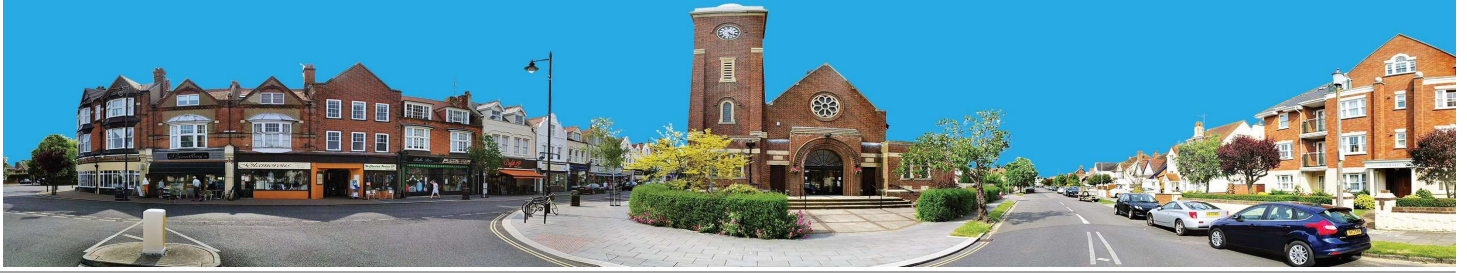


Sunday 27th April 2025

Welcome to ...



## This Sunday at The Free



### 10am & 7pm Services

**This week we shall be taking time at both services to share Communion & stories. Our offering this week is for the Compassion Fund.**



### 5.30pm Café Church

**A sideways look at life, building community**

This is week 18 in the reading plan starting at 1 Samuel 5

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

# Church News and Events .....

## PRAYER MEETINGS



### ONLINE PRAYER MEETINGS

(Zoom ID: 867 6889 0772 / Passcode: prayer)

**Monday**  
8:30am

[OR CLICK HERE](#)

**Friday (Silent prayer)**  
8:30am



### IN-PERSON PRAYER MEETINGS

**Monday (2<sup>nd</sup> & 4<sup>th</sup> of each month)**  
9:30am - Oasis Hub prayer

**Thursday**  
6:00pm - Prayer for Peace & Justice

**RESTARTS 1ST MAY**



### GLOBAL OUTREACH PRAYER MEETINGS

#### ONLINE MEETINGS:

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

**Nick & Linda Miller**  
7:00pm - 1<sup>st</sup> Monday of each month

#### IN-PERSON MEETINGS:

**Anna Houghton**  
2:30pm - 1<sup>st</sup> Friday of each month  
Contact Geoff Thorington-Hassell

## MARRIAGE MINISTRY DAY

*"Time to stop, pause & invest time in our marriages".*

*We're really excited to invite you to this encouraging day filled with practical activities and honest conversations to help our marriages grow stronger.*

**When:** 3rd May 2025

**Where:** Birch Hall Adventures, Dale Hill, Kirby le Soken, Thorpe-le-Soken, Frinton-on-Sea CO13 0EL

**Times:** 10am-4pm (arrivals from 9.30am)

**Cost:** Free (donations welcome)

**BOOK NOW**

[www.frintonfree.com/marriage](http://www.frintonfree.com/marriage)



the **free** FRINTON

# Dwell on These Things



Join us for our FreeYouth **mums and daughters event!**

**Where:** No4 Youth Centre

**When:** Saturday 7<sup>th</sup> June, 2-4pm

**Cost:** £5.00 pp

We would love to see you there! We'll be:

- *Having fun and building friendships*
- *Reading the Bible together*
- *Enjoying treats and delicious cake!*

Open to all young women in school years 7-13 and their mums or other trusted female.

Scan here to book  
your place before  
the 31st May:





# Church News and Events .....



## OUR EASTER OFFERING

This year we are raising money for The Chandiwana Memorial Foundation. For more info visit: [www.frintonfree.com/easter](http://www.frintonfree.com/easter)



## FREE KIDZ REACHES OVER 100 KIDS A WEEK!

COULD YOU SPARE 2 HOURS A MONTH TO HELP THIS IMPORTANT MINISTRY?

CONTACT CLARE THURSTON FOR INFO

## Living Later Life to the Full

*Are you in the second half of your life? Do you want to enjoy abundant life right to the end? If so, this interactive workshop is for you!*

Saturday 10th May | 9:30am - 4:30pm  
& Sunday 11th May | 1:30pm - 4:30pm  
Frinton Free Church | Connaught Avenue



## THE EMOTIONALLY HEALTHY SPIRITUALITY COURSE (EHS)

2nd June - 21st July 2025, Mondays 1:30pm-3:30pm

Sign up: [www.mynextstep.church](http://www.mynextstep.church)  
or call the Church Office: 01255 679585  
Cost: £20 for the course materials



## JOIN THE FM TEAM!

FRINTON MISSION IS LOOKING FOR TWO NEW LEADERS TO ORGANISE FOUNDATIONS, A GROUP FOR 3 & 4 YEAR OLDS THAT RUNS EVERY WEEKDAY MORNING DURING MISSION WEEK. FOR MORE INFO EMAIL: [coordinator@frintonmission.net](mailto:coordinator@frintonmission.net)

# Church Family News

## Family news....please pray for:

- **Pete Baker** having knee surgery on 1st May
- **Penny King** recovering in hospital.
- **Derek Hind** recovering at home
- The family and friends of **Hazel Barr** who died on 20th April.
- **Josh Baines, Beryl Belcher, Lynda Blanchin, Rev. Claire Blatchford, Gary Bott, Olive Dent, Beatrice Hind, Cookie Strickland, and Malcolm Sumption** all receiving treatment for various forms of cancer.



Please join us for prayer for **FM2025** on **Saturday 3rd May** in **No.4 Youth Centre** between **9-9.45am**.



## FRINTON STATIONS

Book available. Fully-illustrated, 54 pages with intro by Simon Carter and Mark Massey. Read the artists' thoughts and find which one of them has a MBE!

Only £5. Contact Simon Carter or Church Office for your copy.

On Palm Sunday our prayers were focussed on the **Arise Africa** campaign organised by Open Doors, pledging support for persecuted Christians in sub-Saharan Africa. We invite you to sign the petition online if you haven't already. [www.frintonfree.com/opendoors](http://www.frintonfree.com/opendoors)



**GODS HEART FOR THE WORLD:** The arrival of Spring reminds us of the wonders of God's Creation and new life. Arocha runs a Wild Christian programme for individuals and families who want to enjoy and learn about nature together. For more information and to sign up see <https://arocha.org.uk/wild-christian/>

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

**Pastoral information, updates or concerns** should be emailed to [sheila.lane@frintonfree.com](mailto:sheila.lane@frintonfree.com) or reported to her via the Church Office. For urgent prayer please email [prayer-chain@frintonfree.com](mailto: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](http://www.frintonfree.com/youtube). You can listen to or download an audio of our sermons by visiting our website -

