



**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 7<sup>th</sup> September 2025**

### Parish Church Services (Sunday only)

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

**Philemon v1-21 & Luke 14:25-33**

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

**Luke 14:25-33**

### Old Church Services

Sunday 6:30pm **Evening Service - BCP**

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](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.

**LCM Thanksgiving Service:** Thursday 25<sup>th</sup> September, 6:30pm.

Everyone is invited to the annual LCM Thanksgiving Service in the Westminster Chapel, London SW1E 6BS or online. *You need to register via the website for either in-person or online attendance:* [LCM.org.uk/thanksgiving](http://LCM.org.uk/thanksgiving). LCM thanks us for the continued support they have received from St Mary's over many years. The folk who receive the little quarterly prayer booklet "Together" find it very informative and helpful. Please let me know if you would like a copy. **Lesley Holland**



**Macmillan Coffee Morning:** We are hosting a Macmillan Coffee Morning on **Friday, 26<sup>th</sup> 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 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 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.



**Young People's  
Concert**

**FREE  
ENTRY**

Pianists, instrumentalists and singers,  
accompanied by  
Peter Thorne and Caryl Newman.  
Tea and Cake after the concert.  
Admission free .

**Today  
4pm - 5pm**



## New Weekly Prayer Meeting for everyone

On **Monday 1<sup>st</sup> September** we began our now **Weekly Prayer Meeting**, every **Monday evening, 7:30 to 8:30pm**.

We meet in Rooms 3&4 and everyone is very welcome, whenever they are able.

**Graham Dallisson**

**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**



**Men's Breakfast:** Saturday, 13<sup>th</sup> September at 8:30am. If you are interested in joining the Men's Breakfast, please contact David Kidney or get in touch with the [Church Office](#). For catering purposes, we ask that you let Reception know if you wish to attend — or click [here!](#)

**Prayer Ministry:** Prayer will be available during 9:30 and 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.

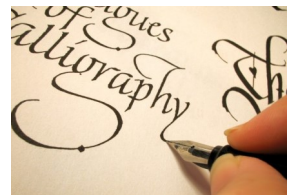


## Friends of Essex Churches Trust

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**

## Harvest Lunch

*Posh Ploughman's & Pud* in the Church Hall

**Sunday 28<sup>th</sup> September 12:30pm**

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

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



# During the week ...

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

- Monday 8<sup>th</sup> RNID 'Hear to help' 11am  
Weekly Prayer Meeting 7:30pm
- Wednesday 10<sup>th</sup> Wednesday Group 10am  
Holy Communion (Old Church) 11am
- Thursday 11<sup>th</sup> Smallsorts 10am  
Knit & Natter 1:30pm
- Friday 12<sup>th</sup> Coffee Morning 10am  
Missionary Prayer Meeting 10am  
Choir Practice 6pm
- Saturday 13<sup>th</sup> Men's Breakfast 8:30am



## Sunday 14<sup>th</sup> September

- 9:30am Traditional Service - CW (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](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

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

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