

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

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hichurch08008@gmail.com  
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.

The Parson’s Place

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I am so excited about our September 13th Parish Picnic event. There is something to be said for a morale boost. We have been together, yet separate, for so very long and I believe that it will do us all some good to see each other in person, even if masked and distanced. We are working very hard to ensure safety protocols are met and to provide touchless stations. Everyone will be outside and all over our grounds, how lovely! I hope you'll go inside the church also because there will be choral music playing and an icon and religious art display. You can take some time to sit still and to also walk around and pray with each icon and each window in our beautiful church. Here is a good article by Jim Forest for your perusal.

“In the beginning was the Word,” wrote St John. “He is the image [ikon in Greek] of the invisible God, the firstborn of all creation,” wrote St. Paul. We meet him still in both word and image. Both have figured in the worshiping life of followers of Christ from the church’s beginning, as visitors to the catacombs in Rome are reminded.

The bones are mainly gone, but icons remain on the walls and ceilings of those underground places where

Christians prayed and celebrated the Eucharist.

In the eighth century, when the emperor of Constantinople outlawed icons and initiated a 55-year wave of destruction of sacred images in the East, many iconographers fled to Italy for safety and continued their work under the Pope’s protection.

Fashion can destroy even more thoroughly than imperial edicts. Though never banned in the West, icons gradually fell out of favor during the Renaissance. Increasingly religious paintings moved toward natural lighting, the illusion of three dimensions, and the ever more vivid portrayal of emotion—all qualities carefully avoided in iconography, which aims for silence and stillness. Icons are not emotionally manipulative. They are less a display of individual talent than the creation of a zone of prayer using artistic minimalism. Early in the 20th century a slow recovery of appreciation of icons began. Today icons can be found not only in Orthodox and Catholic churches but also in Protestant churches and homes.

It is a form of ecumenism without words or arguments.

*Continued on next page*

Icons may be beautiful, but they do not exist just to add a little color or a special atmosphere to the rooms they happen to be in. They're there to help us pray. An icon that isn't being used in prayer is like a musical instrument not being played or a cookbook that never gives birth to a meal.

But just how can you use them in prayer? First of all, identify a place in your home—such as a corner of a room or a fireplace mantel—that provides a place where you can stand for short times slightly apart from the busyness of daily life. This will be your “icon corner.”

At the beginning you probably won't have any hand-painted icons, but in religious bookstores or online you can easily find good, inexpensive printed icons mounted on wood.

You might start with an icon of the face of Christ. These are usually called Pantocrator icons, from the Greek word for “Lord of Creation.” They show not only his face but the book containing the gospels resting against his heart. If the book is open, it will often show one of the “I am” texts—such as “I am the truth, the way, and the life.” Such icons remind us that God became incarnate, revealing himself not only to our ancestors but to us, and that each person—no matter how well he or she has managed to hide it—is made in God's image. Finally such icons remind us that one day we will be present for the Last Judgment and will hear Christ say, “What you have done to the least person, you did to me.”

You may also want an icon of Mary holding Christ in her arms. In many of these their faces are touching. These “tenderness icons” vividly remind us that love is at the core of life, and that to follow Christ and to revere his mother inevitable draws us toward the source of love and mercy. Mary's body language always draws us toward her son, as if she were saying, “Do whatever he tells us.”

Arrange your icon corner so that a candle or vigil lamp can be lit during the periods when you're praying. Icons are best suited to places that aren't brightly lit and seem to flourish in candlelight.

So there you are in your icon corner. But how are you praying? You may be praying in silence, simply remembering the crucial fact that God is at the center of everything, that it is impossible not to be in God's presence. You may be able to talk to God as comfortably as if you were talking to your very best friend. Something terrible may have happened and you may just want to stand there and cry—or complain to God.

You may want to use some of the prayers that have arisen during the centuries Jews and Christians have been around: the psalms or canticles in the Old and New Testaments (such as the one by the three young men in the furnace in Daniel, or Mary's Magnificat). In any religious bookstore you will find collections of prayers organized into periods of the day. Little by little you can learn many prayers by heart.

Your icons don't have to be suitable for a fine art book. It's the faith of the praying person that matters most—a lesson I learned from Dorothy Day.

In her early 60s at the time, she was having increasing trouble climbing the five flights to her apartment in Manhattan's Little Italy. We found another not far away and only one flight up, but in appalling condition. A friend and I went down to clean and paint it. We dragged box after box of debris down to the street, including what seemed to us an awful painting of the Holy Family rendered in bright colors against a gray background on a piece of plywood. We shook our heads, deposited it in the trash along the curb, and went back to our labor.

Not long after that, Dorothy arrived, the painting in hand, “Look what I found! The Holy Family! It's a providential sign, a blessing.” She put it on the mantel of the apartment's bricked-up fireplace.

Looking at it again, this time I saw it was a work of love.

*This article was originally published in the January 2002 issue of U.S. Catholic.*

Caroline+



## Parish Prayer List - September, 2020

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

Angela	Bob	Marie Bregler
Brooke	Matt Brown	Joan Connolly
Beth C	Judy Contreras	Mary Ann Crewdson
Dcn Judy	Michael Read Davis	Dennis
Donald Deacon	Carol Dobbins	Meg Dougher
Elizabeth Ann	Faye & Ed	Frank
Charles Gonzalez	Ed Gonzalez	Kendra Hall
Barbara Hanlon	Shirley Harris	Shirley Hickey
Hillary	Jeannine	Jeanne, John & Caitlin
Joe, Pat & Rich	Johnny	Barbara Josephine
Warren Lamon	Diane Lee	Cecily Lovas
Lynn	Mary Jane	Kurt Martin
Evelyn Nancy	Virginia Nicholas	Jeannette Peterson
Bob Prindible	Carol Ann Renzland	Kathy Rice
Maren Louise Rautiola	Matt Russo	Robert Thomas
Rob & Stacey	Rich Serfling	Marie Serfling
Lara Sparks	Greg & Ray Schwartz	Javy Vargas
Vaughan Family	Colin Walker	Ann White
Joel & Kate White	Ruth Wolf	

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

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

*thank you*

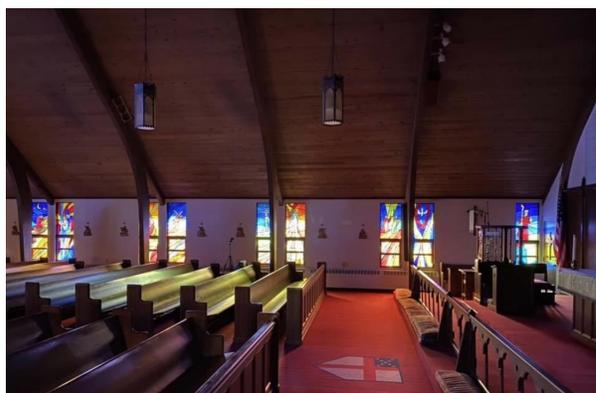
I want to thank the parishioners of Holy Innocents' for continuing to pray for our servicemen and women. Several years ago in 2006, I placed two young men on our prayer list, Joseph Alexander and Kareem Kahn.

Joseph graduated from West Point in 2007. Since that time he has made 9 trips to Afghanistan and Iraq. He has been promoted to Major. His main base is in Tennessee with his family. Joe just returned from Iraq this month.

Kareem Kahn served in Afghanistan in 2006. He was killed August 16, 2007. Kareem was a Muslim. I'm proud to say Holy Innocents' contributed so his parents and sister could travel from Manahawkin to Arlington, Virginia for his funeral.

Please keep praying for our service heroes.

Thank you, *Gerry Lutz*



# From Our Minister of Music

## CHOIR NEWS

Starting September 16th at 7:00PM our choir will meet every Wednesday evening. Although we are still not able to have congregational or choral singing, we will gather on the church grounds (weather permitting) or in the sanctuary VERY safely distanced, or via Zoom to catch up and sing together. New members are WELCOME! If you'd like to join us, please email me at the address below.



### Save the date!

**Saturday, December 5<sup>th</sup> 7PM**

New Jersey Chamber Singers live-stream concert on our Facebook page

**Friday December 11<sup>th</sup> 7PM**

Lessons and Carols live stream on our Facebook page

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

## Dishing With The Deacon

I've been watching "The Crown," a series on TV about the life of England's Queen Elizabeth II. I highly recommend it for its historical value as well as the portrayal of the psychological aspects of the members of the House of Windsor. There is an episode in the 3<sup>rd</sup> year about the emergence of a spiritual life in Prince Philip which was fascinating.

The Prince becomes enamored with the American astronauts who made the moon landing in June 1969 and he sought to find out what the meaning of such a superb accomplishment was to the individuals who achieved it. Surprised by their lack of response to his questions about spirituality and achievement, he sought another group to pursue his questions with. He and the Rector of the village church founded a retreat center for those with the sorts of questions Prince Philip had. It was a success and the Prince said it was the proudest accomplishment he had in his life.

How can we seek spiritual answers to life's questions?  
How can we encounter Jesus in new and wonderful ways?

First, I suggest that we ask Jesus this question and await some wonderful experiences of finding the answers.

Obviously, the church is a big part of the answer and maybe this would make a great topic for an adult forum or for a Zoom group. There are many fine readable books which will help in learning about this topic. Here are some authors I respect: Henri Nouwen, Thomas Merton, Philip Yancy, Sarah Young, Billy Graham, CS Lewis, Max Lucado. Reading the Bible is also a really good idea.

What does it mean to have a spiritual life? Let's talk about it.

Love from your deacon to all who seek the truth.

Judy



## September Birthdays

Deborah Hunter	03	Stanley Markowski, III	17
Jaime Hughes Boyle	06	Cassie Harrison	18
Erma Green	06	Melissa Wall	20
Margaret May Markowski	07	Kerry Horleman	21
Lynne Cowper	09	Ted Johnson	26
Maggie MacIntosh	11	Matthew Payne	28
Lynn Tayler Borys	12	Sarah Payne	28
Arthur Curtin, III	12	Natalie Aftanis	29
Rich Southwick	14		

## September Anniversaries

Phil and Floss Boulden	8	Bill and Lynne Cowper	9	Richard and Karen Vaughan	9
Joe and Emily Mrazek	13	John and Sherry Johnson	14	Rich and Colette Southwick	20

## 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 **September**.

### SEPTEMBER ALTAR DONATIONS

6<sup>th</sup> -  
 13<sup>th</sup> -  
 20<sup>th</sup> - John Wall  
 27<sup>th</sup> -

### SEPTEMBER FLOWER GUILD

6<sup>th</sup> - Marilyn Thomas  
 13<sup>th</sup> - Joyce Hillyer  
 20<sup>th</sup> - Kim Sparks  
 27<sup>th</sup> - Carol Hammond

### SEPTEMBER ALTAR GUILD

6<sup>th</sup> - Jackie Sparks & Melissa Wall  
 13<sup>th</sup> - will be  
 20<sup>th</sup> - alternating  
 27<sup>th</sup> - for the 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](mailto: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](mailto:lygs27@gmail.com)



## UNTIL ALL ARE FREE

### **IJM Ghana Partner Conducts Their First Rescue**

In February of this year, IJM Ghana provided training and mentoring to CARITAS Ghana on how to support local authorities to carry out investigations, conduct rescues and provide social support in cases of child trafficking. Four months later on June 29th, CARITAS, the Department of Social Welfare for Ghana and the police rescued three children suspected of being exploited in fishing and farming along the shores of Lake Volta.

The two boys and one girl had been forced to weed, plant and harvest crops from a farm. The boys had also been forced to fish while the girl, Angel\*, processed the fish and prepared food for selling. One of the boys, Charles,\* had been working for one and a half years, six days a week. He said that he was emotionally and physically abused, and has a scar from a knife thrown at him by the fisherman who enslaved him. The other boy, Justin,\* had been working six days a week and suffering from physical violence for three years. In addition to fishing and farming, he was expected to cook for the fisherman and his entire family. He expressed anger that while he was forced to work, the fisherman's own children were cared for and sent to school.

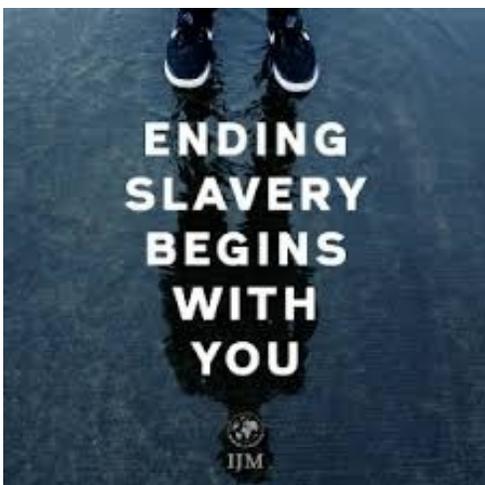
The children are receiving medical care for ailments including malaria and ringworm, and have been placed in a safe care home where their immediate needs can be met. One suspect has been arrested in this case.

**This is the first rescue by an IJM-trained NGO partner in Ghana. We celebrate CARITAS' work and the increased chance that more traffickers will be held accountable because of it.**

When our teams not only assist local authorities with investigations and rescues, but partner with other NGOs to equip them to do the same, we become a catalyst for cultural change in the region. As the number of successful rescues of children from slavery on the shores of Lake Volta increases, it will become less likely that traffickers will find forced child labor to be worthwhile. We also ensure that the work continues and expands regardless of our presence.

*\*a pseudonym*

*Gail South*



### **FREEDOM SUNDAY**

We will be celebrating the fight to end human trafficking!

At the church picnic on **September 13**, there will be a table with lots of information on how the battle is proceeding and how you can help

and then on Sunday, **September 20**, the entire service will be dedicated to the spiritual side of ending slavery.

Please plan to attend both events and join us in the struggle.

Thanks, Gail

# Pepper Steak With Onions

## INGREDIENTS

1 lb chuck steak cut into medium slices  
1 large onion cut into medium strips  
½ green bell pepper cut into medium strips  
½ red bell pepper cut into medium strips  
1 leveled teaspoon black pepper  
Salt to taste  
2 cup water  
3 tablespoon oil

## FOR THE SAUCE

3 tablespoon soy sauce (I used low sodium)  
1 tablespoon cornstarch  
1 tablespoon sugar  
½ cup water  
½ teaspoon onion powder  
½ teaspoon garlic powder  
¼ teaspoon ginger powder (you can use fresh)



## INSTRUCTIONS

In a pan, add three tablespoon oil and fry the chuck in two batches until brown on both sides. Remove and keep aside.  
In the same oil, fry the onion until translucent. Remove and keep aside.  
In the same pan, fry the bell peppers for few seconds and keep aside.  
Add the fried chuck back to the pan, Season the chuck with salt.  
When the meat is cooked add the onion and bell pepper.  
Mix the sauce ingredients and pour over the steak, stir until the sauce thickens.  
Serve hot.

# Peach Plum Sangria (non-alcoholic)

## INGREDIENTS

1/4 cup sugar  
1/4 cup water  
1 cup sliced peaches, skins left on  
1 cup sliced plums, skins left on  
1 cup cherries, stemmed and pitted  
1 liter Peach sparkling water  
1/2 bottle White grape juice



## INSTRUCTIONS

In a small saucepan, combine the sugar and water, and heat just until the sugar is dissolved to make a simple sugar syrup. Place the peaches, plums, and cherries in a large pitcher and pour the sugar syrup over top. Add the peach sparkling water and stir. Add the white grape juice and chill until ready to serve, ideally overnight. When ready to serve, fill the rest of the pitcher with ice.  
Serve over ice, being sure to serve some of the fruit in each glass.

# Stewardship Update

## Stewardship 2021: WE are the Church

*"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."*

Sunday, September 27<sup>th</sup> will kick-off our fall Stewardship Campaign at the 9:30 service. As the busy summer season winds down and we have more time to reflect, please join us, virtually or in-person, as we journey together to respond to God's abundance.

--Stewardship Committee



*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'!*

### **September Parishioner Spotlight: Richard Cashel**

Many years ago I was born in Trenton, NJ and spent most of my life in the area (Browns Mills, Bordentown, Hightstown, Hamilton Township, Westampton) until moving full time to LBI (86th St.) in 1998. Prior to that move my wife, Jeanne, and I owned a summer cottage on 131st St. and spent as much time as we could "down the shore." We've since opted for a quieter life and have moved to the mainland. However, I do miss living on the Island.

I retired from Verizon (aka New Jersey Bell, Bell Atlantic) in 2003 after a 36 year career in the tech side of the company.

We first visited Holy Innocents on Sept. 14, 2001 when the President called for a World Day of Prayer after 9/11. We were very comforted by Fr. Frank's sermon and returned the following Sunday. The Lord sat us next to Joe & Dottie Dunkerley and we spent many Sundays next to them until they moved to Michigan.

In 2002 I was received as a member of the Episcopal Church by Assisting Bishop Joslin. At Holy Innocents' I've been able to find a true relationship with Christ our Lord doing what he asked, "Love one another." I am so happy to have a place where I can share my time, talents and some of my treasure with and for the people I love.

# Environmental Education and Advocacy Committee

For the month of September 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](mailto:rmeyer1394@aol.com)



## Holy Innocents' Church Picnic

**SEPTEMBER 13<sup>th</sup> 5:00 until Sunset**

*Come and celebrate being together safely!*

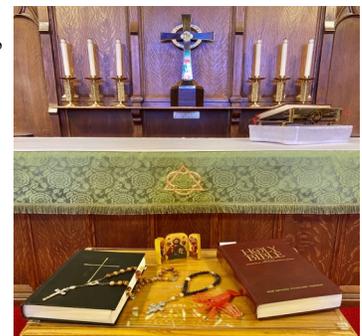
Bring your beach chair or blanket and enjoy socially-distanced fellowship, hotdogs, hamburgers, history, a craft display, vegetable/fruit exchange, kids' activities, and more at our touchless stations!

The Church will be open with choral music playing and icons on display. Come w/your mask and remove it at your personal picnic spot anywhere on our entire grounds. **RVSP 609-492-7571**



If you have any items such as baby blankets, Bibles, BCPs or other books, a crucifix, cross jewelry, an icon, a candle for use in your personal prayer, etc., you may bring them and place them on the table below the altar Sunday, September 13th and Mother Caroline+ will take a few moments and bless them after The Peace.

(FYI these items will be blessed by a gloved hand and Holy Water will be sprinkled above them.)



# SEPTEMBER 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
		<b>1</b> 2pm Book Study (Zoom) 6pm Sung EP (online)	<b>2</b>	<b>3</b> 9pm Compline (online)	<b>4</b> Parish Office Closed 7pm (online) Kid's Korner	<b>5</b> 7pm Praying the Psalms
<b>6</b> Proper 18 730am Rite I 930am Rite II	<b>7</b> 9am MP (online) 9pm Compline (online)	<b>8</b> 2pm Book Study (Zoom) 6pm Mass on the Beach	<b>9</b>	<b>10</b> 9pm Compline (online) 7pm Vestry (Zoom)	<b>11</b> Parish Office Closed 7pm (online) Kid's Korner	<b>12</b> 7pm Praying the Psalms
<b>13</b> Proper 19 730am Rite I 930am Rite II 5pm Church Picnic	<b>14</b> 9am MP (online) 9pm Compline (online)	<b>15</b> 2pm Book Study (Zoom) 6pm Sung EP (online)	<b>16</b> 7pm Choir Meeting	<b>17</b> 9pm Compline (online)	<b>18</b> Parish Office Closed 7pm (online) Kid's Korner	<b>19</b> 7pm Praying the Psalms
<b>20</b> Proper 20 930am Rite II Freedom Sunday	<b>21</b> 9am MP (online) 630pm EP & Firepit 9pm Compline	<b>22</b> 2pm Book Study (Zoom) 6pm Sung EP (online)	<b>23</b> 7pm Choir Meeting	<b>24</b> 9pm Compline (online)	<b>25</b> Parish Office Closed 7pm (online) Kid's Korner	<b>26</b> 7pm Praying the Psalms
<b>27</b> Proper 21 930am Rite II Stewardship Sunday	<b>28</b> 9am MP & Coffee 9pm Compline (online)	<b>29</b> 2pm Book Study (Zoom) 6pm Sung EP (online)	<b>30</b> 7pm Choir Meeting			

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These ads greatly help defray our publishing costs!



**Holy Innocents' Episcopal Church**  
Pearl and Marine Streets  
Beach Haven, New Jersey 08008

Sunday Morning ~7:30 a.m. (Sept. 6 & 13)  
Rite I Worship Service  
Sunday Morning ~9:30 a.m.  
Rite II Worship Service with music