

10am Celebration

This week, **Steve Bell** will be continuing the 5x5x5 series with the Book of Matthew

The reading is from Matthew 11

5.30pm Café Church

Join us in Oasis Community Café for an informal hour of listening, learning and sharing together

7.00pm

This week at Thrive Mark Massey will be continuing the series "How to Find Yourself" with a talk entitled "I am Equipped" based on Ephesians 6:10-20.

"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

LINK HERE

Friday (Silent prayer) 8:30am



IN-PERSON PRAYER MEETINGS

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

Thursday

6:00pm - Prayer for 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

Neil & Sheena Wardrope:

7:45pm - 1st Monday of each month

IN-PERSON MEETINGS:

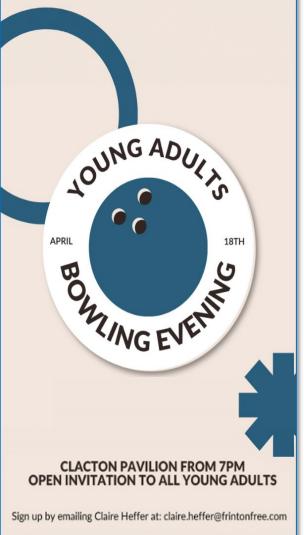
Anna Houghton

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

Ben & Rachel:

4:00pm - 2nd Sunday of each month Contact Kay Carswell





Church News and Events.....

Saturday April 20th - Walking Group

A **4 mile walk to the bluebell woods** is planned (weather permitting) Meet in the church car park at 10am. Suitable footwear and walking poles advisable. If interested please contact Kay Carswell email kecarswell69@gmail.com or text 07840252635. (please do not phone)



Friday 17th May | 2pm Frinton Free Church

All Welcome

A DEMENTIA-FRIENDLY CONCERT FREE - DONATIONS WELCOME FOR DEMENTIA UK

ARE YOU CONSIDERING BAPTISM?

WE WILL BE BAPTISING AT OUR PENTECOST SERVICE ON THE 19TH MAY.

TO FIND OUT MORE CONTACT: OFFICE@FRINTONFREE.COM



Church Family News

Family news....please pray for:

- Malcolm Cutmore having a hip operation on 25th April.
- Helen Churchill, Brenda Wedge and Derrick Norman in Colchester Hospital.
- Katie Rudge in hospital.
- Colin Slatter in Harwich Hospital.
- Hazel Harris following the death of her son, lan.
- Sandra Hunter recovering at home from dislocated knee and fractured ankle.
- 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.

Dave and Hazel Woods have two hardly used adult bikes they want to give away. Please contact them directly, or the Church Office, if you can make use of them.

Eco Tip: Fit more active travel into your day and daily routine.

Re-evaluate your journeys: explore walking or cycling options, or modify your route to include some form of active travel, i.e. disembark a stop early and complete the remaining part of your journey on foot, indulge in a leisurely stroll, or opt for a bike ride along a cyclist-friendly route. Consider connecting with your local Ramblers or cycling group for shared experiences. Use the extra steps or the changed travel arrangements as a prompt to pray for God's creation, nature's preservation and the reduction in fossil fuel usage.

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.

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

