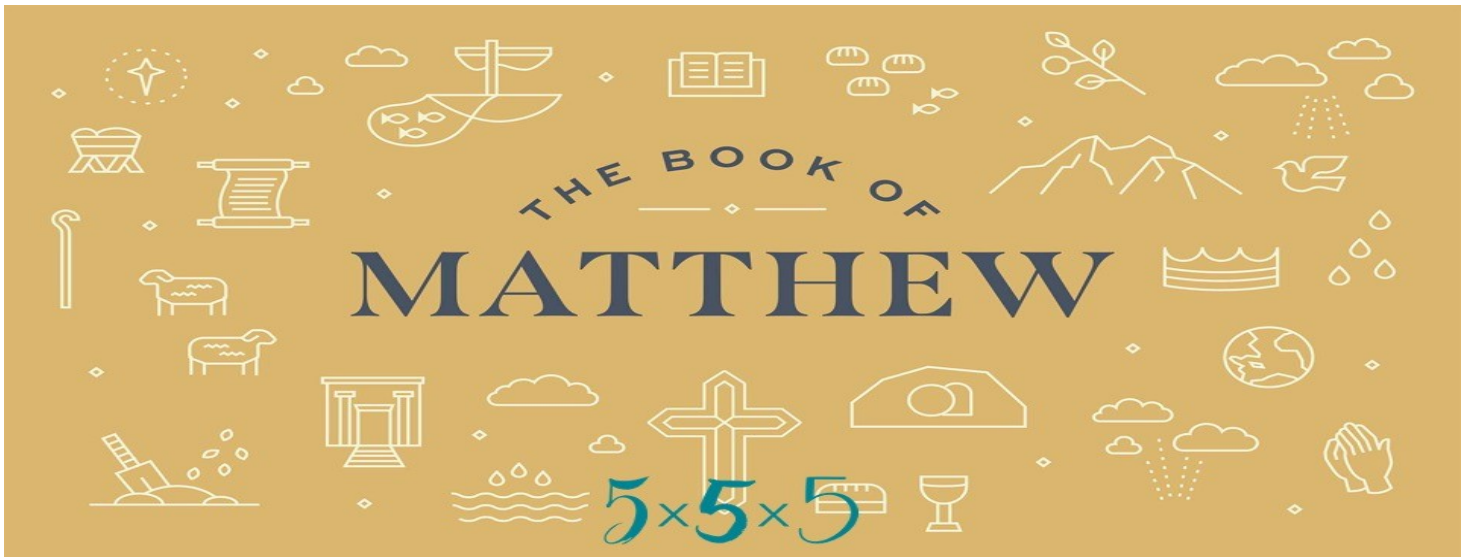


# Welcome to ...



This week **Mark Massey** will be continuing the 5x5x5 series with the **Book of Matthew**.

## 5.30pm Café Church

7.00pm



This week at Thrive **Liz Massey** will be starting our new series on the **Book of Colossians**, looking at Colossians 1:1-14.

**"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** **NO ZOOM MEETING**  
8:30am **ON 6TH MAY**

**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

**Neil & Sheena Wardrope:**  
7:45pm - 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

**Ben & Rachel:**  
4:00pm - 2<sup>nd</sup> Sunday of each month  
Contact Kay Carswell



## WANT TO JOIN THE YOUTH TEAM?

Chat to Liz Massey to fulfil your youth work dreams!

Phone: 01255 679585

email: [elizabeth.massey@frintonfree.com](mailto:elizabeth.massey@frintonfree.com)



## Half Day of Prayer

Please join us to pray for Frinton Mission 2024.

Where: No4 Youth Centre, Connaught Avenue.  
When: Saturday 4th May, 9am-12pm

There will be a led prayer session between 9-9.30am and a number of different prayer stations to guide you. Feel free to drop in at a time that suits you.



# Church News and Events .....

## MEN'S BREAKFAST

Sat 11th May 2024  
8:30am - 10:00am  
Frinton Free Church

**BACON ROLL EVENT**

No need to book  
just turn up!



Seasons  
Showing  
Reasons



**Adam Duce**  
Director at Printing on Sea

REPRESENT

## WOMEN'S BREAKFAST

Saturday May 11th  
9:00 - 10:30am in Oasis

**Staying Safe Online**

Speaker: Jon Wright

Suggested donation £5.00



## ARE YOU CONSIDERING BAPTISM?

WE WILL BE BAPTISING AT OUR  
PENTECOST SERVICE ON  
THE 19<sup>TH</sup> MAY.

TO FIND OUT MORE CONTACT:  
[OFFICE@FRINTONFREE.COM](mailto:OFFICE@FRINTONFREE.COM)



## United WORSHIP AND PRAYER

LOCAL CHURCHES TOGETHER, UNITED IN PRAYER,

WORSHIPPING AS ONE BODY

**19th May 7:00pm**

THIS TIME WE ARE AT: COLUMBINE CENTRE, WALTON

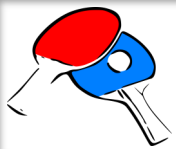
# Church Family News

**Family news....please pray for:**

- **Beryl Belcher** recovering from surgery.
- **Derrick Norman** recovering at home
- **Helen Churchill** and **Brenda Wedge** in Hospital
- **Janet Wright** and family following the death of her sister.
- **Josh Baines, Lynda Blanchin, Jonathan Clark, Linda Edgell, Angela Hodgson, Graham Stone, Malcolm Sumption & Lynn Waters**, all receiving treatment for various forms of cancer.

**Thank you: Malcolm Cutmore** would like to thank everyone for their prayers following his recent operation.

**Please pray for Ann Rudland** preaching at Elmswell Baptist Church on Sunday 5th May.



**Table Tennis** - Monday evenings 7.30 to 9.00pm. £1.50 per week. Come and join us - all abilities welcome. Children under 16 to be accompanied by an adult.

**EXAM PRAYER LIST:** If you would like to pray for our students taking exams this year copies of our exam timetable are available to collect in our foyer on Sunday, or from the church office during the week.

**Eco Tip Say no to the mow.** Mowing your lawn less and letting parts grow long saves you time and helps give nature a home. If you want to make an even bigger impact on wildlife, wait to mow your lawn or a section of it until August to support even more animals. Contribute to citizen science and get to know what (and who!) lives in your church's green space—sign up to take part in Churches Count on Nature (8-16 June 2024) at [caringforgod-sacre.org.uk/churches-count-on-nature-faqs/](https://caringforgod-sacre.org.uk/churches-count-on-nature-faqs/).



**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.

**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)

