

Sunday 31st March 2024

Welcome to ...

the free
FRINTON



EASTER AT theFREE

*Joy
comes in the
morning.*



**Good Friday
Reflective Service
with Communion**
10am

**Easter Sunday
Celebrations**
10am & 7pm

Good Friday

10am Communion Service

Easter Sunday

10am Celebration Service

7pm United Prayer & Worship

No 5.30pm Café Church this week

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

Church News and Events

[LINK HERE](#)

**Please note there'll be no prayer meetings on
Easter Monday**

**Maundy Thursday Service—March 28th
The United Service is at The Gospel Chapel at 7pm.
All Welcome**

United WORSHIP AND PRAYER

LOCAL CHURCHES TOGETHER, UNITED IN PRAYER,
WORSHIPPING AS ONE BODY

31.03.2024 7:00pm

THIS TIME WE ARE AT: FRINTON FREE CHURCH

Church News and Events

THIS YEAR OUR EASTER
OFFERING IS BEING GIVEN TO



the light
college

**ON EASTER
SUNDAY
THERE WILL AN
OPPORTUNITY
TO GIVE TO
THIS APPEAL.**

THE LIGHT
COLLEGE ARE
TRAINING
STUDENTS TO
SHARE THE GOOD
NEWS OF JESUS IN
THE MOST
INNOVATIVE
WAYS, WHILE AT
THE SAME TIME
NURTURING A DEEP
DEVOTIONAL LIFE
AND A GOOD
GROUNDING IN
THEOLOGY.

WWW.FRINTONFREE.COM/GIVE

LEGO®

LEGO DAY

12TH APRIL: 2:30^{PM}-4:30^{PM}
FOR FAMILIES WITH
CHILDREN AGED 5-11

FOR MORE INFO & TICKETS

OR SCAN HERE:



BEREAVEMENT SUPPORT GROUP

We are running a Bereavement Support group,
in partnership with Age Well East.

Running weekly for 6 weeks starting 1:00pm-
2:30pm, Thursday 18th April.

For more information and to sign up visit:
www.hubofhope.church



in partnership with
AgeWellEast
Empowering people to age well

MEN'S BREAKFAST



**Sat 13th Apr 2024
8:30am - 10:00am
Frinton Free Church**

BACON ROLL EVENT

No need to book, just turn up!

0-60 in as many years!



STEVE LANE
TEACHER AT COLCHESTER INSTITUTE

Church Family News

Family news....please pray for:

- **Margaret Ochiltree** having surgery on 5th April.
- **Helen Churchill, Beatrice Hind and Katie Rudge** in Colchester Hospital.
- **Ron King** in Clacton Hospital.
- **Colin Slatter** in Harwich Hospital.
- **Peggy Barker** now back in Read House.
- **Josh Baines, Lynda Blanchin, Jonathan Clark, Linda Edgell, Richard Hatton, Angela Hodgson, Graham Stone, Malcolm Sumption & Lynn Waters**, all receiving treatment for various forms of cancer.

Following his heart attack in January and a period of recuperation, **Martyn Wall** is now able to return to church and will be slowly resuming his role as an Elder. God has been very good and has answered our prayers for Martyn, so please continue to pray for him, Flis and the family.

Please pray for:

- **Paul Keays** who will be preaching at The Garden Tomb's Easter Sunday service.
- **Mark Massey** who will be away teaching at the Light College 4th-6th April.
- **Clare Thurston** who is on annual leave next week.

The thanksgiving service for **Lilian Gibson** will take place at 11.45am on Monday 8th April in church. If you'd prefer to watch online, please contact the office for the livestream link.

Do you have a car? Could you spare an hour on a Wednesday morning?

The **Welcome Break** team is looking for more drivers to pick up guests from their homes and take them to and from church. Even once a month would be really helpful. If you can help, please contact **Rob Willis** directly or via the church office.

Do you enjoy singing? You are invited to join us at Beaumont Manor residential care home (opp. Kirby Cemetery) at **11.00am on Thursday 4th April** to sing some Easter hymns. Just come along!

Please note that the church office will be closed on 29th March & 1st April.

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

Pastoral information, updates or concerns should be emailed to sheila.lane@frintonfree.com or reported to her via the Church Office.

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 - www.frintonfree.com/media

