

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.

NEW PRAYER MEETING

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



DR IAN HARRISON - Retired GP

MEN'S BREAKFAST

THE DOCTOR WILL SEE YOU NOW!

- Sat 14th June 2025
- 8:30am - 10:00am
- Frinton Free Church
- **BACON ROLL EVENT**
- No need to book, just turn up!



Church News and Events

Dwell
on
These
Things



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**



the **free**
FRINTON



**BE BAPTISED
AT PENTECOST**

Chat to Mark or Sally if you'd like to find out more...

United
PENTECOST CELEBRATION

**LOCAL CHURCHES TOGETHER,
UNITED IN PRAYER,
WORSHIPPING AS ONE BODY**

08.06.2025

7:00 pm

**THIS TIME WE ARE AT:
THE COLUMBINE CENTRE**

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 -

