

Sunday 19th January 2025

Welcome to ...



This Sunday at The Free



**We're delighted to welcome
Mark Ritchie at our 10am gathering**



**and don't miss our 7pm gathering
when Mark will be presenting his
gospel comedy show
"Too Close for Comfort"**



5.30pm Café Church

**A sideways look at life, building community
and sharing communion once a month**

This is week 4 in the reading plan starting at Genesis 9

"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

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

IN-PERSON MEETINGS:

Anna Houghton
2:30pm - 1st Friday of each month
Contact Geoff Thorington-Hassell

Saturday January 18th 2025

10AM-12PM
FRINTON FREE CHURCH

SOUL FOCUS

with
Mark Ritchie



SPEAK TO YOUR SOUL

£5pp

www.mynextstep.church

MARK RITCHIE
too close for comfort



SUN 19TH JAN 2025

7PM

FRINTON FREE CHURCH

Church News and Events

MEN'S BREAKFAST



**A PILGRIM'S TALE -
FAITH IN
THE URBAN?**

GLOFF THORINGTON-HASSELL

Sat 8th Feb 2025 | 8:30am - 10:00am
Frinton Free Church

BACON ROLL EVENT

No need to book, just turn up!



Cafè Oasis
Afternoon Tea



*An opportunity to make friends, learn more
about each other's story & share good food!*

Sat 1st Feb & 15th Mar | arrive 2:30pm
Cost: £4

Book your place in OASIS or
the Church Office 01255 679585



THE EMOTIONALLY HEALTHY SPIRITUALITY COURSE (EHS)

20th January - 10th March 2025
Mondays 7-9pm

Sign up: www.mynextstep.church
or call the Church Office: 01255 679585
Cost: £20 for the course materials

A FAREWELL FOR NEIL & SHEENA WARDROPE

JOIN US IN OASIS ON SUNDAY 9TH FEB AT 12:15^{PM}

PLEASE LET THE CHURCH OFFICE KNOW IF YOU ARE COMING
AND IF YOU HAVE ANY DIETARY REQUIREMENTS FOR THE BUFFET

Church Family News

Family news....please pray for:

- Sue Curry having double cataract surgery on 22nd January.
- John Gibson, Doreen Piper and Fred Webster in Colchester Hospital.
- Beverley Cook recovering from surgery.
- Rob Nichols in rehab in Norwich.
- Cliff, Paul and the rest of the Keays family following Margaret's death in the early hours of Wednesday morning this week.
- The Watkins Family following the death of Paul's mum on 14th January.
- Jill & Russell Watson following the death of Jill's dad on 11th January.
- Josh Baines, Beryl Belcher, Lynda Blanchin, Olive Dent, Graham Distill and Malcolm Sumption all receiving treatment for various forms of cancer.

Are you passionate about Safeguarding? Would you like to join our small team of Safeguarding officers here at the Free? If so, please contact Natalie Harris (Safeguarding Coordinator) at safeguarding@frintonfree.com or via the office.

SAVE THE DATE! LIVING LATER LIFE TO THE FULL WEEKEND CONFERENCE
10TH-11TH MAY 2025

GOD'S HEART FOR THE WORLD: As we began the New Year reflecting on God's creation, here are some ways to consider how we can take care of our world and community.

Tendring Primary Recycling Scheme is a community recycling scheme aiming to reduce, reuse or rehome items. There are drop off points in the area for various items. <https://tendringprimaryrecyclescheme.weebly.com>

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 - www.frintonfree.com/media

