



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 15th February 2026

Parish Church Services (Sunday only)

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

Exodus 24:12-18 & Matthew 17:1-9

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

Matthew 17:1-9

Old Church Services

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

Wednesday 11am - **Ash Wednesday** - Holy Communion



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:

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

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.

*Prayers for people of the **Middle East & North Africa (MENA)** with access to SAT-7 satellite and YouTube broadcasts. Use prayer diaries on the website: sat7uk.org/pages/pray*



New SAT-7 KIDS live programme 'In His Image' is engaging young Arab viewers through Bible stories, sketches and phone-in quizzes. **Pray** for all the hundreds of callers the show is getting, that they will enjoy taking part and grow in their knowledge of God.

Egyptian SAT-7 Arabic viewer Amin, in his 20s, wrote to say: 'I want to learn more about forgiveness, so I can walk the path of healing my soul. What should I do? Also, if I have wronged someone, what should I do?' **Pray** that young North African Christians, including Amin, will be inspired by Jesus' teaching on forgiveness.

The **Lebanese economy** is under huge strain, with around 80% of the population reported to be living in poverty, and food prices having risen 350%. **Pray** that the country's leaders will seek God and make wise choices to bring about positive change.

Heather Ursell

Prayer
CHANGES THINGS

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

Graham Dallisson



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.

Good News from the PCC

- Though aware of the financial hardships facing some parishioners, the PCC **agreed in faith** to increase our contribution to Diocesan finances (Parish Share). We ended the year, however, in a better financial position than when we started in January 2025. Praise God!
- We are also encouraged to see new people joining our church family.
- Work will shortly begin to make the church lounge warmer.

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.



Jaywick Project

We would be pleased to receive any donations for Jaywick for Easter between now and the 22nd March. These will be used to purchase Easter eggs for the children and Easter biscuits/cakes for the elderly in Jaywick. Gifts will be delivered to them during the week after 22nd March. Thank you also for your prayers for the Jaywick community.

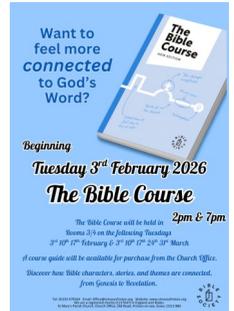
Eleanor Young

The Bible Course continues on

Tuesday 17th February (NOT 24th)
and 3rd 10th 17th 24th 31st March

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.

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 soon 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 please do let Funmilayo or the Church Office know if you are interested, or would like to know more regarding what confirmation is all about.

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 16 th	Weekly Prayer Meeting 7:30pm
Tuesday 17 th	The Bible Course 2pm & 7pm
Wednesday 18 th	Wednesday Group 10am Ash Wednesday - Holy Communion (Old Church) 11am
Thursday 19 th	Smallsorts 10am Knit & Natter 1:30pm Extra Prayer Meeting 2:30pm
Friday 20 th	Coffee Morning 10am Choir Practice 6pm
Saturday 21 st	WoW Going Deeper 9:30am



Sunday 22nd February

9:30am Traditional Service - BCP (HC)

11am All-Age Service (also livestreamed)

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

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

Confirmation Service - Thurs. 4th June

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