

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

The Parson's Place

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Blessings to you, on this Shrove Tuesday, *Mardi gras*, and day-before-Lent!

Socrates supposedly said, "*the unexamined life is not worth living*". This Lent, I again 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. Tomorrow is Ash Wednesday. Begin with receiving the Imposition of Ashes, if you can do so. Then, consider reflection on time, place, and this life on Earth. The reflection below (from The Episcopal Church) is perfect for considering how we interact with others and the world around us.

*There is not justice for all. In our fear we doubt the resurrection. This Lent, let us enter into a time and space of honest and unflinching examination. We offer these devotions as a means, a starting point for prayer and reflection. The hard work of truth telling and truth hearing is set before us. The painful reality that racial equity does not exist in our countries our churches cannot be ignored. We must resist any rush to reconciliation before repentance. Return to the Lord.*

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. Consider keeping a running list of gratitude moments, people, actions, things, places, feelings, etc. Be grateful for another day, the time given to us, and for new hopes and chances to be more loving and aware.

Imagine what 40 days of positivity could do. Perhaps it will lift your overall spirit over time, or someone else's close to you.

*Continued on next page*

*We are created out of love and for love. We walk the same earth and breathe the same air, and yet... We proclaim that it is God's will that all people live in equity and peace, that all have a share in God's abundant life, that there is liberty and justice for all, and yet... We have been claimed in baptism, buried with Christ in a death like his, to be raised with Christ in a resurrection like his. We have already died the only death that really matters, and yet... We do not recognize the full humanity of others.*



## The Parson's Place cont'd.

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.

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?**

*Caroline+*

## Upcoming Events



**Save the Date!**  
*Mardi Gras/Shrove Tuesday*  
**Pancake Supper**  
**Tuesday, March 1st**  
5:00pm to 7:00pm  
**Bring your friends!**  
**or Call Mtr. Caroline for**  
**Takeout!**  
**FREE-WILL OFFERING**

### UTO Blue Boxes

During Lent, we will be distributing United Thank Offering Blue Boxes 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.



## Mother Caroline+ to visit Pakistan and the Anglican Diocese of Raiwind.

Mtr. Caroline has traveled to Pakistan before, in 2016, to work with the clergy, people, and schools in this area. This trip will be as a liaison to the Episcopal Church's Office of Global Partnerships. She will meet with clergy there, explore churches and other religious sites. She will give a workshop to different groups, and she will be a guest of the diocese there. Mtr. C will also be working with the Women's Desk and meeting women who have been trying to raise their skills and create opportunities for themselves and their families. Some of these women have been through trafficking experiences, some have fled from Blasphemy Law issues, and some have been abandoned. One of the people she will be working with, is going to be here in our Diocese of New Jersey at the end of April and will visit us at Holy Innocents' as well as give a program to the diocese before a visit and lecture to Virginia Theological Seminary. Mtr. C will post some updates from her experiences on her Facebook page and the church's Facebook page. Upon return, she will put together a slideshow and a talk for one of our Coffee Hours about her travel to Pakistan and her recent travel to Kuwait and Jordan. The first photo is from her previous trip, giving a workshop to St. Peter's School. The second photo is of Mtr. C with the previous Archbishop, Samuel Azariah and Bishop Mano Ramulshah.



## From Our Minister of Music

### We are looking for new choir members, especially tenors and basses!

Maybe you're interested, but can't commit to every Wednesday rehearsal, and every Sunday service – that's okay! Maybe you'd just like to sing for Holy Week & Easter- that's okay, too! We are very flexible, and mostly just love to raise our best singing voices in praise.

Please contact me!

Ellen Dondero, Minister of Music

[ejdondero@comcast.net](mailto:ejdondero@comcast.net)



### Music for Lent and Easter

With Lent there comes certain reflection, and through that reflection we find Joy and Hope of eternal life, offered to us with the death and resurrection of Our Lord, Jesus Christ. This makes for a very meaningful church season, and some of the most moving hymns and choral anthems.

*Our choir will be singing for each Sunday service during Lent, Ash Wednesday evening; Maundy Thursday and Good Friday as well as Easter Vigil, and Easter Morning. Their offering of beautiful anthems is sure to enhance worship.*

Ash Wednesday, 7PM ~ service with congregational singing, choir, and organ

Palm Sunday, 9:30AM ~ service with congregational singing, choir, organ and trumpet

Maundy Thursday, 6:00PM ~ service with congregational singing, choir, and organ

Good Friday, Noon ~ service with congregational singing, choir, and organ

Easter Vigil, 7:37PM ~ service with congregational singing, choir, and organ

Easter Sunday Morning ~ service 9:30AM ~ congregational singing, choir, vocal soloists, organ, and our special musical guests, Lighthouse Brass

All are welcome to worship with us.

Ellen Dondero, Minister of Music

[ejdondero@comcast.net](mailto:ejdondero@comcast.net)

### Save the Date for Spring Concerts!

Saturday, May 14<sup>th</sup> 4pm - Nocturnes Big Band

Sunday, June 5<sup>th</sup> 4pm - Capital Singers of Trenton



### LENTEN SERIES "Journey to the Cross"

Our Lenten Series will be In-person only in Martin Hall beginning on Thursday March 10th at 5:00 PM with a brief mass on the Saint of the day, followed by Soup & Substance at 5:30 PM and ending around 7:00 PM. This will continue until April 7th. Facilitators: Mtr. Caroline and Dcn. Judy. Topics include: A Life of Prayer, Evangelism, The Church Today, Other religious beliefs, Holy Week, Symbols of Lent, Rule of Life.

### EUCCHARISTIC VISITORS MINISTRY

We continue to seek volunteers to become Eucharistic Visitors. Beginning this April, we will finally resume our regular schedule of rotation of Eucharistic Visitors to bring folks home communion and visit. This will greatly help out Mtr. Caroline and is a very common practice in every church. Members of the ministry will be trained (or re-trained) and have a schedule where they visit with different members each month. While this ministry is often for our shut-in members, it extends in time of need to those recovering from surgery, those experiencing periods of great grief, those for other reasons of health, etc. cannot make it on Sundays. It is such a blessing to those who bring and administer the eucharist, but also to those who receive it!

## Parish Prayer List February

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

Beth C.	Bonnie Benoit	Beverlee
Charles Bishop	Jackson Brackett	Marie Bregler
Carol	Joan Connolly	Judy Contreras
Lynn Cowper	Mary Ann Crewdson	Marie Elena D.
Dennis	Carol Dobbins	Meg Dougher
Faye	Gary	Jan
Ryan Jastrzembski	Jeannine	Joan, Susan & Bob
Carol Jordan	Anne Joyce	Karen & DJ
Karen Grossman	Adam Houser	Kathy & Walter
Mary Keough	Kitty	Cyndi Lamon
Dave Lamon	Alan Lee	Diane Lee
Arlene LeConey	Cecily Lovas	Lucas
Virginia Nicholas	Brian O'Sullivan	Sharon Osborn
TJ Patton	Bob Prindible	Lucien Picard
Marie R.	Debbie & Joe Reising	Kathy Rice
Ron	Rosalind	Rich Rosenbaum
Shirley	Simone	Lara Sparks Deitz
Bill Todd	Robert Thomas	Colin Walker
Bill Ulmer	Ann White	Betty & Family
Fred T.	Ellis Barbieri	Mike DeCicco

**Those serving in the military and other dangerous professions:**  
Paul Bailey, Justin A. Dumhart, Danny Melega, Andrew Wall, Brandan White



**COFFEE HOUR!** Our weekly Coffee Hours will be starting back up again. There is a signup calendar on the bulletin board for those of you who wish to take a turn to provide refreshments.

You may call me at 1 (814) 598-4973 if you have any questions.

*Thanks so much! ~ Ellen Kehr*

**DIOCESAN CONVENTION** - Our 2022 Diocesan Convention will be **Saturday, March 5th** and will again be online. Those who are our delegates will be attending via Zoom and the rest of the diocese will be watching via YouTube.

## The Call to the Observance of a Holy Lent

**“I invite you, therefore, in the name of the Church,  
to the observance of a holy Lent.  
by self-examination and repentance;  
by prayer, fasting and self-denial;  
and by reading and meditating on God’s holy Word”**

*-Book of Common Prayer, p. 265*

## Environmental Education and Advocacy Committee

What draws us to the ocean season after season? In his book, *Blue Mind*, marine biologist, Wallace J. Nichols, tells how science backs up what we who live here already know... “how being near, in, on or under water can make you happier healthier, more connected and better at what you do”. The interconnectedness of visual art such as that of Ran Ortner, music - think Water Music by Handel, dance -

<https://www.smithsonianmag.com/science-nature/oceanos-a-performance-where-dancers-move-like-octopuses-and-seahorses-180947573/>, and of course the many novels and poems all try to capture what it is

about water that causes sometimes profound changes in our mental and emotional state. Whether you are trying to solve a problem and a solution comes to you in the shower; or you are so frustrated or angry that you want to shout so you walk on the beach or go for a sail; or the tears won't stop coming over a loss and just staring at the unending waves breaks you out of your sadness; we revert back to our amniotic beginning and head for the water. Nichols' book reports on many aspects of how we are influenced by water in all its forms.

We know that we are not the first to “discover” this special sandbar and its bountiful ocean. The indigenous people of the Lenni Lenape tribe used our island as their summer home doing some of the same things we do perhaps with more pressing reasons. Clamming, fishing, repairing boats, drinking in the sun and being refreshed by being near the ocean. BUT they didn't stay here so the island continued to do what barrier islands do which is protect the mainland by knocking down wave action and move the sand westward and in our case southward with the wind and current. As people started to stay here they built more permanent structures and tried to change the movement of the sand sometimes with not so great results.

The first more permanent structures were fishermen's cottages and hunting shacks that could easily be repaired if damaged by storms. Next came summer homes; some on wood pilings, some on cinder blocks, some just a few inches from the sand. All may have been sand swept away every spring before family and friends arrived for their few vacation weeks at the shore. The ocean continued to shift the sand during the winter months so some houses placed wood and sometimes steel bulkheads to the east of their houses to try and keep the ocean away from the front door. If the ocean was especially “greedy”, as it was in September, 1944, houses were damaged and some were not repaired. There was no FEMA and no flood insurance at that time so it was only those with the means who repaired their homes. But memory is short so more houses were being built on the island.

Beginning modestly in the '30's but in earnest during the 50's and 60's 1000's of houses were built. It soon became apparent that the infrastructure would have to be upgraded. Sewerage could no longer be contained in cesspools so was partially treated and dumped in the ocean; garbage would spill as it was being transported on barges and ended up on the beach. At one point there was a building moratorium while the infrastructure “caught up” to the housing boom. Nothing stopped the building and there were few regulations as to where buildings could be - wetlands were filled in, dunes were flattened, man-made lagoons were dredged. For details of what this building boom was like and how it changed the island and the mainland see *The Geography of Risk* by Gilbert M. Gaul.

And then came the 1962 March Storm. No longer could damaged houses be easily repaired, some houses were totally washed away and not permitted to be rebuilt, infrastructure was damaged.

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## EEAC continued...

It was an ocean event that knew no bounds. There was an outcry to protect our shores. There was very little talk about neither climate change nor sea level rise; there was just a push to stop the erosion of the coast. The first noticeable effort on our island was the building of rock and wood groins (sometimes called jetties) perpendicular to the ocean in 1969. All along the length of Long Beach Island these groins were placed to stop the erosion and the shifting of sand. The result was that sand washed away from the north side of the groin and got deposited on the south side. An opening was created in some of the groins to let the sand flow through back and forth. Universities, the Army Corps of Engineers, Scripps Institute, Woods Hole Oceanographic Institute, Stevens Institute and others were all studying how the ocean was moving the sand. Meanwhile homeowners were trying to protect their investments. In 1968 flood insurance became available and was required if you carried a mortgage. It became apparent that the dunes along the ocean in front of houses gave some protection so in 1973 the Coastal Areas Facility Review Act (CAFRA) was passed in New Jersey which regulated what structures could be built and where along waterways. The Federal Government also responded by forming the Federal Emergency Management Agency (FEMA) in 1979 which helps communities recover from many kinds of disasters including coastal storms. There continued to be storms that damaged our shores primarily as Nor'easters in the fall and we all remember the one that came in 2012 to strike another major blow to the island.

What are the researchers learning about the oceans and the role that barrier islands play? Can we protect ourselves and our investments? Can we become resilient and sustainable? Part 2 will report on some of that research and actions that are currently being proposed.

Submitted by: *Barbara Bishop, EEAC Committee Member*



## New Jersey School for Ministry

We are sent, yes! All of us! By virtue of our baptism! But to whom? In what capacity? For what ministry? And how should we prepare?

If you are asking these questions, you may want to explore the New Jersey School for Ministry. It is open to all – especially those seeking to be formed for new or renewed lay leadership, and those discerning possible calls to either the diaconate or to priestly ministry.

The School for Ministry is the door to a journey. Those who pass through this door must understand that the destination is not predetermined. Openness and possibility are the marks of this journey, for the journey belongs to God.

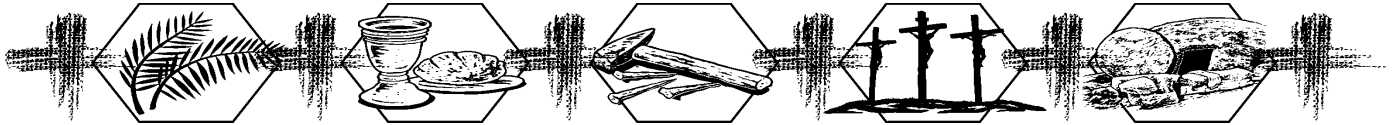
Check out this link to the Diocese of New Jersey School for Ministry  
<https://dioceseofnj.org/school-for-ministry/>

The School for Ministry will be holding their annual retreat here at Holy Innocents' over the weekend of March 11, 12, and 13 so you may see them if you are around any of those days!



## March Birthdays

Mary Jane Mannherz	02	Howard Dumhart	17
Chris Harris	05	Margaret Aftanis	18
Lori Anderson	06	Christine Cathcart	19
Gail Jacobsen	07	Ethan Romanowski	19
Linda Hillman	08	Susan Johnson	21
Judy Contreras	09	James F. Bishop	21
Diane Carter	10	Erin Davis Horleman	22
Charles Sullivan	10	Peter Pierce	25
Kingston Sparks	11	Joyce Hillyer	26
Heidi Ferringo	15	Jacob Peacock	27
Francis Kleber, III	15	Thomas Horleman	28
Sally Potts	16	Frank McLaughlin	28
		Nancy Davis	30



## 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

6<sup>th</sup> - No flowers during Lent  
 13<sup>th</sup> -  
 20<sup>th</sup> -  
 27<sup>th</sup> -

### MARCH FLOWER GUILD

6<sup>th</sup> - No Flowers during Lent  
 13<sup>th</sup> -  
 20<sup>th</sup> -  
 27<sup>th</sup> -

### MARCH ALTAR GUILD

2<sup>nd</sup> - (Ash Wednesday) Melissa Wall  
 6<sup>th</sup> - Diane Entrikin, Melissa Wall  
 13<sup>th</sup> - Chris Burlaga, Carol Hammond  
 20<sup>th</sup> - Jeanne Cashel  
 27<sup>th</sup> - Jeanne Cashel

### MARCH USHERS & GREETERS

2<sup>nd</sup> - (Ash Wednesday) TBD  
 6<sup>th</sup> - Kay DeCicco, Mike DeCicco  
 13<sup>th</sup> - Bill Cowper, Dave White  
 20<sup>th</sup> - Melissa Wall, Sue Hughes  
 27<sup>th</sup> - Bob Weidmann, Leila Sullivan



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)

**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)**



## 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'!*

It's amazing how easy it is to remember events that occurred many years ago. One such memory is of my father taking me to church every Sunday morning. We lived far from this Episcopal church on Girard Avenue in Philadelphia, but it was the place that my grandmother worshiped. I sat next to my grandmother and my father sang in the choir. As was the case for many of the Philadelphia churches of the day, the building was huge. There were two churches housed in the one structure. We used the smaller of the two because (I was told) it was too expensive to heat the larger church ... the one with pews. I was about 5 or 6 years old at the time and we were in the middle of World War II.

Toward the end of the war, a new Episcopal church was built in the north Philadelphia neighborhood where I lived with my mom, dad, and brothers Ken and Rob. Our young community developed a wonderfully large Sunday School. My best friend and I served as crucifers for the junior and senior choirs and as servers for the elements.

As we entered our teens, our close group of friends formed The Young Peoples Fellowship and were continually active in social projects.

After high school, I attended college, working nights. After 2 years of studies, I enlisted in the U.S. Marine Corps. It was during a three-day pass that I met Lynne ---- my wife-to-be. We were married at Grace Episcopal Church in Merchantville by the Reverend Albert Vanduser, later to become Bishop of New Jersey.

I continued my education in the evenings, funded by the G.I. Bill and my employer.

Accompanied by our daughter Cindy and son Tim, my wife Lynne and I moved to West Chester, Pennsylvania. The move was prompted by my employer's move to Valley Forge. My job title was Mechanical Design Engineer and remained that through to my retirement.

Cindy graduated from Stockton University and has done well working in the stock market. Tim has managed a team of TV cable installers, and more recently worked with ABCD Ministries in North Carolina.

We attended St. Paul's Episcopal Church in Exton, PA, where I served on the Vestry and as Property Chairman. I also continued my service as an usher.

After several years as a member of the Surf City Yacht Club, I was elected as their Commodore, a position that I treasure.

When I retired, we decided to live in Surf City. We had spent our summers here and enjoyed every minute. When Lynne became bedridden, our son, Tim, graciously volunteered to leave his position as chef at the Veterans Restoration Quarters in Ashville, North Carolina, and move in with us. He has done a wonderful job of caring for my wife and feeding me.

My daughter was married at Holy Innocents' Church and two of my great granddaughters were, most recently, baptized here.

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## Parishioner Spotlight Continued...

### Drum and Bugle Corps

I was 10 years old when I first heard the sound of a drum and bugle corps as it marched past our house. I rushed out of the front door and followed them along their parade route. They were playing a popular march on their shiny brass single-valve bugles accompanied by snare, tenor, and bass drums and by a color guard. They all wore red and gray uniforms with gold braided trim. I followed them to the end of their route and made friends with several of the members. They practiced one night a week at the elementary school located just a block away from my house. Without encouragement, I became a bugle-playing member of their corps. This was the start of an endeavor which was to last for almost 40 years.



*"The Beginning 1945"*

One of my fondest memories as a cadet was our week-long trip to the Orange Bowl in Miami Florida to compete in the National Championship. We were the youngest of the eight units in the competition, and it was our first time to compete on a national level. To everyone's surprise, we came in

second place, an indication of what hard work can accomplish.



*"The End 1957"*

I began my D & B Corps teaching career when I received my honorable discharge from the Marine Corp. In all, I've taught five corps their yearly 15-minute marching program, changing the patterns as required by the yearly music changes. At this time, I also began my judging duties for both the D & B corps and competing color guards in the winter time. I had to eventually discontinue all of these activities to accommodate increased responsibilities placed on me by my employer. There are so many stories to tell about my association with the folks I worked with and performed with, both casually and professionally. I hope that this snippet of my life is of some interest.

### Favorites

My favorite Psalm is #23, The Lord is my Shepherd.

My two favorite hymns are: God of Our Fathers, Whose Almighty Hand and The Church's One Foundation.

*March Parishioner Spotlight ~ Bill Cowper*



### **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 20th. 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 April 12th.**



# MARCH 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 5pm-7pm <i>Mardi Gras/</i> Shrove Tuesday Pancake Supper 	<b>2</b>  12 pm Ash Wednesday Service 7pm Ash Wednesday Service (with music)	<b>3</b> 9pm Compline	<b>4</b> <i>Parish Office</i> <i>Closed</i> 7pm Kids Korner (FB)	<b>5</b> 9am 238th Diocesan Convention (Zoom)  7pm Praying the Psalms (FB)
<b>6</b> <i>The First</i> <i>Sunday in Lent</i> 930am Rite I <i>Rector's Forum</i> <i>during Coffee</i> <i>Hour</i>	<b>7</b> 9am MP (FB)	<b>8</b>	<b>9</b> 6:30-8:00 pm Choir Rehearsal	<b>10</b> 5pm Lenten Program 7pm Vestry Mtg. 9pm Compline	<b>11</b> <i>Parish Office</i> <i>Closed</i> 7pm Kids Korner (FB)	<b>12</b> 7pm Praying the Psalms (FB)
<b>13</b> <i>The Second</i> <i>Sunday in Lent</i> 930am Rite I  	<b>14</b> 9am MP (FB)	<b>15</b>	<b>16</b> 6:30-8:00 pm Choir Rehearsal	<b>17</b> 5pm Lenten Program 9pm Compline  	<b>18</b> <i>Parish Office</i> <i>Closed</i> 7pm Kids Korner (FB)	<b>19</b> 7pm Praying the Psalms (FB)
<b>20</b> <i>The Third</i> <i>Sunday in Lent</i> 930am Rite I  	<b>21</b> 9am MP (FB)	<b>22</b> 6pm EP (FB)	<b>23</b> 6:30-8:00 pm Choir Rehearsal	<b>24</b> 5pm Lenten Program 9pm Compline	<b>25</b> <i>Parish Office</i> <i>Closed</i> 7pm Kids Korner (FB)	<b>26</b> 7pm Praying the Psalms (FB)
<b>27</b> <i>The Fourth</i> <i>Sunday in Lent</i> 930am Rite I	<b>28</b> 9am MP (FB)	<b>29</b> 6pm EP (FB)	<b>30</b> 6:30-8:00 pm Choir Rehearsal	<b>31</b> 5pm Lenten Program 9pm Compline		





**Holy Innocents' Episcopal  
Church**

Pearl and Marine Streets  
Beach Haven, New Jersey 08008  
609-492-7571

Sunday Morning ~ 9:30 a.m.  
Rite II Worship Service with music  
609-492-7571

 <p>Time to Spring Ahead</p>	<p><b>SUNDAY</b> <b>MARCH 13TH</b> Turn those clocks <b>AHEAD</b> before retiring for the night! Please don't be late for church!</p>
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