



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, 16th August 2026

Parish Church Services (Sunday only)

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

Isaiah 56:1, 6-8 & Matthew 15:21-28

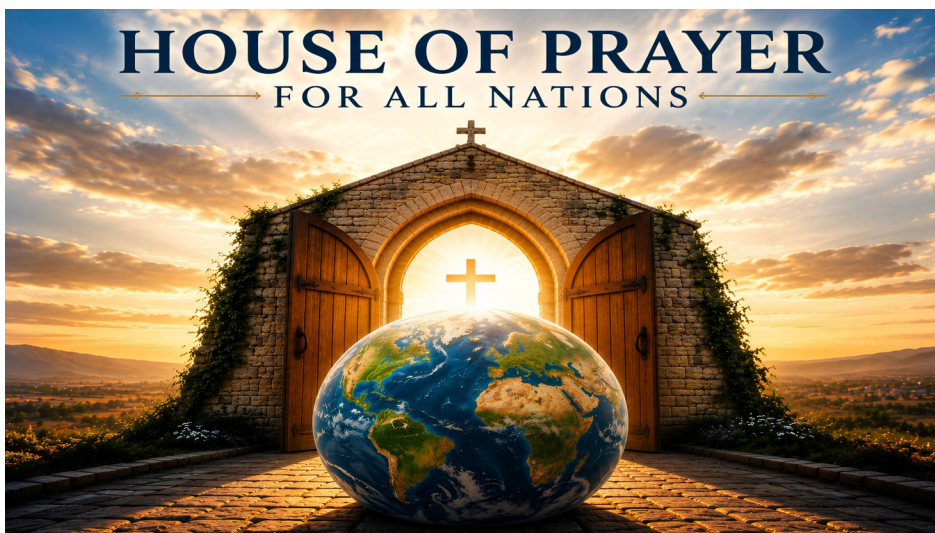
11am **All-Age Service (also livestreamed)**

Isaiah 56:1, 6-8

Sunday 12:30 *Bring Your Own Picnic*

Old Church Services

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, Keith Lindsey, 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.

Tony Beckton was called home on Saturday 8th August. Please hold Anne and the whole family in your prayers. May they know God's comfort and peace surrounding them.

30th Anniversary of SAT-7

Over the last 30 years, headlines from the Middle East and North Africa have been dominated by conflict, persecution and upheaval. But behind the scenes, God has been changing lives.



This year, **Gaelle** lost both her parents in a missile strike in a town near the Lebanese capital, Beirut. Can you imagine carrying that kind of grief? And yet, despite her heartbreak, she said these powerful words: 'His will be done. Not a single hair falls without Him knowing. Jesus, I trust in you.'

Stories like Gaelle's are why SAT-7 exists. What started 30 years ago as a two-hour Arabic satellite broadcast from Beirut has now become a multi-language, multi-platform ministry reaching millions across the region.

The Gospel is reaching people who might never walk into a church. Believers are being strengthened. Churches are being encouraged. People are discovering they are not alone.

Elmira learned that God loves her and she gave her heart to Jesus. She led ten relatives to Christ, and they now watch SAT-7 and worship God together.

Mondana contacted SAT-7 from inside Iran during a rare moment of internet connection. She wrote: 'Life in Iran has become very difficult ... but I am standing firm in my faith, and my eyes are on God alone.'

We know that throughout church history, God's people have always made use of the latest technology (eg the printing-press) to reach others for Christ. Although the countries SAT-7 works in might be hostile to the Gospel, the work knows no borders.

Even in the hardest places, God is still moving.

Heather Ursell

Please take a prayer diary and pray. Read SAT-7's 30th anniversary edition of their quarterly magazine, 'INSIGHT'

**90
plus**

Over 90's Group

Please note that our *Over 90's Group* will meet on **Monday 7th September at 3pm** in the **Room 3/4** 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

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



Bring Your Own Picnic!

Sunday, 30th 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.

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

FREE
ENTRY

Pianists, instrumentalists and singers,
accompanied by Peter Thorne.

Tea & Cake after the concert.

Admission free .

Sunday
13th
September

4pm – 5:15pm

Harvest Lunch

Posh Ploughman's & Pud in the Church Hall

Sunday 27th September 12:40pm

£10 Adults and £4 Children (11 and under)

Tickets available at Reception, Monday - Friday

or via Churchsuite - [Click Here](#)



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

**SCHOOL UNIFORM BANK
29TH AUGUST**

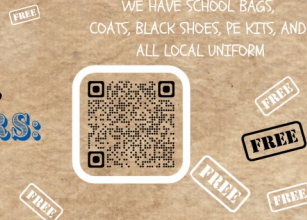
12TH & 26TH SEPTEMBER

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 17th Uniform Bank 3pm
Tuesday 18th WoW - Quiet Time 12noon
Thursday 20th Knit & Natter 1:30pm



Sunday 23rd August

9:30am Traditional Service - BCP (HC)
11am All-Age Service (also livestreamed)
7pm Sunset Service (Old Church)

The Wednesday Group Summer Tea Party

Wednesday 26th August, 2.30pm. Please let Judy know if you plan to attend.

Weekly Groups / Meetings: September Restart Dates

Wednesday Group returns on Wednesday 2nd September
(Wednesday Group Summer Tea Party 26th August, 2:30-4pm)
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
Friday Coffee Morning returns on Friday 11th 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'.



PARISHGIVINGScheme

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, 4pm
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