

This August at The Free



10am Services
During the month of August we are looking at the Book of Psalms



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

[&]quot;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)

Weekly Prayer
Meetings will

resume from the

Mon 1st September

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

Thursday

6:00nm - Praver 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



ALL INVITED

PI-ENI-E

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



If you would like to contribute to the hall building project you can give by cheque or directly to the church bank account using reference:

'Building Project', Lloyds 30-99-50, Frinton Free Church Account no. 37406968.

Church News and Events





NEW ALPHA COURSES STARTING THIS SEPTEMBER

STARTING MONDAY 15TH SEPT

7pm: Coastlands Community Centre, High Street, Walton-on-the-Naze With a meal

7pm : Frinton Free Church, Oasis Community Cafe, Connaught Ave, Frinton With a meal

STARTING TUESDAY 16TH SEPT

7pm: St Mary's Parish Church, Old Road, Frinton With refreshments

STARTING THURSDAY 18TH SEPT

1pm : Homelands Free Church, Garden Road, C014 8SJ With tea & cakes

To book a FREE place on any of these courses go to: www.alpha-fm.net or call 01255 679585



Warmly invite you to come along and hear how God is

changing lives.





Tendring Branch

Wednesday 17 September 2025

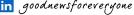
- Time 7.30pm
- Holland on Sea Baptist Church
- 145 Frinton Road
- Clacton on Sea CO15 5UR

for information and opportunities to get involved.



Contact: stevengaunt99@hotmail.com









Church Family News

Family news....please pray for:

- Babs Rudall, having a cataract operation on 11th August.
- Barbara Hendry in Clacton Hospital.
- Beatrice Hind and Ron King in Colchester Hospital.
- Penny King receiving treatment in hospital.
- Mary Willis following the death of her brother, John.
- Josh Baines, Lynda Blanchin, Rev. Claire Blatchford, Rev. Gary Bott, Cookie Strickland, Malcolm Sumption and Malcolm Williamson all receiving treatment for various forms of cancer.

Please pray for **Sonia & Joel Shaljean** in South Africa, visiting projects to support young men without father figures. For more details, follow this link:

<u>Boys to men/Carte Blanche/M-Net</u>

Congratulations to: Jean Wright who has become a great-grandmother for the first time, - a great grandson, Lucius Jonas Alec, Maureen Hodges, who turns 80 on 10th August, Joyce Pitts who turns 90 on 21st August and Nick & Linda Miller who celebrate their Golden Wedding Anniversary on 16th August!

Can you help? Joyce Pitts is looking for temporary accommodation between selling her home and moving into her new one. Please contact Joyce.

Like to know more about visiting Anna in Tajikistan or praying for the visit? Plus a general update for prayer. Bring your picnic lunch to Oasis Café on Sunday 17th August at 12:30.

Dates for your diary! Claire Heffer's induction as Minister in Training at the Free, and Michelle Pratt's induction as Minister of Thorpe Baptist are both on 7th September.

Please note the staff team will be on leave as follows:

Jon Wright 14th-27th August, Clare Thurston and Mark & Liz Massey 18th-25th August, Sally Bates 22nd-31st August. Sally will also be on silent retreat at St Beuno's in North Wales 1st-5th September.

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 -