



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.

Volunteer Sunday 21st September 2025

Parish Church Services (Sunday only)

9:30am **Traditional Service - CW**

1 Timothy 2:1-7 & 1 Thessalonians 1:1-10

11am All-Age Service (also livestreamed)

1 Thessalonians 1:1-10

Old Church Services

Sunday 6:30pm **Evening Service - BCP (HC)**

Wednesday 11am **Holy Communion**

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, Ezra, Chris Glasby, Linda Halfacre, Kelsey Hawkins, Rosemary Heddle, David Kidney, Terry Puttick, and Cate Wilby.



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

Many SAT-7 viewers grow up watching programmes from a young age, and the SAT-7 support team often has the privilege of watching them grow in their relationship with God, over many years. For those whose families aren't Christians, SAT-7's children's shows are often their first introduction to the good news of Jesus.

One young viewer who discovered SAT-7 in 2014 was **Jad from Syria**. When he first contacted SAT-7 in 2021, he was watching programmes in secret, longing to get baptised and attend a local church safely. Through the years of violence and change in Syria, SAT-7 has been there for Jad, strengthening his faith and supporting him in his trials.

Even when he was kidnapped in 2015, he used to sing songs again and again that he had learnt from watching SAT-7 KIDS. In 2024 he called to tell SAT-7 about his baptism: *'Finally, I've been baptised! Thank you from the bottom of little Jad's heart and big Jad's heart.'*

Despite fear and uncertainty for Syria's Christians, Jad continues to watch SAT-7 and prays for his country's future. He says, *'Christians are afraid of tomorrow ... but our Father in heaven cares for us.'*

Heather Ursell

Macmillan Coffee Morning: We are hosting a Macmillan Coffee Morning on **Friday, 26th September** from 10am until 12 noon.



All money raised on the day will go to *Macmillan Cancer Support*, so please come and support this event if you are able. The doors into the church will be open and Wendy Willis will be playing lovely piano music during the course of the morning. *If you wish to donate electronically then please [click here](#) to send a donation directly via the Macmillan Coffee Morning page.*

**WORLD'S BIGGEST
COFFEE
MORNING**

Alpha Course: Tuesday 23rd September at 7pm in Rooms 3&4

Have you questions about life and the 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.





The Operation Christmas Child Shoebox Appeal

This appeal will soon be underway again, in the run-up to Christmas. As a church, we are pleased to continue our support for this project. Please would you consider participating in one of the following ways:

- Wrapping a shoebox (top and bottom separately) in colourful Christmas paper, and filling the box with gifts for the appropriate age group;
- Buying a ready-made shoebox from reception (available in the next couple of weeks, 60p per box) and filling it with gifts;
- Alternatively, building a shoebox on-line through the link on the Operation Christmas child website ([click here](#)) (*please would you let me know if you choose this option, so that I can add your box to the number donated by St Mary's*); or
- Making a financial donation towards the project to help towards project transportation costs.

Filling a shoebox with gifts for a child overseas, affected by war, poverty, natural disaster, famine, or disease, is a tangible way in which we can reach out at Christmas to children in their own communities, with the good news of Jesus. It might be all a child will receive this Christmas, and might even be the first time they receive a Christmas gift at all!

Please would you bring shoeboxes back to church by
Remembrance Sunday, 9th November.

Full details can be found in the leaflets at church.

If you have any questions, please contact me via the Church Office.

Helen Whybrew

National Autistic Society: Maggie Wilson will be doing the 100 mile walk / run in October for the National Autistic Society. A 'JustGiving' page will be available and also a sponsorship form at the back of the church. Any support will be gratefully received.

Welcoming

We need someone to help with 9:30am welcoming, on the 3rd Sunday of each month. Speak to Heather if you can help.



The Bereavement Journey: 7 Sessions of films and discussion, for anyone who has been bereaved. This begins on Monday 6th October 1:30 - 3:30pm at Frinton Free Church, Connaught Avenue with a Suggested Donation £10 (for course materials). To find out more visit: www.mynextstep.church or call The Free church office on 01255 679585

Prayer Ministry: Prayer will be available during 9:30am and after 11am services every Sunday morning. 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, or elsewhere in the main church.



Harvest Lunch

Posh Ploughman's & Pud, in the Church Hall
Sunday 28th September 12:30pm

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

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



During the week ...

Morning Prayer - 9am to 9:30 - Monday to Thursday - in the church - all welcome

Monday 22 nd	Weekly Prayer Meeting 7:30pm
Tuesday 23 rd	Afternoon Fellowship 2:30pm Alpha Course (2) 7pm
Wednesday 24 th	Wednesday Group Lunch 12 Holy Communion (Old Church) 11am
Thursday 25 th	Smallsorts 10am Knit & Natter 1:30pm
Friday 26 th	Macmillan Coffee Morning 10am Choir Practice 6pm



Sunday 28th September

9:30am Traditional Service - Celtic (HC)

11am All-Age Service (also livestreamed)

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

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



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

Macmillan Coffee Morning - Fri. 26th September, 10am

Harvest Lunch - Sun. 28th September, 12:30pm

Mental Health Sunday - Sun. 12th October, 10:30am

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