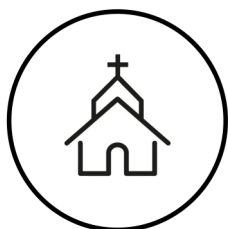


Sunday 29th June 2025



This Sunday at The Free



**Once a month we commit time at our
10am Celebration and 7pm gathering
to share Communion**



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

**This week's offering at 10am and Thrive will go towards our
Compassion Fund. This money is used to help those in need
in our local community.**

This is week 27 in the reading plan starting at 2 Samuel 19

"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

PLEASE NOTE

The final Friday Silent Prayer Meeting before the Summer will be Friday 4th July. Meetings will resume from Friday 5th September.



- FM BOOKLETS NOW AVAILABLE!

- DEADLINE TO APPLY TO BE ON THE TEAM: 30TH JUNE

- FINAL FM PRAYER MEETING: 5TH JULY, 9^{AM} IN N^O.4

Church News and Events

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



ANNUAL GRATITUDE MEETING

Thursday 17th July - 7pm

We are looking for people to bake/create cakes and desserts for our time together. Get in touch if this is something you can help with!

office@frintonfree.com

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:

- Penny King receiving treatment in hospital.
- Babs Rudall recovering from a cataract operation.
- Sue Curry who has torn a tendon in her knee.
- 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.

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

Please pray for Jon Wright who is leading worship at the UK Church Administrators Network Conference in Manchester on Wednesday 2nd July.

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.

Join us for a Taj Breakfast
Bread & News from the ovens of Khujand!
Anna's Update

Saturday 5th July 2025 | Oasis Cafe | 8:30 - 10am
Connaught Avenue, Frinton

Food served from 8:30am



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.

The Joint Public Issues Team (JPIT) is a partnership between the Baptist Union of Great Britain, the Methodist Church and the United Reformed Church. They help Churches to work together for peace and justice through listening, learning, praying, speaking and acting on public policy issues.

<https://jpit.uk/whats-new/newsletter>

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 -

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