehl
Chester Krom	Dave Lamon	Cyndi Lamon
Debbie Lamon	Beth Lippincott	Barry Longenbach
Lovas Family	Lucas	Walt Luwenduski
Tom Masilla	Pat Meyer	Mrazek Family
Virginia Nicholas	Sharon Osborn	Brian O'Sullivan
TJ Patton	Lucien Picard	Oliver Jack Powell
Gloria & Tara Prindable	Pat Pritchard	Rhonda Pritchard
Marie R.	Cora Raggiucci	Kathy Rice
Ron & Kenny	Rick Rosenbaum	Peg S.
Elizabeth Mary Schade	Chloe Snyder	Lara Sparks Deitz
Charles Sullivan	Bill Todd	Robert Thomas
Colin Walker	Ann White	Stokes Carrigan
Elliot	Terry Stebbins	

Those serving in the military and other dangerous professions:

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

MINISTRY NEEDS – to be filled from THE CONGREGATION

We are joyfully seeking volunteers for very important ministries such as Altar Guild, Flower Guild, Ushers, Greeters, Readers, Lay Eucharistic Ministers, Chalice Bearers etc.! Please take some time to prayerfully consider *active participation in the Holy Innocents' Community* and share some of your time for the glory of God!



Our Sunday Coffee Hours

Please refer to the August Calendar on the bulletin board outside Martin Hall.

The protocol is as follows:

First Sunday- A few parishioners to provide treats

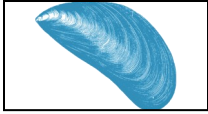
Second Sunday- Vestry Birthday Cake

All remaining Sundays – Coffee & one snack tray (*except for special Sundays like Easter*) Instructions for making coffee are available by contacting Bill at bkehrfl@comcast.net or 814-598-0116.

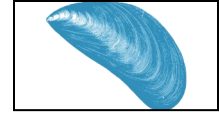
Thank you! *Ellen & Bill Kehr*

Environmental Education and Advocacy Committee

Thank you to our friends at the **Ocean Conservancy** for introducing us to one of our local marine creatures:



Mussel MYTILIDAE



Although you might not have seen mussels in the wild, you have likely seen them on a menu! Mussels are very popular as food and are quite nutritious as well. They're low in sodium and saturated fat and a good source of Vitamins B and C, Omega 3 fatty acids and minerals like iron, manganese, phosphorus and potassium. In the wild, mussels affix themselves to rocks or other mussels on the ocean floor using their hair-like "beards," also called byssal threads. These threads are made of chitin, a fibrous substance, and are incredibly strong, which helps them stay safely in place during strong tides and storms. But since mussels can't move, they need a backup plan to survive tough times. Mussels can shut their shells tightly during low tide so they don't dry out!

Mussels are filter feeders, meaning they filter ocean water through their bodies to grab plankton. Mussels filter massive amounts of water (over 17 gallons a day) and are therefore vulnerable to what ends up in the ocean. Their numbers can drop if there are increased amounts of runoff or coastal erosion (which is when you would want MORE animals filtering the water, right?).

Did You Know?

Mussels have incredibly strong byssal threads. They can hold onto wood, iron and even steel. Scientists are trying to decode their secrets in order to develop a mussel-based adhesive to use in eye surgeries.

Status and Conservation

Mussels have had a history with humans for quite a long time. Archaeological evidence suggests people have been cultivating mussels for about 800 years in Europe and eating mussels for more than 20,000 years! Unfortunately, they're particularly vulnerable to ocean acidification, which occurs when carbon emissions are absorbed by the ocean and the water becomes more acidic. This makes it harder for mussels to build their shells, which is bad for the environment and bad for business!

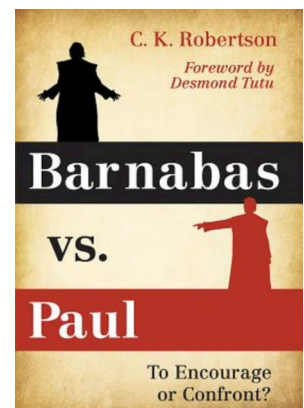
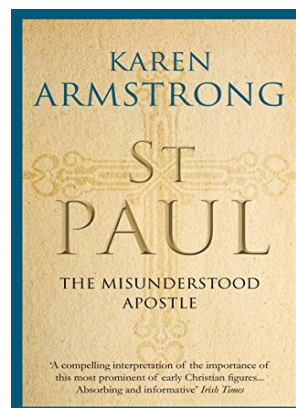
New Book Study!

Begins AUGUST 4th at 2:00 PM at the rectory

You are responsible for purchasing your own books and keeping up with the readings!

This Book Study has two short books:

1. ***Barnabas vs. Paul: To Encourage or Confront?*** by C.K. Robertson
2. ***St. Paul*** by Karen Armstrong.K. Robertson



HELP NEEDED for Rectory FRONT Yard Tidying. Please see Rich Cashel if you might be able to volunteer a morning (when it's cooler) for this task and thank you in advance!

Kitchen Renovation!!

If you had a chance to see our kitchen fired up the Sunday of our 140th Anniversary Brunch you probably noticed the congestion while all were busy cleaning up... trying to work around open dishwashers, squeezing by each other at the sinks. Our new layout should alieve this and other problems. While emptying the dishwashers the following Sunday, every silverware drawer I opened was "off-track" and about landed at my feet...fortunately no one was around at the time to hear my distress!! All this just reinforced for me how very necessary this project is!

The Health Department did give us the go-ahead with our plans for the renovation. Yay!

We've had two companies out to measure for flooring and are waiting for estimates from them. Both measured not only the kitchen but also Martin Hall and adjoining rooms. They were asked to separate out the estimate for the kitchen.

This coming month, fingers crossed, we will finalize our plans with the kitchen designers.

I hope you've had a chance to see our poster in the Narthex with smaller versions in the Ambulatory and Martin Hall. Envelopes are available at the posters if you'd like to drop your donation in the Sunday Offering or the church office. Of course, you may always mail a check to the church office. I hope to keep the pledged amount updated weekly.

At this time we have no fundraising plans for our renovation other than the Silent Auction/Dinner and are relying heavily on our parishioners for contributions.

"THANK YOU!!" to parishioners who have already written checks! We have donations/pledges amounting to \$73,474!

Jeanne Cashel, Committee Head ~ 609-276-7710 or jcashel@comcast.net

**WE'RE RENOVATING
OUR 50 YEAR OLD KITCHEN!**





Our goal is to raise \$120,000!
We have \$73,474 pledged!!
ANY DONATION IS WELCOME!



Doing some closet cleaning? Don't forget about our bright new blue bin on the church property! [American Recycling Resources](#) puts bins on properties to collect items for recycling and for use by those who need it. They come right out and pick up when we call them and let them know the bin is full. **The bins are used to collect clothing and shoes only.** The company uses the clothing and shoes. They do not trash them and they pay the church \$50.00/month.

August Birthdays

Janine Enos-Kleber	02	Owen & William Vaughan	17
Laura Condon	02	Martha Lodge	18
Robert Stevens	04	Lisa White	20
Connor Starr	09	Christine Burlaga	22
Vincent Contreras	09	Lynn Borys	22
Suzette A. Whiting	09	Jeanne Cashel	23
Margie Jane Liesenfeld	09	Barry Longenbach	25
Barbara Wheeler	12	Ellen J. Meyer	26
Carmen J. Mack, Jr.	13	Stacey Goddard	26
Stokes B. Carrigan, III	15	Virginia Gottshall	30
Mary Jo Martin	15	Thomas Jacobsen	30
Henley Hollis	17		



August Anniversaries

Bill & Ellen Kehr	22	Chuck & Marjorie Hall	29
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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 **August**.

AUGUST ALTAR DONATIONS

7th -
 14th - Donna & Dick Evleth
 21st - Richard Cashel
 28th -

AUGUST FLOWER GUILD

7th - Marilyn Thomas
 14th - Carol Hammond
 21st - Donna Evleth
 28th - Joyce Hillyer

AUGUST ALTAR GUILD

7th - Jeanne Cashel, Carol Hammond
 14th - Jackie Sparks, Diane Entrikin
 21st - Jeanne Cashel, Ellen Dondero
 28th - Diane Entrikin, Melissa Wall

AUGUST USHERS & GREETERS

7th - Bob Weidmann, Rob Meyer
 14th - Bill Cowper, Gail Jacobsen
 21st - Dave White, Leila Sullivan
 28th - Melissa Wall, Sue Hughes



Kids Korner will be taking a break for a while. We'd like to sincerely thank LEILA SULLIVAN for organizing the readers and stories and thank everyone who has participated in reading and presenting stories and activities for the past two years! You can always find all the Friday stories we've ever done on the church's Facebook page under VIDEOS and searching through the services and postings!

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



Parishioner Spotlight is a regular feature in The Post. The purpose is to provide insights into the background and personalities of our fabulous parishioners! We hope you enjoy getting to know the people of Holy Innocents'!

August Parishioner Spotlight ~ Diane Carter

I was born in Fortitude Valley, an inner-city suburb of Brisbane, Queensland, Australia. "The Valley" as it is called, is now the red light district of Brisbane. My earliest memory is of being in the family car which my mother had parked on the street outside our house in the suburb of St. Lucia, near the University of Queensland. St. Lucia is a very hilly place. My mother went into the house, leaving me and my older sister, Robyn, in the car. She apparently had not set the hand brake, and the car rolled down the hill and came to rest on the curb. No one was injured but it gave my mother a fright!

When I was two, we moved to Melbourne in the south east of Australia, where my father had been offered a job. We had lots of aunts, uncles and cousins on my mother's side living there. We stayed with one aunt while our new house was being built. I remember sitting under the kitchen table while my mother ironed clothes. While living in Melbourne, my sister and I spent all our summer holidays at our paternal grandfather's cattle station (ranch) in outback Queensland

We moved back to Brisbane when I was 16 and I entered the University of Queensland as a student of Veterinary Medicine. Here, I was much closer to the station and went there often, becoming immersed in the raising of beef cattle.

After graduating as a veterinarian in 1969, I spent a year in mixed practice, mostly dogs, cats and race horses. Then in 1970 I had an opportunity to come to the USA and work in the pharmaceutical industry as a research veterinarian. I had intended to stay for two years but that morphed into three years and eventually to permanent residency. I worked first at Merck and then at Smith, Kline and French, which is now GlaxoSmithKline. It was here that I met my husband, Stokes Carrigan, and we were married in 1984.

Stokes brought me to Beach Haven where he had spent his summers and I was happy to be by the ocean, although not my beloved Pacific. I had been breeding and showing Arabian horses for some time, but soon found that horse shows and sailing races have the same season (summer) so I eventually gave away my horses and bought a boat for Stokes' birthday. We sailed together for many seasons at Little Egg Harbor Yacht Club and our children learned to sail there. While Stokes' family had a house on Ocean Street, we decided to buy our own house as a place to eventually retire with the hope that our children and grandchildren would come to stay in the summer. That has happened and I feel as though I am reliving an earlier phase of my life as I get little kids ready for regattas and tennis tournaments.

Through all this time, I have continued to go back to Australia in the northern winter, southern summer. Eventually, the cattle station was left to me and I spent about 15 years going there for up to 6 months a year. As Stokes became too infirm to travel long distances, I made the decision to sell all my cattle and a large part of my landholdings in Australia. I still own 15,000 acres of forestry country, which my former manager leases from me. It has no house so when I visit Australia now, I stay at a little beach town on the Pacific.

Being a lifelong Anglican, I quickly gravitated to Holy Innocents'. Stokes and I attended Holy Innocents' in the summer for a number of years. I spent a couple of years in a job in St. Louis and we bought a house not far from St. Timothy's in Creve Cour, Missouri. The rector there was Frank Crumbaugh, whom we got to know quite well.

Parishioner Spotlight Continued...

We knew he and Gretchen would like to return to the East Coast. When we returned, we found Don Muller was leaving Holy Innocents'. We put Frank's name forward and the rest, as they say, is history. I have been singing in church choirs since childhood so of course I joined our choir here and consider it my second family. Not only do we make great music together but it also provides comic relief if I am ever feeling down!

Apart from choir, I found myself engaging in other activities at Holy Innocents'. I put my name up for vestry, and later was asked to be a reader and chalice bearer. I offered to help the altar guild clean silver and soon found myself a member of that group of ladies. Be careful what you volunteer for!

Now for some fun facts. The first picture below is a photo of me taken in our living room. I am wearing a tee shirt that has a picture of a castle on it. A few years ago, for Halloween, Mtr. Caroline+ asked the choir members to come dressed as our favorite hymn. Mine was "A Mighty Fortress is our God". In the same picture is a little green animal on the mantle piece. I helped my oldest grandson make his version of an Angry Bird and he left it for me.

Finally, the painting behind me in the photo is by my older sister, Robyn, of a scene on the cattle station. Robyn was a talented artist who died too young from ALS, or Lou Gehrig's disease. When I look at the painting, I am reminded of a beloved sister and a special place.

The second picture is of Stokes and me at the Little Egg Harbor Yacht Club.

The third picture is of me at Well Station, the cattle property which my grandfather bought in 1946. (It would be called a ranch in the U.S.) It was named for all of the hand dug wells on the property. They were fitted out with windmills and provided sub-artesian water for the cattle. The property is about 6 hours northwest of Brisbane.



An updated Parish Directory will be handed out to the Congregation in early August. Please discard your old one.

If you would like a copy, please email

Lisa Halpin at hichurch08008@gmail.com.

If you catch something out of date, or missing, please let us know.

We can't fix it if we don't know!




Office COVID Procedure Update

Please wear your mask when in the church office and please wipe down your area and the doorknob before you leave! Thank you very much!!



AUGUST 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2  6pm Taizé Service	3	4 LBI Gives Team in AM 2:00 Book Study @ Rectory 9pm Compline	5 <i>Parish Office Closed</i>	6
7 <i>The Ninth Sunday after Pentecost</i> 730am Rite I 930am Rite II <i>Coffee Hour</i> <i>Mini Presentation</i>	8	9 9:15-10:15 Let's Get Fit! 10am Grayce Venture Committal 6pm EP (FB)	10  7:30 pm Concert on the Green Veterans Park 7pm Praying the Psalms (FB)	11 9:15-10:15 Let's Get Fit! 2:00 Book Study @ Rectory 7pm Vestry Mtg. 9pm Compline	12 <i>Parish Office Closed</i>	13
14 <i>The Tenth Sunday after Pentecost</i> 730am Rite I 930am Rite II <i>Coffee Hour</i> <i>Mini Presentation</i>	15 9am MP (FB) 4pm Ernest Albrecht Committal 6pm Game Night (Martin Hall) 	16 9:15-10:15 Let's Get Fit! 6pm EP (FB)	17 7pm Praying the Psalms (FB)	18 9:15-10:15 Let's Get Fit! 2pm Book Study @ Rectory 9pm Compline	19 <i>Parish Office Closed</i>  10am Tuckerton Seaport & Lunch	20
21 <i>The Eleventh Sunday after Pentecost</i> 730am Rite I 930am Rite II <i>Coffee Hour</i> <i>Mini Presentation</i> BACKPACKS DUE!	22 9am MP (FB) Mtr. Caroline away	23 9:15-10:15 Let's Get Fit!	24 7pm Praying the Psalms (FB)	25 9:15-10:15 Let's Get Fit! 2:00 Book Study @ Church 9pm Compline	26 <i>Parish Office Closed</i>	27
28 <i>The Twelfth Sunday after Pentecost</i> 730am Rite I 930am Rite II Rev. Canon Bruce Woodcock	29 9am MP (FB)	30 9:15-10:15 Let's Get Fit! 6pm EP (FB) 6:30 pm At the Movies (Martin Hall) 	31 7pm Praying the Psalms (FB)	 		



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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!

Jay Cranmer ~ The Hillman Family ~ The Hughes Family

Bill Martin ~ Murphy's Family of Stores

Larry & Pat Peacock ~ Carroll & Carl Sheppard

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



Holy Innocents' Episcopal Church
Pearl and Marine Streets
Beach Haven, New Jersey 08008
609-492-7571

Sunday Morning ~7:30 a.m.
Rite I Worship Service
(through Labor Day)
Sunday Morning ~9:30 a.m.
Rite II Worship Service with music