



St Mary's
Parish Church
Frinton 2026

But thank God!

He has made us his captives and continues
to lead us along in Christ's triumphal procession.
Now he uses us to spread the knowledge of Christ
everywhere, like a sweet perfume.

2 Corinthians 2:14

Welcome!

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

Sunday 1st February 2026

Parish Church Services (Sunday only)

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

1 Kings 17:8-16 & John 2:1-11

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

John 2:1-11

Old Church Services

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

Wednesday 11am **Service of the Word**

Hearing
Loop
available



Access via
the Old
Road
Entrance



Our toilets are located by
the Old Road entrance



John 2:1-11

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.

LIVE

STREAMING



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:

Anne Davis, Kelsey Hawkins, David Kidney, Margaret Knell, Philip Kyriacou, Sylvia Wells, Daphne West, and Cate Wilby.

I would just like to say thanks to everyone for the prayers and love you have shown me over the past couple of months. I am now at Little Holland Hall for a few weeks to try and improve my mobility. I would be pleased to see people but ring or text first. God bless you all. **Cate Wilby**

The funeral of **Jean Tinsley** will be held on Thursday 5th February in St Mary's Parish Church at midday.

The funeral of **Tricia Westlake** will be held on Wednesday 11th February at St Michael's Parish Church in Kirby-le-Soken at midday.

Please join us in daily prayer for London by receiving London City Mission's little booklet "Together". Each week you'll read a short story from a missionary and then a short daily prayer for them and their work. The booklet is issued quarterly and I would be very pleased to add your name to the list and let you have a copy.

Having become a Christian many years ago through the work of LCM and then Paul joining LCM as a missionary nearly 50 years ago, it meant so much to know that folk all over the country and beyond were praying for us every day!

Lesley Holland

Notice of PCC meeting

The next meeting of the Parochial Church Council will take place on Monday 2nd February 2026 at 7:00pm.



11am Wednesday Service

A service is held in the Old Church at 11am every Wednesday. This service is an opportunity to take an hour away from our busy weeks, in a quiet, reflective way. It is a 'said service' (spoken only - no songs or music) using the book of Common Prayer, and is either a *Holy Communion Service* or a *Service of the Word*. See the front of this weekly noticesheet.

21st February, 9:30am - Going Deeper

28th March, 9:30am - Going Deeper

15th April, 3pm - Simply at Home

2nd May 9:30am - Going Deeper

20th June 9:30am - Going Deeper

22nd July 7pm: Speaker - Russ Palmer

18th August 12:00noon - Quiet Day

12th September 10:30am - Going Deeper

7th November 9:30am - Going Deeper

3rd December 7pm - Christmas Evening

WoW - 2026

Want to feel more connected to God's Word?

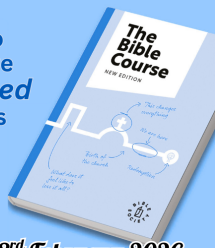
The Bible Course begins Tuesday 3rd February 2026,
at 2pm - with a repeat at 7pm - in Rooms 3/4
The Course runs on 3rd 10th 17th February (NOT 24th)
and 3rd 10th 17th 24th 31st March.

A course guide is now available for purchase from the Church Office for £7.50 each. When buying your course guide you will have the opportunity to buy another guide for someone in the church who might not be able to afford to buy one for themselves.

Buying or receiving a gifted book is completely anonymous
See Dominic, Funmilayo or Peter if you need a gifted book.

The 2pm and 7pm sessions will be duplicated each week,
so you could attend an afternoon one week,
and an evening the following week, and not miss out.

Want to
feel more
connected
to God's
Word?



Beginning

Tuesday 3rd February 2026

The Bible Course

2pm & 7pm

*The Bible Course will be held in
Rooms 3/4 on the following Tuesdays
3rd 10th 17th February & 3rd 10th 17th 24th 31st March*

A course guide will be available for purchase from the Church Office.

*Discover how Bible characters, stories, and themes are connected,
from Genesis to Revelation.*

Tel: 01255 879184 Email: ChurchOffice@stmarys.org Website: www.stmarys.org
St Mary's Parish Church, Church Office, 100 West, Frinton-on-Sea, Essex, CO12 7BA



Discover how Bible characters, stories, and themes are connected, from Genesis to Revelation.

United Worship and Prayer - Sunday 1st February at 6:30pm: Local Churches
together, united in prayer, worshipping as one body. This time we will be at Homelands Church.



Frinton Rotary Club have joined forces with CHAPS the men's health charity supporting and sponsoring a Prostate Cancer Screening program to be held on Saturday 25th April here at St Mary's 10am to 2pm. To book a test go to chaps.uk.com/book-event-main. This is a unique opportunity for men between the ages of 40 to 80 to be checked and undertake a PSA test, we are particularly looking for men in the age group 40 to 55 who fall through the net in terms of NHS PSA testing.

Confirmation Course: We will be running a Confirmation Course

for anyone who would like to be confirmed in the
Confirmation Service to be held here at St Mary's on Thursday 4th June 2026.

More information will follow in the next couple of weeks,
but do let Funmilayo or the Church Office know if you are interested,
or would like more information about what confirmation is all about.



Women of Worth - Going Deeper

All ladies are welcome to come and join us at 9:30am
on **Saturday, 21st February** in the Church Lounge,
when our topic will be '**In the footsteps of St Francis.**'

A light continental breakfast will be available.

We do hope you will be able to join us and would be grateful if you would kindly confirm
your attendance through [ChurchSuite](#) or let one of us know.

Barbara B, Chris, Judy, Marilyn, and Tricia; The WoW team



World Day of Prayer

Friday 6th March at St Michael's Parish Church, Kirby-le-Soken 2pm. All are
welcome. This year's service has been prepared by the women of Nigeria.

During the week ...

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

Monday 2 nd	Over 90's Group 3pm Weekly Prayer Meeting 7:30pm
Tuesday 3 rd	The Bible Course 2pm & 7pm
Wednesday 4 th	Wednesday Group 10am Service of the Word (Old Church) 11am
Thursday 5 th	Smallsorts 10am Knit & Natter 1:30pm
Friday 6 th	Coffee Morning 10am Choir Practice 6pm
Saturday 7 th	Frinton Mission Prayer Meeting 9am



The Old Church



Sunday 8th February

9:30am Traditional Service - BCP (HC)

11am All-Age Service (also livestreamed)

Guest speaker Steve Gaunt from Good News for Everyone

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

Rotas for 2026 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

The Bible Course - begins Tues. 3rd February, 2pm & 7pm

St Mary's APCM - Sun. 17th May, after 11am Service

Frinton Mission - Sat. 25th July to Sun. 2nd August

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