

**August 2025**



## **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.**

**“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 (1st of each month)  
8:30am



### IN-PERSON PRAYER MEETINGS

Monday (2nd & 4th of each month)  
9:00am - Oasis Hub prayer

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

Thursday  
6:00pm - Prayer for Ukraine, Peace & Justice

**Weekly Prayer  
Meetings will  
resume from the  
1st September**



### 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



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 .....



## MEN'S SUMMER BBQ



**CONTACT: MARTYN HAINES** [MARTYNHAINES@GMAIL.COM](mailto:MARTYNHAINES@GMAIL.COM) 07475 866813

**GUEST SPEAKER:**  
**SIMON PINCHBECK**  
EX-POLICE/EX-CRIMINAL & NOW A COMMITTED CHRISTIAN

**WHEN:** Saturday 16 Aug | 3-6pm  
**WHERE:** Garden in Halstead Road  
**COST:** £10 ticket for food | bring your own drink  
**POOLSIDE RELAXATION, BBQ, GARDEN GAMES**

## A different kind of hope.



**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, CO14 8SJ  
*With tea & cakes*

To book a FREE place on any of these courses go to:  
[www.alpha-fm.net](http://www.alpha-fm.net)  
or call 01255 679585



**GOOD NEWS**  
*for Everyone!*

**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](mailto:stevengaunt99@hotmail.com)

## Tendring Branch

*Warmly invite you to come along and hear how God is changing lives.*



 [goodnewsforeveryone](http://goodnewsforeveryone)  [goodnewsforeveryone](http://goodnewsforeveryone)  [goodnewsforeveryone](http://goodnewsforeveryone)  [GoodNewsForEvery1](http://GoodNewsForEvery1)

# **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:

[Boys to men/Carte Blanche/M-Net](#)

**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 17<sup>th</sup> 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 7<sup>th</sup> 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](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 -

