



**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.

## Pentecost Sunday, 24<sup>th</sup> May 2026

### Parish Church Services (Sunday only)

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

**Psalm 23 & Acts 2:1-21**

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

**Psalm 23**

### Old Church Services

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

Wednesday 11am **Holy Communion**



Our toilets are located by  
the Old Road entrance

You prepare a feast for me in the  
presence of my enemies.  
You honour me by anointing my head with oil.  
My cup overflows with blessings.

Psalm 23 v5  
(NLT)

Psalm 23 sermon series  
(week 5)

### 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** 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, Frances Hardwick, Margaret Knell, Philip Kyriacou, Euan Macfarlane, Tony Stubbs, Carole Unsworth, Sylvia Wells, Daphne West, Cate Wilby, Wendy Willis.

**tearfund**

**What's happening in Sudan? Please pray ....**

*Since the civil war began in April 2023, Sudan has become the world's largest displacement crisis today, and the crisis is only deepening.*

**Over 13.2 million people have fled their homes to escape violence, more than half are children.**

**4.2 million people have fled to Chad, Egypt, Ethiopia and South Sudan, putting pressure on already fragile communities there.**

**Hunger is rising; malnutrition has reached famine level in some areas.**

**Access to safe water, shelter, and basic healthcare is extremely limited.**

**8 million children are unable to attend school because they are damaged or remain closed.**

Tearfund is responding by working through local partners, providing vital support to almost 1,300 households in East Darfur, but the need is increasing *every day*.

One example: when Dialnor's wife tragically died from cholera, and a bomb fell near his farm, killing his eldest son, his family was on the brink of starvation. Thankfully, Tearfund's local partner stepped in with emergency cash support at the most critical moment, allowing Dialnor and his family to buy basic food items like wheat and cooking oil.

**We serve a God of justice and mercy,  
and we must use our voices to pray and demand action.**

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

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



**SUMMER CONCERTS 2026 - Thursdays at 1:15pm**

Light lunches (*supplied by Lilley's Bakery*) in the Church Hall 12:00-1:00pm

4<sup>th</sup> June - Piano: Linda & Robert 'Piano À Deux'

11<sup>th</sup> June - Oboe & Flute: Rob & Debbie Rogers

18<sup>th</sup> June - Violin & Piano: Beth Spendlove & Nigel Clayton

25<sup>th</sup> June - Piano: Siqian Li

2<sup>nd</sup> July - Vocal Ensemble: Marenzio Singers

9<sup>th</sup> July - Cello & Piano: Rebecca Welham & Therese Miller

16<sup>th</sup> July - Organ: Duncan Archard

*Retiring collection for Walton Food Bank and St Mary's Parish Church*



## Help Needed – Old Churchyard Clearance

Help is needed to assist with clearing cut grass and tidying the Old Churchyard during mornings **Monday 1<sup>st</sup> June – Wednesday 3<sup>rd</sup> June**, weather permitting. Work will begin at **9am** each morning. Volunteers are asked to:

- Help rake up cut grass
- Clear and bag cuttings



Please **bring your own rake and gloves**, and **wear sturdy, protective footwear** (open sandals are not suitable for this work). Heavy cutting and mowing will be carried out by Stewart and John. If you are able to help, please let **Stewart Atkins** or **John Edmonds** know your availability

**The PCC**, which met earlier this week, would like to share the following good news and give thanks to God for His goodness:

1. St Mary's has six candidates for confirmation on Thursday 4<sup>th</sup> June. The service will take place at St Mary's and will be conducted by Bishop Roger. One of the candidates will be baptised in the sea on 31<sup>st</sup> May. Please pray for Chimbi, Colin, Doreen, Joan, Lauren, and Stefan, as they take this step of faith and witness.
2. We thank God for the three members from our different services, Cameron, Teresa, and Sheila, for sharing their faith at Sunday's APCM.
3. 41 people attended the Prayer Course, which started on Tuesday 12<sup>th</sup> May.

**Communion Bread** - All bread served at Holy Communion Services is now gluten free.

**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](mailto:office@stmarysfrinton.org). We do not want your item to be missed or delayed.

*Fundraiser Dinner*  
Low RES  
With... *The Rt Revd Dr Guli Francis-Desiquani*  
*The Bishop of Chelmsford*  
**SATURDAY 13TH JUNE, 7PM**  
FOR MORE INFO OR BOOK TICKETS CONTACT:  
PETER WOOD IN PERSON OR VIA THE CHURCH OFFICE  
TICKETS £25

**Gethsemane**  
The Place of Surrender  
Mondays 7:30pm  
Prayer changes things  
Gethsemane is the name of our weekly prayer meeting usually held every Monday evening. We meet for an hour in Rooms 3/4 and everyone is welcome to join us to share in both silent or spoken prayer.

**Strawberry Cream Tea**  
**Saturday, 4 July 2026, 3pm**  
In the Church Gardens, Fourth Avenue.  
Tickets: £8.50 or £3.50 Children (under 12) Available from Reception weekday mornings.  
Admission by ticket only, so book early to avoid disappointment.

# During the Week ...

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

Tuesday 26<sup>th</sup> Prayer 24/7 Course (3) 7pm  
Wednesday 27<sup>th</sup> Holy Communion 11am  
Wednesday Group Lunch 12pm  
Rectory Gathering 6:30pm  
Thursday 28<sup>th</sup> Knit & Natter 1:30pm  
Friday 29<sup>th</sup> Coffee Morning 10am  
Choral Evensong Practice 6:30pm



## Sunday 31<sup>st</sup> May

9:30am Traditional Service - CW (HC)  
11am All-Age Service (also livestreamed)  
1:45pm Baptism (Seafront)  
6:30pm Choral Evensong - Parish 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

**Confirmation Service** - Thurs. 4<sup>th</sup> June 7:30pm

*Everyone is welcome*

**Guest Dinner** - Sat. 13<sup>th</sup> June 7pm

**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**

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

**Bookings for Church Premises:** [OpsMgr@stmarysfrinton.org](mailto:OpsMgr@stmarysfrinton.org)