



LOVING GOD WITH OUR:



HEAD



HEART



HANDS



10am Gathering

This week we welcome Peter Dunn from BigLife who will be speaking about loving God with our hands from James 2:14-24.



5.30pm Café Church

Meeting in Oasis café for tea and cake, we explore the Bible, culture, creation and much more, and share communion once a month.

“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

SAT 11TH OCT

10AM ~ 4PM

AT the free

FRINTON



Biglife
WITH **PETER DUNN**



A day's training giving us practical ways to live as disciples, share our faith, and form disciple-making groups. Together, we'll learn how to follow Jesus faithfully and live a big life that inspires others to do the same.

To Register:

www.mynextstep.church or the Church Office 01255 679585

Discovering the free

FRINTON



OUR NEXT DISCOVERING THE FREE SESSION WILL BE ON
SUNDAY 12TH OCTOBER 4PM-6PM

Church News and Events

New Testament

in a...



OUR 5 WEEK WALK THROUGH THE BIBLE COURSE LOOKING AT THE NEW TESTAMENT STARTS ON THE **15th OCTOBER**.

FOR MORE INFO:
www.mynextstep.church



OUR NEXT MEMBERS MEETING WILL BE HELD ON THURSDAY 16TH OCTOBER FROM 7^{PM}

FAMILY FIREWORKS

JOIN US FOR A SPECTACULAR EVENING WITH A BONFIRE, FIREWORKS, MUSIC AND FOOD



BIRCH HALL, DALE HILL,
KIRBY LE SOKEN, CO13 0EL



FRIDAY 7TH NOVEMBER 2025
5:00^{PM}-7:00^{PM}



GET TICKETS AT:
www.frintonfree.com/fireworks



WE'RE EXCITED TO WELCOME

GAV CALVER

CEO OF THE EVANGELICAL ALLIANCE

AT OUR

10AM CELEBRATION
9TH NOVEMBER

&

United WORSHIP & PRAYER
6PM | 9TH NOVEMBER



the free
FRINTON

MEN'S STUFF!



Christmas Carvery Dinner

MEAL INCLUDES DESSERT
& TEA OR COFFEE

FRIDAY 21ST NOVEMBER
FRINTON GOLF CLUB

6:30 FOR 7:30PM

TICKETS: £32

(Available from Barry Rouse - 07835 591867
rousebaz@gmail.com

OR from The Free Church office
Payment in full by 14th November)

Guest Speaker:

PAUL KERENSA

COMEDY WRITER & STAND-UP COMEDIAN



Church Family News

Family news....please pray for:

- **Malcolm Sumption** in Colchester Hospital.
- **Bill & Carole Barnett** following the death of Bill's mum.
- **John Gibson** recovering from surgery.
- **Josh Baines, Lynda Blanchin, Rev. Gary Bott, Sandy Burnett, Alan Goodman, Beatrice Hind, Cookie Strickland, and Malcolm Williamson** all receiving treatment for various forms of cancer.

The staff team (Claire, Clare, Jon, Liz, Mark, Sally and Steve) will be away on Monday 13th and Tuesday 14th October.
Sally will be away at the Anna Chaplaincy Conference Wednesday 15th & Thursday 16th October.

A MASSIVE THANK YOU!

Last week at our Harvest celebration we were able to donate around **850 items** to Walton Food Bank! Wow! and because of your generosity raised, so far, **£1731 (without Gift Aid)** for TTR and TWAM.

Can you help? Could you spare a couple of hours a month to help with light gardening around the church? Contact Tara Daniels for more details.



If you would like to pray for our students, please take a prayer bookmark from the foyer or contact the church office for a student prayer booklet which gives more information.



If you would like to contribute to the hall building project you can give by cheque or directly to the church
30-99-50, Frinton Free Church, 37406968,
Reference: Building Project

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 -

