

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

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



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

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The Parson's Place

What a summer we are having!

We've been open for five Sundays and so far, so good - thanks to the many of you who have helped us organize and continue to keep us safe, distanced, masked, and sanitized! Many thanks to the Flower Guild, Altar Guild, Ellen Dondero and Singers, our Readers, and our Welcome and Clean teams for their keeping us safe and keeping our spirits raised!

Now that we've been back several weeks, I feel much more comfortable taking some needed time off and away. I had planned two trips (one May and one June), but due to COVID-19 affecting the world's plans, those were quickly canceled. I will be away Aug. 2 (after services) until Aug. 10 and again Aug. 23-28. While I'm away, a seminarian friend of mine (she attends Virginia Theological Seminary) and her family will be visiting and staying in the rectory. Her name is Annie Jung and if you see them, please make them feel welcomed.

What does a priest do on her time off?

Well, whatever she wants to, but more specifically: I'll be reading, grilling, hiking, and perfecting the high arts of porch sitting and firepit enjoying.

While I'm away, Deacon Judy will be on call for Pastoral Care concerns. Her cell phone is: (732) 330-4949.

The wonderful Rev. Karin Mitchell will celebrate and preach on Sunday, August 9th.

A Word About Self-Care

I want to encourage you to make sure you are maintaining good self-care as well. Get some sunlight, fresh air, eat well, and exercise. Find a place either inside or outside your home where you can rest, pray, think, and "be". If you have a day off from your work, try not to let it get eaten up with errands or work. If it does, then allow yourself to reschedule some "me time" if that's possible. Sometimes for me, it means that I take a different day off or I take a 1/2 day here and a 1/2 day there. The pandemic continues to be stressful and even though we've had less to do in some ways, there has been more to do in other ways! Hang in there!

For the month of August, I'm also happy for the continuation of the Holy Innocents' Circles (HI Circles). These have been enjoyable and I hope you will consider joining one or more of them!

Continued on next page

Basics

All circles are outside

Masks must be worn and physical-distancing will be strictly followed

Some activities require you to bring-your-own items/chair



Iced Tea & Poetry – Wednesday, August 12 at 5:00 PM

Come to the pebble area to enjoy iced tea, poetry, and conversation. You may bring your own tea or enjoy what Mtr. Caroline brings.

EP & Beach Circle – Tuesday, August 18 at 6:30 PM

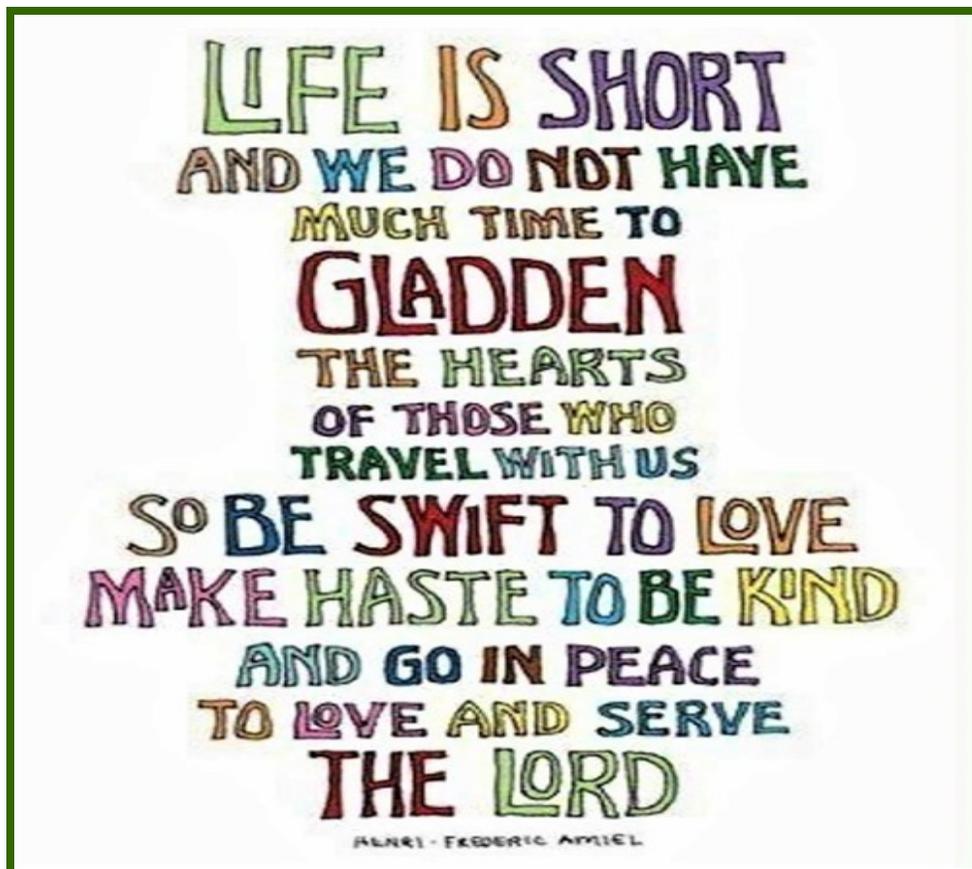
Meet at the top of the Marine Street dune with your beach chair and enjoy Evening Prayer and conversation on the sand! BYO beverage and/or dinner.

Hymns in the Garden – Monday, August 31 at 5:00 PM

Join Mtr. Caroline for Hymns in the Garden. Arrive at 4:55 so you can hear the 5 PM carillon. Bring your own chair and beverage. If you'd like to use a church chair, please let Mtr. C+ know BEFORE arrival. Sanitized hymnals will be available at garden entry. You can sing and/or just listen. Physical distancing is very important for this one, even though we will be outside.

For the Good Use of Leisure

O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. *Amen.*



Parish Prayer List - August, 2020

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

Angela
Brooke
Mary Ann Crewdson
Dennis
Meg Dougher
Charles Gonzalez
Barbara Hanlon
Joe, Pat & Rich
Shirley Harris
Cecily Lovas
Bob Prindible
Robert Thomas
Marie Serfling
Colin Walker
Ruth Wolf

Bob
Joan Connolly
Dcn. Judy
Donald Deacon
Faye & Ed
Ed Gonzalez
Hillary
Johnny
Warren Lamon
Virginia Nicholas
Carol Ann Renzland
Rob & Stacey
Lara Sparks
Ann White

Marie Bregler
Judy Contreras
Michael Read Davis
Carol Dobbins
Frank
Kendra Hall
Jeannine
Barbara Josephine
Diane Lee
Jeannette Peterson
Kathy Rice
Rich Serfling
Vaughan Family
Joel & Kate White

Those serving in the military and other dangerous professions:



FROM OUR MINISTER OF MUSIC



Making Music is certainly a little different for us these days, but I hear humming from downstairs on Sunday mornings (which I strongly encourage), and I hope that those of you who are still worshipping with us from home are singing along with the hymns.

Please give special thanks to our Sunday Morning soloists! We are very fortunate to have them make music from the loft and “lead” the hymns for us.

Thank you Joan Melega, Ellen Kehr, and Rich Cashel! Our parish family is blessed with much talent, and I believe we will see this list grow over time.

Remember, this situation is temporary! Before we know it, our choir will return, we will be allowed congregational singing, and we will all be making music together again.

Ellen Dondero, Minister of Music
ejdondero@comcast.net



DISHING WITH THE DEACON

George Council, our former bishop, gave me a book of Celtic prayers at one of the clergy meetings we had during his term with us. I had admired a prayer he read from the book and asked to see the book. In his usual gracious way, he gave me the book. When I looked into the book, I found a small printed card with the following words on it: “In his will is our peace.”

Bishop Council could never know how deeply those words have affected my life and I have a deep-felt gratitude for his gift. This has been especially true in 2020. These words mean acceptance of what is happening e.g. COVID-19, racial unrest, and hip surgery. I have wanted to fight against these matters in my heart and fight against acceptance of where the Lord has me at this moment.

They have also meant a deepening of my commitment to the role of deacon in helping others to find their acceptance and peace, too. I don’t mean a passive acceptance of all things but a thoughtful acceptance that comes with the questions of why is this happening, what do you have for me to learn from this year that I can use in my life and in my ministry?

“In his will is our peace” can lead us to understand that part of God’s will for us it to love and care for one another. Even more broadly, to love and care for others, different from us though they might be. It require us to analyze what it means to love one another and how we do this. We are all children of God, every one of us.

I have neighbors who whenever I need a favor like packages that are to heavy for me to carry, especially now when I can’t lift anything heavier than 15 pounds, answer my call for help and bring the packages inside. That’s love in action. They are devout Catholics and their lives reflect their faith commitment. I call them the best neighbors I have ever had. I also know a congregation at a special church where people have taken care of their deacon with cards, food, help, phone calls and prayers. She is more grateful for this care than she can say!

I pray to know God’s will and thus find my peace. How about you?

Love, kisses and hugs from your deacon

AUGUST BIRTHDAYS

Emily Mrazek	01	William Vaughan	17
Janine Enos-Kleber	02	Christine Burlaga	22
Marley Lynn Boyle	06	Jeanne Cashel	23
Charles Nicholas	12	Barry Longenbach	25
Barbara Wheeler	12	Ellen J. Meyer	26
Carmen J. Mack, Jr.	13	Joseph Mrazek	26
Stokes B. Carrigan, III	15	Stacey Goddard	26
Mary Jo Martin	15	Virginia Gottshall	30
Mary Lou Crewdson	16	Thomas Jacobsen	30
Owen Vaughan	17	Mary Brown	31

AUGUST ANNIVERSARIES

Bill and Ellen Kehr 22 Chuck and Marjorie Hall 29

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 months of **August**.

AUGUST ALTAR DONATIONS

2nd - Janine Kleber
 9th -
 16th -
 23th - Carol Hammond, Rich Cashel
 30th -

AUGUST FLOWER GUILD

2nd - Joyce Hillyer
 9th - Kim Sparks
 16th - Carol Hammond
 23th - Marilyn Thomas
 30th - Artificial Flowers

AUGUST ALTAR GUILD

2nd - Jackie Sparks & Melissa Wall
 9th - will be
 16th - alternating
 23th - for the
 30th - month

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



Kid's Korner
 Fun Things to Do...

If you are interested in reading a children's book for Kid's Korner please contact Leila Sullivan at lygs27@gmail.com



UNTIL ALL ARE FREE

The 2020 TIP Report Is Here

The 2020 Trafficking in Persons (TIP) Report will be released this week. It's a day we at IJM have eagerly awaited.

The TIP Report serves as an essential diplomatic tool in the fight against global slavery. The report ranks close to 200 countries based on their efforts to combat human trafficking.

Those rankings can have real consequences in terms of how U.S. foreign assistance is allocated.

For us as advocates fighting for the end of slavery around the world, the release of the TIP Report is also an important moment to educate our lawmakers about the crime and what can be done to stop it.

There are three easy ways you can bring attention to the TIP Report:

1. Tweet at your legislative officials.

A quick message can urge your elected leaders in Congress to protect the integrity of the TIP Report and fund the U.S. response to human trafficking. [Click here to find out who your legislators are.](#)

2. Send a Letter to the Editor

Your voice matters, and the release of this Report serves as an excellent opportunity to raise this issue to the attention of elected leaders by writing and submitting a Letter to the Editor to one of your local publications.

Policy makers pay attention to these letters, and they are among the most read sections of the newspaper—making them a critical advocacy tool.

Download and edit a copy of the draft text from the **2020 TIP Report Resources files** and follow the simple instructions to submit your own Letter to the Editor to your local newspaper when the report is released! Let us know if you submit one (and if it's published!) by emailing advocacy@ijm.org or commenting on this post.

3. Share it on social media

Share about the TIP Report via Twitter, Facebook, Instagram, or LinkedIn. Download and post some of the social media graphics found here: [2020 TIP Report Resources](#)

Gail South



QUINOA SALAD

Quinoa Salad ~ Submitted by Pat Peacock

- 3 cups cooked quinoa, cooled (cooked according to package directions)
- 1 (14.5oz) can black beans, drained and rinsed
- 1 red bell pepper, diced
- 1 mango, diced
- 1 avocado, diced
- 2 green onions, sliced
- 1/4 c cilantro, chopped (optional-parsley will work!)
- 3 tablespoons lime juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon avocado oil or extra virgin olive oil
- 1 teaspoon honey (optional)
- 1/4 teaspoon pepper, or to taste
- 1/4 teaspoon sea salt, or to taste
- 2 tablespoons hemp or chia seeds, for garnish (optional)



In a large bowl, combine quinoa, beans, bell pepper, mango, avocado, green onion, and cilantro. Mix lime juice, olive oil, vinegar, (honey, if using), salt, and pepper to make dressing and drizzle over salad. Gently toss to coat. Garnish with Hemp Seeds for an extra dose of good fats and protein! Chill until ready to serve.

CLASSIC LOBSTER ROLLS

INGREDIENTS

- 1/4 c. mayonnaise
- 1/4 c. fresh lemon juice
- 2 tbsp. fresh chives, chopped
- 1 tbsp. Dijon mustard
- Kosher salt and black pepper
- 1 1/4 lb. lobster meat, cooked
- 8 split-top hot dog buns
- Lettuce leaves



DIRECTIONS

Combine mayonnaise, fresh lemon juice, fresh chives, Dijon mustard, and kosher salt and black pepper in a bowl. Add cooked lobster meat (cut into large pieces) and gently toss to coat. Butter sides of split-top hot dog buns and cook in a *nonstick skillet* until golden and crisp on each side. Line toasted rolls with lettuce leaves and fill with lobster salad. Layer on lettuce first to prevent soggy bread.

For an extra kick of regional flavor, try one of these variations.

GULF COAST: Stir in chopped mango and mint leaves.

SOUTHWEST: Mix in chopped chipotles in adobo, crushed tortilla chips, and cilantro.

NORTHWEST: Add diced apple and celery.



THANK YOU TO ELLEN DONDERO, our Minister of Music and Organist,
for the beautiful music and vocalists each week.

We miss singing but we are grateful for your gifts!

STEWARDSHIP UPDATE

This health crisis has taken its toll on everyone in many ways – including financially. We know that some of you are facing financial difficulties, and I hope you know that we are all praying for you in your time of need. I am grateful to those of you who have continued to make pledge payments during these past months and/or offered special gifts. I humbly ask that you please remember Holy Innocents' by keeping up with your pledges, if you are able.



Without our ability to pass the plate to all of our parishioners and guests this summer, our plate contributions have drastically declined. We rejoice that we've reopened, but not everyone is comfortable returning just yet. Thankfully, the pledges made by the parish for 2020 increased from 2019; however, we have finished half the year and we have not received half of the expected pledge offerings. We've tightened our budget and, thankfully, been able to maintain our staffing at 100%. If you find it in your heart to do so, we welcome any special gift you might be able to offer. Our Finance Team is confident we can weather the current challenges with vigilance to our budget and generosity from our parish.

Few of us have experienced a situation such as this in our lifetime. Scripture reminds us that "all things work for good for those who love God" Romans 8:28. Please do not lose hope. I pray for your health, well-being and peace for you and your family. I look forward to the day we all feel safe together and can ALL join together, once again, in our spiritual home at Holy Innocents'.

Yours in Christ, Pat Peacock, Stewardship Chair



Parishioner Spotlight will be a new and regular feature in The Post. The purpose is to provide insights into the background and personalities of our fabulous parishioners! Parishioners will be approached at random by either Mtr. Caroline or Lisa. We hope you enjoy getting to know the people of Holy Innocents'!

August Parishioner Spotlight: Judith Hamilton

I grew up in Flemington, New Jersey and spent my vacation summers on LBI. My family was in the hotel business and I started the first bed and breakfast inn in Flemington. I always wanted to live fulltime on LBI and in 2003, I opened Coastal Consignment & Salvage Co. here in Beach Haven.

After 16 years I have sold my home and business and am thinking of retirement??? I had been searching for a church to attend and when I found Holy Innocents' I felt I had come home. The warm and welcoming spirit and the friendly people are amazing. I have been able to serve on the Vestry as well as being a church warden. These positions have been most gratifying and I encourage anyone to become more involved as they are able. Singing in the choir has brought me great joy and fellowship. I will be moving to the mainland in early August and welcome a whole new adventure. My favorite season is Fall and I enjoy country music.

Environmental Education and Advocacy Committee

For the month of August we would like to list a few Webinars which might be of some interest, being presented in conjunction with the **Jacques Cousteau National Estuarine Research Reserve**

"Life on the Edge" - A short introduction to our Estuarine environment

<https://youtu.be/U0fJnHKYxoI>

"Diamondback Terrapins" - A discussion of our Local Turtle population

<https://www.youtube.com/watch?v=-W-mK9ZJV24>

"The Incredible Horseshoe Crab" - An introduction to these prehistoric creatures

<https://www.youtube.com/watch?v=Osp56hdfgeg&t=72s>

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



PINEAPPLE SALSA GRILLED CHICKEN

INGREDIENTS

Juice of 4 limes, divided
1/4 c. plus 1 tbsp. freshly chopped cilantro
1/4 c. extra-virgin olive oil, plus more for grill
2 tsp. honey
Kosher salt
1 lb. boneless skinless chicken breasts
2 c. chopped pineapple
1 avocado, diced
1/4 red onion, diced
Freshly ground black pepper



DIRECTIONS

Make marinade: In a large bowl, whisk together juice of 3 limes, 1/4 cup cilantro, oil, and honey and season with salt.

Add chicken to a large resealable plastic bag and pour in marinade. Let marinate in the refrigerator at least 2 hours, or up to overnight.

When ready to grill, heat grill to high. Oil grates and grill chicken until charred and cooked through, 8 minutes per side.

Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, remaining lime juice, and remaining tablespoon cilantro. Season with salt and pepper.

Spoon salsa over chicken before serving.

AUGUST 2020

SUN	MON	TUES	WED	THUR	FRI	SAT
						1 7pm Psalms w/ Dcn Judy
2 <i>Proper 14</i> 730am Rite I 930am Rite II	3 9am MP (online) 9pm Compline (online) <i>Mtr. Caroline away</i>	4	5	6 9pm Compline (online)	7 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	8 7pm Psalms w/ Dcn Judy
9 <i>Proper 15</i> 730am Rite I 930am Rite II	10 9am MP (online) 9pm Compline (online)	11 2pm Book Study (zoom) 6pm Sung EP (online) <i>Mtr. Caroline returns</i>	12 5pm Iced Tea & Poetry	13 7pm Vestry (zoom) 9pm Compline (online) 5:30-7:30pm <i>One Long Table Dinner</i>	14 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	15 7pm Psalms w/ Dcn Judy
16 <i>Proper 16</i> 730am Rite I 930am Rite II	17 9am MP (online) 9pm Compline (online)	18 2pm Book Study (zoom) 630pm EP & Beach Circle	19	20 9pm Compline (online)	21 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	22 7pm Psalms w/ Dcn Judy
23 <i>Proper 17</i> 730am Rite I 930am Rite II	24 9am MP (online) 9pm Compline (online) <i>Mtr. Caroline away returns the 28th</i>	25 2pm Book Study (zoom) 6pm Sung EP	26	27 9pm Compline (online)	28 <i>Parish Office Closed</i> 7pm (online) Kid's Korner	29 7pm Psalms w/ Dcn Judy
30 <i>Proper 18</i> 730am Rite I 930am Rite II	31 9am MP (online) 5pm Hymns in the Garden 9pm Compline (online)					

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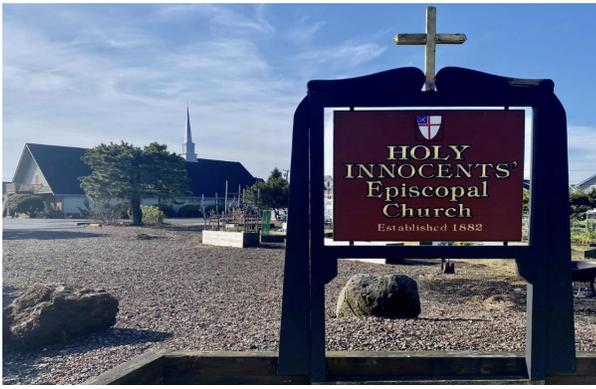
Coastal Consignment
& Salvage Co.
"An LBI Experience"

RETIRED!!!
CONGRATULATIONS &
BEST WISHES, JUDY!!!

THANK YOU ALL!!!

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

These ads greatly help defray our publishing costs!



Holy Innocents' Episcopal Church
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Beach Haven, New Jersey 08008

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