

The Parish Post



Holy Innocents'
Episcopal Church
Beach Haven, NJ

Office ~ 609 492-7571

Email ~ hichurch08008@gmail.com
Website: www.hiecbh.com



2020

A Community of Faith, Sharing the Love of the Holy Spirit,
Seeking and Serving Christ in His Creation.

The Parson's Place

We are still in Lent, the Lentiest Lent we've probably ever Lented...but Easter Day approaches and resurrection along with it. I believe that we cannot truly experience the full meaning of resurrection unless we spend some time in the darkling depths of Christ's despair. Resurrection also means we take on the responsibility of risking action, risking failure, and risking allowing ourselves to enter fully in the vulnerability that God asks of us in order for him to be most present in our lives. We accept this risk of growth, growth that greens our hearts and minds. Ponder with me the words of one of my absolute favorite hymns:

Now the Green Blade Riseth (# 204, Noel Nouvelet)

1. Now the green blade riseth, from the buried grain,
Wheat that in dark earth many days has lain;
Love lives again, that with the dead has been:
Love is come again like wheat that springeth green.

2 In the grave they laid Him, Love who had been slain,
Thinking that He never would awake again,
Laid in the earth like grain that sleeps unseen:
Love is come again like wheat that springeth green.

3 Forth He came at Easter, like the risen grain,
Jesus who for three days in the grave had lain;
Quick from the dead the risen One is seen:
Love is come again like wheat that springeth green.

4 When our hearts are wintry, grieving, or in pain,
Jesus' touch can call us back to life again,
Fields of our hearts that dead and bare have been:
Love is come again like wheat that springeth green.



Caroline +
The Rev. Dr. Caroline Carson
Rector, The Episcopal Church of the Holy Innocents
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609-492-7571 (Office) 504-390-5331 (mobile)
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COVID-19 HELPFUL COPING TIPS

1. Maintain a daily routine, yes, even a NEW one! Get up, take your shower and get dressed like you would any other day of the week.

2. Try to eat healthy whenever possible. I know it is difficult when most of the foods that are available for the long term include non-perishables. If you cannot get to the store, please let Mtr. Caroline+ know. We have two (maybe more!) folks who have asked what they can do to help during this time and have asked if anyone needs any grocery buying help!

3. Go outside, weather permitting - take a walk. We live in a beautiful area and some of you who are far away also live in beautiful areas. Try to find small examples of this beauty. Take a photo and share it! Being outside, listening to the birds, the water, the wind in the trees, whatever it is, can be a very prayerful experience.

4. On that note, pray. Pray for yourself, for each other, for those afflicted by COVID-19 or any other illnesses, for the stressed, for exhausted or frustrated medical or other personnel, for our government, for all who are spending days at home, and for those fighting similar "new normal" battles around the world.. If you do not have a copy of The Book of Common Prayer, Church Publishing is offering an online version for free.

Here is the link: <https://www.churchpublishing.org/siteassets/pdf/book-of-common-prayer/book-of-common-prayer-2006.pdf> You can download it and it's pretty easy to navigate.

5. Open you curtains and let natural light inside of the house. The Centers for Disease Control considers natural light an important part of good health. Natural light stimulates the body's production of vitamin D, regulates our circadian rhythm and helps prevent depression.

6. Limit the amount of time you spend watching the news. The constancy of it all can be overwhelming. Check in, but also set boundaries for yourself and family! There are lots of good streaming networks, stations that play old favorites, and music. Personally I have been enjoying the Dr. Brown mystery series on Netflix and re-watching The Lord of the Rings and Star Wars series. The Metropolitan Opera is offering free streaming of operas every night, some of the zoos are offering virtual safaris, and there are TONS of available learning experiences online.

7. Try not to spend all your time napping. This only serves to confuse your body's rhythm and may contribute to feelings of depression and giving up. If you haven't been sleeping well (and many folks have not), find a way to be nice to yourself and that might indeed mean you legitimately need a nap, but just don't succumb to sleeping your day away.

8. Spring cleaning anyone? Have you put away your Christmas decorations yet? (*It's OK, I'm a priest, you may confess!*) How's your yard looking?

9. Stay in contact with loved one and friends via the telephone, email, or social media. You are not alone... most of our society is on edge right now. We are all in this together for the long haul. Check in on one another and support each other. We will get through this - and with God's help - we will come out stronger and more resilient in the end.

10. Reach out when you need to - I am here!

Parish Prayer List - April

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

Ada	Alan	Aurora
Bob	Marie Bregler	Joan Connolly
Judy Contreras	Mary Ann Crewdson	Joan Cunningham
Michael Read Davis	Donald Deacon	Dennis
Carol Dobbins	Meg Dougher	Carol Earl
Faye & Ed	Frank	Barbara Hanlon
John Hughes	Jeannine	Johnny
Diane Lee	Ceily Lovas	Gail Lovenduski
Linda M.	Susie Nee	Virginia Nicholas
Carol Ann Renzland	Sissy	Lara Sparks
Robert Thomas	Colin Walker	Barbara Wheeler
Ann White	Joel & Kate White	Maggie Degnan
Bonnie	Renny	Walter Mazzanti
The Lapinski Family	Jim Tsokanos	Hawkes Family
Tim	Vinnie	Nancy & Dave
Bill	Alicia	Jacklyn
Walter	Dave	

Those serving in the military and other dangerous professions: Andrew Wall, Brandan White, Joseph Alexander, Zachary Arlin, Paul Bailey, Justin A. Dumhart, Danny Melega



A Prayer for Our Nation and the World in the Light of this Pandemic

Ever-creating God, be with us as the pall of this COVID-19 pandemic falls upon this “fragile earth” which is our “island home.” We hold in our hearts and prayers all who are suffering in our nation from “sea to shining sea.” We pray for the whole world. Our common anxiety is making us one, undivided human family. We pray for world leaders as they chart these unknown waters. Strengthen them to walk into the Light of a new, healing day for the whole planet. Help us to cross our broken lands and be for each other bridges back to heaven. Lift the cares to which we cling. Descend, O God, on us all to be our Guest. Show us how to find in everything blessing and rest. May this be our prayer while we do not know how to pray and until the last light lingers in the west. Amen, in the name of our creating, redeeming and sustaining God.



Charitable Giving Through an IRA

Coffee Hour & Conversation on March 1st focused on qualified charitable giving through an IRA. Joining us was Amy Haig, a Certified Financial Planner and Wealth Management Advisor at Merrill Lynch. Amy is also our ML Advisor at Holy Innocents' and manages a portion of our portfolio. She and her family reside in Beach Haven; her daughters are graduates of Holy Innocents' Preschool!

Amy explained that if you have an eligible IRA, there are provisions to give to a charity, such as your church, or a legacy gift through IRA distributions. One of the primary benefits of this strategy is that you may be able to make a federal tax-free charitable distribution from your IRA. There are qualifications and rules to consider and Amy emphasized that anyone considering this strategy should consult their financial and tax advisors to see if it is right for them.

Amy further explained the basic concepts of this strategy. Those 70 ½ or older can transfer money from a qualified IRA to a charity (or several) tax-free each year. These monies would count as part of your Required Minimum Distributions (RMDs) without being added to your adjusted gross income. Your charitable gift won't be taxed, as it would be if you were to take a distribution and then donate the cash to charity. Your charitable dollars go further if you aren't paying taxes on them. The donation isn't deductible, but it will lower your modified adjusted gross income. The distribution must be paid directly to the qualified charity and would be set up directly with your financial institution. Again, consult with your financial institution and tax advisor.

Also introduced briefly, were new changes to retirement plans that were approved by Congress in January 2020 through the SECURE Act, the acronym for *Setting Every Community Up for Retirement Enhancement*. The age at which you must begin taking Required Minimum Distributions from retirement accounts has been changed from the year in which you turn age 70 ½ to the year in which you turn age 72. If you don't need to access your RMD for income, the SECURE Act provides more time for your savings to grow tax deferred and longer for you to add to these retirement funds.

After the presentation, Amy opened up the floor and answered many thoughtful questions. Handouts with more details on the SECURE Act and Provisions for Charitable IRA Distributions are now available on our website under *Care Ministries*, then *Stewardship*: <http://www.hiecbh.com/stewardship.html>

If you would prefer to receive them via email, reach me at pat.coteypeacock@gmail.com

Pat Peacock, Stewardship Chair



EARTH WEEK AT HOLY INNOCENTS'

When we resume in-person worship services and activities we will celebrate Environmental Week in honor of Earth Week (which is normally April 19-25 2020)



Since the first Earth Day was held in 1970 in the United States, it has grown into an internationally celebrated event in more than 200 countries across the globe. It's the perfect time to remember to appreciate Earth and commit to making changes big and small to protect it.

During this week long celebration the Holy Innocents' Environmental Education Committee will present a number of programs related to environmental issues affecting our local community, the nation and the world. Please refer to the calendar of events listed below and visit the Holy Innocents' Facebook page and review our weekly E-Pistle for further information and updated scheduling.

Please join us at as many of these programs as you are able.

	19 SUNDAY	20 MONDAY	21 TUESDAY	22 WEDNESDAY	23 THURSDAY	24 FRIDAY	25 SATURDAY
APRIL 2020	9:30am Earth Week Liturgy Tree planting	7:00pm Documentary film	1:00pm Harmony of the Sphere's	12:00pm Lunch and Learn	4:00pm Beach Walk 6:00pm Evening Prayer	10:00am Reclam the Bay program 7:30pm Star Party	9:00am AOL Beach Clean-up

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



Whatever day we return to in-person services as normal, we will celebrate Easter!
 If you would like to memorialize loved ones with a donation toward Easter Flowers,
 kindly print/complete the form below and either mail your donation to the church office or
 place it in our drop box located outside the church office.

Make sure the donor and recipient names are clearly written and please note "Altar Guild-Easter" in the check memo.

YOUR NAME: _____

TELEPHONE #: _____

DONATION AMT: _____

IN MEMORY OF: _____



DISHING WITH THE DEACON

Easter, in case you have forgotten, is April 12th. When the Parish Post comes out, it will still be Lent. So, what direction do we go in? I'm choosing Easter, my favorite Holy day. By the time the Parish Post comes out, it will be closer to Easter than Ash Wednesday and a lot has happened, hasn't it?

My tradition at home is to start filling my home with flowers in anticipation of Easter. Some miniature daffodils, a grape hyacinth or two, little plants, and then as it gets closer to Easter, some tulips, pussy willows, and large daffodils. Then comes the glorious lilies so reminiscent of Easter.

Now I have an outward display of an inward feeling of great joy. He is risen, He is risen, He is risen! He has burst his three-day prison. Because he lives so shall we live. With much beauty and joy, let us celebrate the resurrection of our beloved Lord and Savior!

Yes, there is Good Friday, a somber day and we mourn the death of our friend and Savior but we know what's coming. However you celebrate it, whether we are together or not (seems unlikely) our hearts unite in celebration, remembering his great gift to us. Let us say together Alleluia, Alleluia, Alleluia! I wish you a productive end of Lent and a joyous beginning of the Easter Season!

Love from your Deacon Judy

Take it Easy Low Sodium Chicken Breast Recipe

INGREDIENTS

- 2 inch boneless skinless chicken breasts pounded to even thickness (about ½ inch or slightly more)
- 2 tablespoons white wine vinegar
- 1 teaspoon olive oil
- ½ teaspoon onion powder
- ¼ teaspoon garlic powder
- ½ teaspoon fresh ground pepper
- 1 teaspoon parsley flakes



INSTRUCTIONS

1. Pound chicken to ½ inch - ¾ inch thick, even throughout.
2. In a shallow baking dish or Ziploc bag, add all other ingredients and mix well. Place chicken in marinade and refrigerate for an hour or more if you can.
3. Spray grill pan with non-stick cooking spray and set heat to high. Let pan get good and hot first - this is essential! Should take at least 5 minutes.
4. Preheat oven to 375° F.
5. When grill pan is good and hot, add chicken with tongs. Don't move or touch it for exactly 1½ minutes! Then, turn it over and grill the other side for exactly 1½ minutes. Now, place the whole thing in the oven for 8-10 minutes.
6. Remove from oven and use an instant read thermometer. Chicken is done when internal temperature is 165° F.

Let stand on a plate for about 5 minutes before serving.

ELLEN DONDERO'S LOCKDOWN LINGUINI

Ingredients (at room temp):

- One CLEAN box of linguini
- 1 egg (wash the shell)
- 1C or more grated parmesan cheese (wipe down container)
- Garlic, Salt & pepper
- Cooked, chopped bacon (**tip**: chop first, *then cook!*)
- Chopped parsley (fresh or dried is fine, as long as it's clean!)
- Cream or half & half (wipe down container)
- Butter (**NOT** margarine. If you don't have butter, leave it out)
- 1C or less cooked peas



Directions: Wash your hands before you do anything!

While pasta is cooking (follow instructions on that clean box. save about quarter to half a cup pasta water before straining.)

Mix together in a large disinfected bowl with a really clean fork:

Egg, Grated parmesan, and Garlic to taste. Toss pasta in bowl with egg and cheese and a little of the pasta water. Add butter (a tablespoon or two? I'm not sure, but I don't cook anything without butter) some cream (maybe quarter cup?, use your judgment)...When consistency is as you like, toss in peas & bacon. Serve on plate or in pasta bowl, and garnish with chopped parsley

This is awesome with crusty bread (*with BUTTER!*) & tossed salad if you have it. If you don't, this pasta stands alone just fine! Enjoy and stay safe!

MTR. CAROLINE'S QUARANTINE QUICHE (makes 2 quiches)

Ingredients:

- 6 eggs
- 1 cup feta
- 1 cup grated cheddar (can be more!)
- 1 cup cooked bacon (chopped)
- ¾ cup heavy cream or whole milk
- 1 packet Lipton Onion soup (½ to mix and ½ to sprinkle)
- Spices: some rosemary, dashes of oregano, dash of black pepper, dashes of garlic

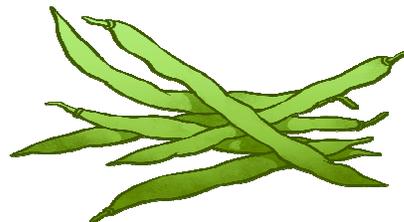


Directions: Mix everything together except for saving some bacon and ½ of the onion soup to sprinkle on top. Bake at 350° for 45 minutes or until it doesn't jiggle when checking it. Eat.

DEACON JUDY'S LONG-DISTANCE LEGUMES (Garlic Green Beans)

Trim 1 pound or any amount you have
Steam for 8 min.

Melt 2 tbsp butter in sauté pan
Add 2-3 finely chopped cloves of garlic
optional - grate 1/2 lemon rind into pan
Can also add chopped nuts
Warm beans etc in pan
Add salt and pepper to taste
Serve warm or hot



My Dear Brothers and Sisters in Christ,

We all know that there are no “sure things”, but right now, I have the **true** sense that I am at God’s mercy. What do YOU do during uncertain times? I keep moving forward. That is not always easy, but it is what works best for me. So with thoughtfulness, I pray and do what I can to stay positive, and stay true to my calling at Holy Innocents as Minister of Music.



How am I moving forward?

1. Planning: I now know for sure that the choir cannot return until after Easter. That makes me sadder than anyone can imagine, but I am still planning music through Easter though it is VERY different for me this year.
2. Staying in touch: keeping tabs on choir members (and others) as to how they are doing, and keeping them up to date with how I’m doing.
3. Participating: playing for Sunday morning services, and helping with Stations of the Cross on Friday evenings. As a staff member, I am able to do this, and I keep a safe social distance.
4. Keeping my sense of humor: Any choir member can tell you how important that is to me.

Just for fun!

If you are looking for some musical inspiration, or a good joke, send me an email at the address below and I will grant your request! Just put “give me some music” or “give me a laugh” in the subject, and I will email you back ASAP.

With love and laughs,
Ellen Dondero, Minister of Music
ejdondero@comcast.net

MUSICAL HAPPENINGS

2020 Concert Series

(subject to change)



Saturday, May 9 at 4pm

Jimmy Merchant Jazz Trio
Robert Bannon ~ vocalist

Saturday, June 6 at 4pm
Claudia Pellegrini ~ violinist
Mark Yurkanin ~ pianist



*~ A free will offering is taken and
a reception follows each concert ~*

Call 609-492-7571 for more information

or email

Ellen Dondero, Minister of Music
ejdondero@comcast.net



UNTIL ALL ARE FREE

Change is Happening: Officials free 204 in a single day with little help from IJM

Last month, IJM assisted local authorities in rescuing 204 children, women and men from two massive brick kilns near Bangalore. This is one of our largest joint operations ever and a promising sign of how the Indian government is stepping up against human trafficking in bold new ways.

Trafficked into Brutal Conditions

The women, men and 41 children in this case fell into bondage six months ago, when they were lured from the states of Chhattisgarh and Odisha (in central India) by the promise of good jobs and fair pay. Instead, four alleged traffickers brought them by train to Bangalore and passed them off to a pair of powerful brothers who ran the two brick kilns. The owners gave the laborers an advanced payment of \$200-400 for their work, which then became a false debt to convince the families they could never leave.

Life at the kilns quickly became brutal. The laborers faced constant physical and verbal abuse as they worked up to 18 hours a day molding clay bricks in the scorching sun. They were watched constantly by the kiln owners, supervisors and security cameras. Once a week, one family member could buy food at a local market under close supervision; otherwise they were trapped.

“My husband, 3-year-old son and I could only afford to eat a small meal of rice gruel twice a day,” one woman shared later. “We needed to suppress our hunger since this was hardly enough to fill our stomachs.” At night, the families slept in tiny, temporary shelters made of stacked bricks and rough tarps. They had no access to clean water and could only bathe, cook and drink the same water being used to make the clay bricks.

Proactive Officials Take Charge

Once IJM presented the case to local authorities, they acted with remarkable speed to mobilize a rescue operation, free the laborers and arrest their alleged abusers.

In the early days of IJM’s work, it could have taken weeks of advocacy and a dozen IJM staff to make a rescue possible. Our team has spent years equipping officials on proper procedures, and now they were ready to act. IJM only sent a small group of five staff to assist them as needed.

On February 11, the government’s District Legal Services Authority coordinated a team of 30 officials for back-to-back operations at the two neighboring kilns. Inside each location, police separated the laborers from the supervisors and safely confirmed the stories of abuse before bringing the families to safety.

As he heard their stories, a prominent judge who leads the DLSA said he was stunned by “*the ill-treatment that one human being suffers at the hand of another.*”

As the operation continued, officials proactively followed all of the laws and best practices for bonded labor cases. Within 24 hours, police arrested four suspects, filed official reports, provided medical care and warm meals, filed a case for back-payment to the laborers, and arranged safe housing for the families for the next three days.

On the second and third day of the operation, authorities recorded detailed statements from the survivors and then provided them with Release Certificates, which break their false debts to the kiln owner and officially declare them free. Almost all of these protections were given with minimal support from the IJM team.

Safer for the Future

With evidence gathered, the government in Bangalore coordinated with their counterparts from Odisha state and arranged designated train coaches to take the survivors home. Several local officials even came to the train station personally to see the survivors off. This kind of victim-sensitive case was unheard-of just a few years ago.

“The impeccable and thorough arrangements of the government—without the kind of advocacy we have had to do in the past—was truly remarkable,” shares Indrajeet Pawar, IJM’s director of operations in Bangalore. “*This is absolutely unprecedented and shows the massive shift in the government willingness to see this through.*”

As they resettle, the survivors will be supported in a two-year rehabilitative aftercare program from IJM’s team in Odisha—where they will recover from trauma, find safe jobs, and relearn how to live in freedom. IJM staff will ensure these families have safer futures and, with the promising trends in government-led rescue demonstrated in this case, we are confident thousands of other families will have that same chance too.



**God's Blessings to everyone celebrating
a birthday or anniversary in April**

Birthdays

Stokes V. Carrigan	01	Susan Wilson	17
Katelynne Cowper	01	Jacqueline Radice	18
Jacqueline B. Sparks	04	Lisa Mack	20
Bill Kehr	10	Carroll Sheppard	20
Wesley Heilman, III	13	Charles Miller	23
Thomas Hughes	13	Margaret Degnan	24
Launa Ruoff	13	Marie Bregler	26
Tino Andrade	14	Roy Bray	27
Judith Studer Hamilton	15	Karin R. Mitchell	27
Philip Flagler	16		
Larry Peacock	17		

Anniversaries

Donald and Linda Anderson 9
Kneeland and Suzette A. Whiting 12 Richard and Jeanne Cashel 28

*If we have missed your birthday / anniversary,
we apologize! PLEASE let us know by calling the office
so that we may update our records.*



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 **April**. (*subject to change*)

APRIL ALTAR GUILD

5th - Cindy Longenbach, Melissa Wall
10th - Melissa Wall, Chris Burlaga
12th - Melissa wall, Diane Entrikin
19th - Floss Boulden, Chris Burlaga
26th - Carol Hammond, Ruth McLaughlin

APRIL ALTAR DONATIONS

5th -
12th -
19th -
26th - Richard & Jeanne Cashel

APRIL FLOWER GUILD

5th - Lenten Greens
12th - Palms
19th - Easter Flowers
26th -

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**

Bible Crossword X

Across

Down

- 1** Donkey (3)
- 2** Jesus' Father (3)
- 4** One of the twelve (9)

- 1** One of God's messengers (5,2,3,4)
- 3** 1940s archaeological find (4,3,7)

4		5		6			7		8		9		10		11
12							13				14				15
16							17				18				19
20											21				

- 8** Didn't believe in resurrection (9)
- 12** One of David's warriors (5)
- 13** First word of the Lord's Prayer (3)
- 14** New Testament name for Noah (3)
- 15** Wish harm upon (5)
- 16** Hole in the ground (3)
- 17** Adversary (5)
- 18** Savour (5)
- 19** First woman (3)
- 20** Mother of John the Baptist (9)
- 21** Family of priests (9)
- 22** Third son of Jacob (4)
- 23** Hates (8)
- 26** Assurances (8)
- 30** Endured pain (8)
- 31** Return from the dead (4)
- 32** Intercessor (8)
- 35** Decorating (8)
- 39** Old Testament book of the Bible (4)
- 40** The prince of Rosh, Mesech and Tubal (3)
- 42** A wise insect (3)
- 44** Dwelling place of kings (6)
- 45** Make bigger (8)

- 4** Tread down (7)
- 5** Father of Jonah (7)
- 6** Very salty water bordering Israel (4,3)
- 7** Defensive structures (11)
- 8** Refuges (11)
- 9** Dirty (7)
- 10** Devout (7)
- 11** Pieces of money (7)
- 24** Used to listen (3)
- 25** Used to see (3)
- 26** Positions (5)
- 27** Made available (7)
- 28** Snake (7)
- 29** Destroyed along with Gomorrah (5)
- 33** Finish (3)
- 34** Possess (3)
- 35** King of the Amalekites (4)
- 36** Last letter of the Greek alphabet (5)
- 37** Almost sacrificed by Abraham (5)
- 38** Present (4)
- 41** Unfasten (4)
- 43** Fish traps (4)

<http://biblepuzzles.org.uk>

April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:00p Compline (FB Live)	2 6:30p Lenten Program (Zoom)	3 6:00p Stations of the Cross (FB Live) <i>Parish Office</i> <i>Closed</i>	4
5  9:30a Holy Eucharist (FB Live & YouTube)	6	7 6:00p Sung Evening Prayer (FB Live) 7:00p Vestry (Zoom)	8 7:00p Sung Tenebrae (FB Live)	9 MAUNDY THURSDAY 6:00p (Diocese of NJ) <i>Gethsemane</i> <i>Vigil 9pm-9am</i> (FB Live & Zoom)	10 GOOD FRIDAY 12:00p Service (FB Live & YouTube) <i>Parish Office</i> <i>Closed</i>	11 HOLY SATURDAY 7:30p Great Vigil of Easter (Diocese of NJ)
12  9:30a Holy Eucharist (FB Live & YouTube)	13 EASTER MONDAY <i>Parish Office</i> <i>Closed</i>	14 6:00p Sung Evening Prayer (FB Live)	15 9:00p Compline (FB Live)	16 3:00p BS (Zoom)	17 <i>Parish Office</i> <i>Closed</i>	18
19 The 2nd Sunday of Easter 9:30a Holy Eucharist (FB Live & YouTube)	20	21 6:00p Sung Evening Prayer (FB Live)	22 9:00p Compline (FB Live)	23 3:00p BS (Zoom)	24 <i>Parish Office</i> <i>Closed</i>	25
26 The 3rd Sunday of Easter 9:30a Holy Eucharist (FB Live & YouTube)	27	28 6:00p Sung Evening Prayer (FB Live)	29 9:00p Compline (FB Live)	30 3:00p BS (Zoom)		

AA ~ Alcoholics Anonymous **BSP** ~ Bible Study in Parsonage **ECW** ~ Episcopal Church Women ~ **EP** ~ Evening Prayer
LEG ~ Ladies' Exercise Group **MJ** ~ Mah Jongg **MP** ~ Morning Prayer **SS** ~ Sunday School

Rector's Office Hours

Monday ~ 9:30a-4:00p Tuesday ~ 9:00a-4:00p Wednesday & Thursday ~ 9:00a-1:00p

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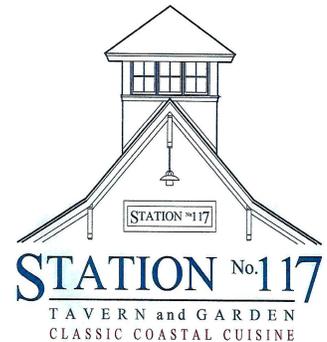
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THANK YOU ALL!!!

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 & Lyn Cranmer

Bill Martin ~ Judy Hamilton

These ads greatly help defray our publishing costs!

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April 2020



Sunday Morning Rite II Worship Service
9:30 a.m. (FB Live & YouTube)