



Sunday 26 January 2025

# FROM THE START

A GENESIS SERIES

## This Sunday at The Free



### 10am & 7pm Services

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



### 5.30pm Café Church

A sideways look at life, building community and sharing communion once a month

This is week 5 in the reading plan starting at Genesis 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)

**Monday**  
8:30am

[OR CLICK HERE](#)

**Friday (Silent prayer)**  
8:30am



### IN-PERSON PRAYER MEETINGS

**Monday (2<sup>nd</sup> & 4<sup>th</sup> 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 - 1<sup>st</sup> Monday of each month

#### IN-PERSON MEETINGS:

**Anna Houghton**  
2:30pm - 1<sup>st</sup> Friday of each month  
Contact Geoff Thorington-Hassell



**ENJOYING THIS YEAR'S BIBLE READING PLAN?**

FOR MORE RESOURCES VISIT:

[www.bibleproject.com](http://www.bibleproject.com)  
[www.thegospelcoalition.org](http://www.thegospelcoalition.org)

Starting on January 17th Jellytotz will be running 2 sessions  
on a Friday Morning  
9:15am-10:30am  
10:45am-12pm

No need to pre-register and you are welcome to choose  
which session suits you best week by week



# Church News and Events .....



## WEEK OF PRAYER

3<sup>RD</sup>-8<sup>TH</sup> FEBRUARY 2025

### MEN'S BREAKFAST



#### A PILGRIM'S TALE - FAITH IN THE URBAN?

GLOFF THORINGTON-HASSELL

Sat 8th Feb 2025 | 8:30am - 10:00am  
Frinton Free Church

**BACON ROLL EVENT**

No need to book, just turn up!



### Cafè Oasis

## Afternoon Tea



*An opportunity to make friends, learn more about each other's story & share good food!*

Sat 1st Feb & 15th Mar | arrive 2:30pm  
Cost: £4

Book your place in OASIS or the Church Office 01255 679585



## A FAREWELL FOR NEIL & SHEENA WARDROPE

JOIN US IN OASIS ON SUNDAY 9<sup>TH</sup> FEB AT 12:15<sup>PM</sup>

PLEASE LET THE CHURCH OFFICE KNOW IF YOU ARE COMING AND IF YOU HAVE ANY DIETARY REQUIREMENTS FOR THE BUFFET

## NEW TO THE FREE LUNCH

12pm, 16th February in Oasis

*If you would like to explore becoming a member of our church family, then please email us at [office@frintonfree.com](mailto:office@frintonfree.com) to sign up.*

# Church Family News

Family news....please pray for:

- **Mary Willis** due to have shoulder surgery on 25<sup>th</sup> January.
- **Rob Nichols** in rehab in Norwich.
- **Josh Baines, Beryl Belcher, Lynda Blanchin, Olive Dent, Graham Distill and Malcolm Sumption** all receiving treatment for various forms of cancer.

**Pete & Chrissie Ellmore** are very grateful for all the support and prayers they're receiving from their church family. In light of the severity of Pete's diagnosis (Motor Neurone Disease), they would appreciate cards and messages rather than phone calls please.

The funeral of **Angela Hodgson** will take place at 1.15pm on Wednesday 5<sup>th</sup> February at Weeley Crematorium.

The funeral of **Peggy Barker** will take place on Tuesday 11th February, 1.15pm at Weeley Crematorium and 2.15pm at The Free - this service can be accessed online at [www.frintonfree.com/peggy](http://www.frintonfree.com/peggy)

**GOD'S HEART FOR THE WORLD:** As we began the New Year reflecting on God's creation, here are some ways to consider how we can take care of our world and community. The Joint Public Issues Team (JPIT) aims to help the Churches understand, learn and act on issues of justice and peace.

<https://jpit.uk/issues/environment>

**Contact us:** Frinton Free Church, Connaught Avenue, Frinton, Essex, CO13 9PW T: 01255 679585 / E: [office@frintonfree.com](mailto:office@frintonfree.com)  
Charity Reg. No. 1193456 **Visit our website** [www.frintonfree.com](http://www.frintonfree.com)

*Pastoral information, updates or concerns* should be emailed to [sheila.lane@frintonfree.com](mailto:sheila.lane@frintonfree.com) or reported to her via the Church Office. For urgent prayer please email [prayer-chain@frintonfree.com](mailto: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](http://www.frintonfree.com/youtube). You can listen to or download an audio of our sermons by visiting our website - [www.frintonfree.com/media](http://www.frintonfree.com/media)

