



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 5th October 2025

Parish Church Services (Sunday only)

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

Luke 17:5-10 & Habakkuk 1:1-4; 2:1-4

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

Habakkuk 1:1-4, 2:1-4

Old Church Services

Sunday 6:30pm **Evening Service - CW (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, Kelsey Hawkins, Rosemary Heddle, David Kidney, Doreen Nash, Helen Whybrew, and Cate Wilby.

Diana Cobb - It is with sadness for us that I announce the death of Diana Cobb.

Diana went to be with the Lord, who she loved dearly, on Wednesday 24th September surrounded by her family. Please remember her family in prayers in the comfort and peace of Christ. Funeral details to follow. **Rev Funmilayo Vaughan**

Linda Halfacre - Frances writes: *Thank you to everyone who has been praying for my sister over the last few months. She died peacefully on Thursday 25th September and I was with her.*

Thank you too for the love, support and cards we have received from people at St Mary's.

Our thoughts and prayers are with Frances and David at this difficult time.



Please pray for **Luke Carson, London City Missionary** in prison ministry, who, in partnership with King's Cross Church and The Message Trust, runs a weekly Bible study for prison leavers. Some have been recently released, others have been out for a longer time, but **they have found faith in Christ in prison**, and this is one of the ways they can find fellowship with other Christians. Luke and the Prisons & Resettlement Team at LCM have been training volunteers to

minister to those in prison and provide help on release.

Just a reminder! A rep. from LCM will be visiting us on the **30th November** to speak about the work among the homeless and marginalised. There will be an opportunity to support this side of LCM's important work. Thank you.

Lesley Holland

Bring Your Own Picnic!

Sunday 12th October, **after the 10:30am Service** has finished we are having a *Bring Your Own Picnic* in the Church Hall. Tea/coffee and cold drinks will be available for 30 minutes after the service at the back of church.



Prayer
CHANGES THINGS

Our **Weekly Prayer Meeting**, is every **Monday evening, 7:30 to 8:30pm**. We meet in Room 2 and everyone is very welcome, whenever they are able to come.

Graham Dallisson



Men's Breakfast: Saturday, 11th October 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!](#)



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 (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.

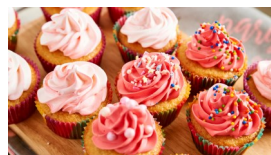
Full details can be found in the leaflets at church.

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

Helen Whybrew

A Cupcake Concert: A light mixture of songs with a sprinkling of flute music and a dusting of piano duets. Saturday 18th October at 3pm at St James's Church Hall, Tower Road, Clacton, CO15 1LE.

Tickets £8 with tea & cake. (In aid of *The British Red Cross*)



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



Free SAT-7 prayer diaries for October to December (including Advent) are available at the front and back of church. Please do take and use one to be better informed about SAT-7's ministry, through praying for people involved in, or reached by, their 24/7 broadcasting to all ages in the Middle East and North Africa.

Macmillan Coffee Morning: We give thanks to God for the amazing generosity of those who came along to St Mary's

Macmillan Coffee Morning held in church on Friday 26th September. The fantastic total sum raised was **£845** which has already been passed

to the charity. This included a generous donation of £200 from St Mary's Men's Breakfast Club. Our team were all brilliant offering their time with outstanding hospitality. The morning was made that much better with the

beautiful musical accompaniment provided by Wendy on the piano and Floyd on the trumpet. We all feel so blessed. Thank you very much and well done indeed to everyone involved.



**WORLD'S BIGGEST
COFFEE
MORNING**

During the week ...

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

- Monday 6th Over 90's Group 3pm
Weekly Prayer Meeting 7:30pm
- Tuesday 7th Alpha Course (4) 7pm
- Wednesday 8th Wednesday Group 10am
Holy Communion (Old Church) 11am
- Thursday 9th Smallsorts 10am
Knit & Natter 1:30pm
- Friday 10th Coffee Morning 10am
Missionary Prayer Meeting 10am
Choir Practice 6pm
- Saturday 11th Men's Breakfast 8:30am



The Old Church



Sunday 12th October

10:30am Single, Mental Health Awareness Service
12:15pm *Bring Your Own Picnic* - in the church hall
6:30pm Evening Service - CW (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

Mental Health Sunday - Sunday 12th October, **10:30am**
followed by a 'Bring Your Own Picnic' in our hall
London City Mission - Sunday 30th November **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