Sunday 1st June 2025



This Sunday at The Free



10am & 7pm Services
This week Claire will be continuing our series in the book of 1 Samuel 25:1-22



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

This is week 23 in the reading plan starting at 1 Samuel 30

"Making every moment count to see lives transformed by Jesus."

Church News and Events.....



www.frintonfree.com/week-of-prayer



2ND - 6TH JUNE 2025



EARLY MORNING (ONLINE)

6:30am - 7:00am OR CLICK HERE
Zoom code: 867 6889 0772
Passcode: prayer



MORNING (THE FREE)

8:30am - 9:00am



MIDDAY (WHEREVER YOU ARE)

Pause and pray using the Lord's Prayer

EXTRA SESSIONS:

SILENT RETREAT (THE FREE)

Saturday 31st May 10:00am-12:00noon A morning of guided reflections, silent prayer and space to be still

WORSHIP & PRAYER NIGHT (THE FREE)

Wednesday 4th June 7:30pm-9:00pm Join us for an evening dedicated to prayer and worship

PRAYER FOR WORLD PEACE (THE FREE)

Thursday 5th June 6:00pm-6:45pm Join our weekly group praying for peace in Ukraine, Israel, Gaza and the wider world





NEW MONDAY PRAYER MEETING

A NEW 9^{AM} MONDAY IN-PERSON PRAYER MEETING WILL BE STARTING ON THE 9TH JUNE.

THIS WILL BE REPLACING THE 8:30^{AM} MONDAY ZOOM PRAYER MEETING.



Church News and Events.....



Join us for our FreeYouth mums and daughters event!

Where: No4 Youth Centre **When**: Saturday 7th June, 2-4pm

Cost: £5.00 pp

We would love to see you there! We'll be:

- Having fun and building friendships
 - Reading the Bible together
- Enjoying treats and delicious cake!

Open to all young women in school years 7-13 and their mums or other trusted female.

Scan here to book your place before the 31st May:



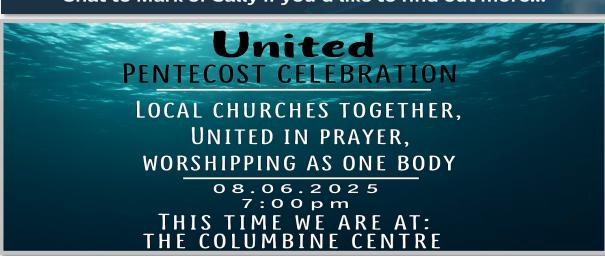
You're Invited
NEW TO
THE FREE
LUNCH

Sunday 8th June

www.mynextstep.church office@frintonfree.com If you're new to our church come and enjoy lunch & meet some of the team







Church Family News

Family news....please pray for:

- Sue Downing having laser eye surgery on 4th June.
- Helen Churchill in Colchester Hospital.
- Penny King receiving treatment in hospital.
- Frank Belcher in Colchester Hospital.
- Margaret Mason recovering from surgery.
- Josh Baines, Lynda Blanchin, Rev. Claire Blatchford, Rev. Gary Bott, Beatrice Hind, Cookie Strickland, Malcolm Sumption and Malcolm Williamson all receiving treatment for various forms of cancer.

A Thanksgiving Service for Beryl Belcher will be held at the church on Friday 6th June at 12.30pm. All welcome.

Clare is on annual leave until 2nd June and **Sally** will be on annual leave until 5th June.



GODS HEART FOR THE WORLD: As we read through 2 Samuel in June, we can reflect on how our leaders shape and mould society and how God can work through them to carry out His purpose.

As part of Prayer Week this week, there is an opportunity to join our weekly prayer group on Thursday, praying for peace around the world and those in positions of influence who shape conflict around the world.

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 -