

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

Church Email
hichurch08008@gmail.com
Website: www.hiec bh.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.

The Parson's Place

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NOVEMBER! Can you believe it?! We have entered the month that is often known most for GRATITUDE. This is a time that has typically been after harvest, it's a time of Thanksgiving in America, and it is at the end of the Church's year and approaching a season of darkness and emphasis on light as we move again toward Christ's nativity. This year we have all of our regular stresses and an increasing and troubling amount of new stresses and emotions because of the ongoing pandemic and massive increases in numbers of COVID cases.

I want to encourage you to reach out to me and to each other in any means possible, to stay in touch. Call, write emails and letters, pray, walk if you can, and don't be afraid to vent, share, rejoice, cry, or anything that you need to do. I am issuing a call to visible gratitude. This is more than what we did last year in having an attitude of gratitude. This time it's an active location and promotion of gratitude in our daily lives. Let us embrace the idea of sufficiency in our lives and in the world around us.

Make a point of stopping at certain points in each day and taking time to notice around you that for which you are grateful.

As I write this, I will do it:

I am grateful for my fun coffee mugs, my pink and blue pens that keep my

calendar organized, my whimsical stuffed dinosaur and struggling window plants, the green grass outside juxtaposed against a torpid grey sky which creates a feeling of life stirring against the forthcoming chill of a colder and darker season. It breeds an air of excitement that touches my soul and includes me in the earthiness of the seasons as they change. I am grateful for the sounds of Lisa typing in the next room and the solid work and company of her presence. I'm even grateful for the most annoying cat of the neighborhood as he trots across the street to probably come and annoy me some more. Why? Because he is alive in his catness and honors our Creator by being a cat. Honor that which is around you. Honor your humanity and your feelings about people, places, things. (see pic to the left) Consider sharing the things for which you are grateful with others or on social media to inspire others. So, let's try a practice of gratitude to God for all that we have already received. Gratitude is not a feeling but an act of the will, observed the writer Anne Husted Burleigh. We choose to be grateful. Gratitude is a practice that we all can do and it can be the secret of a happy life. It reminds us that we all drink from wells that we might or might not have labored to dig. It moves us to count our everyday blessings.

Caroline +

Holy Innocents' 2020 Caution Auction

Many thanks to this year's committee: **Maggie Aftanis, Ellen Dondero, Pat Peacock, and Janine Kleber** for organizing and presenting our annual auction in a wildly different format. Thank you for your hard work in contacting folks, mailing a letter, publicizing, collecting donations, welcoming guests and running the auction, and for all of the fine details that took so much work to keep together. Thank you for doing all of this for Holy Innocents' and so that we would not miss a very important and fun tradition and to help with our income. **YOU ARE A BLESSING!**

Thank you to all those who took the time to walk through the auction and see what was available, to all those who donated funds, to all those who bid on items, and to all those who also said "Thank you" to the auction committee. You are appreciated! Congratulations to all the winners!



Dishing With The Deacon

“Jesus tells us, “for where your treasure is, there your heart will be also.” This is why the practice of silence is so important. It’s only when we close our eyes, letting ourselves rest in stillness, that we cultivate a sense of being attuned to Christ’s Light. Listening to the silence of our hearts, we begin to sense something very subtle, a light of incredible beauty and goodness, Christ’s Light, embracing dark and light alike.”

Br. Nicholas Bartoli

May 20, 2020

Society of Saint John the Evangelist

When I read this, this morning, it made me ask myself – what is my treasure? There are many possible answers to this question. I treasure my life with you, being a deacon at Holy Innocents'. I treasure family, friends – even my cats!

In this season there is much to treasure; especially when Jesus tells us He goes to prepare a place for us. That means we shall be with Him for all eternity.

That’s my greatest treasure. What’s yours?

Te amo ~Your Deacon, Judy

November 1st and November 22nd Zoom Coffee Hours from 10:45-11:45 am

Here is the link: <https://us02web.zoom.us/j/83360586233>

From Our Minister of Music

Music Notes

One of my favorite hymns is *We Gather Together*, and I am sure I'm not alone. The hymn is of course a Thanksgiving favorite, but I sometimes use it at Holy Innocents' for other appropriate occasions, just to hear parishioners say "What?? It's not Thanksgiving!!"

For me this hymn has great meaning, and it brings back happy memories, the strongest of which is the childhood memory of going to church with my family for the Ecumenical Thanksgiving Church service every year.

For whatever it means for you, I hope you will keep it close to your heart.

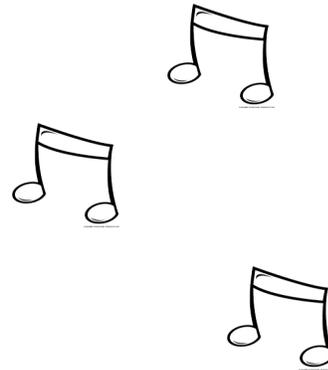
We Gather Together

1 We gather together to ask the Lord's blessing;
he chastens and hastens his will to make known;
the wicked oppressing now cease from distressing;
sing praises to his name; he forgets not his own.

2 Beside us to guide us, our God with us joining,
ordaining, maintaining his kingdom divine;
so from the beginning the fight we were winning;
thou, Lord, wast at our side: all glory be thine!

3 We all do extol thee, thou leader triumphant,
and pray that thou still our defender wilt be.
Let thy congregation endure through tribulation:
thy name be ever praised! O Lord, make us free!

From hymnary.org



This hymn was originally a Dutch patriotic song, written around 1600 to celebrate the freedom of the Netherlands from Spanish rule. However, God's kingdom transcends national and ethnic boundaries. When the Church sings this hymn, she is reminded of the words of the apostle Paul: "For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places" (Ephesians 6:12, ESV). The day will come when God will overthrow the devil and all evil. Even now, we can say, "God is our refuge and strength, a very present help in trouble" (Psalm 46:1). In singing this hymn, the people of God seek His help and thank Him for His presence in the pursuit of victory over evil, for we know that God "forgets not His own."

Ellen Dondero ~ Minister of Music



Save the date!

Saturday, December 5th 9:30 AM-12:30 PM

Advent Retreat ~ Led by Dcn. Judy, Place TBA

Saturday, December 5th 4PM

New Jersey Chamber Singers live-streamed concert on YouTube

Friday December 11th 7PM

Lessons and Carols live-streamed on our Facebook page

Parish Prayer List

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

Beth C.
Stokes Carrigan
Mary Ann Crewdson
Donald Deacon
Meg Dougher
Frank
Jeannine
Cecily Lovas
Kurt Martin
Evelyn Nancy
Carol Ann Renzland
Lara Sparks
Javy Vargas
Kate White

Bob
Joan Connolly
Michael Read Davis
Dennis
Elizabeth Ann
Hinderliter Family
John & Caitlyn
Mandel Family
Ellen Meyer
Virginia Nicholas
Kathy Rice
Jerry South
Colin Walker
Ruth Wolf

Marie Bregler
Judy Contreras
Dcn. Judy
Carol Dobbins
Faye & Ed
Jeanne
Locke Family
Mary Jane
Scott Mitchell
Jeannette Peterson
Gregory & Ray Schwartz
Robert Thomas
Ann White

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 deeply heartfelt “Thank You” to you, my church family, for the prayers and support during the past months as my brother, Joel White, battled throat cancer. He peacefully passed on Sept. 25th. Some of you did know Joel and some of you may remember that Fr. Frank baptized him after Hurricane Sandy in 2012 with a can of “Budweiser Water.” Fr. Frank & Joel got a big kick out of the fact that a guy who worked for Trenton Water Co. had to be baptized with canned water due to a lack of “clean” water in Beach Haven at the time. Joel did attend services at Holy Innocents’ for a while before finding a new church home at Bayside Chapel in Barnegat. He continued to be ever faithful and loved his Lord. I am forever grateful he chose to begin his spiritual journey with us at Holy Innocents’.

With a deep love and appreciation, *Jeanne Cashel*

Veterans Day, November 11, is a time set aside to remember those who are serving or have served our country who are living.

TWO PRAYERS for VETERANS DAY



1. O Judge of the nations, we remember before you with grateful hearts the men and women of our country who in the day of decision ventured much for the liberties we now enjoy. Grant that we may not rest until all the people of this land share the benefits of true freedom and gladly accept its disciplines. This we ask in the Name of Jesus Christ our Lord. Amen. ~ The Book of Common Prayer

2. Governor of Nations, our Strength and Shield: we give you thanks for the devotion and courage of all those who have offered military service for this country: For those who have fought for freedom; for those who laid down their lives for others; for those who have borne suffering of mind or of body; for those who have brought their best gifts to times of need. On our behalf they have entered into danger, endured separation from those they love, labored long hours, and borne hardship in war and in peacetime. Lift up by your mighty Presence those who are now at war; encourage and heal those in hospitals or mending their wounds at home; guard those in any need or trouble; hold safely in your hands all military families; and bring the returning troops to joyful reunion and tranquil life at home; Give to us, your people, grateful hearts and a united will to honor these men and women and hold them always in our love and our prayers; until your world is perfected in peace through Jesus Christ our Savior.

~ Written by the Rev. Jennifer Phillips, St. Augustine’s Chapel, University of Rhode Island ~

November Birthdays

Britton Carrigan	01	Lisa Halpin	16
Frank Payne	04	Clifford Wymbs	17
Karen D. Vaughan	07	Johnny Dondero	18
Michael DeCicco	11	Richie Southwick	20
Jo Kiel	11	James S. Kiel	25
Tammy Mitchell	15	Carl Sheppard	27

November Anniversaries

Charles & Virginia Nicholas 6 Frank & Ruth McLaughlin 23

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 **November**.

NOVEMBER ALTAR DONATIONS

1st -
 8th -
 15th -
 22nd - Frank & Ruth McLaughlin
 29th

NOVEMBER FLOWER GUILD

1st - Kim Sparks
 8th - Sherry Johnson
 15th - Carol Hammond
 22nd - Joyce Hillyer
 29th - Advent-No Flowers

NOVEMBER ALTAR GUILD

1st - Jackie Sparks & Melissa Wall
 8th - will be
 15th - alternating
 22nd - for the
 29th - 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**



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

Godwin was a bright young boy who loved to learn in school. When he was 16 years old, a woman claiming to be his relative offered to take him on a trip to meet his extended family. Godwin, still committed to his studies, brought his schoolbooks so he could study on the trip.

Instead of taking him to his extended family, the woman sold Godwin to a man on a remote fishing island on Lake Volta. Suddenly alone, Godwin was forced to fish for the traffickers the very next day. They even threw Godwin's books away, saying "there will be no free time for learning."

For nearly three years, Godwin was trapped with several other trafficked children who were beaten when they didn't meet their trafficker's demands. When the fishing nets got caught on submerged trees, they would have to dive and untangle them from the bottom of the lake. They feared that they might get caught in the nets and never make it back to the surface.

Thousands of children like Godwin are still suffering.

Mom means something special to each of us: kindness, bravery, compassion, care, hard-work, strength and certainly inspiration. Chandamma exemplifies all the things a mom can be. Except for one thing—she wasn't free.

She spent day after day in an Indian silkworm factory twisting the silk thread used to make saris. Ironically, saris she could never afford herself. This silk thread was like her: strong, valuable, resilient. Yet it stripped her of her freedom each day she spent in forced labor.

How did she wind up trapped here? Like any mom, she just wanted to give her son a better life. **Every mom should have the freedom to be the mom she wants to be for her child.**

Will you give a gift to rescue more children from slavery? **GIVE NOW**

Gail South



Environmental Education and Advocacy Committee

Due to Covid-19 and the safety of our runners and walkers, the Soles for the Harvest 5K, 1 Mile Fun Run/Walk has gone VIRTUAL. Therefore, you have the choice of participating in this event in our community!

This event is to raise funds for parishes for their feeding programs or raise for the charity of your choice.

Register online <http://bit.ly/Soles2020> or download a printable registration form

Date: Between Nov. 1 and 3

Place / Format: Any place! We've gone VIRTUAL this year.

Questions? Contact us at solesfortheharvest5k@gmail.com or *Rob Meyer*

Log your run and share on social media with the tag #DioceseofNJ

- Use an app if you have a smartphone
- Start and Finish selfies
- Start and Finish times - Walk with a friend to hold yourself accountable - Walk at your own pace or race walk. Please help us share the harvest! **Holy Innocents' walk day is Monday, November 2nd from 8am to 3pm. Come walk with Mtr. Caroline!**



Butternut Squash Soup

This vegan butternut squash soup is the ultimate fall comfort food!

Store it in the fridge for up to 4 days, or freeze it for up to a few months.

Prep Time: 10 mins. Cook time: 35 mins. Total time: 45 mins. Serves 6

Ingredients

2 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
½ teaspoon sea salt
1 (3-pound) butternut squash, peeled, seeded, and cubed
3 garlic cloves, chopped
1 tablespoon chopped fresh sage
½ tablespoon minced fresh rosemary
1 teaspoon grated fresh ginger
3 to 4 cups vegetable broth
Freshly ground black pepper



For serving

Chopped parsley
Toasted pepitas
Crusty bread

Instructions

1. Heat the oil in a large pot over medium heat. Add the onion, salt, and several grinds of fresh pepper and sauté until soft, 5 to 8 minutes. Add the squash and cook until it begins to soften, stirring occasionally, for 8 to 10 minutes.
2. Add the garlic, sage, rosemary, and ginger. Stir and cook 30 seconds to 1 minute, until fragrant, then add 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the squash is tender, 20 to 30 minutes.
3. Let cool slightly and pour the soup into a blender, working in batches if necessary, and blend until smooth. If your soup is too thick, add up to 1 cup more broth and blend. Season to taste and serve with parsley, pepitas, and crusty bread.

Easy Cranberry Sauce

PREP TIME: 5 minutes COOK TIME: 10 minutes TOTAL TIME: 15 minutes Servings: 8

Nothing says “holidays” more than the tangy flavor of full-bodied homemade cranberry sauce!

Ingredients

12 ounces cranberries (about 3 cups)
1 cup sugar
1 cup water or orange juice
1 cinnamon stick



Instructions: Combine all ingredients in a saucepan over medium heat. Bring to a boil, reduce heat and simmer 10-12 minutes uncovered. Cool and serve. Sauce will thicken upon cooling.



In the Spotlight

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'!

Born in Dallas, TX in the 60's while my folks were studying at SMU. Raised in Bucks County, PA and Fanwood, NJ (GSP exit 135). Graduated PSU late 80's; settled in Philadelphia and started my career in Telecommunications/IT Sales working for Bell Atlantic. Later returned to NJ living in Hoboken, NJ and weekendng in Beach Haven.

Met my Wife, Dawn in Beach Haven in 1999 and married in 2007. We have a son Connor, 6 and split time between our home in Edgewater, NJ and Holgate. Interests include spending time with family at the beach and in the ocean, participating at LEHYC, biking, skiing, sailing and traveling.

Beach Haven/Holgate favs: slower pace of life and long-time friendships made and grown here.

HIEC favs: Garden drew me in initially (rented summer home for 2 years on Marine) but the peace and warmth of Father Frank initially got me in the door and the friendly and interesting Parishioners keep me coming back.

Fav F&B: Seafood (any/all) & anything non-alcoholic (sober since 2005)

Fav Season: ALL

Fav Colors: Blue (God is PSU fan) and Green (grass, trees...)

Music: 90's alternative, Rock & Roll, Country and Classical

HIEC arrival: In late 90's rented home on Marine after numerous garden visits thought I should have a peak inside....

Favorite scripture - work in progress tbd - I've heard/read a lot, but a novice and can't recite verbatim

Surprise - My first real job after paper-boy (Star Ledger) was as a Dog Catcher/License "Seller" in Scotch Plains NJ in 1984. Recently started my own company RoomKloud which lasted only 12 months and was forced to get a real job again.

Other: I LOVE VT and Holgate and NYC equally ~ *November Parishioner Spotlight, Matt Starr*



MOVIES VIA ZOOM

On November 10th and November 24th, Mtr. Caroline will host a movie via Zoom. More information to come!

Here is the link:

<https://us02web.zoom.us/j/82225549518>



CALL FOR BAKED GOODS

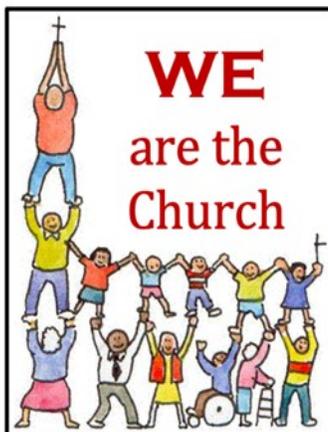
If you can bake some items for our Beach Haven Fire Dept. or the First Aid Squad of Ship Bottom, they will be delivered by Mtr. Caroline+ to these most wonderful and helpful hard-working community friends of ours. Container will not be returned.

Please cover, no need to wrap individually.

FAS due date: 12:00 Noon on Nov. 12th

BHFD due date: Nov. 19th

Stewardship Update



STEWARDSHIP '21

Don't just come to church, BECOME the church. The church is not a building where we gather. The church IS the people who gather in Christ's name.

Thank you all for your thoughtful consideration of pledging to Holy Innocents' during this year's WE are the Church stewardship campaign. You have been generous in continuing to support our parish. It is amazing what we can do when we come together! We blessed our pledges at church on October 25th and had a snack-to-go. Hopefully, next year we can have a celebratory brunch with warm fellowship!

Our yearly budget is primarily funded by the generosity of your annual pledges. Pledging preserves our traditions, sustains the present, and invests in our future. Your support directly impacts our mission and ministries – our worship, outreach, education, music, congregational care, and the many programs which build our spiritual community. We are tallying your pledges and look forward to reporting back to you with a summary shortly.

If you have not yet pledged, know that we are happy to accept your pledge at any time! Pledge cards are available in the office.

Many thanks to Ellen Dondero, Bruce Hillyer and Barry Longenbach for their committee work this year, their input is always greatly appreciated.

With Gratitude and Thanks, *Pat Peacock*



Samaritan's Purse - Operation Christmas Child

For nearly three decades, Operation Christmas Child has collected shoebox gifts and delivered them to boys and girls overseas. These shoeboxes can brighten heart and lives of a child and bring the Good News of Christ to them. The needs are greater then ever this year due to the pandemic.

Pack a shoebox for a girl or boy. The toy would be age appropriate (2-4, 5-9, 10-14). Add non-liquid hygiene items, (soap, wash cloth, toothbrush, combs, bar soap), school supplies, (pencils, paper, notebooks, solar calculators, sharpeners, crayons, coloring books), Accessories (socks, sunglasses, jewelry and watches, flashlights with extra batteries) and select a "WOW" item (soccer ball with pump, doll, stuffed animal, shoes). No candy, gum, or liquids of any kind. You can put a personal note or photo in the box. Say a prayer over the box. Shoeboxes will be available at Holy Innocents'. The collection date will be Sunday, November 22, 2020. For more information, call *Ruth McLaughlin 609-492-8135*.



NOVEMBER 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
1 <i>All Saints' Day</i> 930am Rite II (Church & online) <i>Coffee Hour Zoom</i> (link on page 2)	2 <i>All Souls Day</i> 8am-3pm Soles for the Harvest Walk Day 9am MP (online) 9pm Compline (online)	3  No Sung EP	4	5 2pm Bible Study (zoom) 9pm Compline (online)	6 <i>Parish Office</i> Closed 7pm Kid's Korner (online)	7 7pm Praying the Psalms (online)
8 <i>Proper 27</i> 930am Rite I (Church & online)	9 9am MP (online) 9pm Compline (online)	10 6pm Sung EP (online) HI CIRCLE 730pm Movie Night via Zoom	11  10:45am Community Service Veterans Park 6pm EP Veteran's Day Service 7pm Choir Meeting	12 2pm Bible Study (zoom) 12pm Baking donations due for FAS 7pm Vestry (zoom) 9pm Compline (online)	13 <i>Parish Office</i> Closed 7pm Kid's Korner (online)	14 NJ Diocese Convention (YouTube) 7pm Praying the Psalms (online)
15 <i>Proper 28</i> 930am Rite II (Church & online)	16 9am MP (online) 9pm Compline (online)	17 6pm Sung EP (online)	18 7pm Choir Meeting	19 2pm Bible Study (zoom) 12pm Baking donations due for BHFD 9pm Compline	20 <i>Parish Office</i> Closed 7pm Kid's Korner (online)	21 7pm Praying the Psalms (online)
22 <i>Proper 29</i> Christ the King 930am Rite II (Church & online) <i>Coffee Hour Zoom</i> (link on page 2) Samaritan's Purse Shoeboxes due	23 9am MP (online) 9pm Compline (online)	24 6pm Sung EP (online) HI CIRCLE 730pm Movie Night via Zoom	25 6pm Thanksgiving Service (online)	26 <i>Parish Office</i> Closed  Happy Thanksgiving	27 <i>Parish Office</i> Closed 7pm Kid's Korner (online)	28 7pm Praying the Psalms (online)
29 <i>Advent I</i> 930am Rite II with the Great Litany (Church & online) HI CIRCLE <i>Advent Wreaths</i>	30 9am MP (online) 9pm Compline (online)					

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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 Cranmer
Bill Martin ~ Judy Hamilton

These ads greatly help defray our publishing costs!



Holy Innocents' Episcopal Church
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Sunday Morning ~9:30 a.m.
Rite II Worship Service with music

Church Grounds & Beach Clean-Up Crews
Thank You To All Who Volunteered Their Time!

