



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, 9th August 2026

Parish Church Services (Sunday only)

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

1 Kings 19:9-18 & Matthew 14:22-33

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

1 Kings 19:9-18

Old Church

Sunday 7pm **Sunset Service**



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 our CHURCH PRAYER CHAIN: ring Stewart & Mary Wilson: **01255 814 594**

~ A group of church members who will pray, in complete confidence, for serious situations ~

**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, Cheryl Eden, Margaret Knell, Jenny Kyriacou, Philip Kyriacou, Tony Stubbs, Brian Thornton, Carole Unsworth, Daphne West, Cate Wilby, Wendy Willis.

Sylvia Wells was called home to be with the Lord on Saturday, 1st August.

Please hold Geoff and all his and Sylvia's children in your prayers, as they go through this difficult time. May they know God's comfort, strength, and peace in the days ahead.

Please remember to pray for all our members living in local residential homes. Many are no longer able to join us on Sundays, yet they remain very much part of our church family. Do take a moment to pray God's blessing over each person, and if you are able, an occasional visit is a wonderful encouragement. Your prayers and presence mean more than you might realise.



LiNKUP is LCM's week-long Christian youth getaway co-ordinated by LCM

Missionary Adam Boyce. **Please pray** that this year's teaching theme,

'Know Jesus. Follow Jesus. Make him known,' will help many young people, some of whom struggle with challenges and pressures from difficult and tough situations.

Please pray also for the wider vision of LiNKUP, that it might be a catalyst that ignites and inspires many church youth group ministries. Adam and the LCM team also come alongside churches to help them tailor gospel-centred groups to the needs of the young people in their area. **Please pray** that the churches they work with, gain confidence to disciple young people across London.

Lesley Holland

The Wednesday Group Summer Tea Party

Wednesday 26th August, 3pm. Please let Judy know if you plan to attend.

Bring Your Own Picnic!

Sunday, 16th August, after the 11am Service has finished,

we will have another *Bring Your Own Picnic for everyone*, in the Church Garden.

Tea/coffee/cold drinks will be available as normal.

Bring your own chair or picnic blanket. A few chairs will be available for those who need them.

SAT-7 emergency notice:

To everyone who uses the SAT-7 Prayer Diaries, the missing July-September diaries have been discovered on the church premises. We do apologise that this was not known to me, and I only discovered them by chance. They will now be available at the back and front of church. If you can pray, please do take one. Many apologies for this problem to all who pray for SAT-7's amazing outreach in the Middle East, and a special thank you to those who have continued to pray, perhaps using the website prayer guide.

Heather Ursell

WOMEN OF WORTH

All ladies are welcome to come and join us on **Tuesday, 18th August**, between **12 and 3 pm**, at the Old Church, for *Quiet Time*.

Please bring a picnic and your own chair if possible.

We do hope you will be able to join us and would be grateful if you would kindly confirm your attendance through ChurchSuite [click here](#) or let one of us know.

Barbara B, Chris, Judy, Marilyn, and Tricia ~ The Wow Team



Don't forget our Sunset Services will start at the slightly later time than our usual evening services, **7pm, beginning this evening**. Come and join us, with friends/family on holiday, and seaside visitors, at the Old Church, for an informal summer service of hymns, talk, and testimony. Everyone is welcome!

Alpha Course Tuesday, 15th September · 7pm · The Lounge

Got questions about life and Christian faith — or know someone who does? Alpha is a welcoming space to explore big questions in an open, friendly environment. Each session includes short video clips, relaxed small-group discussion, and time for reflection. If that's not enough, there's cake!!

Who are you praying for, and inviting to come along this time?

Sessions last around 90 minutes and are completely free.

Across the weeks you'll have the chance to discover more about God, Jesus, and the journey of life.

To help us plan refreshments, please book a **FREE place** on ChurchSuite, [click here](#). Alternatively, contact the Church Office and Reception by email or phone.



Young People's Concert

Pianists, instrumentalists and singers, accompanied by Peter Thorne.
Tea & Cake after the concert.
Admission free .

FREE ENTRY

Sunday
13th
September
4pm - 5:15pm



Saturday
3
October
3pm

A concert with a Classical-jazz fusion programme called *Classical Swing*.
Hazel Scott, Beethoven, Art Tatum, Chopin, Debussy, Margaret Bond & Liszt.

Tea & Cake during the interval
Tickets £20 on the door or via Church Office beforehand
(Church Office open Mon-Fri 9.30-12.30)

Tickets
£20

**WE ARE OPEN ON THE FOLLOWING SATURDAYS
10AM UNTIL 12 NOON**

**SCHOOL UNIFORM BANK
29TH AUGUST**

12TH & 26TH SEPTEMBER

EXTENDED OPENING HOURS:

29TH JULY 3PM-8PM

17TH AUGUST 3PM-6PM

WE HAVE SCHOOL BAGS,
COATS, BLACK SHOES, PE KITS, AND
ALL LOCAL UNIFORM



During the Week ...



Monday 10th RNID 'Hear to help' 11am
Thursday 13rd Knit & Natter 1:30pm
Friday 14th Missionary Prayer meeting 10am



Sunday 16th August

9:30am Traditional Service - BCP
11am All-Age Service (also livestreamed)
1pm Bring Your Own Picnic
7pm Sunset Service

Weekly Groups / Meetings: September Restart Dates

Wednesday Group returns on Wednesday 2nd September
(Wednesday Group Summer Tea Party 26th August, 2:30-4pm, see page 2)
Friday Coffee Morning returns on Friday 4th September
Choir Practice returns on Friday 4th September
Morning Prayer returns on Monday 7th September
Gethsemane (Weekly Prayer) returns on Monday 7th September- prayer walk
Smallsorts returns on Thursday 10th September

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

Young People's Concert - Sun. 13th September, 3pm
Alpha Course - beginning Tues. 15th September, 7pm
Macmillan Coffee Morning - Fri. 25th September, 10am
Harvest Lunch - Sun. 27th September, 12:45pm



Noticesheet Items: please submit to the **Church Office** by noon Tuesday, via office@stmarysfrinton.org

Join a Homegroup: Heather Ursell - **07882 402 768**

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

Bookings for Church Premises: OpsMgr@stmarysfrinton.org