



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 17th May 2026

Parish Church Services (Sunday only)

Sunday 9:30am **Traditional Service - CW**

Psalm 23 & Acts 1:6-14

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

Psalm 23

~~~ **ANNUAL PAROCHIAL CHURCH MEETING** ~~~

### Old Church Services

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

Wednesday 11am **Holy Communion**



Psalm 23 sermon series  
(week 4)

**Even when I walk through the darkest valley,  
I will not be afraid, for you are close beside me.  
Your rod and your staff protect and comfort me.**

Psalm 23 v4  
(NLT)

#### 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](mailto:Office@stmarysfrinton.org) Website: [www.stmarysfrinton.org](http://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.

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



Last month marked three years since the beginning of **Sudan's civil war**.

**Pray that God's people** in the country will experience His faithfulness, even during times of war and humanitarian crisis. May they be strengthened to continue following Jesus day by day.

It's hard to comprehend the level of distress **children** and **young people** feel as bombs whistle through the sky, explosions rattle their windows and talk of death and war fills the air, let alone those who have been bereaved or physically harmed. **Pray for God to have mercy** on children and young people in the world's many war zones.

**Nasser from Syria** said to the SAT-7 Viewer Support Team, 'I am seeking comfort for my soul and searching for the meaning of life.' After speaking with them, he gave his life to Christ.

**Praise God and pray that Nasser** will develop an unshakeable faith!

**Heather Ursell**

**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.

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

A background image for the Gethsemane prayer meeting, showing a landscape with trees and a path.

**Gethsemane**  
The Place of Surrender  
Mondays 7:30pm

Prayer changes things

Low-res Image

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.

A background image for the Pentecost Celebration, featuring a sunburst and the text 'United WORSHIP & PRAYER Pentecost Celebration'.

**United  
WORSHIP & PRAYER  
Pentecost Celebration**

Low-res Image

Sunday 24<sup>th</sup> May 7pm  
The Columbine Centre C014 8PZ

**Local area churches together as  
one body with guest speaker  
Katherine Brown from the  
Evangelical Alliance**

## 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 **9:00am** 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

## Christmas Fayre

We need donations for this year's Christmas Fayre (27<sup>th</sup> November) please: items for the tombola, small items for a bric-a-brac stall, and new/nearly-new children's books.

If you are clearing out unwanted Christmas presents, ornaments, or any other new or nearly-new small items that would be suitable, please let Karen Hepworth have them via the Church Office.



### 'THY KINGDOM COME'

This year our two Archbishops' - **14<sup>th</sup>–24<sup>th</sup> May** - Pre-Pentecost initiative 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](http://www.thykingdomcome.global/thy-kingdom-come-2026)

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.



*Fundraiser Dinner* **SATURDAY 13TH JUNE, 7PM**

FOR MORE INFO OR BOOK TICKETS CONTACT:  
PETER WOOD IN PERSON OR VIA THE CHURCH OFFICE

With... *The Rt Revd Dr Guli Francis-Deliquani*  
*The Bishop of Chelmsford*

TICKETS £25

**£25\*** *Panos Karian*

**Saturday 23<sup>rd</sup> 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](mailto:office@stmarysfrinton.org.uk)

# During the Week ...

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

|                            |                                                                              |
|----------------------------|------------------------------------------------------------------------------|
| Monday 18 <sup>th</sup>    | Prayer Action Group 3pm<br>Gethsemane Prayer 7:30pm                          |
| Tuesday 19 <sup>th</sup>   | Prayer 24/7 Course 7pm                                                       |
| Wednesday 20 <sup>th</sup> | Wednesday Group 10am<br>Holy Communion 11am<br>Rectory Gathering 6:30pm      |
| Thursday 21 <sup>st</sup>  | Smallsorts 10am<br>Knit & Natter 1:30pm                                      |
| Friday 22 <sup>nd</sup>    | Coffee Morning 10am<br>Choir Practice 6pm<br>Choral Evensong Practice 6:30pm |
| Saturday 23 <sup>rd</sup>  | Panos Karan, Summer Launch Concert 6:30pm                                    |



## **Pentecost Sunday 24<sup>th</sup> May**

9:30am Traditional Service - Celtic (HC)

11am All-Age Service (also livestreamed)

4pm **Confirmation Course**

6:30pm Evening Service - BCP - 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](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

**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)