



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, 20th September 2026

Parish Church Services (Sunday only)

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

Jonah 3:10-4:11 & Matthew 20:1-16

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

Matthew 20:1-16

Old Church Services

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

Wednesday 11am **Service of the Word**

Hearing
Loop
available



Access via
the Old
Road
Entrance



Our toilets are located by
the Old Road entrance



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:

Alan Cork, Anne Davis, Cheryl Eden, Jenny Kyriacou, Philip Kyriacou,
Keith Lindsey, Tony Stubbs, Carole Unsworth, Daphne West,
Cate Wilby, Wendy Willis.

Derek Hayes was called home to be with the Lord on Wednesday 9th September.
Please pray for his friends and family at this time, especially his daughter Debbie.

Brian Thornton's funeral service will be held at 2pm on Thursday 1st October, at Weeley Crematorium, conducted by Rev Graham Dallisson. Anyone is welcome to join the family there.

We are sad to announce that **Moira Huntingford** passed away
on Saturday 12th September, after a short time in Colchester ICU.

Please pray for husband John, and sons Peter and David and their families at this difficult time.
For many years, Moira was an important part of our *Smallsorts* team, with special responsibility
for the children's weekly craft activities. She also attended 9:30 services, when she was able.



*Prayers for people of the **Middle East & North Africa (MENA)**
with access to SAT-7 satellite and YouTube broadcasts.*

Use prayer diaries or website to pray for them: sat7uk.org/pages/pray

From SAT-7's Viewer Support Team

'Providing counselling for people going through extremely difficult circumstances is one of the hardest parts of this job,' says team member Roozbeh, 'as well as feeling unable to help in any practical way... **feeling guilty that we are safe and they are not.**' **PRAY** for God's protection on the minds of our staff and peace for their hearts.

Hassan, a young man from Iraq, became a Christian after speaking with this team, but he faces dangers. 'Iraq is an unsafe country,' he said. '**If people knew I was a Christian, they would kill me.**' **PRAY** for his safety, as well as wisdom and courage to keep following Jesus in his context.

'When I tried to change, **I didn't have a safe community** that could help me develop my relationship with God,' Imad from Syria told us. After this team encouraged him and helped him sign up to a youth conference, he said, 'Thank you for your concern; you have no idea how much this means to me.' **PRAY** that more young men in the Middle East would find safe communities through SAT-7.

Heather Ursell



**National
Autistic
Society**

This year, I am again raising money for the *National Autistic Society*. This charity is a wonderful organisation which provides invaluable support, understanding, and advocacy for autistic people and their families. If you could, please, sponsor me, [click here](#) for an online donation or alternatively, there are sponsor sheets at the back of the main church and the Old Church.

Maggie Wilson

Macmillan Coffee Morning: We are hosting a Macmillan Coffee Morning on **Friday, 25th September** from 10am until 12 noon.

All money raised on the day will go to *Macmillan Cancer Support*, so please come and support this event if you are able.



The doors into church will be open and music will be played in there during the course of the morning. *If you wish to donate electronically then please [click here](#) to send a donation directly via the Macmillan Coffee Morning page.*

**WORLD'S BIGGEST
COFFEE
MORNING**

New Thursday Homegroup

We are very pleased that Graham Dallisson is going to start a new homegroup on Thursday afternoons. The venue has yet to be decided. Anyone who would like to join this new group, as it starts, please let either Graham or Heather know asap.

At the PCC meeting on Monday evening, there was good news which we would like to share:

1. Firstly, many thanks to Stuart Atkinson, John Edmonds, Bob Gilkes, David Kidney, Peter Wood for all their hard work in insulating the ceiling of the church link lounge and its decoration.
2. The church is very grateful for a number of legacies which have been received.
3. The 12-hour prayer on Thursday 10th/Friday 11th September was wonderful and well-supported. We thank God for his goodness.

Friends of Essex Churches Trust, Ride and Stride

I took part in in the sponsored Ride and Stride last Saturday on what was a great day for a cycle ride. I visited 19 Churches in Clacton, Frinton and Walton and to date have raised £800. This amount is still rising, so it is not too late to donate. A big THANK YOU to all those who have sponsored me. Your support is much appreciated.

Ruth Spellman

**YOU'RE invited
to Alpha**

Tuesdays, 7pm

Includes light refreshments and CAKE!!

Is there more to life than this??

Harvest Lunch

Posh Ploughman's & Pud in the Church Hall

Sunday, 27th September 12:45pm

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

**Tickets available at Reception, Monday - Friday
or via Churchsuite - [Click Here](#)**



**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.**

**Tickets
£20**

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



During the Week ...

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

Monday, 21st Gethsemane Prayer 7:30pm
 Tuesday, 22nd Alpha Course (2) 7pm
 Wednesday, 23rd Service of the Word 11am (Old Church)
 Wednesday Group Lunch 12
 Thursday, 24th Smallsorts 10am
 Knit & Natter 1:30pm
 Friday, 25th Macmillan Coffee Morning 10am
 Choir Practice 6pm
 Saturday, 26th Uniform Bank 10am



Sunday, 27th September

9:30am Traditional Service - Celtic (HC)
 11am All-Age Service (also livestreamed)
 Harvest Lunch 12:45pm (ticket needed)
 6:30pm Harvest Evensong (Parish Church)

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

Macmillan Coffee Morning - Fri. 25th September, 10am

Harvest Lunch - Sun. 27th September, 12:45pm

Harvest Evensong - Sun. 27th September, 6:30pm, Parish church

PCC Away Evening - Wed 7th October, 7:15pm



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