



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, 4th October 2026

Parish Church Services (Sunday only)

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

Isaiah 5:1-7 & Matthew 21:33-46

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

Isaiah 5:1-7

Old Church Services

Sunday 6:30pm **Evening Service - CW (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 ...

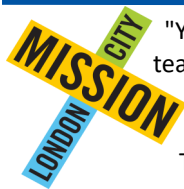
... those who are unwell, and those who care for them:

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

The Rees family would like to thank everyone from St Mary's who kindly supported **Margaret Rees**, who went to Glory on Saturday 26th September. Thank you to those who visited her after she lost her husband, Rev Tony Rees, who preached regularly at St Mary's. Anyone who knew Margaret or Tony is warmly invited to Margaret's Thanksgiving Service this Monday, 5th October, 2pm at St Michael's, Kirby-Le-Soken, followed by refreshments in the Church Hall.

Moiria Huntingford's funeral service will be held at 11:45am on Tuesday, 6th October, at the Old Church. The dress code is smart casual, not black mourning attire please.

Derek Hayes' funeral service will be held at 11am on
Friday, 16th October, at Weeley Crematorium.



"YOU SAID YOU'D CONTACT ME, AND YOU DID!" That's what Jevan told the LCM team after leaving prison, where he had come to faith by attending LCM's Bible study groups and exploring the Christian faith. Now volunteers have warmly welcomed him as he attends one of the prison-leaver Bible study groups. These groups have grown from six to more than twenty.

Please pray for those ministering to folk in prison and for those who are seeking to minister, both spiritually and practically, to the people who have been discharged.

Please pray for more churches to be willing to welcome prison-leavers and help bridge the wide gap between prison and the local church community.

Lesley Holland

Baptisms, today, Sunday, 4th October

There will be 3 baptisms taking place in the sea **today**, at **2 o'clock**. We will meet at Beach Hut No. 521 using the ramp opposite the Crescent Gardens. Turn left at the bottom of the slope. Please come along and support Faye, Sienna, and Theo, as they take this important step in their Christian lives.

United Worship & Prayer at Homelands

Today, 4th October at 7pm, come to *Frinton & Walton Area Churches Together*.

90
plus

Over 90's Group

Please note that our *Over 90's Group* will meet on **Monday, 5th October** at **3pm** in the **Lounge** 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

Christmas Fayre

We need donations for this year's Christmas Fayre (28th 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.

Men's Breakfast - Saturday, 10th October at 8:30am

If you are interested in joining the *Men's Breakfast*, please contact David Kidney or book via the [Church Calendar](#). For catering purposes, please let us know if you wish to attend. Email invites are sent each Monday before. If you are male, young, old, fighting fit, falling apart, or somewhere in the middle you will be most welcome in our Church Hall at 8:30am.

Friends of Essex Churches Trust, Ride and Stride

I took part in this on Saturday 12th September and visited 19 Churches in Clacton, Walton and Frinton. The total amount raised is £1000 and Barclays Bank have promised to match £750 of that! **A BIG THANK YOU** to all who so generously sponsored me. **Ruth Spellman**



Operation Christmas Child - Shoebox Appeal

Thank you to all who have supported the project so far this year by filling a shoebox with gifts and bringing it to church, building a box online, or making a financial donation. All gifts are most gratefully received. Each shoebox will share God's love and message of hope and joy with a child living in difficult and dangerous parts of the world. Remember to bring shoeboxes to church by **Sunday 8th November** for their journey overseas. Leaflets are available in church, and shoeboxes (ready to make) are available for 60p from the Office. Thank you for your support. **Helen Whybrew**

Light a Candle Service - Saturday, 10th October at 11am

St Mary's Parish Church is pleased to host *Light a Candle*, a commemorative service offered in partnership with the *PG. Oxley Funeral Directors*. These gatherings provide a quiet and meaningful moment to remember loved ones, to reflect, and to create a steady light in the darkness. The service includes readings, music, and an opportunity to come forward and light a candle - whether your loss is recent or long ago, whether you are remembering a family member, a friend, or someone you knew only briefly. *Light a Candle* is open to everyone and offers space for stillness in the midst of busy lives. **All are welcome.**

Volunteers

We are looking for volunteers in a number of roles. If you feel you can support Catering, Youth Work, Welcoming, or Verging, please contact the Church Office for more information.

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

SCHOOL UNIFORM BANK

29TH AUGUST
12TH & 26TH SEPTEMBER
24TH OCTOBER

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



During the Week ...

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

- Monday, 5th Over 90's Group 3pm
Gethsemane Prayer 7:30pm
- Tuesday, 6th Alpha Course (4) 7pm
- Wednesday, 7th Wednesday Group 10am
Service of the Word 11am (Old Church)
RNID 'Hear to Help' 1pm
PCC Away Evening 7:15pm
- Thursday, 8th Smallsorts 10am
Knit & Natter 1:30pm
All-Age Service Action Group 6pm
- Friday, 9th Friday Coffee Morning 10am
Missionary Prayer Meeting 10am
Choir Practice 6pm
- Saturday, 10th Men's Breakfast 8:30am
Light a Candle Service 11am
- Sunday, 11th Neurodiversity Service 10:30am
(also livestreamed)
Bring Your Own Lunch 12noon



The Old 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

Prayer Action Group - Mon. 26th October, 3pm

Light Trail - Sat. 31st October, 4-7pm

Christmas Fayre - Sat. 28th November, 10am



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

Want to 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