

July 2024

# THE PARISH POST

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

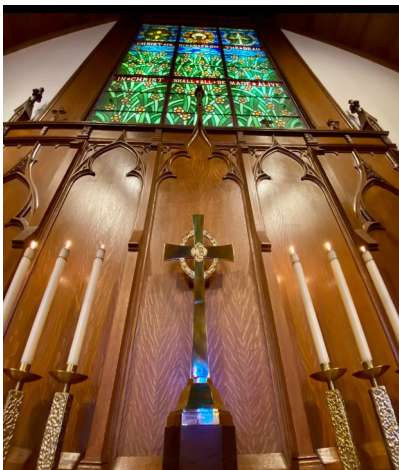
Church Email  
hichurch08008@gmail.com  
Website: www.hiecbh.com  
Office: 609 492 7571  
Parish Office Hours  
Monday thru Thursday  
9:00am - 2:00pm

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## The Parson's Place

### HAPPY SUMMER!

Please make sure to let me know your pastoral needs, as they arise, and please also continue to pray for one another. I believe in the power of prayer! If you've never tried the 7:30 service, Morning Prayer, Evening Prayer, or Compline online, etc. please treat yourself to these things. ALSO, let's renew our concerted effort to welcome people on Sunday mornings, to stretch out our hands and eyes and hearts to those in our midst during the Peace, and to invite folks to coffee hour! The term "Coffee Hour" doesn't obligate one to stay for an hour, but to simply meet one another, maybe share a snack, and to smile and share and chat. Please come into Martin Hall if you've never been a part of this. Please know that you are most welcomed! This month features Independence Day, a Little Egg Harbor Yacht Club Sunday (14<sup>th</sup>), and our Church Anniversary on July 9<sup>th</sup>!

*Gracious God we give thanks as we celebrate the anniversary of Holy Innocents' Church on July 9th and the journey that started so many years ago – and so many plans ago – and so many dreams ago. We celebrate all the joys that have been birthed in these wonderful years. We celebrate all the happy times, all the accomplishments, and all the triumphs. Thank you, Lord, for blessing us. We acknowledge that there have been and will continue to be struggles. Yet, we have traveled together under your protection and love. Thank You, Lord, for being with us in good times and bad. We ask, Lord, that you would continue to protect us, guide us and sustain us as we go forth from this day. Amen.*

In *Treasuring God in Our Traditions*, Noël Piper names God as the inventor of tradition. In Exodus 12:42, for example, God wants his people to remember all his works, to honor him for what he's done, and to tell their children and grandchildren what they have witnessed.

That particular scene is about the Passover, but how can we apply the same principles to our other anniversaries? Anniversaries are about remembering our vows before God.

I periodically pull out my ordination vows from the BCP and my ordination bulletin and examine them again, bit by bit. Clergy do this together each Holy Week in the annual diocesan Chrism mass where we also renew our ordination vows. We discuss and read how to remain faithful, and we pray for my colleagues, for you, and for myself.

Have you tried that on important anniversaries or days of celebration? Check in with the friends and family who celebrated a major event with you. Laugh and reminisce about the day, look at pictures that highlight the joys experienced, learn from the hard lessons, hope for continued strength and rejoice in your fellowship together!

*Continued on next page....*



## Church Dedication Anniversary Prayer

by Paul Berchtold, February, 2011

Let us celebrate a grand feast,  
From the greatest to the least,  
Let us rejoice, on this happy morn,  
The special day our church was born.

God bless those who planted the seed,  
And those who gave to every need,  
And those who labored, with such care,  
To build this church, God's House of Prayer.

May we follow their example bright,  
Generously live, do what's right,  
Like them, may we, give God our best,  
So our souls can find his rest.

May all who come find peace and light,  
May God's presence and his might,  
Gently guard this holy place,  
May all find joy, abundant grace.

Thank you, God, for what's been done,  
Here at this place, through your Son,  
May your work, keep on growing,  
Love and peace overflowing. Amen.

Caroline+



## Burundi Support Drive

Funds raised will go to support one of four areas:

St. Andrew's School and Orphanage  
Nayarunazi rural Church (for the roof!)

Support for Domestic Violence victims and training for clergy via the Diocese of Muyinga  
Water filtration and piping structures



Please see Mtr. Caroline+ for more information. This drive is all summer and ends at the end of August.

## YOGA CLASS COMING



I am working with Yoga Bohemia to offer the Beach Haven (and whole island) community a yoga class for those who feel that they have some level of mobility impairment. The class will be led by professional instructors .

The class **begins MONDAY, JULY 15th from 9:15 to 10:15 a.m.** and will be weekly on Mondays in Martin Hall. Please contact Christine Little at 908-642-6096 to sign up. Suggested donation \$15.00.



# This month Mtr. Caroline begins her 6th year with us!!!



**ARRIVED:**  
*June 23, 2019*  
**ORDINATION:**  
*June 27, 2019*  
**1ST SERVICE HI:**  
*June 30, 2019*





## Sandwich Ministry



We prepare and donate 75 bagged meals to Bright Harbor on the second Wednesday of each month. Those meals are then distributed to Ocean County residents living outdoors, at risk families, and a youth group.

On June 12, thanks to the generous donations from Holy Innocents' parishioners, we also delivered:



over 1200 diapers  
75 containers of baby wipes  
140 jars of baby food  
3 cases of formula

Containers of baby lotion and baby powder

These items will be sent to the NJ Mental Health Association/Ocean County division MORE project which is providing support to mothers in recovery.

So far in 2024 we have produced 420 bagged meals. Please join us from 9:30 until 11 on Wednesday, July 10 for our next gathering. We make sandwiches, peel and slice carrots, bag cookies, stuff bags, and manage to laugh a lot. All are welcome. Contact Alexa Fahner for additional information.



## UPDATING YOUR CONTACT INFORMATION

A new directory is coming out on AUGUST 1st and we ask you to please review your contact information in last year's directory and to let us know if there are any changes to your address, phone number, or emails.



**July 14** – Little Egg Harbor Yacht Club (LEHYC) Sunday

**Sept. 15** – Annual Church Picnic at 5:00

**Oct. 4** – St. Francis Day Annual Blessing of the Animals 5:00 – 6:00

**Oct. 17** – Annual Silent Bid Auction at Sea Shell at 6:00 p.m.

**Nov. 9** – (ECW) Antique Appraisals

**Nov. 16** – Diocese of NJ Annual Convention (delegates attend)

**Dec. 1** – Messiah Sing at 4:00 p.m.

**Dec. 13** – Festival of Nine Lessons & Carols, Time TBA

**Dec. 17** – “Blue Christmas” service at 5:00 p.m.



## Parish Prayer List July

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

Judy Contreras	Lara Sparks Deitz	Joan Connolly
Mary Ann Crewdson	Dennis	Gerry M.
Connie Anderson	Christian Balint	Susan F.
Cheryl	Dayton	Jason
Bob Hendricks	Christine Hendricks	Andy
Kathy & Walter	Ron & Kenny	Jeannine
Priscilla	Judy & Al	Joan & Linda Kelly
Chris C.	Pierro Family	David D'Ambrosia
Barry Longenbach	Robert	Mike
Tony	Aleen	Jan
Elliott	Dennis Hickey	Rosanne & Bob
Laura	Lovas Family	Debbie & Joe Reising
Rebecca	Fiona	Graham
Bob	Sue	Melanie
Sophia	Joseph	Paris
Jim Darling	Charles Sullivan	Warren Lamon
Rachel	Louise Muth	Teri Keller
Gia	Cora	Vic Hughes
Frank M.	Ray M.	Kate White
Joey	Diane & Rick Dreby	Patty August
Canon Don Muller	Sue P.	Rich
Ed & Fran Kurocka	The Flagler Family	Steve & Dawn Swarter
Ann White	Bishop Michael Curry	TJ Patton
Beth Camarote	Fr. Frank Crumbaugh	George & Linda Huggler
Omer Demir	Carol Roberts	Cindy Wood
Judy Hamilton	Peg Appleget	Mike DeCicco
Dcn. Judy	Fran	Lynne Weidmann
Joe	Alicia Magarelli	Johnson Family & Friends
Jennifer	Ellen Adams	Keith Moore
Family & Friends of Bunny	Alycia Mullin	Diane
Connie	Florence Welharticky	Maxine Edland
Rob	Kevin Catrano	

### **Those serving in the military and other dangerous professions:**

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



A new Coffee Hour Calendar for July-December has been posted on the bulletin board outside Martin Hall.

All weeks are available with the exception of the second Sunday of each month. This second week is reserved for Vestry Birthday Cake celebrations.

Thank you.  
Ellen Kehr



*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'!*

***July Parishioner Spotlight ~ Anne DeSouza***

I grew up in the suburbs of Pittsburgh. I received a Bachelor's degree in nursing and subsequently got certified as an occupational therapist, because I wanted to create and plan programs for patients. Unfortunately, I then had brain surgery at the age of 24. After my recovery from this surgery, I moved to Philadelphia because the public transportation was good there.

I worked as an occupational therapist and got a job with the State of Pennsylvania in Norristown, PA. While living in Bryn Mawr, I met my husband Al, and we were married in 1994.

We moved to Beach Haven in 2013. I started going to Holy Innocents' because it was close to our home and I really liked Father Frank. I also like



the church because it is a small

congregation and people are friendly. I enjoyed the game nights that we used to have. I also like coffee hours and have enjoyed many of the concerts that are presented in the spring.

I like to eat anything I don't have to cook, and enjoy many of the local restaurants. I enjoy the Surfflight Theater and the Barnegat Lighthouse. I also joined the Healthy Bones program (offered through the LBI Health Department and the State of NJ) a few years ago, and it is very important to me.

I like rock and roll and especially folk music from the '60s. I have really enjoyed the Messiah Sing every year at Holy Innocents. Al usually sings with the tenor section.



*Reminiscing with Tom Jacobsen at a coffee hour about good times at game night*

One of my favorite scripture verses is Psalm 23.

I have some issues with a pinched nerve at this time but would be happy to help in any activities at church once I am feeling better.



## Sustainable Air Conditioning Solutions to Try This Summer

By Maureen Wise

Summer is one of the best times to get outside and enjoy nature's wonders. Hiking, biking, camping, and kayaking are all great ways to enjoy the outdoors with your friends and family. But, once you're indoors, you likely head straight for an air-conditioned space to cool down. Eco-conscious individuals may wonder about the environmental impact of air conditioning and how to choose more sustainable options. We've rounded up some sustainable air conditioning solutions as well as ways to cool your home without using as much electricity.



### Impact of Air Conditioning Use

According to the US Energy Information Administration, 87 percent of homes in the United States use air conditioning equipment. On average, use of this equipment accounts for 12 percent of our overall home energy usage. This equipment can also have a significant impact on the environment. Project Drawdown, a research initiative working to both rank problems and create solutions for climate change, put refrigerant management in the top ten climate change mitigation measures. To cool air, window AC units and whole-house systems use fluorocarbon refrigerants. Older varieties of these refrigerants—such as hydrofluorocarbons—are being phased out after 2020, reports the Minnesota Pollution Control Agency. This is because they are known to deteriorate the ozone layer in the stratosphere, which warms the planet and reduces the atmosphere's ability to shield us from UV rays.

**AC Alternatives** - There are a number of sustainable air conditioning solutions you might consider as alternatives to traditional air conditioners powered by fluorocarbon refrigerants.

**Evaporative Cooling**- This cooling system is best in arid climates where humid air feels cooler than dry air. The solution cools warm, outdoor air by moving it over or through water-saturated pads. The air evaporates the water and is cooled by 15 to 40 degrees Fahrenheit! This cooler air is then pushed into the home as warm air is pushed out, creating a breeze effect that also cools the space. This system requires only a quarter of the energy needed for traditional refrigerant systems, according to the Department of Energy (DOE).

**Whole House Fans** - Typically, a whole house fan is installed in the attic and moves air up and out of the house. These large fans move the air automatically, creating air movement that causes a cooling effect. The DOE compares the cost of a whole house fan to a traditional window air unit. The fan system costs about one to five cents per hour of use, while a traditional system costs more than seventeen cents per hour.

**Geothermal Cooling** -Like geothermal heating, this system takes advantage of the constant 54-degrees-Fahrenheit temperature underground to cool liquid-filled pipes. While geothermal systems use energy to move liquid around, little energy is introduced to cool air. According to the Energy Environmental Corporation, geothermal cooling is 43 percent more efficient than traditional methods.

**Radiant Cooling** According to the DOE, radiant cooling works by absorbing heat in a room through systems installed in the floor or ceiling. Typically, these systems use aluminum panels that circulate chilled water to absorb the heat. This type of cooling is best in arid environments, since condensation and mold can be a concern. In spaces that already have radiant heating, a similar radiant cooling system can also be installed. Oorja Energy Engineering reports that radiant cooling uses 30 percent less energy compared with refrigerant-based AC units.

**Ceiling Fans** - Fans placed at the top of a room move air around the whole space as opposed to the limited circulation of a window fan. The DOE tells us that, when used in conjunction with an air conditioner, ceiling fans make the room feel four degrees cooler, meaning you can use your AC less.

## EEAC continued...

### Tips for Reducing AC Energy Use

If you're not ready to install an AC alternative quite yet, you can still reduce your home cooling costs. Keep a running tally of how long your AC unit is running, and then calculate your cooling energy costs with this [Energy Use Calculator](#). Try putting some of the following ideas in place and see how much you save! (Be sure to use comparable temperature days.)

Keep blinds and curtains closed during the day to prevent sunlight from heating your room.

Sip icy drinks.

Have a water balloon fight, dip in a pool, or play in the sprinkler with the kids.

Check your attic ventilation. Warm air rises to the top of your home. If your attic remains hot, the rest of your house won't be able to get as cool.

Open windows on opposite sides of the home and across rooms to create cross breezes.

Keep the oven off.

Put your pillow in the freezer to cool it down before going to bed.

Change the air filters on your home air handling system (furnace or otherwise) on a regular schedule. This will improve how it runs and can help both your AC and your home heating system work more efficiently.

Install a programmable thermostat to let your home get warmer while you are away and only lower the temperatures when you are there.

Seal and caulk around doors, windows, and foundations to keep the warm air out and the cool air in. Similar to home heating, you want the air that you are cooling to stay in your home—not escape.

**Why It's Good** - Using less energy to cool your home can help you save money and reduce your family's carbon footprint. *Submitted by: Caroline Carson*










## Official Opening Of Our New Playground!!

The official opening of our new playground was a huge success!! We would like to thank all the people involved in making this happen: Our playground committee members. Matt Starr, Dave White, Laurie Messler, Leila Sullivan, Kay DeCicco and Mtr. Caroline. A HUGE THANK YOU to all the donors who helped us reach and exceed our fundraising goals!!





# JULY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 9:00am MP (FB)	<b>2</b> 9:15am-10:15am (LEG)  6:00pm Evening Prayer (FB)	<b>3</b> 6:00pm AA Women's Mtg.  7:30 pm BHCAP Concert on the Green- <del>Tequilla</del> Rose Band	<b>4</b>  NO LEG Parish Office Closed	<b>5</b> Parish Office Closed	<b>6</b> 
<b>7</b> <i>The Seventh Sunday after Pentecost</i>  7:30am Rite I 8:30am Choir 9:30am Rite II <i>Rector's Forum during Coffee Hour</i>	<b>8</b> 9:00am MP (FB)  	<b>9</b> NO LEG 142nd Anniversary   6:00pm Evening Prayer (FB)	<b>10</b> 9:30am-11:00am Sandwich Min.  6:00pm AA Women's Mtg.  7:30 pm BHCAP Concert on the Green- <del>Jimmy &amp; The Parrots</del>	<b>11</b> 9:15am-10:15am (LEG) 2:00pm Bk Study 7:00pm Vestry 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	<b>12</b> Parish Office Closed  	<b>13</b>
<b>14</b> <i>The Eighth Sunday after Pentecost</i>  7:30am Rite I 9:30am Rite II <b>LEHYC Sunday</b>	<b>15</b> 9:00am MP (FB) 9:15-10:15am Yoga	<b>16</b> 9:15am-10:15am (LEG)  6:00pm Evening Prayer (FB)	<b>17</b> 4:00pm Prayer Ministry  6:00pm AA Women's Mtg. 7:30 pm BHCAP Concert on the Green- <del>Rave Ons</del>	<b>18</b> 9:15am-10:15am (LEG) 2:00pm Bk Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	<b>19</b> Parish Office Closed	<b>20</b> <i>8:30am Coffee w/ Mtr. Caroline @ Guapo's Coffee House</i>
<b>21</b> <i>The Ninth Sunday after Pentecost</i>  7:30am Rite I 9:30am Rite II	<b>22</b> 9:00am MP (FB) 9:15-10:15am Yoga	<b>23</b> 9:15am-10:15am (LEG)  6:00pm Evening Prayer (FB)	<b>24</b> 6:00pm AA Women's Mtg.  7:30 pm BHCAP Concert on the Green- <del>Diablo</del> Sandwich Band	<b>25</b> 9:15am-10:15am (LEG) 2:00pm Bk Study 7:30pm AA Mtg. Clam-Diggers 9:00pm Compline (FB)	<b>26</b> Parish Office Closed	<b>27</b> <i>6:00pm Mass on the Beach (bring beach chair &amp; brown bag dinner)</i>
<b>28</b> <i>The Tenth Sunday after Pentecost</i>  7:30am Rite I 9:30am Rite II  	<b>29</b> 9:00am MP (FB) 9:15-10:15am Yoga	<b>30</b> 9:15am-10:15am (LEG)  6:00pm Evening Prayer (FB)	<b>31</b> 6:00pm AA Women's Mtg.  7:30 pm BHCAP Concert on the Green- <del>McLean</del> Ave. Band			

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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!

The Hillman Family ~ Larry & Pat Peacock ~

Carroll & Carl Sheppard ~ The Hughes Family

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

Our Prayer Ministry group is growing! This means so much to me. The power of prayer is amazing. God may not answer as quickly as we would like but don't ever give up praying for your needs or the needs of others.

Our next gathering will be on Wednesday **July 17, 2024, at 4:00 in the chapel**. Please feel free to contact me by phone or email if you would like us to add a name to our list. Any name that you would like for our parish bulletin must be sent directly to Lisa Halpin.

God is always with us!  
Judy Contreras  
856-906-6725  
[judyc3956@gmail.com](mailto:judyc3956@gmail.com)





## July Birthdays

Nicole Baxter	03	Chuck Hall	19
Bill Cowper	04	David Mitchell	19
Harlow Romanowski	06	Christa Steiner	20
Carmen Mack	08	Cindy Longenbach	21
Andrew Goddard	09	Kris Anderson	27
Suzette A. Whiting	09	Sharon Osborn	28
Kay DeCicco	14	John Johnson	29
Patricia Cotey Peacock	17	Linda Grossman	30



## 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

7<sup>th</sup> - Ruth McLaughlin  
 14<sup>th</sup> - Artificial Flowers  
 21<sup>st</sup> - Wall Family  
 28<sup>th</sup> - Artificial Flowers



### JULY FLOWER GUILD

7<sup>th</sup> - Joyce Hillyer  
 14<sup>th</sup> - Artificial Flowers  
 21<sup>st</sup> - Carol Hammond  
 28<sup>th</sup> - Artificial Flowers

### JULY ALTAR GUILD

7<sup>th</sup> - Melissa Wall, Chris Burlaga  
 14<sup>th</sup> - Jackie Sparks, Carol Hammond  
 21<sup>st</sup> - Chris Burlaga, Jeanne Cashel  
 28<sup>th</sup> - Jackie Sparks, Carol Hammond

### JULY USHERS & GREETERS

7<sup>th</sup> - Kay DeCicco, Mike DeCicco  
 14<sup>th</sup> - Mike Fahner, Bob Weidmann  
 21<sup>st</sup> - Sue Hughes, Melissa Wall  
 28<sup>th</sup> - Mike Fahner, Gail Jacobsen



### JULY COFFEE HOUR SCHEDULE

7<sup>th</sup> - Gail & Tom Jacobsen  
 14<sup>th</sup> - Barbara Wheeler  
 21<sup>st</sup> - Maggie Aftanis  
 28<sup>th</sup> - TBD





**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  
 (May 26th through Labor Day)  
 Sunday Morning ~ 9:30 a.m.  
 Rite II Worship Service with music  
 609-492-7571

On Saturday, June 15th, a CPR/AED Training Class was held in Martin Hall from 9:00 am to 12:00 pm. Eleven people learned how and became certified in giving CPR on both adults and infants and how to use the AED (Automated External Defibrillator). It was a great class! We hope to have another class in the future and expand into basic first aid as well.

