



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 22nd February 2026

Parish Church Services (Sunday only)

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

Genesis 2:15-17; 3: 1-7 & Matthew 4:1-11

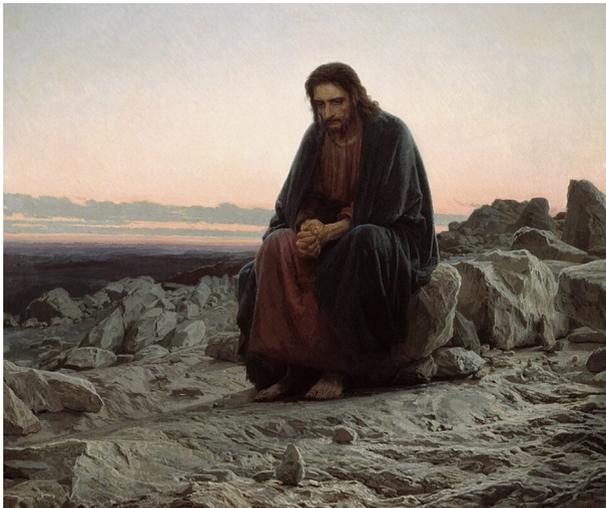
11am **All-Age Service (also livestreamed)**

Matthew 4:1-11

Old Church Services

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

Wednesday 11am **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, Hilary Russell, Sylvia Wells, Daphne West, and Cate Wilby.

Jaywick Project *present problems:*

Almost everyone is unemployed or on such low wages there that they have to claim Universal Credit in order to survive. There is some very poor rented housing which is not maintained properly by landlords. The quality of housing down near the seafront is not much better than a beach hut, although some are maintained well.

Jaywick has the same problems as we all do with regard to severe pot-holes, which are particularly bad along the seafront. They are a dangerous hazard for drivers, especially when it has been raining and you can't see their depth. The bus service is threatening to cut the buses along there, which will cause a real problem for some of the elderly who will then have a fifteen minute walk to reach a bus.

There are two people in particular whom it would be helpful to pray for please: one is a blind lady who has glaucoma (the community centre have put in extra care for her). The other is one of the volunteers who has developed lung cancer, and is having to undergo treatment.

Thank you for all your support of this very deprived area, they really do appreciate all your giving and prayers.

Eleanor Young

At 11am on Wednesdays a service is held in the Old Church. This 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.

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.
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Over 90's Group

Please note our *Over 90's Group* will be meeting on **Monday 2nd March 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

**90
plus**

Jaywick Project

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

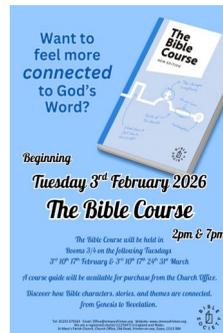
Eleanor Young

The Bible Course continues on

Tuesday 3rd March (**There is no course this week 24th February**)
then 10th, 17th, 24th, & 31st March

The 2pm and 7pm sessions continue to 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.



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.



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, or David, or Karen Hepworth.**



Our Rector Funmilayo is writing a letter to the members of our church each month in 2026. These letters appear on our website. Just click on [this link](#) or go to <https://www.stmarysfrinton.org/focus1.htm> to read what she has to say this month. If you don't have access to the internet, simply contact the Church Office and ask to read a paper copy.

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 23 rd	Weekly Prayer Meeting 7:30pm
Wednesday 25 th	Holy Communion (Old Church) 11am Wednesday Group Lunch 12pm
Thursday 26 th	Smallsorts 10am Knit & Natter 1:30pm
Friday 27 th	Coffee Morning 10am Choir Practice 6pm
Saturday 28 th	Uniform Bank 10am



Sunday 1st March

9:30am Traditional Service - CW

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

6:30pm Evening Service - BCP (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

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](tel:07882402768)

Media & PowerPoint items: email to office before 6pm Wednesday

Bookings for Church Premises: OpsMgr@stmarysfrinton.org