



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 8th February 2026

Parish Church Services (Sunday only)

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

Genesis 1:1-2.3 & Matthew 6:25-34

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

Guest speaker Steve Gaunt from Good News for Everyone!

Matthew 6:25-34

Old Church Services

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

Wednesday 11am Holy Communion



GOOD  **NEWS**
for Everyone!

Tendring Hundred Branch

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,



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:

David Allen, Anne Davis, Kelsey Hawkins, Margaret Knell, Philip Kyriacou, Euan Macfarlane, 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 please ring or text first. God bless you all. **Cate Wilby**

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

Richard and Helen Whybrew and family are delighted to share the happy news of the safe arrival of a beautiful granddaughter, Matilda Margaret Minchin, on 3rd February in Norwich. She is daughter Kate and son-in-law Will's first baby. We feel blessed and thankful.



Monica, the manager at the Silvia Centre (an education centre for children with intellectual and/or cognitive differences in Northern Romania) sends **greeting to our church family**. She also sends her **thanks for our prayer and support**. The children are back at the centre after the chickenpox outbreak and are progressing well. However, she asks for prayer for the two children pictured: **Tanya**, who has profound disabilities, is in **hospital**; and **Alex**, who is **distressed**, and this is presenting as challenging behaviour. Maggie Wilson

and Dee Noble are planning to visit at the end of April to offer support – please speak to Maggie if you would like to know more about the wonderful work undertaken by the staff, which brings God so close to our children and their families. **Maggie Wilson**



11am Ash Wednesday 18th February

On Wednesday 18th February there will be a service in the Old Church where we will be offering marking with ash on people's foreheads, for the start of Lent, symbolising repentance, mortality, and a public commitment to faith, using ashes from last year's Palm Sunday palm crosses.

Street Evangelism

This Valentine's Day, Saturday 14th February, we will be giving out chocolates and sharing the love of Christ on Connaught Avenue. We will do this with our brothers and sisters from the Free Church. Training will be provided in the morning before we go out. If you are interested, please contact Rev Funmilayo.



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.



Want to feel more connected to God's Word?

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

A course guide is 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: 01253 879344 Email: CHAPS@stmarysrotary.org Website: www.stmarysrotary.org
St Mary's 400 years 1568-2018 (1568-1571) St Margaret and Helen
St Mary's 400th Church, Church Office, Old Rectory, Frinton-on-Sea, Essex, CO12 7BE



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



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 rare 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,

WOMEN OF WORTH

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

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

During the week ...

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

Monday 9th RNID 'Hear to Help' 11am
Weekly Prayer Meeting 7:30pm
Tuesday 10th The Bible Course **2pm & 7pm**
Wednesday 11th Wednesday Group 10am
All-Age Services Action Group 10am
Holy Communion (Old Church) 11am
Thursday 12th Smallsorts 10am
Knit & Natter 1:30pm
Friday 13th Coffee Morning 10am
Missionary Prayer Meeting 10am
Choir Practice 6pm
Saturday 14th Men's Breakfast 8:30am
Uniform Bank 10am



Sunday 15th 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 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

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