



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, 18th October 2026

Parish Church Services (Sunday only)

9:30am Traditional Service - BCP

1 Thessalonians 1:1-10 & Matthew 22:15-22

11am All-Age Service (also livestreamed)

1 Thessalonians 1:1-10

Old Church Services

Sunday 6:30pm Evening Service - CW (HC)

Wednesday 11am Service of the Word



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.



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

I DWELL IN HIM is a new praise and worship programme on SAT-7 KIDS, inspired by the Psalms, which exists to encourage children facing difficult circumstances. **PRAY** that viewers will encounter God through this programme and learn what it means to live a life of worship.

Lale, a SAT-7 viewer, said: 'My sister and I found faith through social media and left our old way of life. We learn a lot from Christian programmes. The best programmes are yours.' **PRAY** that more people in the MENA who regularly use social media will be led to Christ through it!

Pray for God to raise up a new generation of godly politicians across the MENA who will work to fight evil, protect what is good and true, and relieve the suffering of the oppressed.

Heather Ursell



London City Mission Service

On Sunday, 29th November, there will be one single service at 10:30am, the same as last year. Instead of toys, the service will be raising funds and awareness of one of the Mission's Projects working with Young People.

The Deanery Choir

On the 12th December the Deanery Choir will be singing at St Mary's Church, Lawford, CO11 2JX at the 7.00pm 'Living Christmas '26' concert. This act of worship was devised by Graham Bell and is similar to a 'Nine Lessons & Carols' service, but with carols written by living composers and arrangers. This year the choir will make full use of the Copeman Hart organ, in the church, with the masterful Peter Clayton playing. There will be a retiring collection for church funds.

Macmillan Coffee Morning

We give thanks to God for the amazing generosity of those who came along to St Mary's Macmillan Coffee Morning held in church on Friday, 26th September. The fantastic total sum raised was £1200, which has already been passed to the charity. This included a generous donation of £265 from St Mary's Men's Breakfast Club. Our team were all brilliant offering their time with outstanding hospitality. The morning had a musical accompaniment provided by John on the piano and Floyd on the trumpet. We all feel so blessed. Thank you very much and well done indeed to everyone involved.

Peter Wood



Frinton Mission

Monthly FM Prayer Meetings are held at No.4 Youth Centre, The Free, Connaught Avenue, on the first Saturday of each month between 9-9.45am. Come and join us in prayer for this wonderful opportunity to share God's love with our community. The next meeting is on **Saturday, 7th November**.

Christmas Fayre needs...

Tombola gifts, small, good quality ornaments, curios and collectable items for the bric-a-brac stall. Cakes and home made preserves, good quality children's books and chocolate for the *chocolate tombola*. This can be bars or boxes of chocolate, or assortment bags, all chocolate in date, will be gratefully received. Any non-perishable items can be brought into the office or given to Karen Hepworth anytime before the Fayre. Cakes can be received on the Friday morning or early Saturday morning, 28th November.



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 a difficult and dangerous part of the world. On or before **Sunday, 8th November** remember to bring shoeboxes to church for their journey overseas. Leaflets are available in church and shoeboxes are available for 60p from the Church Office. Thank you for your support. **Helen Whybrew**

Volunteers

We are looking for volunteers in a number of roles.

- We are looking for **2 or 3** volunteers to welcome people, particularly to the 9:30am Service.
- We are looking for **1 or 2** volunteers to support *Sunday Kids*.
- We are looking for **2** people to help serve refreshments for the *Light Trail* on 31st October.
- We are looking for **2 or 3** people to help with Sound and Vision on Sundays.

If you feel you can support the Church once a month (or 12 hours a year) with any of these roles, please contact the Church Office for more information about the roles and an Application Form, if you are not already registered as a volunteer. Most of these roles do not require additional planning time.

New Housegroup

Graham Dallisson's new homegroup will begin on Thursday, 5th November. If you do not attend a homegroup already and are interested in growing your faith and Bible knowledge, please get in touch with Heather Ursell or the Church Office.

**VOLUNTEERS
NEEDED**

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

SCHOOL UNIFORM BANK

**24TH OCTOBER
28TH NOVEMBER
12TH DECEMBER**

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 Room 2 - all are welcome

Monday, 19 th	Pastoral Care AG Meeting 11:45am Gethsemane Prayer 7:30pm
Tuesday, 20 th	Alpha Course (6) 7pm
Wednesday, 21 st	Wednesday Group 10am Service of the Word 11am (Old Church)
Thursday, 22 nd	Smallsorts 10am Knit & Natter 1:30pm
Friday, 23 rd	Friday Coffee Morning 10am Choir Practice 6pm
Saturday, 24 th	Uniform Bank 10am



The Old Church



Sunday, 25th October*

09:30am Traditional Service - BCP (HC)
11am All-Age Service (also Livestreamed)
6.30pm Evening Service - CW

*Please note: The clocks go back on Sunday, 25th October.

All rotas and events available on ChurchSuite. [Click here](#) to login.

If you need a login, please send an email request to the Office.

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

Remembrance Sunday Service - Sun. 8th November, *joint* 10:30am

WOW Going Deeper - Saturday, 21st November 7pm

Christmas Fayre - Sat. 28th November, 10am

LCM Service for everyone - Sun. 29th November, *joint* 10:30am



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