

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

**The Parson's Place**

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Dear All,

We have a new bishop, YAY! The Right Reverend Dr. Sally Johnson French was consecrated a week ago at Trinity Cathedral in Trenton and it was a wonderfully busy Friday and Saturday. Her first official visitation was last Sunday afternoon at Christ Episcopal - Cristo Rey church in Trenton with the Hispanic ministries and Ecuadorian guest bishops. I was invited to participate and had a lovely afternoon.

Our parish may do what is called a "pulpit swap" with this congregation some time in the Fall. Their whole congregation will come here and their priest will preach. As well, there will be a Sunday when I will ask that we will attend at their church in Trenton. If you are willing to do this, I will agree to the swap, but it is essential that it not be a "one way" swap where we simply enjoy having a full Sunday of wonderful guests and then do not return the favor of our presence at their church. That would be, in a word, awful, not to visit their location. So, I am going to ask you to seriously consider whether or not you would be willing to show up in Trenton one Sunday morning.

That said, another swap is in the consideration and for that one, only a priest swap one morning each between St. Augustine in Atlantic City and Holy Innocents'.

I hope you will all be able to celebrate well and safely for July 4th!

**ANNIVERSARY THOUGHTS**

As tomorrow, July 2, marks the beginning of my fifth year as your rector, it gives me pause to think of all that we have experienced and continue to accomplish together. I am truly blessed to be your priest and give thanks to God every single day. I would never ever have imagined how COVID would impact my beginning of priestly ministry, our lives, or the church in the world today. We muddled and grew together and look at us now - a new kitchen and new fellowship hall floors and paint, a thriving Memorial Garden, and many steadfast ministry programs! Keep up the good work, keep looking and living on the bright side, and keep the faith!

With love and blessings to all,  
Mtr. C+



## Dishing With The Deacon

Lots of Bible verses tell us we should trust God 100% - Do we? Or do we just trust him when everything is going well but not when our lives have taken a turn for the worst?

Mother Karen's sermon this past Sunday made it clear that in her life she found this out when she committed her life as a minister in Christ. Although she has had a meaningful and busy life, the meaning of her life became more powerful and holy when she answered God's call and became a priest.

I know what she's talking about. I share her sense of how the deep meaningfulness of life changed when she dedicated it to God's priesthood. I know the minute my Deacon's stole was placed on me that I was changed and that has proven to be true over the past 14 years.

If God is telling you he wants you to do something for him; listen carefully. You could be ready for a new life, a wonderful way of being, which will bring you close to our Lord and Savior.

Many years ago, our Lord was telling me to become more involved at the church I was attending in Syracuse, NY. It was bringing junior high school kids from school on Wednesday afternoons for Christian Ed. I was volunteered for this job. It was one of the worst experiences in my life. They were totally out of control and I didn't know how to drive a bus and control 25 out of control teenagers.

I went back to church, dropped the students off, and suggested to my Pastor that I couldn't handle this experience.

My Pastor suggested that I might enjoy the cooking team who prepared food for church dinners and special groups such as the Seniors' Thanksgiving luncheon. I was delighted with this assignment because it made use of a talent I had.

It may take us time to find out where we belong, but when we are there it is wonderful. I know this because my life changed dramatically when I answered the call to the Diaconate. Happiness abounded, love filled my heart and I have never been happier serving as a Deacon at Holy Innocents'.

I love you,  
Deacon Judy

## Re-visiting Holy Innocents' Trip to the Holy Land 2012 ~ Part 1



Time and distance has a way of moving on and before you realize it years have passed. It is so with a special trip that occurred at Holy Innocents' over 11 years ago. A group of intrepid pilgrims embarked on a transformational trip to the Holy Land. Deacon Judy and Kay DeCicco proposed the trip to the church and under the leadership of Father Frank (our former rector, plans were developed to go in 2012. With help from Robe Meyer travel plans were made. Meetings and social gatherings took place with biblical materials provided by Father Frank. We knew we were representing all of those member of the church who could not be a part of this trip ad Father Frank

sent reports back to the church each day as our trip progressed so everyone could be a part of this experience. The trip was also made available to the diocese as well and our group swelled to 26 pilgrims. Among those were Father Frank, Deacon Judy, Kay and Mike DeCicco, Marilyn and Phil Flagler, Judy Hamilton, Jackie & King Sparks, Karen and David Mitchell, Gail & Toms Jacobsen, Leila Sullivan and Donna Murphy.

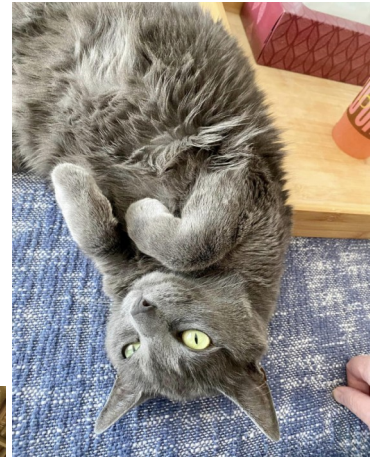
*Continued on next page*

## Re-Visiting the Holy Land ~ Part 1 Continued...

The day for departure finally arrived as we were bused to JFK Airport and our flight on ElAl Airlines to Israel. After some interrogation questions to Father Frank as to the nature of our group ("Father do you know everyone in your group? Where do they come from? And so on) by uniformed Israeli staff we boarded for our nine hour trip! We all sensed that were entering a country that by necessity too security seriously. We arrived at Tel Aviv early on the morning of April 29th tired but eager to begin our journey. After getting settled at our hotel we met with our tour director Orna. She is an Israeli citizen and a professional docent with a great deal of experience and has lived in Israel for her entire life (her father was a retired general in the Israeli army. Orna explained that our next eight days were packed and would involve a great deal of walking (as it turned out we averaged better than 4.5 miles each day!) After the meeting we had the opportunity to meet those who were not part of Holy Innocents'. Then off to our rooms to get some necessary rest. ~ Tom Jacobsen

*To be continued in next issue.....*

## HAPPY 4TH ANNIVERSARY MTR. CAROLINE!!



# Kitchen Renovation!!

Our gorgeous quartz countertops are in!

We have a brand new outer door for the kitchen. If you ever tried to use the old door for entrance into or exit from the kitchen, you know what a blessing this is!

Our new refrigerator with ice maker, stoves with griddles, convection & air fryer ovens, dishwashers and microwave are in place and look fabulous!

The backsplash tile is installed. The picture below shows the tile without the grout and the finished product. It's just beautiful!

All the hardware is in place on the cabinetry and every drawer, cabinet has been neatly lined with shelf paper. Notice the cut-out in the drawer below...you must allow Larry to show you his addition to the Coffee Bar!

So...gorgeous, a blessing, fabulous, beautiful, neat...we sure hope you feel the same way about our renovated kitchen!

Thank you to parishioners that continue to give money to our fundraiser for the kitchen renovation!

Please keep an eye on your weekly E-Pistle! We are hoping for a very exciting announcement within the next few weeks!

Jeanne Cashel, Committee Head ~ 609-276-7710 or [jcashel@comcast.net](mailto:jcashel@comcast.net)



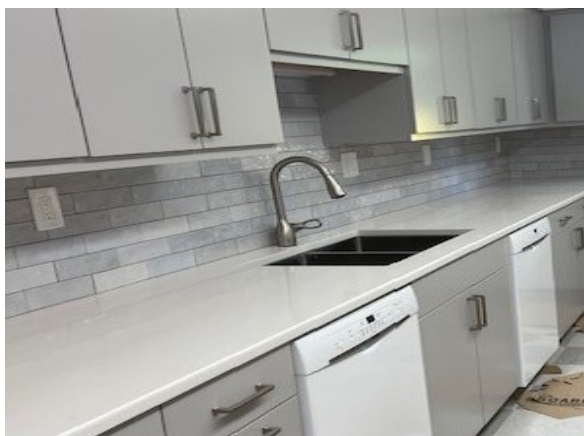
New Dishwashers!



Lined drawer with mysterious cut-out!



New Ranges



Backsplash before and after grout... so pretty!!!



## From Our Minister of Music



### THANK YOU CHOIR!

The Choir of Holy Innocents' will be singing for Sunday morning services through July 3rd, and then taking off the rest of the summer.

I am very grateful that some members have signed up to bring us some special music during the summer months, which may help us miss the choir just a little less.

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

Yours in Christ,  
Ellen Dondero, Minister of Music  
[ejdondero@comcast.net](mailto:ejdondero@comcast.net)

### 2022/23 Concerts! Take that Covid!

Our concerts returned in full this past fall, beginning with Fr. Ron's folk music concert and Messiah Sing in December, as well as Lessons and Carols. And yes, we had Messiah Sing & Lessons and Carols live in 2021, but we were not fully "out" of Covid and we were still mostly masked in public, I believe – although I must admit the years of pre-covid, covid, etc., are somewhat blurred together! All in all, it didn't feel quite the same as it had pre-covid. We continued with live performances and audiences in the spring 2023. All this showed that we have "come back". These concerts included Capital Singers of Trenton (CST) Chorale, the Nocturnes Big Band, CST Women's Ensemble (with an audience of 100 – our largest since pre-covid), and the Island Singers.

Special thanks to Mother Caroline, Deacon Judy, the Wardens and Vestry, our choir, and all of our Parish Family, as well as a large number of local community members, for their love, support, appreciation, and encouragement.

I am very much looking forward to the fall of 2023 and spring of 2024!!

Ellen Dondero, Minister of Music  
[ejdondero@comast.net](mailto:ejdondero@comast.net)



### MASS ON THE BEACH ~ JULY 15TH @ 6:00 PM

**Come with your sandals and beach chair.** Take a dip or go on a walk. Build a sandcastle or stare at the surf! Then, we'll gather together in a semi-circle for a Mass on the Beach at 6:00 PM, followed by a **brown-bag dinner** either on the beach or at the rectory's "Magic Porch" if it's too windy.



# July Birthdays

Nicole Baxter	03	Chuck Hall	19
Bill Cowper	04	David Mitchell	19
Harlow Romanowski	06	Christa Steiner	21
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
Marilyn Thomas	14	Linda Grossman	30
Patricia Cotey Peacock	17		
Marilyn Flagler	18		



## 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

- 2<sup>nd</sup> - Gail Anderson Steiner
- 9<sup>th</sup> - Ruth McLaughlin
- 16<sup>th</sup> -
- 23<sup>rd</sup> -
- 30<sup>th</sup> -



### JULY FLOWER GUILD

- 2<sup>nd</sup> - Joyce Hillyer
- 9<sup>th</sup> - Carol Hammond
- 16<sup>th</sup> - Artificial flowers
- 23<sup>rd</sup> - Kim Sparks
- 30<sup>th</sup> - Joyce Hillyer

### JULY ALTAR GUILD

- 2<sup>nd</sup> - Jackie Sparks
- 9<sup>th</sup> - Melissa Wall
- 16<sup>th</sup> - Jeanne Cashel, Chris Burlaga
- 23<sup>rd</sup> - Carol Hammond, Diane Entrikin
- 30<sup>th</sup> - Jackie Sparks, Diane Entrikin

### JULY USHERS & GREETERS

- 2<sup>nd</sup> - Rob Meyer, Gail Jacobsen
- 9<sup>th</sup> - Vince Contreras, Bob Weidmann
- 16<sup>th</sup> - Leila Sullivan, Mike Fahner
- 23<sup>rd</sup> - Melissa Wall, Sue Hughes
- 30<sup>th</sup> - Bill Cowper, Rob Meyer

**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](mailto:rmeyer1394@aol.com)**

## Parish Prayer List July

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

Charles Bishop	Kevin B. Campbell	Joan Connolly
Judy Contreras	Mary Ann Crewdson	Faith
Joni	Kevin	Lovas Family
Ollie	Peggy	Pat Pritchard
Rhonda Pritchard	Debbie & Joe Reising	Rebecca
Chloe Snyder	Lara Sparks Deitz	Charles Sullivan
Ann White	Jane Enos	Nancy & Gary Acker
Wayne Kotter	Eileen Mitchell	Linda G.
Amie	Judy Boies	Dennis
Jo-Anne	Dave Elfreth	Karen Grossman
Louise Muth	Elliott	Faye
Adam Houser	Jan	Karen & DJ
Dcn. Judy	Sue W.	Mike Daly
Mary Matzer	Anne	Diana
Diane Carter	Anthony B.	Connie Anderson
Christian Balint	Barney H.	Mary Jane Mannherz
Jerry South	Taylor	Gordon
Susan F.	Bishop/Peterson Families	David Southwick
Cheryl	Diane D.	Dayton
Jason	Kretzer Family	Jean & Keith Aclin
Kirsten Angelozzi	McDonough Family & Friends	Howie Dumhart

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

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

## **BLT Potato Salad**

### **INGREDIENTS**

2 lb. small new potatoes  
Kosher salt and freshly ground black pepper  
2 tbsp. sour cream  
2 tbsp. mayonnaise  
1 1/2 tbsp. white wine vinegar  
12 oz. assorted-colored cherry or grape tomatoes  
4 slices bacon, cooked and broken into pieces  
1 1/2 baby arugula  
Chopped chives, for serving



### **DIRECTIONS**

Place potatoes in a large pot of salted water; bring to a boil. Reduce to a simmer and cook until just tender, 10 to 15 minutes. Drain and run under cold water to cool. Once cool, halve (or quarter, if large). Whisk together sour cream, mayonnaise, and vinegar in a bowl. Season with salt and pepper. Add potatoes and toss to coat. Fold in tomatoes, bacon, and arugula. Top with chives.

# In the Spotlight

*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 ~ Vincent Contreras**

I was born in August 1950 in Philadelphia, PA. My father was born and raised in the Philippines and immigrated to the United States while serving with the Merchant Marines. After becoming a US citizen, he joined the United States Navy, where he served as a cook. During WWII, his ship was torpedoed by an enemy submarine; he and his crew survived. My mother, an Irish Catholic, was born and raised in Philadelphia, where she attended school and worked different secretarial jobs. Being an only child, my only blood relatives are nine cousins who are or were from the Philippines.

I enjoyed my adolescent years living in our neighborhood, where kids played outside and were free to roam the neighborhood until dusk. My father had a whistle he would blow in case I stayed out too long or it was dinner time. We had a party line telephone, which we shared with our next-door neighbor. That was a bit embarrassing, as we knew each other. I was born with extruding ears, and had plastic surgery at around 8 years old. The surgeon messed up my left ear, and I had to have a second surgery to try to correct the over-retraction of my ear, but that too failed.

Halfway through my freshman year in high school, my parents decided to move to nearby Cinnaminson Township. I graduated in June of 1969 and worked a labor job while I tried to figure out my future. During my senior year of high school, I had enlisted in the US Navy Reserve, where I attended monthly drills for 2 years, then went to Great Lakes for boot camp. I went on active duty in 1970, but due to having acquired asthma, ended up being medically discharged in late 1970. I continued to work, and began studying electronics in a nearby technical school. After about 20 months, I saw the need to find employment and left the school, returning to work.

My wife Judy and I met in 1973 and married in 1976. In 1977, we purchased our first home in Delran, during which that time our two daughters--Jennifer (born 1980) and Beth (Elizabeth, born 1985)--came into our lives. We moved to Cinnaminson in 1988 and lived there for the next 31 years. While our kids were young, they participated in Brownies and several sports activities. I enjoyed supporting them in these activities. Pictures of my family are included in one of the photo collages.

In 1973, my interest in law enforcement gave me an opportunity, and I was offered a position with the Burlington County Sheriff's Department. In 1974, I was offered a 6-month assignment with the Prosecutor's Office as a Narcotics Investigator. This turned into a 2½ year assignment, during which I worked undercover in various communities. During my undercover work, I taught myself how to operate all the bureau's electronic technical equipment and photographic and video devices. I then spent another year supporting new undercover investigators, as well as conducting search warrants and raids. At the end of 1976, I was offered a fulltime position as an investigator/detective with the Prosecutor's Office, to serve in a new Forensic-Crime Scene Unit. Our mission was to investigate major crime cases, specifically homicides, attempted murder, and major sex crime cases. I was promoted to Detective Sergeant in 1985 and assumed supervision of the Crime Scene Unit, as well as evidence management. I also created the technical support section using my electronic, photographic, and video knowledge. I was fortunate to work with one of our assistant prosecutors in





## Parishioner Spotlight continued...

what became a NJ landmark case, State vs. Sheppard. This case involved how to meet the constitutional requirements that provide a defendant with the right to face their accuser in court while also protecting child victims of sexual or physical assault. I testified as an expert witness and showed the court how we could meet those rights, enabling the child to not have to face the accused by using both video and audio equipment.

In January of 2001, after 27+ years of service, I decided to retire from the Prosecutor's Office and was offered the position of Chief Warrant Officer by the County Sheriff. I spent an additional 13½ years with this department and was responsible for managing upgrades in new technology for court security. I worked on several projects, including the beginning of closed circuit camera coverage of courtrooms and judicial facilities. Being a trained fingerprint expert, I also provided fingerprinting for citizens who were not covered by the new Livescan fingerprinting provided by the State. I had one occasion to compare the fingerprints of two brothers who were both criminals, but one brother had lied and given his other brother's name to the police. The State Police actually misidentified the wrong brother, who was going to be incarcerated for his other brother's crime. Even identical siblings can have similar fingerprints, but there is a difference. One of the photo collages shows pictures of my work in law enforcement.



In 2018, my wife Judy and I decided that, as “empty nesters,” it was time to downsize and sell our large Cinnaminson home, and move to our smaller duplex on Long Beach Island. We looked forward to becoming full-time members of Holy Innocents', which we had visited for over 20 years as summer visitors and home owners on LBI. We enjoyed feeling welcome by parishioners whenever we visited during Sunday services. We also enjoyed the service and Fr. Frank's from-the-heart homily each Sunday. Mother Caroline+ joined Holy Innocents' as our new Rector around the time we became full-time LBI residents. We have become very involved members of the church, becoming members of the vestry, chalice bearer, and counter. I always like to use my technical skills and look for ways to improve or create new capabilities. I was able to propose and with the vestry's approval, purchase and install a new professional streaming camera, expand Wi-Fi access (access points) in the church and chapel and install a ring camera and electrical service for each project in the hallway between the church and Martin Hall. I enjoy projects and helping accomplish improvements to the church. I was also able to help with painting during the kitchen and Martin Hall renovations currently underway.

Judy and I also enjoy time spent with our three granddaughters, Haley (age 13), Julia (age 9), and Annabelle (age 5), whenever possible. This includes summer visits that our daughters and their families make each year. With the wedding of our daughter Beth this May (2023), we will add a new son-in-law Scott, along with his three children Hannah (17), Scotty (14), and Addie (8) to our family.

Recently, wanting to serve the community after speaking to our fellow parishioner Bob Weidmann, I joined the Beach Haven First Aid Squad, to help fill the shortage in volunteers to drive the squad ambulances mostly out of their Ship Bottom Division. I can only imagine how busy the squad will be during the summer months.

I have always enjoyed sitting on the beach on the beautiful days we have here on LBI and watching our grandchildren play during their vacations on LBI. Spring through fall are the best times here on LBI. We have just learned to manage our travel times around the busiest days when both on and off the island. We may be retired, but want to remain as active as possible.

# JULY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
<b>2</b> <i>The Fifth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II  <i>HAPPY 4TH ANNIVERSARY MTR. CAROLINE!</i>	<b>3</b> 9:00am MP (FB)	<b>4</b> <i>Parish Office Closed</i>  	<b>5</b>  <b>7:30pm Concert on the Green</b> <i>Tequila Rose Band</i>	<b>6</b>  2:00pm Book Study @ Rectory  9:00pm Compline (FB)	<b>7</b> <i>Parish Office Closed</i>	<b>8</b>  <i>Farise Committal (TBA)</i>
<b>9</b> <i>The Sixth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II <b>141st Anniversary</b> 	<b>10</b> 9:00am MP (FB)	<b>11</b>	<b>12</b>  <b>7:30pm Concert on the Green</b> <i>The Rave-Ons Band</i>	<b>13</b> 2:00pm Book Study @ Rectory 7:00pm Vestry Mtg. 9:00pm Compline (FB)	<b>14</b> <i>Parish Office Closed</i>	<b>15</b>  6:00pm Mass on the Beach & Brown Bag Dinner
<b>16</b> <i>The Seventh Sunday after Pentecost</i> LEHYC Sunday 7:30am Rite I 9:30am Rite II	<b>17</b> 9:00am MP (FB)	<b>18</b> 9am Coffee w/ Mtr. Caroline @ Guapos Coffee House  6:00pm EP (FB)	<b>19</b>  <b>7:30pm Concert on the Green</b> <i>McLean Ave. Family Band</i>	<b>20</b> 2:00pm Book Study @ Rectory 9:00pm Compline (FB)	<b>21</b> <i>Parish Office Closed</i>	<b>22</b>  
<b>23</b> <i>The Eighth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II Funeral Planning Workshop after Services	<b>24</b> 9:00am MP (FB)	<b>25</b> 6:00pm Atlantic Convocation Healing Service @ St. Stephen's in Whiting	<b>26</b>  <b>7:30pm Concert on the Green</b> <i>Diablo Sandwich Band</i>	<b>27</b> 2:00pm Book Study @ Rectory 9:00pm Compline (FB)	<b>28</b> <i>Parish Office Closed</i> <b>9:30am MacIntosh Committal</b> 6:00pm Beach Service w/Jewish Community Ctr.	<b>29</b>
<b>30</b> <i>The Ninth Sunday after Pentecost</i> 7:30am Rite I 9:30am Rite II	<b>31</b> 9:00am MP (FB)					

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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**

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**Rite I Worship Service**

**( May 28th through Labor Day)**

**Sunday Morning ~ 9:30 a.m.**

**Rite II Worship Service with music**

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