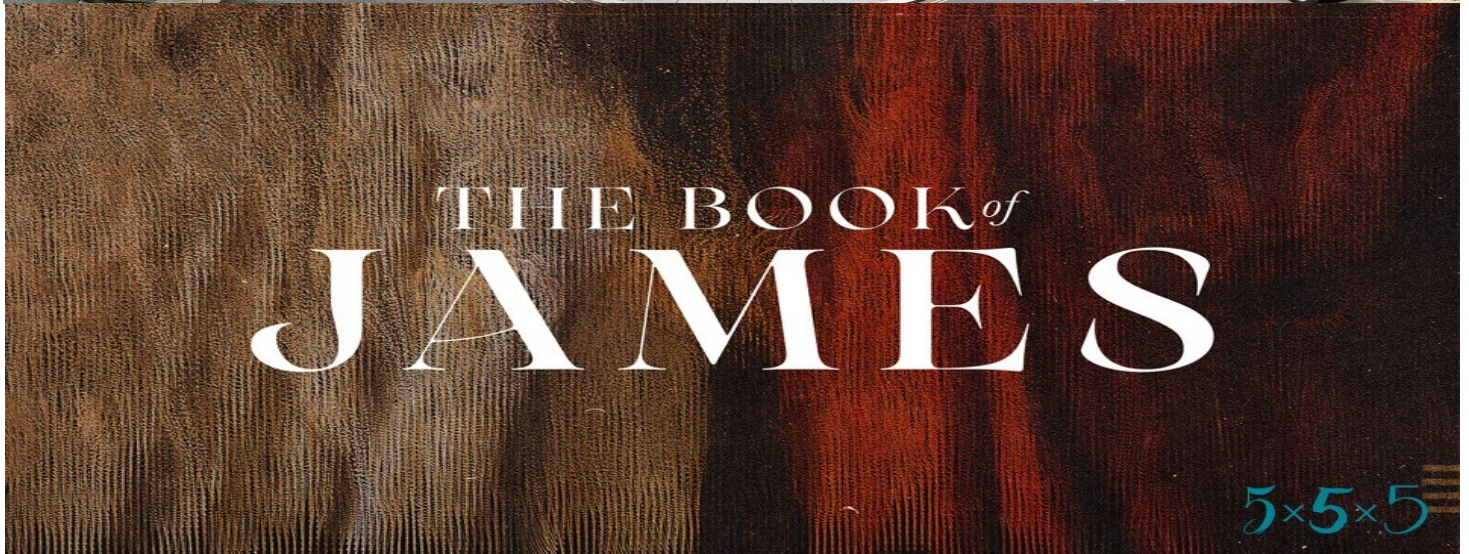


Sunday 7th April 2024

Welcome to ...

the free
FRINTON



10am Celebration

This week, **Sally Bates** will be continuing the 5x5x5 series with the Book of James with a talk entitled
"Practise what you Preach"

The reading is from James 4:1-10

5.30pm Café Church

Join us in Oasis Community Café for an informal hour of listening, learning and sharing together

7.00pm



This week at Thrive we will be praying for the persecuted church using a video from Open Doors

"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

5x5x5

AS A CHURCH WE ARE
READING THE WHOLE
NEW TESTAMENT IN 2024

5 MINUTES A DAY
5 DAYS A WEEK
5 WAYS TO DIG DEEPER

**PICK UP YOUR READING
GUIDE TODAY**

CATCH UP WITH SERMONS ONLINE



THIS YEAR OUR EASTER
OFFERING IS BEING GIVEN TO



the light
college

THE LIGHT
COLLEGE ARE
TRAINING
STUDENTS TO
SHARE THE GOOD
NEWS OF JESUS IN
THE MOST
INNOVATIVE
WAYS, WHILE AT
THE SAME TIME
NURTURING A DEEP
DEVOTIONAL LIFE
AND A GOOD
GROUNDING IN
THEOLOGY.

WWW.FRINTONFREE.COM/LIGHT

Church News and Events

MEN'S BREAKFAST



Sat 13th Apr 2024
8:30am - 10:00am
Frinton Free Church

BACON ROLL EVENT

No need to book, just turn up!

0-60 in as many years!

STEVE LANE

TEACHER AT COLCHESTER INSTITUTE



BEREAVEMENT SUPPORT GROUP

We are running a Bereavement Support group,
in partnership with Age Well East.

Running weekly for 6 weeks starting 1:00pm-
2:30pm, Thursday 18th April.

For more information and to sign up visit:
www.hubofhope.church



in partnership with
AgeWellEast
Empowering people to age well



ARE YOU CONSIDERING BAPTISM?

WE WILL BE BAPTISING AT
OUR PENTECOST SERVICE
ON THE 19TH MAY.

TO FIND OUT MORE CONTACT:
OFFICE@FRINTONFREE.COM



CLACTON PAVILION FROM 7PM
OPEN INVITATION TO ALL YOUNG ADULTS

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

Church Family News

Family news....please pray for:

- **Margaret Ochiltree** whose surgery has been cancelled.
- **Helen Churchill, and Katie Rudge** in Colchester Hospital.
- **Sandra Hunter and Ron King** in Clacton Hospital.
- **Colin Slatter** in Harwich Hospital.
- **Georgina Giltinane** who is coming to the end of her pregnancy with twins and experiencing very high blood pressure.
- **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.

Please pray for **Jon Wright** on annual leave from 5th -10th April, **Mark Massey** from 7th -10th April, **Liz Massey** 8th -10th April , and **Sally Bates** 10th -14th April.

Please pray for **Mark Massey** who will be away teaching at the Light College 4th-6th April.

The thanksgiving service for **Lilian Gibson** will take place at 11.45am on Monday 8th April in the church. If you'd prefer to watch online, please contact the office for the livestream link.

ATTENTION GROUP TREASURERS

Please can you give your book-keeping records for the year to 31.3.24 to Sheila Lane as soon as possible.

Do you have a car? Could you spare an hour on a Wednesday morning?

The **Welcome Break** team is looking for more drivers to pick up guests from their homes and take them to and from church. Even once a month would be really helpful. If you can help, please contact **Rob Willis** directly or via the church office.

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

