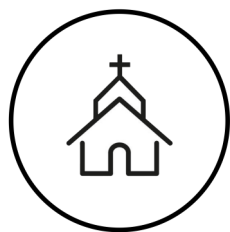


Sunday 13th July 2025



This Sunday at The Free



10am & 7pm Services
This week Steve Bell is preaching from Mark 1.



5.30pm Café Church
A sideways look at life, building community and sharing communion once a month.

This is week 29 in the reading plan starting at Mark 5

“Making every moment count to see lives transformed by Jesus.”

Church News and Events

PRAYER MEETINGS



ONLINE PRAYER MEETINGS

(Zoom ID: 946 3324 2913 / Passcode: prayer)

Friday (Silent prayer)
8:30am



IN-PERSON PRAYER MEETINGS

Monday
9:00am - Link Lounge

Monday (2nd & 4th of each month)
9:30am - Oasis Hub prayer

Thursday
6:00pm - Prayer for Ukraine, Peace & Justice



GLOBAL OUTREACH PRAYER MEETINGS

ONLINE MEETINGS:

(Zoom ID 946 3324 2913 / Passcode: prayer)
Contact Rosemary Wall

Nick & Linda Miller
7:00pm - 1st Monday of each month

IN-PERSON MEETINGS:

Anna Houghton
2:30pm - 1st Friday of each month
Contact Geoff Thorington-Hassell



FM BOOKLETS NOW AVAILABLE!

Church News and Events



ANNUAL GRATITUDE MEETING

Thursday 17th July - 7pm (For 7:30pm)

At our next members meeting we'll be celebrating everything God has done in the life of our Church.

We're sending a warm invite to all our members to come, even if it's not something you'd usually attend.

**MEN'S
SUMMER
BBQ**



CONTACT: MARTYN HAINES

GUEST SPEAKER:
SIMON PINCHBECK

EX-POLICE/EX-CRIMINAL & NOW SERVING GOD IN PRISONS

WHEN: Saturday 19 July 3pm

WHERE: Garden in Halstead Road

COST: £10 ticket

GAZEBO, SWIMMING POOL, FOOD & RELAXATION

MARTYNHAINES@GMAIL.COM 07475 866813

ALL INVITED

PICNIC ON THE GREENSWARD

10TH AUGUST FROM 12NOON

BRING SOME FOOD, A CHAIR/RUG AND ENJOY TIME
TOGETHER. WE'LL BE ON THE GREENSWARD AT THE
END OF CONNAUGHT AVENUE

Church Family News

Family news....please pray for:

- **Terry Crisp** having knee replacement surgery on 18th July.
- **Adam Duce** recovering from surgery.
- **Ron King** in Colchester Hospital.
- **Penny King** receiving treatment in hospital.
- **Josh Baines, Lynda Blanchin, Rev. Claire Blatchford, Rev. Gary Bott, Beatrice Hind, Cookie Strickland, Malcolm Sumption and Malcolm Williamson** all receiving treatment for various forms of cancer.

The Thanksgiving service for Derek Hind will be here at 2.45pm on Friday 18th July or you can watch on line at www.frintonfree.com/derek
Please wear colourful clothes.

Mark & Liz Massey will be on annual leave from Saturday 28th June until Wednesday 16th July.

Please Pray for Ian and Jan Harrison who are leading a holiday week **with 'Care for the Family'** for single parents and their children at Min y Don Christian Adventure Centre in Snowdonia Wales 18th - 25th July.

Congratulations to David Gibbons who celebrated his 80th birthday on 2nd July.

Please note the following people have updated addresses:

Graham Distill—Delamer House, Joyce West—The Oaks (Great Bentley),
Frank Belcher—Read House, Doreen Wright—Luff Home.



GODS HEART FOR THE WORLD:

Plastic Free July is a global movement that helps millions of people be part of the solution to plastic pollution. For ideas on how to reduce plastic pollution, there are plenty of ideas on their website.

<https://www.plasticfreejuly.org/get-involved/what-you-can-do/>

Contact us: Frinton Free Church, Connaught Avenue, Frinton, Essex, CO13 9PW T: 01255 679585 / E: office@frintonfree.com
Charity Reg. No. 1193456 **Visit our website** www.frintonfree.com

Pastoral information, updates or concerns should be emailed to sheila.lane@frintonfree.com or reported to her via the Church Office. For urgent prayer please email prayer-chain@frintonfree.com

Recordings: Did you know you can now catch up with our services online? We livestream our sermons to our Youtube channel, www.frintonfree.com/youtube. You can listen to or download an audio of our sermons by visiting our website -

