



**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 25<sup>th</sup> January 2026**

### Parish Church Services (Sunday only)

9:30am **Traditional Service - Celtic (HC)**

**Isaiah 9:1-4 & Matthew 4:12-23**

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

**Matthew 4:12-23**

### Old Church Services

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

Wednesday 11am **Service of the Word**

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**

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**For our prayers during the week ...**

**... those who are unwell, and those who care for them:**

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

Please remember to pray for all our friends living in local residential homes, many of whom are no longer mobile enough to join us on Sundays, and pray God's blessing on each person.

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

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

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*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)*

The Christmas story was not about Jesus alone, but also about the generous Father who gave His one and only Son.

**Pray for the many fathers** in the *MENA* who will learn about God the Father through SAT-7, and model their own parenting on His character.

Jesus' mission on earth, which began with His birth in humble circumstances, reached its climax with His harrowing death on the cross.

**Pray for seekers** in the *MENA* who need to know that God identifies with them, and that they will find Jesus, the 'man of suffering, and familiar with pain.' (Isaiah 53:3b).

**Pray for Christians** in the many *MENA* conflict zones, such as Iran, Syria, Israel, Sudan, Yemen ... **Pray** they will encounter the Prince of Peace and be protected from violence. **Heather Ursell**

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### **Notice of PCC meeting**

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

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**Sound, Projection, and Livestreaming help required:** We need extra technicians to join our Sound, Projection, and Livestreaming teams. This is now an essential area of church life. Training will be given and the more people who volunteer, the better, so nobody is on a rota too often. If you think you can help, see **Dominic Gardner, David, or Karen Hepworth**.

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### **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.

## Want to feel more connected to God's Word?

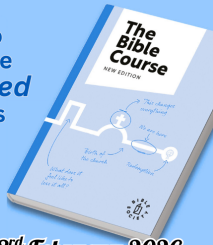
*The Bible Course* begins Tuesday 3<sup>rd</sup> February 2026,  
at 2pm - with a repeat at 7pm - in Rooms 3/4  
The Course runs on 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> February (NOT 24<sup>th</sup>)  
and 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup> March.

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 3<sup>rd</sup> February 2026**

### *The Bible Course*

**2pm & 7pm**

The Bible Course will be held in  
Rooms 3/4 on the following Tuesdays  
3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> February & 3<sup>rd</sup> 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> 31<sup>st</sup> 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 879344 Email: [ChurchOffice@stmarys.org](mailto:ChurchOffice@stmarys.org) Website: [www.stmarys.org](http://www.stmarys.org)  
St Mary's Parish Church, Church Office, Old House, Frinton-on-Sea, Essex, CO12 7BA



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

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

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### Can you play the piano?

We are fortunate to have sung services in our Old Church regularly on a Sunday evening at 6:30pm. If there is someone you know who would be able to play hymns on the piano once a month, that would be wonderful. Please talk to Duncan or the Church Office for more information.

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**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 4<sup>th</sup> 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.

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**90  
plus**

### Over 90's Group

Please note our *Over 90's Group* will be meeting on **Monday 2<sup>nd</sup> February 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***

**Prayer**  
CHANGES THINGS

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Please note, that, in addition to our weekly Monday meetings, we will have an afternoon *Hour of Prayer* at 2:30pm on Thursday 19<sup>th</sup> February, in Room 2. Please do join us.

***Graham Dallisson***

# During the week ...

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

Monday 26 <sup>th</sup>	Pastoral Care AG Meeting 11:45am Weekly Prayer Meeting 7:30pm
Wednesday 28 <sup>th</sup>	Service of the Word (Old Church) 11am Wednesday Group Lunch 12pm
Thursday 29 <sup>th</sup>	Smallsorts 10am Knit & Natter 1:30pm
Friday 30 <sup>th</sup>	Coffee Morning 10am Choir Practice 6pm



The Old Church

## Sunday 1<sup>st</sup> February

9:30am Traditional Service - BCP

11am All-Age Service (also livestreamed)

6:30pm Evening Service - CW (HC) (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](http://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. 3<sup>rd</sup> February, 2pm & 7pm

**St Mary's APCM** - Sun. 17<sup>th</sup> May, after 11am Service

**Frinton Mission** - Sat. 25<sup>th</sup> July to Sun. 2<sup>nd</sup> August

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)