

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

Church Email hicurch08008@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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Lenten Blessings to you!

Socrates supposedly said, 'the unexamined life is not worth living'. This Lent, I encourage you to prayerfully consider self-examination. There are many ways to do this, but one way which cultivates confidence and often reinforces a stronger relationship with Christ is finding a discipline. Such a discipline might call for you to spend more time in silent prayer, spend more time in nature and appreciate creation, or to find a way to incorporate times when you can share your faith with others. I hope you will spend time in prayer and discernment for which discipline calls you. One size does not fit all and not everyone's Lenten acts will look the same. As I preached on Ash Wednesday, Fasting, Prayer, and Almsgiving are the classic Lenten disciplines, and each may be tapered to how we are individually called. Many people decide to work toward changes in their habits and lives, or give up things which distract them from God, or take on something new during this penitential season. Last year, we began Lent together in-person and after two weeks were separated and online only. Even though we are in-person a little and still online a great deal, it feels like this is the longest Lent of our lives. So, perhaps taking on an act or observance of daily gratitude and speaking of it out loud would be

one discipline to consider. Another might be to share affirmations with someone else AND yourself. As yourself what you are grateful for each day and then ask someone else. I delight in making lists so I thought that I would keep a running list of gratitude moments, people, actions, things, places, feelings, etc. Today, as I type this, I am extraordinarily grateful for a bright morning. I noticed it because I usually dislike mornings, but the weather has been all over the scale lately. I am also grateful that my laptop works again after I restarted it. Bluebell stepped on it and somehow disabled the keyboard and enabled weird flashing boxes asking for dictation, which also did not work. Whew! I'm grateful for another day, the time given to us, and for new hopes and chances to be more loving and aware. So, something as simple as the list above...imagine what 40 days of positivity could do. Perhaps it will lift your overall spirit over time, or someone else's close to you. Perhaps it will open you up to new possibilities. Perhaps it will help you feel a renewed sense of Christ's resurrection when we reach Easter. We cannot be an Easter people unless we at least touch and acknowledge the darkling depths of despair.

continued on page 2



The Parson's Place continued...

Here are some other suggestions I've loved for years from Ian Rees:

Fast from judgment, Feast on compassion
Fast from greed, Feast on sharing
Fast from scarcity, Feast on abundance
Fast from fear, Feast on peace
Fast from lies, Feast on truth
Fast from gossip, Feast on Praise
Fast from apathy, Feast on engagement
Fast from discontent, Feast on gratitude
Fast from noise, Feast on silence
Fast from discouragement, Feast on hope
Fast from hatred, Feast on love

What will be your fast? What will be your feast?



LENTEN SERIES

Led by Dcn. Judy Krom and Mtr. Caroline Carson

6:30-8:30 PM ~ Remaining Dates ~ March 4, 11, 18 & 25

GUESTS: The Rev. Allison Burns-LaGreca, The Rev. Rob Courtney and Dr. Robert Schram

ZOOM LINK - <https://us02web.zoom.us/j/87392855579>



UNITED THANK OFFERING (UTO)

Blue Boxes

Please pick up your UTO Blue Box so that any spare change may be collected and given to the UTO for the Diocese's Annual Ingathering in May. Ruth McLaughlin is our UTO Parish coordinator and Mtr. Caroline is not only a UTO grant recipient (during seminary) but a grant developer (Bangladesh). She is also our Province II Rep to the wider Church.

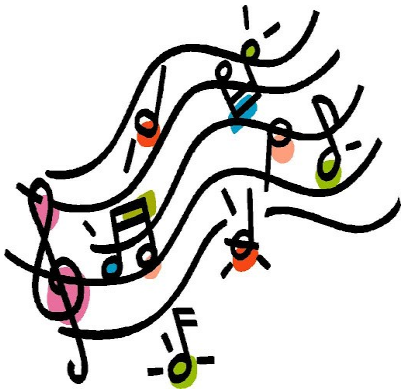
FLOWERS FOR EASTER

If you would like to memorialize loved ones with a donation toward Easter Flowers, kindly mail your donation to the church office, place it in the Sunday collection plate or the put in the drop box outside the office. Forms will be available in the Sunday bulletins beginning Sunday, March 14th, as well as the E-Pistle. Make sure the donor and recipient names are clearly written and please note "Flower Guild-Easter" in the check memo.

All donations must be in the office by March 30th



From Our Minister of Music



Normally this time of the year, I am writing about all kinds of wonderful things; concerts, special choir anthems, guest performers, etc. There will be a time when I can plan for all of those things, but as we know, this is not the time.

BUT we will still have lots of special and beautiful music. Stay tuned for news about live-stream musical events that you can all enjoy from home.

Ellen Dondero
Minister of Music
ejdondero@comcast.net

Dishing With The Deacon

Holy Innocents' sponsored a book study in January instead of our ongoing Thursday Bible Study from 2:00-3:30pm. The most recent book we read and discussed was Bishop Michael Curry's *Love is the Way: Holding on to Hope in Troubling Times*. I loved this book as did others in the group. This raises the question of whether to love more could be a Lenten discipline. I think it could be. A Lenten discipline doesn't always have to be giving up something; it could also be taking on a new habit. One year I gave up having to be right. It was great, or so my husband said.

So, let's say we are going to take on being more loving in our lives. What would this mean? For example: we are going to love God more; how would this manifest itself? We usually like to spend time with someone we love so why not God? We can spend more time in his presence through prayer, Scripture reading, and meditation.

We could be more loving to the poor, the needy, those different from ourselves, the church, and our family. The ways this commitment can manifest itself is to think about ways we can show our love to people who need some love. Reach out and love someone or a group of someones who may be in deep need of knowing they are loved. And if you can't do it because of age or physical infirmity, there are other ways to show love; contributing to the food bank of Southern Ocean County, Episcopal Relief and Development, the Salvation Army, or the NAACP, for example. Maybe there is someone in your family, cousins, elderly aunts or others who need a financial boost.

God will bless whatever we do and we will feel better too. May you find joy in this Lenten season through your thoughtful actions.

Love you, Judy



On February 21st at the end of the service Mtr. Caroline blessed and dedicated a Candlestand/Sand Stand also called a primikirion, We have several parishioners with Greek and Russian Orthodox in their background. The congregation came back to light candles in memory of loved ones, for intentions to observe holy Lent with prayers of healing, with prayers of hope and more. It was a beautiful ceremony.



Parish Prayer List March

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

Jean & Keith Aclin
Barry
Cathy, Claire
Charles
Mary Ann
Dennis
Dreby Family
Fran Harris
Janine
Frank
Cecily Lovas
Rob Meyer
TJ Patton
Gene Pharo
Lorraine & Drew
Wall Family

Connie Anderson
Bob & Fran
Bill & Lynne Cowper
Joan Connolly
Mary Ann Crewdson
Carol Dobbins
Ella
Hillary
Karen & DJ
Lauren & Ed
Kurt Martin
Ronnie & Harry
Paula & Abbie
Carol Ann Renzland
Robert Thomas
Ann White

Beth C.
Eddie Boll
Marie Bregler
Judy Contreras
Michael Reed Davis
Meg Dougher
Faye & Ed
Janet
Diane Lee
Lindsey
Mary Jane
Virginia Nicholas
Lucien Picard
Lara Sparks
Colin Walker
Kate 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 Fond Farewell to the Longenbachs



Barry and Cindy Longenbach have been members of the Holy Innocents' family for many years and both have contributed to our church in more ways than we can count. We are saddened that they are leaving the island, and our church, but happy for the new and exciting adventures that await them in Pennsylvania! **There will be a drive-by farewell on Sunday, March 7th from 10:45 am to 11:30 am.** Below is a note from the Longenbachs.

Greetings to our Holy Innocents' family. We will be moving on March 18th. We have so many friends here at church and around the island, it was a tough decision. We never felt more welcome.

We are moving to a 55+ community in Quakertown, PA closer to our family. Fifty one years ago we honeymooned here, so we have a real attachment to Long Beach Island. Thank you for being so generous with your love and friendship. It will be missed greatly. Love to all.

Your friends,
Barry and Cindy Longenbach

New address:

1251 Creekside Lane
Quakertown, PA 18951

Barry: 215-292-6019
Cindy: 215-262-7062

DIOCESAN CONVENTION - Our 2021 Diocesan Convention will be Saturday, March 6th and will again be online. Those who are our delegates will be attending via Zoom

March Birthdays

Mary Jane Mannherz	02	Margaret Aftanis	18
Lori Anderson	06	Adrienne Miller	20
Gail Jacobsen	07	James F. Bishop	21
Judy Contreras	09	Erin Davis Horleman	22
Diane Carter	10	Steven Scott Miller	22
Kingston Sparks	11	Peter Pierce	25
Kevin H. Sparks	14	Joyce Hillyer	26
Heidi Ferringo	15	Jacob Peacock	27
Francis W. Kleber, III	15	Sara Angelozzi	28
Howard Dumhart	17	Thomas Horleman	28
Margaret Sherwin	17	Frank McLaughlin	28
		Jessica Seaton	31

March Anniversaries

Tino Andrade and Joanne Entrikin 17

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 **March**.

MARCH ALTAR DONATIONS

7th - Lent
 14th - Lent
 21st - Lent
 28th -

MARCH FLOWER GUILD

7th - No Flowers Lent
 14th - No Flowers Lent
 21st - No Flowers Lent
 28th - Palm Sunday Joyce Hillyer

MARCH ALTAR GUILD

7th - Melissa Wall & Carol Hammond
 14th - Melissa Wall & Carol Hammond
 21st - Melissa Wall & Carol Hammond
 28th - Melissa Wall & Carol Hammond

MARCH USHERS & GREETERS

7th - Bob Weidmann, Mike DeCicco
 14th - Judy Hamilton, Rob Meyer
 21st - Dave White, Leila Sullivan
 28th - Rob Meyer, Rich Cashel



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

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

Environmental Education and Advocacy Committee

Thanks to the Rutgers Cooperative Extension Service, Earth Day, Every Day, program, below is a checklist of changes you can make this year... in no particular order. Feel free to share this checklist with friends and family and we've listed resources for you to learn more.

Reset your thermostat to save energy and money- Lower the heating system temperature in winter and increase the temperature in summer for your central air conditioning systems. During winter, try 60 degrees at night, and 68 while you are home. In the summer, adjust the home's thermostat to 76 to 78 degrees to keep cool and avoid high electric bills. [More info here](#)

Focus on the first two "R's" in Reduce, Reuse, and Recycle- Recycling is not the best way to decrease waste. A lot of resources and energy are used to create new products. This year, commit to reducing your product consumption or reusing products by buying or trading used items. It's never been easier to buy used with online websites; Facebook Marketplace, Craigslist, Ebay, and Freecycle are just a few.

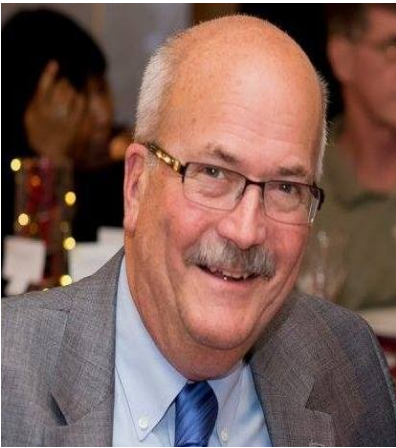
Reduce recycling contamination- Don't be a "wishful recycler". Commit to learning how to recycle properly in your town. Did you know pizza boxes can NOT be recycled in curbside containers? The grease on the boxes contaminates the recycling stream. Another contaminator is the plastic bag! Plastic bags jam up recycling equipment and can shut down recycling operations. Download the [Recycle Coach app](#) or go to your town's recycling website and print out the "acceptable recyclable materials list". Hang it up for everyone to refer to.

Start composting- Composting food scraps reduces waste in landfills. Mix food scraps from your kitchen with leaves, or another carbon rich material, keep it moist, and mix it once a week. Soon you will have a healthy soil amendment that helps your plants grow. Watch our [composting video](#) and read our [Home Composting fact sheet](#) to get started.

Go electric and reduce your fossil fuel consumption- The US transportation sector is the [largest greenhouse gas contributor](#) in the United States. Need a new car in 2021? Make the switch to an electric or hybrid car. And your "new" car does not need to be new; there are many used hybrid vehicles on the market. Choose electric when you make other consumer purchases- for example, leaf blowers or mowers. Visit <https://www.drivegreen.nj.gov/> to learn more about electric vehicles.

Get outside more and explore nature- Commit to getting out and experiencing nature at least once a week. Why once a week? Because [more and more research](#) is showing that immersing yourself in nature benefits your mental and physical wellbeing. Some in the medical field are prescribing nature-based time to their patients. This field is called ecotherapy (or nature therapy) which has shown a strong connection between time spent in nature and reduced stress, anxiety, and depression. And let's face it... we could ALL use that right now.





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!

I was born and raised in Montgomery County PA. Graduated from Germantown Academy and received my BS from New England College. Our family summer home in Haven Beach was purchased in 1962. Every summer was spent at that home. Great memories of sailing, and swimming at the Haven Beach Association, and just hanging on the Beach.

During the 80's I opened 3 stores in Bay Village selling everything from nautical décor and Seashells by the seashore, to Kites. At the same time I was commuting to Philly each weekday to work in our family travel business. I met my wife Ellen at Bay Village where she too was a business owner, as well as being Manager at Nat West Bank. Beach Haven became home when I moved here in the early 90's. We moved to our new home in Cedar Run in 2012. Beach Haven was a wonderful place to raise a family.

I continue to volunteer for a number of community organizations including The Beach Haven Community Arts Program and ReClam the Bay. I think my most rewarding volunteer experience was serving on the Beach Haven Board of Education for 7 years, 2 years as president.

I moved from my childhood Lutheran upbringing to become Episcopalian, at 7 years old, and came to Holy Innocents' from St Thomas, Whitmarsh, in 1990 to sing in the choir. I've been here ever since. Ellen and I were married by Father Don, our daughter Olivia was baptized by Cannon Weatherly. It has been a real honor to serve on Vestry, as Warden, as well as being involved in other Parish Ministries. At every opportunity I love to engage with my wonderful extended Parish Family. I'd like to leave you with my favorite line of Scripture.

May the Lord bless you and keep you; may His face shine on you, and be gracious to you; may He turn His face towards you and give you peace.

Numbers 6:24-26

March Parishioner Spotlight ~ Robert Meyer

“COULD YOU NOT STAY AWAKE WITH ME ONE HOUR?”



The tradition of an **Overnight Vigil** on Maundy Thursday comes from Jesus' question "Could you not keep awake one hour?" to his disciples, who fell asleep as he prayed in the Garden at Gethsemane before his arrest, trial, and crucifixion.

During the Thursday evening service, **7pm on April 1st**, the "reserve sacrament" will be taken into the chapel and placed on the Altar of Repose. You are invited to sign up for an hour to “keep watch” over the Host through the night until we bring the sacrament back into the church on Good Friday for the noon service. The sign-up sheet for our overnight vigil will be available in the Narthex beginning **Sunday, March 14th**.

MARCH 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9am MP (online)	2 6pm Sung EP (online)	3 7:00p-8:30p Choir Meet-up	4 6:30pm Lenten Series (via zoom) 9pm Compline	5 <i>Parish Office Closed</i> 6pm Stations of the Cross 7pm Kids Korner (online)	6 7pm Praying the Psalms (online)
7 LENT III 930am Rite I (Church & online)	8 9am MP (online)	9 6pm Sung EP (online)	10 7:00p-8:30p Choir Meet-up	11 6:30 pm Lenten Series (via zoom) 7:00p Vestry 9pm Compline	12 <i>Parish Office Closed</i> 6pm Stations of the Cross 7pm Kids Korner (online)	13 7pm Praying the Psalms (online)
14 LENT IV 930am Rite I (Church & online) <small>DAYLIGHT SAVING TIME</small>  BEGINS	15 9am MP (online)	16 6pm Sung EP (online)	17 7:00p-8:30p Choir Meet-up 	18 6:30 pm Lenten Series (via zoom) 9pm Compline	19 <i>Parish Office Closed</i> 6pm Stations of the Cross 7pm Kids Korner (online)	20 7pm Praying the Psalms (online) 
21 LENT V 930am Rite I (Church & online)	22 9am MP (online)	23 6pm Sung EP (online)	24 7:00p-8:30p Choir Meet-up	25 6:30 pm Lenten Series (via zoom) 9pm Compline	26 <i>Parish Office Closed</i> 6pm Stations of the Cross 7pm Kids Korner (online)	27 7pm Praying the Psalms (online)
28 PALM SUNDAY 930am Rite II (Church & online)	29 9am MP (online)	30 6pm Sung EP (online) EASTER FLOWER DEADLINE	31 7:00p-8:30p Choir Meet-up			

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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

Larry & Pat Peacock ~ The Hughes Family

Jay Cranmer ~ Bill Martin ~ Murphy's Family of Stores

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

Sunday Morning ~9:30 a.m.
March 7th~March 14th~March 21st
Rite I Worship Service with music
March 28th~Palm Sunday
Rite II Worship Service with music
609-492-7571



Time to
Spring Ahead

SUNDAY
MARCH 14TH

Turn those clocks
AHEAD
before retiring
for the night!

Please don't be
late for church!