

August 5th 2026 EDITION

CHRIST⁺ OUR SAVIOUR

FELLOWSHIP

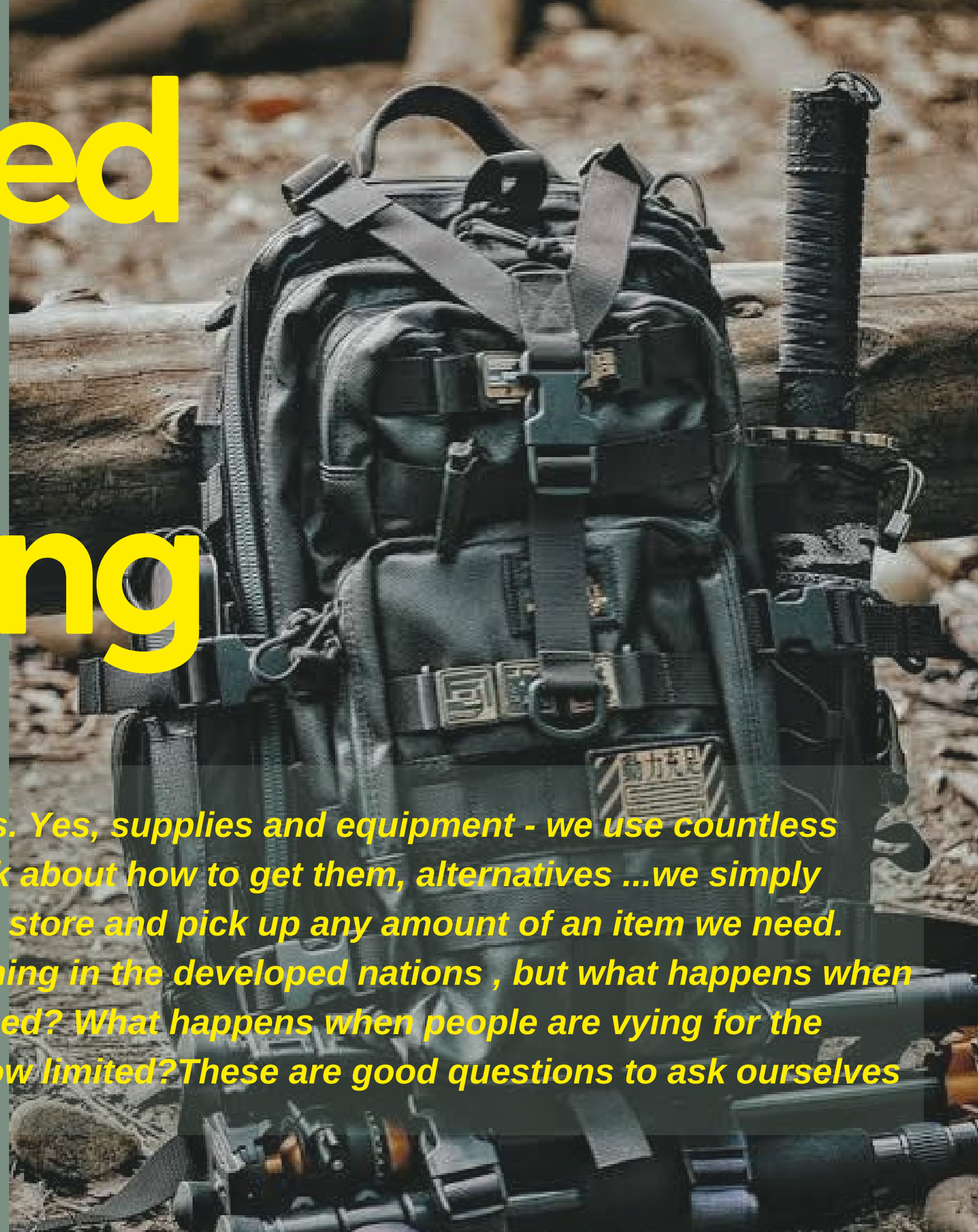
WEEKLY CONNECTION

www.cosfchurch.com
info@cosfchurch.com

Join Us Every Sunday at 10:30am
250 Bayview Drive Unit #4 Barrie, ON L4N 4Y8

Equipped & Equipping

We all need to top up our supplies. Yes, supplies and equipment - we use countless items everyday that we don't think about how to get them, alternatives ...we simply know we can rush out to the local store and pick up any amount of an item we need. There is such a surplus of everything in the developed nations , but what happens when this bounty of everything is reduced? What happens when people are vying for the same items once abundant but now limited? These are good questions to ask ourselves - What do we really need?



And, am I /we equipped to handle lean times? Looking around and taking stock in our kitchens, every house is well equipped with an enormous amount of food and equipment. Yet how much of that do we really need? What are the core items for health ? Does the pantry with bags of Costco chips, variety packs of cookies and 20 packs of protein snacks fit the bill? It might not and it just may have you struggling to fit into your clothing!

Now a well stocked pantry is a wonderful thing with the right equipment and the right foods that will promote healthy living and sustain daily life. We all enjoy the times of plenty. So what does that look like when lean times roll around ,when stocks run low, when foods can't be found? Are you equipped to handle those times? We've seen the result of this just a few years ago when there were certain lockdowns and it was difficult to find many things and they would sell out before you could even get to the store.

Thankfully with food there is always the opportunity that God has given us to grow your own foods. Now this may not be the most ideal situation depending on your environment and living arrangement, but there are possibilities to help supply yourself with the right nutrition when those shelves run empty. First you have to understand what would your needs be in such a situation; do you have the tools and *are you equipped* to handle a scenario like this? It may seem far-fetched but remember just a few years ago we went through this very situation. The way the world is going you could be rest assured it is about to happen again. Now I'm no harbinger of fear but we see the signs of this.

In our times of plenty we can become complacent, blind to the things occurring around us. It's important that we plan to be prepared for the challenges of life, for the scene and the known things but also for the

unseen and unknown – those surprise situations.

Let's look at that pantry again, and if it were to be replaced in lean times, in times of little of things that may be available, what would you need? Are you equipped with the skill and material to build a garden? How would you get the seeds? What would you grow and harvest for the needs of your household? In those times of challenge what else would be needed? See these things take planning, planning for the known and unknown.

The Lord said in the Gospel of Matthew :



“And in the morning, ‘There will be a storm today, for the sky is red and threatening.’ Do you know how to discern the appearance of the sky, but cannot discern the signs of the times”

Matthew 16:3

Creation knows what to do , it’s ingrained in them and they just follow. The book of Psalms says:

*“The ants are not a strong people,
But they prepare their food in the summer;”*

Psalm 30:25

All of this is speaking about a physical preparation in a simple form but it gets our minds thinking and that's a good thing! You see as we are to prepare and equip ourselves to be able to survive in the plenty and in the times of little (Gen 41:24-26).

But the one most important thing to be prepared for is the coming of our Lord! We see the signs all around, the second day is coming to an end as we near 2000 years since the Lord's departure. We see the signs

of the time as the Lord revealed in the Gospels. So all things are pointing to turbulent waters or tribulation, lean times as the Bible says... should we not be prepared?!

We live in a society of spiritual deficit. As Christians we are to live by faith in the saving grace of our Lord Jesus Christ who will uphold us and will be with us in all situations. David defeated Goliath because of faith. Regardless of the events around us we are to be prepared. In this we diligently work (*what work? yes- not works!*) The Lord said clearly in *John 6:29*

“This is the work of God, that you believe in Him whom He has sent.”

We labour in love to serve the Lord and we must be about our father's business as commanded in the great commission:

“Go therefore and make disciples of all the nations, baptizing them in the name of the Father and the Son and the Holy Spirit, teaching them to observe all that I commanded you; and lo, I am with you always, even to the end of the age.”

Many people feel that they're not prepared or equipped for times like this- let me alleviate that fear with the word of the Lord:

“And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.”

Romans 8:28-30

God Himself has called you, filled you with His Holy Spirit - I'd say you are more than equipped!

See you Sunday @10:30.

Pastor Gerald- Who will you invite?

*“Sing to the Lord a
new song;
Sing to the Lord, all
the earth.”
Psalm 96:1*

The COSF Hymnbook is here! We're excited to bring you the songs and hymns that we sing unto the Lord so that as a global church we can sing forth glorious praises to our Lord Jesus.

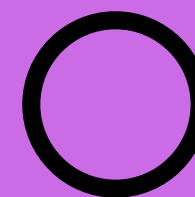
The book is set up in a digital format and also available on our website. Each song provides the lyrics and the musical key/chords for congregations and worship teams



CHRIST  **OUR SAVIOUR**
— FELLOWSHIP —

Hymn Book

Scan the QR code or click the link above to download



Did You Miss Sunday?

We gather at 10:30 am every Sunday at the church to worship, praise and hear the Word of God.

Wondering what our Sunday services look like?

- 10:30 ~10:50 Worship & Praise
 - 10:50 ~11:25 Sermon
- 11:25 ~ 11:40 Worship & Praise
 - Closing prayer



To view the most recent Sunday service from Christ Our Saviour Fellowship, please click on the link/image above.

To view the service archives please click [HERE](#)



The
Shepherd's
Table

What's Happening at COSF?

Upcoming Events & Services



- COSF YOUTH Group- Fridays 6:45pm
Psalm August
COSF Youth Summer Program
- COSF Florida Church plant
 - Growth Forward
- Mission Trip - South Africa, Kenya & Uganda
- COSF Alpha Course - Global courses

A photograph of a man with a beard and long hair, wearing a white robe, standing in front of a large crowd of people. The crowd consists of men, women, and children, many of whom are smiling and looking towards the man. The setting appears to be a rural area with trees and a thatched-roof building in the background. The image is tilted slightly to the right.

COSF ORIGINAL PRODUCTIONS

In harnessing the latest media tools the COSF social media & production team, being led by the Holy Spirit, are overjoyed to share with you COSF ORIGINAL scriptural video productions! Our hope is these will touch the hearts of the people and be used globally to help lead people to the truths and glory of our Lord and Saviour Jesus Christ. Be sure to check back frequently as we are full steam ahead in production!

click here
to see more



Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.

2 Corinthians 9:7

[CLICK HERE TO DONATE](#)

We thank the Lord for ALL He has done and the magnificent labour that we are being led to do in His righteous name. COSF continues the programs that we have been led to offer along side regular Sunday services.

- International / Local missions & revival events
- Variety of classes and courses to strengthen God's people:
- Alpha film series, Alpha Youth, Conquer series
- Discipleship series, Mentorship-based Ministry Leadership Certificate

JACOB &
LAURA MARTINS

Truth Ave

Love Ave

YOUTH WALK

Hi everyone! Last week, COSF hosted our youth summer camp and we thank the Lord for the fun and fellowship we all had. Today, we wanted to continue a topic of discussion that we had during the camp, looking at two things at the heart of being a Christian: truth and love.

As believers, God calls us to live in a way that is completely contrary to what we see in the world. Our world often promotes being loving over being truthful. This looks like affirming what people want to believe or how they want to live, even if it is harmful or against the ways of God. In the same way, some people want to fight for the truth, but do so in unloving and harsh ways. People are often left at a crossroads deciding which they should choose in a given situation, truth or love. However, choosing between truth and love results in people being drawn further away from the Lord. We see in God's word that truth and love cannot be separate, but they actually go together.

Throughout the gospels, we see our Lord Jesus is the ultimate example of living out truth and love. Our Lord Jesus shared the truth of God to all people, calling them away from their sins and back to God, but He always did so in absolute love.

He wanted what was best for His people. God's love does not result in affirmation, but it is rooted in the unwavering truth of His word and what He says is right and wrong.

Today, we are to follow our Lord's example and demonstrate what it looks like to live with a transformed heart rooted in God's Word. We read in Romans 12:9-10 "Let love be without hypocrisy. Abhor what is evil; cling to what is good. Be devoted to one another in brotherly love; give preference to one another in honor". When we have personally experienced the transformative power of God's word in our lives and the indescribable love of the Lord poured out on the cross, we cannot help but want to share this with others. Although it can be challenging at times to do this, as there is great opposition in our world today, we are to never tire of walking in the Lord's ways and pouring His love out to others. We want to encourage you all, we have an incredible opportunity each day to reflect the love of the Lord and truth of His word to all those that we encounter.

God bless you all and see you Friday!

Highschool Faith

@ COSF YOUTH GROUP :

THIS IS A GREAT OPPORTUNITY TO GROW, SUPPORT AND SHARE OUR FAITH WITH EACH OTHER. EACH WEEK WE GATHER TO LEARN OF THE LORD, PLAY GAMES AND SING WORSHIP. AS PART OF OUR GROUP INITIATIVE WE ARE LAUNCHING "MADE FOR THIS", A NATIONAL PRAYER FOR SCHOOLS. WE ARE FOCUSING OUR EFFORTS AND PRAYERS IN THE BARRIE AREA. WE WELCOME YOU TO JOIN US ON THIS EXCITING JOURNEY !

JOIN US FOR OUR EXCITING NEW SERIES ...



DON'T FORGET:

FRIDAY NIGHT YOUTH GROUP

EVERY WEEK @ 6:45PM

LET US KNOW YOU'RE COMING HERE

SCHOOLS WE'RE PRAYING FOR:

ST. JOSEPHS HIGH SCHOOL

EASTVIEW SECONDARY SCHOOL

BARRIE NORTH COLLEGIATE

ECOLE SECONDAIRE NOUVELLE-ALLIANCE

UNITY CHRISTIAN HIGH SCHOOL

INNISDALE SECONDARY SCHOOL

HERITAGE CHRISTIAN ACADEMY

ST. JOAN OF ARC HIGH SCHOOL

BEAR CREEK SECONDARY SCHOOL

ECOLE SECONDAIRE ROMEO-DALLAIRE

ST. PETERS SECONDARY SCHOOL

MAPLE RIDGE SECONDARY SCHOOL

IN THE LIFE

Hello everyone, I hope you are all doing well!

This week I have been speaking with some of the brethren from our congregation throughout the Nations, and asking them what their favourite worship songs are. It has been such a blessing to receive songs and to learn how we all praise and glorify our Lord Jesus Christ so similarly, but also in different ways across the world. He is so worthy of our praise and worship, Hallelujah. I just wanted to encourage everyone, praise Him, sing a song of praise to our God. Whether we are up on the mountain, or down low in the valley, He is the same God, and worthy to be praised. God bless you all!

Hello everyone,
I hope that your week is going well :)

A sister from Pakistan shared some photos of the orphanage where she takes care of children in poverty, and across the nations we continue to see children hungry, in poverty, in need of clothes and life's essentials. Please continue to pray for each child, asking the Lord for His provision and that He would encourage the hearts of His young children to remember they are under His watchful eye, and loved and seen by God in the midst of their circumstances. Also, pray that the Lord would strengthen and continue to lead their caregivers, those caring for the children in need.



Noah Martins

Emma Censoni

classes & study

Alpha Film Series

The Alpha Film Series is emotive, engaging and epic in scale and scope. Nicky Gumbel and two new presenters, Toby Flint and Gemma Hunt, walk through the basics of the Christian faith in a way that everyone can relate to. The episodes feature inspiring stories and interviews from all around the world, as well as visual illustrations and motion graphics.

ALPHA film series - IN PERSON

Begins Fall Session 7:30 pm

Location: Christ Our Saviour Fellowship

Address: 250 Bayview Dr. Unit # 4, Barrie ON

Cost : FREE

Alpha

Alpha

TryAlpha

Alpha Film Series

TryAlpha

EVER WONDER

Alpha

TryAlpha

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ALPHA COURSE COSF GLOBAL -ONLINE

India-Pakistan- Bangladesh Region

Course - Jun 2nd 6:30PM-IST English

Kenya Region

Course - May 5th 5:00PM EAT English

Uganda, Africa

Course - May 5th 5:00PM EAT English

Zambia Region

Course - May 5th 4:30PM CAT English

Uganda & Kenya Pastors - May 8th 5:00PM EAT English

Alpha YOUTH! Series



The **2:7 Series** is a **discipleship** training curriculum with a proven track record. Each of its three workbooks is an 11-week course in a small discussion group format. The series leads participants through the fundamentals of discipleship to strengthen their daily walk with God.

Alpha Youth Series is designed to engage students (11-18) in conversations about life, faith and Jesus. Discussion time interspersed throughout the short talks to make it simpler for them to share their thoughts and questions.

**New session of Alpha YOUTH series
FALL COURSE - FRIDAY YOUTH GROUP**

**Location: Christ Our Saviour Fellowship
Address: 250 Bayview Dr. Unit # 4, Barrie ON
Cost : FREE**

**New session of the 2:7 Series will begin in 2026
SUMMER/COURSE - TBD**

**Location: Christ Our Saviour Fellowship
Address: 250 Bayview Dr. Unit # 4, Barrie ON
Cost : TBD**

2:7 Discipleship Series

The PRE Marriage Course



The Pre-Marriage Course

The PRE - Marriage Course is an opportunity for you to invest in your relationship through five in-person or online date nights created to help you to learn to communicate well, understand and appreciate your differences, and prepare for potential challenges.

New Sessions Begins in 2026- stay tuned
Location: Christ Our Saviour Fellowship
Course Journal required: a free PDF provided OR
The Pre Marriage Journal available to purchase for \$15 each.

The Marriage Course runs over seven sessions, and each session begins with sharing dinner as a couple, followed by a fun, insightful video covering topics that are relevant for every couple like Good Sex or Resolving Conflict. In short? Your marriage. But better challenges.

New Sessions Begins in 2026- stay tuned
The Family Unit is vital and we're excited to introduce the Marriage course at COSF to help support the family unit! Please contact us if you are interested in participating in this course please contact us.

Location: Christ Our Saviour Fellowship

Cost: workbook approx \$18



The Marriage Course

The Marriage Course

Men's Conquer Series

The Conquer Series is a powerful cinematic study that is transforming the lives of men around the world. Now in two action packed volumes, each containing Biblical teaching and proven principles to help men conquer porn and walk in freedom.

Men are finding freedom by the thousands. Dr. Ted Roberts, host of the Conquer Series, has personally counselled over 10,000 men with a 90% success rate. He's taken his proven Biblically-based process and incorporated it into the Conquer Series. We are now seeing thousands of men finding freedom from porn and remaining free for years!

2026 Course Dates - TBD

[Contact us](#) to find out more OR if you would like sign up for the upcoming course.





MINISTRY LEADERSHIP

2 YEAR DIPLOMA

DETAILS: 15 OR 20 COURSE PROGRAMS, EACH COURSE 8 WEEKS COMPLETED AT OWN PACE, ALL COURSES PER ROUTE COMPLETED WITHIN 2 YEARS

15 COURSES - CERTIFICATE OF COMPLETION

20 COURSES - DIPLOMA (ACCREDITED) APPLIED TOWARDS 25 COURSE DEGREE WITH KAIROS.

WHERE: ONLINE, MENTORED

MATERIAL: PROVIDED PER COURSE

COSF has partnered with ARTOS ACADEMY formerly Our daily Bread Ministries international institute to offer a mentorship-based 2 year ministry leadership certificate. By participating in this program, you are at the forefront global theological training for the nations!

We thank the Lord for His leading in this!

ENDING NOW - HOLISTIC THINKING

NEXT COURSE:

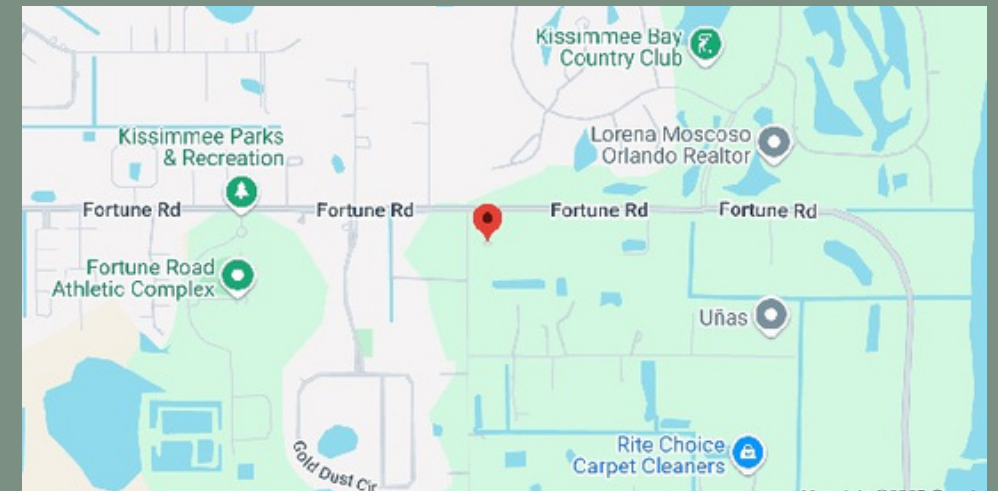
JULY 9TH '26 - GOD IN THE OLD TESTAMANT

COSF

Christ Our Saviour Fellowship Florida

FIELD notes

We have been called to plant and grow the church in the Kissimmee area of Orlando. The city is one of the top “post Christian” thinking cities with high levels of travellers from throughout the world. Please pray the Lord lead us in the building of HIS CHURCH!



***COSF Church Plant
Kissimmee, Florida***

***Click here to help support
COSF Florida Church***

CHRIST  **OUR
SAVIOUR**
— FELLOWSHIP —
FLORIDA

AFRICA MISSION

2026

Are you being
called?

CHRIS  **OUR SAVIOUR**
— FELLOWSHIP —
AFRICA

**Stay tuned and prayerful about the new mission field for COSF.
We will be involved in visitation to COSF Africa- Kenya & Uganda,
Durban South Africa camp, Biblical teachings for children and
more.**



As part of COSF Caribbean we are called to the area to help service through :

The Shepherds Table- feeding the poor and hungry

Preaching the Good news of the Gospel

Teaching and Discipleship - local body of Christ and future leaders

Upcoming events for 2026:

- Alpha Film Series Online
- Discipleship & Ministry Leadership Courses
- Nov 29th Church Service - Crusade & Shepherd's Table



Pastor David Brinard

MISSION FIELD

Shalom!!! Greetings in the matchless name of our Lord and Saviour Jesus Christ. The Kingdom of God is endless and its progressive no matter what circumstances. The one who is in us is greater than the one who is in the world. His word never go in vain. We are pressing on to the goal to preach the good news of Jesus Christ and planting church. We need your prayers and support. Please do stand with us as a team of COSF to make the difference in the lives of these Indians and to expand the kingdom of God here in India..



COSF @ Home

The Shepherd's Table

Our Shepherd's Table Ministry provides warm, nutritious meals for those in need locally and in the missions field where we are called.

We will be out this Saturday from 1:00-3:00.
Thank you all for your support and participation in the street ministry in Barrie.

Menu: LAST WEEK - Brazed Pork Rice & Veg

Aug 8th- BBQ, mac & cheese, coleslaw

[Please click here to support](#)

Need a Ride to Church?

COSF &
Right Now
Media
Library



We have launched the right now media app. As we populate some of the rooms, you may receive an email asking you to download the app and join. If you are already using the right now media app (scan the QR code below) you can find the message rooms at the bottom in the message bubble. One of these groups is for Sunday transportation if you require a ride to Church on Sundays. Please let us know if you require a ride prior to Sunday as this will help us to coordinate things easier.



Have you seen the COSF Library...

Beneath our tangible landscape lurks an invisible spiritual realm where unseen battles rage. It's real. And it's dangerous. If you're prepared to remove the blinders and gaze into this unseen world, Chip Ingram is ready to take you there.

Hang on to your seat. It's going to be a journey inside the very folds of our Bibles, a journey that will teach us about our greatest foe, Satan, also known as Lucifer, Dragon, Serpent, and Son of the Morning Star.

Although this lying thief comes to "steal, kill, and destroy," God details in His Word the battle plan to uncover Satan's cunning deceptions and to resist his sinister schemes. The cosmic conflict exploding all around us will have eternal implications, for us and those we love. This eight-part series by Chip Ingram will help you prepare to do spiritual battle with the enemy of your soul- and win! You'll learn how to clothe yourself with God's "spiritual armor" so you can be confident of your certain victory over the scheming enemy.

The Invisible War



For The Saints

Church Prayer - Tuesday Mornings both your pastors are praying for YOU during our church prayer time. If you have a specific need or request please email us at: info@cosfchurch.com

Please Pray For:

Phil Taylor as he undergoes chemo and prepares for cancer surgery in the coming weeks

- Gerald & family as they seek to follow in the directing of Lord for COSF, COSF Florida and the Global church.

Pray for all of the brothers in Africa for provision to take the leadership degree program

- for the COSF Church in Africa to be led by the Lord in His plan for evangelism of the communities

Healing for those in Africa- Mathias, Martin, Dan, James's Mother in law, support for the orphanage and COSF school for the poor and needy in Uganda

- Please pray for those participating in the leadership program. There are always challenges we face as we draw closer to the Lord: Please pray for: Laura, Robin, Anna, Ted, Gina, Jacob, Noah, Emma, Gertie, those in Africa

- Please pray for the street mission and continued support for feeding and providing for the Lord's people

- COSF Florida please pray for the growth and sustaining of the Church

Please pray for Selvan's ministry and all the Lord has called him to labour in for His name

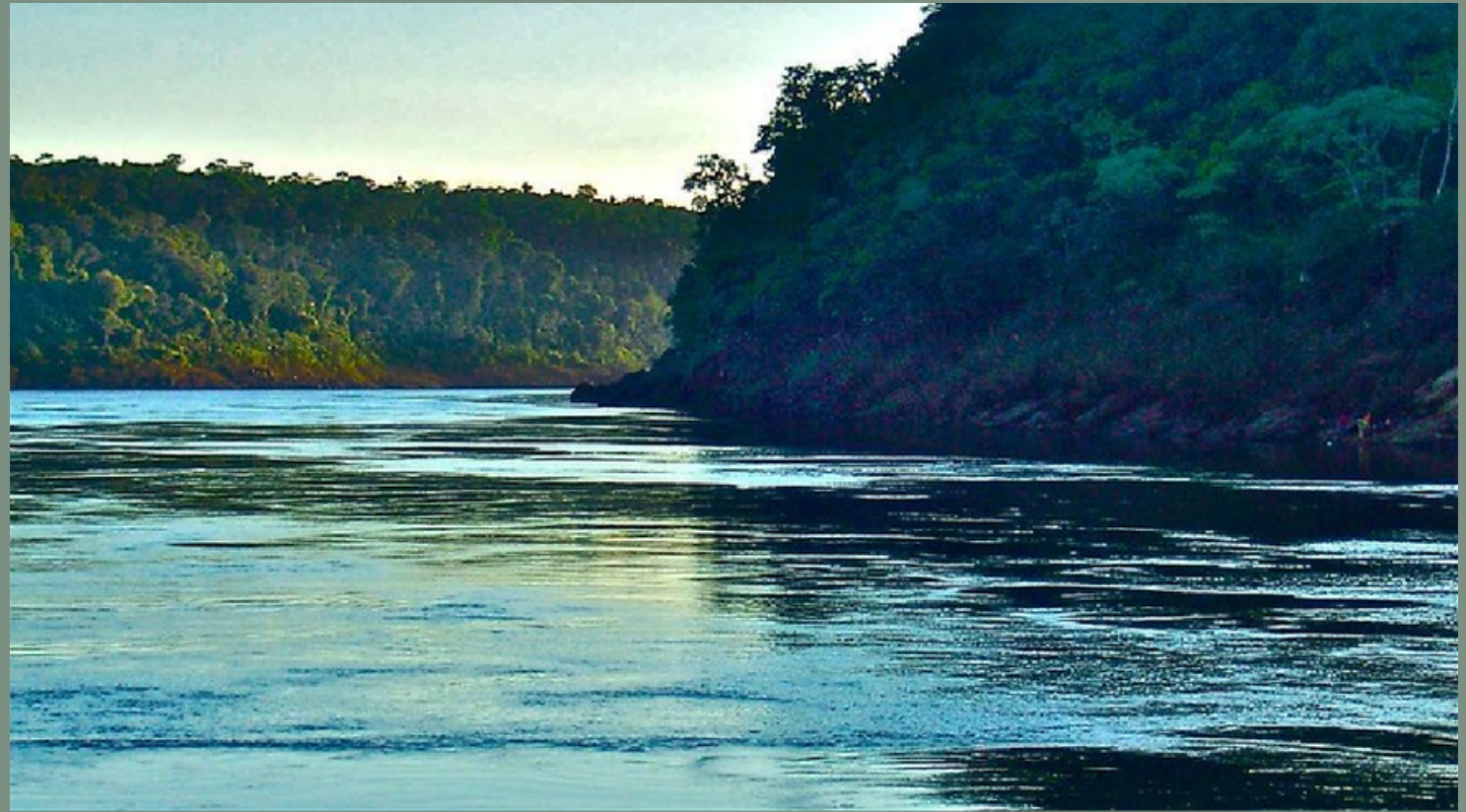
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- Please pray for TRANSFORMATION of the hearts of everyone, for help of the Lord to overcome challenges of the past, rebuke the lies of the evil one, grow in the Lord and to realize the glory of God in their lives.

Scripture Memory Verse

And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose. For those whom He foreknew, He also predestined to become conformed to the image of His Son, so that He would be the firstborn among many brethren; and these whom He predestined, He also called; and these whom He called, He also justified; and these whom He justified, He also glorified.

Romans 8:28-30



Are you ready to accept our Lord Jesus Christ as your personal Saviour and be obedient unto His command of Baptism? Please speak with us.

“ AND WE KNOW THAT GOD CAUSES ALL THINGS TO WORK TOGETHER FOR GOOD TO THOSE WHO LOVE GOD, TO THOSE WHO ARE CALLED ACCORDING TO HIS PURPOSE. FOR THOSE WHOM HE FOREKNEW, HE ALSO PREDESTINED TO BECOME CONFORMED TO THE IMAGE OF HIS SON, SO THAT HE WOULD BE THE FIRSTBORN AMONG MANY BRETHREN; AND THESE WHOM HE PREDESTINED, HE ALSO CALLED; AND THESE WHOM HE CALLED, HE ALSO JUSTIFIED; AND THESE WHOM HE JUSTIFIED, HE ALSO GLORIFIED.

ROMANS 8:28-30