



**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.

### Noticesheet: 24<sup>th</sup> to 31<sup>st</sup> August

#### Sunday 24<sup>th</sup> August 2025

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

**Hebrews 12:18-29 & Luke 13:10-17**

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

**Luke 13:10-17**

Sunday 7pm **Sunset Service - 3**

#### Sunday 31<sup>st</sup> August 2025

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

**Hebrews 13: 1-8, 15-16 & Luke 14: 1, 7-14**

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

**Luke 14: 1, 7-14**

Sunday 7pm **Sunset Service - 4**



Image courtesy  
of 'The Chosen'

#### Get in touch:

Rector: Rev Funmilayo Vaughan

Tel: 01255 679164 Email: [Office@stmarysfrinton.org](mailto:Office@stmarysfrinton.org)

Website: [www.stmarysfrinton.org](http://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](mailto:Office@stmarysfrinton.org) Website: [www.stmarysfrinton.org](http://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 31<sup>st</sup> August at 2:30pm** in the Parish Church, with refreshments in the Church Hall after the service.

---



Prayers for people of the **Middle East & North Africa (MENA)** with access to SAT-7 satellite and YouTube broadcasts. Use prayer diaries or website: [sat7uk.org/pages/pray](http://sat7uk.org/pages/pray)

**Online Services** "I viewed a service, and I was comforted and filled with joy," said Gaya from Syria after watching a church service on SAT-7. **Thank God** that people are finding joy through SAT-7's church service broadcasts!

**Broadcasting** the Christian message in countries and cultures that are hostile to the teachings of the Bible brings huge challenges. **Pray** for wisdom and courage for SAT-7's staff in the MENA as they seek to bless people from different backgrounds.

**Rademan (Iran)** a SAT-7 viewer, recently shared his amazing testimony: *Four years ago, on a cold winter night, while I was bankrupt, convicted, broken, caught in addiction, and in absolute despair, I had an amazing encounter with Jesus Christ. A single sentence was enough to captivate my heart and soul: 'God is a Father who sacrificed His only Son to save your life.'*

**Thank God** that He revealed Himself to Rademan, **and pray** that many more Iranians will be moved by God's sacrificial love.

**Heather Ursell**

PLEASE TAKE SAT-7 PRAYER DIARES AND MAGAZINES FROM THE BACK OF THE CHURCH, OR THEY WILL BE WASTED

---

**Jaywick Project** I have bought and delivered 96 food bags for families with children over the six-week school holidays. Thank you to everyone who has made donations to the project. Special thanks to Eddie and Mac who raised money through their entertainment. Thank you also to Sue Dallisson for her assistance. Please continue with your ongoing prayers for Jaywick.

**Eleanor Young**

---

### **Alpha Course: Tuesday 16<sup>th</sup> 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.





## New Weekly Prayer Meeting for everyone

As usual, the *Monthly Prayer Meeting* has not taken place during August. **From 1<sup>st</sup> September** we begin a *Weekly Prayer Meeting*, on **Monday evenings, 7:30 to 8:30pm**. We will meet in Rooms 3&4 and everyone is very welcome, whenever they are able. *Graham Dallisson*

---



## Over 90's Group

Please note our *Over 90's Group* will be meeting on **Monday 1<sup>st</sup> September 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*

---



## School Bags

Please can all parents/guardians bring in their child's school bag on Sunday 31<sup>st</sup> August so we can pray for the return of our children to school.

---

**Prayer Ministry:** Prayer will be available during 9:30 or after 11am services every Sunday morning from **Sunday 14<sup>th</sup> September**.

The service leader will invite and direct anyone who wants prayer — during, or at the end of, the service — to the *Prayer Ministry Team* where they will find someone to pray with them. Confidential prayers will take place in the Lady Chapel, the area behind the organ.

---



## Friends of Essex Churches Trust

I will be taking part again to raise money for the Trust and St Mary's Church on Saturday 13<sup>th</sup> September and would be delighted to receive your sponsorship. If you would like to take part yourself, either walking, riding or by helping as a Welcomer at the church on the day, please contact me.

*Ruth Spellman*

---

**Calligraphy:** Is there anyone who is able to use calligraphy (the art of decorative handwriting or lettering) or knows someone who is able. We are looking for help with writing in the *Registers* and *Remembrance Books* at church. Spelling and grammar should not put you off, as you would be copying from forms that have already been checked for spelling and put in the correct format ready to copy. Full training will be given. The task is 'as and when required' and can generally be done any day or time of the week that suits.

---



*Dominic Gardner*

---



The **Church Office** will be *closed* from **Friday 22<sup>nd</sup> August**, midday until **Monday 1<sup>st</sup> September**, 09:30am. However, on Wednesday 27<sup>th</sup> August the **Reception Desk** will be open from 09:30am until 12:30pm for in-person visits and telephone calls. Emails, telephone messages and all other communications will not be answered

during this period. **Anything urgent** will need to be passed onto the Rector or Churchwardens directly, as none of our normal channels of communication will be monitored.

---

## Noticesheet

There will be no Noticesheet on 31<sup>st</sup> August

## Wednesday Group

Please come and join us on Wednesday mornings from 3<sup>rd</sup> September at 10am . We meet in Room 3/4 for coffee/tea and a chat. Everyone is welcome, we will be very pleased to see anyone who fancies a morning out of the house.

*Judy Morris*



## Sunday 7<sup>th</sup> September

9:30am Traditional Service - CW

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

6:30pm Evening Service (Old Church) - BCP

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

## Weekly Groups / Meetings returning in September ...

**Weekly Prayer Meeting** begins on Monday 1<sup>st</sup> September

**Wednesday Group** returns on Wednesday 3<sup>rd</sup> September

**Friday Coffee Morning** returns on Friday 5<sup>th</sup> September

**Choir Practice** returns on Friday 5<sup>th</sup> September

**Morning Prayer** returns on Monday 8<sup>th</sup> September

**Smallsorts** returns on Thursday 11<sup>th</sup> 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](https://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. 16<sup>th</sup> September, 7pm

**Macmillan Coffee Morning:** Fri. 26<sup>th</sup> September, 10am

**Harvest Lunch:** Sun. 28<sup>th</sup> September, 12:30

## Find us on the web!



**Noticesheet Items:** please submit to the Church Office by noon Tuesday to [office@stmarysfrinton.org](mailto:office@stmarysfrinton.org)

**Homegroup Information:** Heather Ursell - 07882 402 768

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

**Bookings for Church Premises:** [OpsMgr@stmarysfrinton.org](mailto:OpsMgr@stmarysfrinton.org)