



St Mary's
Parish Church
Frinton 2025

I press on to reach the end of the race
and receive the heavenly prize for which God,
through Christ Jesus, is calling us.

Philippians 3:14

Welcome!

Tea and coffee available from 10:30 at the back of the church.
Time for a chat with friends, old and new.

Sunday 10th August 2025

Parish Church Services (Sundays only)

9:30am **Traditional Service - BCP (HC)**

Hebrews 12:1-3, 8-16 & Luke 12:32-40

11am **All-Age Service (also livestreamed)**

Luke 12:32-40

12:30pm **Bring Your Own Picnic**

Old Church Services

Sunday 7pm **Sunset Service**

Hearing
Loop
available



Access via
the Old
Road
Entrance



Our toilets are located by
the Old Road entrance



Get in touch:

Rector: Rev Funmilayo Vaughan

Tel: 01255 679164 Email: Office@stmarysfrinton.org

Website: www.stmarysfrinton.org

St Mary's Parish Church, Church Office, Old Road,

Frinton-on-Sea, Essex CO13 9BX

We are a registered charity (1127647) in England and Wales.



Prayer requests for this sheet should be made via the **Church Office**.

Tel: 01255 679164 Email: Office@stmarysfrinton.org Website: www.stmarysfrinton.org

Prayer requests for the Prayer Chain (a group of church members who will pray, in complete confidence, for serious situations) Stewart and Mary Wilson: 01255 814 594

**NEVER
DOUBT THE
POWER
OF PRAYER**

For our prayers during the week ...

... those who are unwell, and those who care for them:

Gina Butler, David Chapman, Linda Halfacre, Kelsey Hawkins,
Rosemary Heddle, David Kidney, Terry Puttick, and Cate Wilby.

Jerry Russell: The family thank you all for your prayers, cards and messages.

The family would also like to invite everyone to attend *Jerry's Thanksgiving Service* on **Sunday 31st August at 2:30pm** in the Parish Church, with refreshments in the Church Hall after the service.



SCHOOL HOLIDAYS ARE HERE! Please **pray for those children and young people of London** who live in small homes with no outdoor space and no chance of a holiday. Some will experience "holiday hunger" as they will be without the provision of free school meals.

Also, **please pray for those LCM missionaries** who will be involved in running holiday clubs and camps over the next weeks, providing fun, meaningful activities and gospel truth. *LINKUPs*, which begins on Friday, provides young people from London with a week-long retreat in Essex, focusing on encountering Jesus through Bible studies, talks and activities. For many young people *LINKUPs* has

been fundamental to their journey with Christ. **Please pray for the 17 leaders** and for the young people, especially those who will be attending for the first time.

Lesley Holland

Alpha Course: Tuesday 16th September at 7pm in Rooms 3&4

Got questions about life and Christian faith or know someone who does? Then maybe it's time to ask? Each session involves video clips, small group discussions and a time for reflection.

Sessions last about 90 minutes and are free to attend. The course will help you discover more about God, Jesus, and the journey of life. For planning of refreshments it would be helpful if you booked a **FREE** place by going to: <https://stmarysfrinton.churchsuite.com/events/c6gggnpj> or contact the **Church Office** and Reception by email or phone.



Harvest Lunch

Posh Ploughman's & Pud in the Church Hall

Sunday 28th September 12:40pm

£9 Adults and £4 Children (11 and under)

Tickets available at Reception, Monday - Friday
or reserve by email (office@stmarysfrinton.org)





Our Sunset Services take place at the slightly later time than the usual evening services, at **7pm, beginning today**. Come and join us, with friends/family on holiday and seaside visitors, at the Old Church for an informal summer service of hymns, talk, and testimony.



New Prayer Meeting Plan

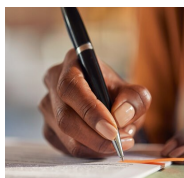
As usual, the *Monthly Prayer Meeting* will not take place during August, but with the Rector's agreement the Prayer Action Group plans that **from 1st September** we will hold a *Weekly Prayer Meeting*, every **Monday evening from 7:30 to 8:30pm**. It will be led by different people each week, similarly to the Lent *Digging Well* prayer evenings, which were so much appreciated. This notice is to enable those who are interested in attending (either occasionally or regularly) to be aware that this will start soon, and then continue on future Mondays.

Graham Dallisson

Summer Concerts: The Concerts raised just under £700, to be split between *St Helena Hospice* and *St. Mary's Parish Church*. The Concerts Action Group would like to thank everyone who helped and supported the concerts this year.

Duncan Archard

Our **Church Directory & Prayer Diary** has been updated and is ready to order from the Office. Directories cost £2 and you will *need to be in the directory* to obtain a copy. If you are not in the directory and would like to be, please contact the Church Office.
Please return any old directories so they can be shredded and disposed of responsibly.



Our Rector Funmilayo is writing a letter to the members of our Church each month in 2025. These letters appear on our website. Just click on [this link](#) or go to www.stmarysfrinton.org/focus2 to read what she has to say this month. If you don't have access to the internet, simply contact the Church Office and ask to read a paper copy.

Bring Your Own Picnic!

Today, **after the 11am Service** has finished we are having a *Bring Your Own Picnic* in the garden for everyone. Tea/coffee and cold drinks will be available as normal.

Please bring your own chair or picnic blanket,

but we will make a small number of chairs from the hall available for those who need them.



Over 90's Group

Please note our *Over 90's Group* will be meeting on **Monday 11th August at 3pm** in the Church Lounge for tea, cake, and a chat. It will be great to see anyone in this age group, so please do join us. Contact Reception, if you'd like to know more, otherwise we look forward to seeing you there. **Ruth and Tricia**

The Wednesday Group Summer Tea Party

Wednesday 20th August, 3pm. Please let Judy know if you plan to attend.

During the week ...

Monday 11th RNID 'Hear to help' 11am
Over 90's Group 3pm
Wednesday 13th Uniform Bank 5pm
Thursday 14th Knit & Natter 1:30pm



Sunday 17th August

9:30am Traditional Service - BCP
11am All-Age Service (also livestreamed)
7pm Sunset Service (Old Church)

Rotas for 2025 available on ChurchSuite. [Logins](#) available upon request.



Weekly Groups / Meetings returning in September ...

Wednesday Group returns on Wednesday 3rd September
(The Wednesday Group Summer Tea Party: 20th August, 3pm)
Friday Coffee Morning returns on Friday 5th September
Choir Practice returns on Friday 5th September
Morning Prayer returns on Monday 8th September
Smallsorts returns on Thursday 11th September

Secure Giving and Donations

We are members of the [Parish Giving Scheme](#) which means you can set up regular monthly giving, or leave a 'one-off gift'.



Giving regularly via PGS means (unlike other ways of giving) the Church receives 100% of your donation, plus Gift Aid - WITH NO BANK FEES!

Donors who would like to use the services of PGS can simply visit parishgiving.org.uk/home and find our Church using the easy search tool. Then follow a few simple steps to set up your donation securely (or [click here](#)).



Or you can scan the QR code on this page, which will take you straight to our parish's landing page on the PGS website, where you can click on the 'one-off gift'. It couldn't be easier!

Alternatively, you can set up your regular gift by phoning the PGS team on 0333 002 1271, Monday to Friday, 9-5.

If you need any help, please get in touch with **Dominic Gardner, Operations Manager**

DATES FOR YOUR DIARY

Alpha Course: Tues. 16th September, 7pm
Macmillan Coffee Morning: Fri. 26th September, 10am
Harvest Lunch: Sun. 28th September, 12:15

Find us on the web!



Noticesheet Items: please submit to the Church Office by noon Tuesday to office@stmarysfrinton.org

Homegroup Information: Heather Ursell - 07882 402 768

Media & PowerPoint items: email to office before 6pm Wednesday

Bookings for Church Premises: OpsMgr@stmarysfrinton.org