


A Lot Can
Happen
In 3 Days



COME AND JOIN US AS WE CELEBRATE

**EASTER AT
THE FREE**

GOOD FRIDAY REFLECTIVE
SERVICE: 10AM

EASTER SUNDAY CELEBRATION
SERVICE: 10AM

WWW.FRINTONFREE.COM/EASTER

This Sunday at The Free



10am

All Age Easter Celebration Service



5-7pm Oasis Drop In

Don't forget to bring your Easter eggs
with you!

Please note the office will be shut on Good Friday and Easter Monday

This is week 17 in the reading plan starting at Matthew 28 and
moving to 1 Samuel

“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

**NO ZOOM MEETINGS THIS
WEEK**

[OR CLICK HERE](#)



IN-PERSON PRAYER MEETINGS

Monday (2nd & 4th of each month)
9:30am - Oasis Hub prayer

Thursday
6:00pm - Prayer for Peace & Justice
RESTARTS 1ST MAY



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



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ALSO HAPPENING OVER EASTER

MAUNDY THURSDAY SERVICE

7:30PM , ST. MARY'S (CHURCHES TOGETHER)

GOOD FRIDAY PRAYER STATIONS FOR FREEKIDZ

RUNNING ALONGSIDE THE GOOD FRIDAY SERVICE FOR
5-11 YEAR OLDS (THERE WON'T BE A CRECHE, BUT YOUNGER
CHILDREN ARE WELCOME WITH AN ADULT)

OASIS COMMUNITY CAFÉ WILL BE OPEN

EASTER SATURDAY: 1PM-4PM

EASTER SUNDAY: 5PM-7PM

Church News and Events



OUR EASTER OFFERING
This year we are raising money for
The Chandiwana Memorial Founda-
tion. For more info visit:
www.frintonfree.com/easter



MARRIAGE MINISTRY DAY

3RD MAY - BIRCH HALL ADVENTURES

SIGN UP: WWW.FRINTONFREE.COM/MARRIAGE

Living Later Life to the Full

*Are you in the second
half of your life? Do you
want to enjoy abundant
life right to the end?
If so, this interactive
workshop is for you!*

Saturday 10th May | 9:30am - 4:30pm
& Sunday 11th May | 1:30pm - 4:30pm
Frinton Free Church | Connaught Avenue



THE EMOTIONALLY HEALTHY SPIRITUALITY COURSE (EHS)

2nd June - 21st July 2025, Mondays 1:30pm-3:30pm

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



JOIN THE FM TEAM!

FRINTON MISSION IS LOOKING FOR TWO NEW
LEADERS TO ORGANISE FOUNDATIONS, A GROUP
FOR 3 & 4 YEAR OLDS THAT RUNS EVERY WEEKDAY
MORNING DURING MISSION WEEK. FOR MORE
INFO EMAIL: coordinator@frintonmission.net

Church Family News

Family news....please pray for:

- **Derek Hind** in Colchester Hospital.
- **Penny King** recovering in hospital.
- **Margaret Ochiltree** recovering from surgery.
- **Josh Baines, Beryl Belcher, Rev. Claire Blatchford, Rev. Gary Bott, Olive Dent, Beatrice Hind, Cookie Strickland, Malcolm Sumption and Peter & Chrissie Ellmore**, all receiving treatment for various forms of cancer.

On Palm Sunday our prayers were focussed on the **Arise Africa** campaign organised by Open Doors, pledging support for persecuted Christians in sub-Saharan Africa. We invite you to sign the petition online if you haven't already. www.frintonfree.com/opendoors

ATTENTION GROUP TREASURERS - Please can you hand your book-keeping records for the year to 31.3.25 into the church office, marked for the attention of Sheila Lane, as soon as possible - thank you.



GODS HEART FOR THE WORLD: As we celebrate Easter and come together to worship our risen King, we can pause and pray for our brothers and sisters who are meeting in secret this Easter, facing persecution.

Open Doors have a guide on how letter writing can encourage Christians in other countries <https://www.opendoorsuk.org/act/letter/>

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 -

