

Welcome to ...



THE BOOK OF
MATTHEW

5x5x5

thrive

"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

C013 Gospel Voices

will resume on
Thursday 2nd May in Oasis
7:15-8:45pm

We are delighted that Lisa Strong
will be leading us

£4pw (first week free if new)

Invite your friends and neighbours
No auditions or requirement to
read music - just a love of gospel
singing!



CLACTON PAVILION FROM 7PM
OPEN INVITATION TO ALL YOUNG ADULTS

Sign up by emailing Claire Heffer at: claire.heffer@frintonfree.com

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)



THE JUPITER SINGERS

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, Ian.
- **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

