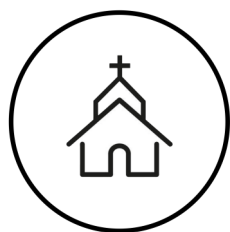


Sunday 15th June 2025



This Sunday at The Free



10am & 7pm Services

This week Liz will be preaching on Michal: Daughter of Saul, Wife of David, Child of God from 1 Samuel 19:11-17 & 2 Samuel 6: 12-23



5.30pm Café Church

A sideways look at life, building community and sharing communion once a month.

This is week 25 in the reading plan starting at 2 Samuel 9

“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)

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



VOLUNTEER NOW

There are plenty of opportunities at Frinton Mission to volunteer,
helping children, young people and adults enjoy a week of activities and
discover more about Jesus

www.frintonmission.net

Church News and Events



MEN'S BREAKFAST

**THE DOCTOR
WILL SEE
YOU NOW!**

- Sat 14th June 2025
- 8:30am - 10:00am
- Frinton Free Church
- **BACON ROLL EVENT**
- No need to book, just turn up!

DR IAN HARRISON - Retired GP



Free Concert at the Free

Wednesday 18th June
10am
Frinton Free Church

The frintones **All Welcome**

the free FRINTON 



CRICKET MATCH

The Free XI Vs **The Barflies**

FRIDAY 27th JUNE

LIVE FROM 6PM

at Frinton Cricket Club

DISCOVERING THE FREE

Sunday 29th June, 4-6pm



If you're considering becoming a member of The Free, this is the course for you!
Sign up: www.mynextstep.church

Church Family News

Family news....please pray for:

- **Becky Myers** recovering at home from surgery.
- **Penny King** receiving treatment in hospital.
- **Katie Rudge** in hospital.
- **Beatrice Hind, Jane, Karen, Judith** and the wider family on the death of Derek this week.
- **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.

Congratulations to **Avis Burletson** on her 90th Birthday on Thursday 19th June.

JOIN US FOR A TAJ BREAKFAST

with an update from a church member living in Tajikistan

Oasis Saturday 5th July - 8.30—10am.

No need to book - just turn up!



GODS HEART FOR THE WORLD: As we read through 2 Samuel in June, we can reflect on how our leaders shape and mould society and how God can work through them to carry out His purpose.

Fathers' Day reminds us many young boys lack a positive male role model. Lads Needs Dads offers boys and young men mentoring and positive role modelling. <https://ladsneeddads.org/get-involved/>

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 -

