



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 10th May 2026

Parish Church Services (Sunday only)

Sunday 9:30am **Traditional Service - CW (HC)**

Psalm 23 & Acts 17:22-31

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

Psalm 23

Old Church Services

Sunday 6:30pm **Annual Memorial Service**

Thursday 11am **Holy Communion** (Ascension Day)



Psalm 23 sermon series
(week 3)

**He renews my strength.
He guides me along right paths,
bringing honour to his name.**

Psalm 23 v3
(NLT)

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, Margaret Knell, Philip Kyriacou, Euan Macfarlane, Hilary Russell, Sylvia Wells, Daphne West, Cate Wilby, Wendy Willis

Stephen Edgell's funeral will be on Friday 15th May at the Free Church at 1pm. The family have said donations may be made in memory of Stephen to St Helena Hospice, & 'Maggie's Centre' at St Bartholomew's Hospital. <https://stephenedgell.muchloved.com/>



The children at the Silvia Day Centre in Pietra Neamt continue to thrive in the loving learning environment that God has provided for them. In the picture are Eva (who is making great progress) and Olympia, who has worked faithfully with the children for over 20 years. Please pray for Alex, who is rather distressed at the moment, which is presenting

as some behaviour challenging for his parents and the staff at the Centre. Monica (the manager) sends thanks for our continuing support and prayers for the church family.

Maggie Wilson



This year our two Archbishops' *Thy Kingdom Come* before Pentecost is about the presence of God through His Spirit. The God who is with us in the everyday, in the joys and sorrows of life (and everything in between) and the One who through His Spirit, longs to reveal Himself to those who do not yet know Him.

Our hope is that, as we pray for our own five chosen people, they will experience the life-changing love of God and choose to follow Him.

www.thykingdomcome.global/thy-kingdom-come-2026

The PCC would like to share good news, as highlighted at their recent meeting:

- # Several new members have recently joined the choir, which is very encouraging.
 - # The pre-marriage course was very successful and enjoyed by all six couples who engaged with discussions. The beautiful candlelit dinner was greatly appreciated by them all.
 - # Wedding bookings for next year are being received.
 - # The Pet Service on 22nd April was well-attended and uplifting and will be repeated next year.
-

**90
plus**

Over 90's Group

Please note that our *Over 90's Group* will meet on **Monday 11th May 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**

St Mary's Annual Parochial Church Meeting

Sunday 17th May 2026

This year's APCM will start at about 12:15, following the 11am All-Age Service. The 2025 Annual Report on the finances and ministry of St Mary's is on the website [About Us: Admin & Rotas: Annual Meetings] Paper copies available upon request .

Everyone is welcome to attend the APCM, but anyone who wishes to vote or stand for election to PCC or Deanery Synod **must** be on the current St Mary's Electoral Roll.

Positions needing to be filled are:

Two Churchwardens who have to be re-elected every year, up to a maximum of six years. Churchwardens become 'ex-officio' PCC members.

Up to four new members for PCC to fill four vacancies. Members serve a three-year term and then may offer to serve for a further three years, if re-elected. After six years, PCC members are required to take at least one year's break before standing again.

Two St Mary's Deanery Synod reps. to serve the remaining two-year term, starting from APCM 2026. Reps may continue to be re-elected as many times as they choose.

Apologies for absence from APCM may be given to PCC Secretary, Helen Whybrew: helenw@stmarysfrinton.org or via the Church Office. Any questions for the APCM should be submitted to the Rector in writing (or by email) **before** 15th May.



Items for the Noticesheet Please do not send noticesheet items to the Operations Manager. Please send all items for the noticesheet to office@stmarysfrinton.org. We do not want your item to be missed or delayed.

We DESPERATELY need two new welcomers for 9:30am services, usually once a month.

Please tell Heather, Funmilayo, or Dominic if you can help.



Frinton Free - Oasis

On Thursday 14th May, 7pm Frinton Free is having an evening with Karen Markiewicz to delve deeper into *Faith, Mental Health & Menopause/Hormones*. Suggested donation of £4.

The Prayer 24/7 Course

The Prayer Course starts THIS Tuesday 12th May at 7pm in the Church Lounge. Please sign up with the Church Office or with this [link](#) if you are planning to attend so we can ensure we have enough resources for everyone. The course will run for 8 weeks.

£25* **Panos Karan**
Saturday 23rd May 2026, 6:30pm
St Mary's Parish Church, Frinton
Launch Concert for St Mary's Summer Series
Proceeds to Keys of Change and St Mary's Parish Church

to include a drink & canapés from 6:00pm
Tickets from Reception
(Mon-Fri 9.30-12.30)
01255 679164 / office@stmarysfrinton.org.uk

Keys of Change
Let's make a difference together

During the Week ...

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

Monday 11th RNID 'Hear to Help' 11am
Over 90's Group 3pm
Tuesday 12th Prayer 24/7 Course
Wednesday 13th Wednesday Group 10am
Thursday 14th Smallsorts 10am
Ascension Day Holy Communion 11am
Knit & Natter 1:30pm
Friday 15th Coffee Morning 10am
Missionary Prayer meeting 10am
Choir Practice 6pm
Choral Evensong Practice 6:30pm



Sunday 17th May

9:30am Traditional Service – CW
11am All-Age Service (also livestreamed)
12:10pm **APCM**
4pm **Confirmation Course**
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

Confirmation Service - Thurs. 4th June 7:30pm
Guest Dinner - Saturday 13th June 7pm
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