

## **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 (2<sup>nd</sup> & 4<sup>th</sup> 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 - 1<sup>st</sup> Friday of each month Contact Geoff Thorington-Hassell

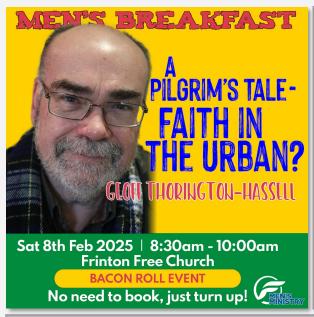




SUN 19TH JAN 2025 7PM FRINTON FREE CHURCH



## **Church News and Events.....**





## 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 12:15PM

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 22<sup>nd</sup> 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 **Keeys** 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 <a href="mailto:safeguarding@frintonfree.com">safeguarding@frintonfree.com</a> or via the office.

SAVE THE DATE! LIVING LATER LIFE TO THE FULL WEEKEND CONFERENCE  $10^{\text{TH}}$ - $11^{\text{TH}}$  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. <a href="https://example.com">https://example.com</a>

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 <a href="mailto:prayer-chain@frintonfree.com">prayer-chain@frintonfree.com</a>

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