

May 7th, 2025 EDITION

CHRIST OUR SAVIOUR — FELLOWSHIP —

WEEKLY CONNECTION

*250 Bayview Drive
Barrie, ON L4N 4Y8*

*Join Us Every
Sunday at 10:30am*

*www.christsaviourfellowship.com
info@christsaviourfellowship.com*

CLEAN THE INSIDE ...*FIRST*

"Do not judge
according to
appearance, but
judge with righteous
judgment"

John 7:24



I admit it ... I can no longer deny ... **I LOVE FOOD**!! I love all types of foods and cuisines, pastries though are my kryptonite. The sour flavour isn't at the top though unless they're sour patch kids! I remember one of my first memories of eating out, I was about 5 years old, it was winter and my family went out to see a movie. Being Canada it was cold...wet...I was wet, I felt miserable and uh oh what was what? my rumbling stomach right on queue.

I overheard the discussions about food, the looking and then the walk down the street to the white and red sign ...MR.SUB!!

"What's that?" I thought, but the smell of the fresh bread that wafted out as the door opened had me at first sniff, oh my hungry tummy! Now I NEVER had anything outside at this point (that I remember) so this was an adventure and my taste buds were enjoying every moment of it. I took a bite into that huge sandwich and immediately I lit up; the cheese,

the onion, the tomato's... I never tasted anything so good!! Why did it taste better here than at home? I officially had a list, Mr. Sub was number one!

I carried that love of food as I worked in the hospitality industry, cleaning tables as a bus boy at 13, working my way through all aspects of the industry. Many popular places I worked at and the food looked great, the polished servers, the food that went out was fantastic. Nobody ever saw the back end, the inner workings of what they found so pleasing to their eyes and their palette.

For the most part, restaurants ARE clean (you can exhale now!). BUT there are those that do, well, cut corners or have the employee that *really* doesn't care. Now when I was in the back of the house (so it's called) in my line cook days and as a trainee chef we *made sure* the place was squeaky clean, a place we would ourselves eat at. We would put hard work and

pride into this AFTER the hectic hours of pushing orders out to the patrons that day.

Truthfully, by the end of the evening rush we were tired, hot and really wanted to head out to the local late night spot so we could enjoy our evening. We would take satisfaction and pride in our shutdown in how clean the floors could be scrubbed (*note: do not mix bleach and vinegar!*), how shiny the stainless counters would be left, how the fridge glass was spotless, utensils ready for the next day, prepped food wrapped, labeled, rotated.

It was *a lot of work*.

We still had to have the manager or head chef sign off on our assignments , at times I felt like I was in the military! The final walk through explaining what had been done and a check on the current situation would either get the pass and the punch clock, or the thumbs down and do it again!

We looked, "it all looks fine, will it get passed? ok let's ask and see." We would announce, "All set to go", then the sound of the clipboard and the footsteps!

"Looks good" we would hear, until chef decided to open the fridge and pull out the bottom pan to reveal last week's (or was it last month's) shrimp special. By now, it wasn't a shrimp but a giant pile of ... gross! Finding that inspired him to do a deeper dive, under the fryer, in the walk-in fridge under the racks. The pen and clipboard kept time, I was keeping time...thirty minutes of roll call so far!! Needless to say, late night plans were cancelled and another corrective measures were deployed to rescue the line fridges and walking from the bacterial invasion discovered by our trusty commander. We were fortunate, no illnesses or sick patrons! BUT there are some (many) places we're these things *are overlooked*. The outside

looks fantastic, wonderful where one would love to eat...until you look into the heart of the place. That's an entirely different perspective and the truth about how good / quality of the restaurant is in how clean and spotlessly maintained the kitchen is.

It reminds me of when our Lord Jesus Christ was speaking, condemning and correcting the Pharisees. See, they loved to look good, look righteous, the pomp, the show of who they were and their positions without much care for others. We read this:

"Everything they do is done for people to see: They make their phylacteries wide and the tassels on their garments long; they love the place of honour at banquets and the most important seats in the synagogues;

Matthew 23:5-6

In the same way the restaurant "looks good" from the outside where one is sitting, the inside working is a different story. We see

this as the Lord continues to deliver an acute scathing dissection of their true and inner hearts:

"Blind Pharisee! First clean the inside of the cup and dish, and then the outside also will be clean. Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness."

Matthew 23:26-28

This is a great lesson for us today. Is what is happening in our outward appearance a true reflection of how and who we are on the inside? We must remember we are changed, we are transformed as believers by our Lord and the perfect work HE has done and is doing in us. Are we letting ourselves be transformed and changed into the new

person, the image of our Lord and God?

We read again in the book of Hebrews:

"in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind, and put on the new self, which in the likeness of God has been created in righteousness and holiness of the truth."

Hebrews 4:22-24

Yes, the outside veneer may look good, righteous, pious, but inside is there still "old things" lingering? Like last week's meat or seafood special that no longer looks familiar, just a pile of toxic food, what is lingering in our hearts?

You see, the reason why we detailed and cleaned, why we were so precise about the kitchen and its care and upkeep, was because of how it affected not only us in the kitchen and its inner working environment but also

because it protected the people! We were interacting, caring for them through preparing their meals. How? By preparing good food in a good kitchen where steps were taken to prevent toxic food, poison, botulism, salmonella poisoning and other foodborne illnesses.

We need to ask ourselves, *in my heart* what hasn't been looked at or surrendered? What's *hidden that has molded into something worse*; toxic emotions, behaviours? If we dare look, we may just find something old needing to be cleaned up and given to our commander in chief, our Lord Jesus who HAS ALREADY cleansed us by His Blood and perfect work!

See you Sunday 10:30am

Pastor Bhawani

Who will you invite?

Missed

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](#)



What's Happening at COSF?

Upcoming Events & Services:

- Mother's Day - May 11th
- COSF Florida Service-
"I AM...PATIENCE" June 7th
- Father's Day - June 15th
- Africa Revival and Crusade -
Jul/Aug 2025 TBD
- COSF YOUTH - summer camp
and Discipleship -coming soon





*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,
- Discipleship series, Mentorship-based Ministry Leadership Certificate

Jacob Martins & Laura Morris



Youth Walk

Happy May everyone, Jacob here. And welcome to the Youth Walk. I have some awesome news to share, in case you haven't noticed... the warm weather is finally here... woooooooooooo!!! I always love the change in seasons, especially from cold to warm.

And this was what Laura and I wanted to talk about today: change. God says in His word "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" (2 Corinthians 5:17). Do you know what that means? It means that if we believe in our Lord Jesus, all of our sinful ways and the broken things about us are not who we are. We have been supernaturally changed, and remade, by God into a new creation!

But you may be thinking "I don't feel very different, I feel like the same person with the same struggles. So what gives? Am I really a new person?"

Even though God has made us a new person in Jesus Christ, we still live in a sinful body, in a sinful world, surrounded by sinful

things. But over our life time, as we seek God through prayer, reading our Bible, going to church, and many other ways, God will continue to change us by the power of His Holy Spirit, until we return to be with Him in heaven! This is God's plan for His children; it's called *sanctification*.

This might not always be easy, but as 1 Thessalonians 5:24 says "The one who calls you is faithful, and he will do it." So be encouraged. Whether it is a wrong way of thinking, a wrong behaviour, a bad relationship, God is faithful. If we let Him, He can and will change His people. He will do it!

STAY TUNED:
COSF Youth Summer events, Studies and ...
DISCIPLESHIP !!!



IN THE LIFE

Noah Martins

This week I have been speaking with a brother in Kenya who lost his job several years ago and is struggling to feed his three daughters. Speaking with Him has blessed my heart as even though his Wi-Fi cannot support an audio call for prayer, He has absolute faith that God will hear our prayers and provide all things for him and his family. We continue to lift our brother up to the Lord!



I have been praying with a woman from Pakistan. She is pregnant and has had many sleepless nights with stomach and back pain, in worry and alone as her husband is not present and she also had been fired from her job. She is just getting by on being able to attend prenatal visits. After we had prayed the first time she had let me know that she had a peaceful sleep and her pain had relieved a lot. As we continue to pray she remains encouraged giving all glory to our Lord, and she has been able to attend a prenatal visit! We can see how the Lord is moving, blessing, and healing His people as they cry out to Him.

Emma Censoni

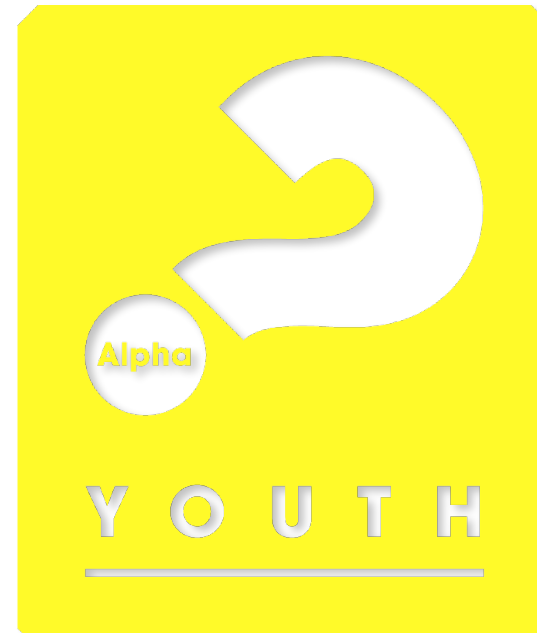
Classes & Studies

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.

Winter session of the ALPHA film series
SUMMER session TBD

Location: Christ Our Saviour Fellowship
Address: 250 Bayview Dr. Unit # 7,
Barrie ON
Cost : FREE



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

New session of Alpha YOUTH series
SUMMER COURSE COMING SOON

Location: Christ Our Saviour Fellowship
Address: 250 Bayview Dr. Unit # 7, Barrie ON
Cost : FREE

Alpha YOUTH! Series

Alpha

Alpha

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 2025- 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 2025- 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!

2025 Course Dates - TBD

Email us to find out more OR if you would like sign up for the upcoming course.



2 Year

Ministry Leadership

Diploma

**Duration: 15 courses, 8 weeks
per module completed at own
pace during the 8 weeks**

Where: Online

**Material: all resources
provided for each course**

Cost: ~ \$195 per course

**Course Dates: Begins June
2025**

REGISTER HERE



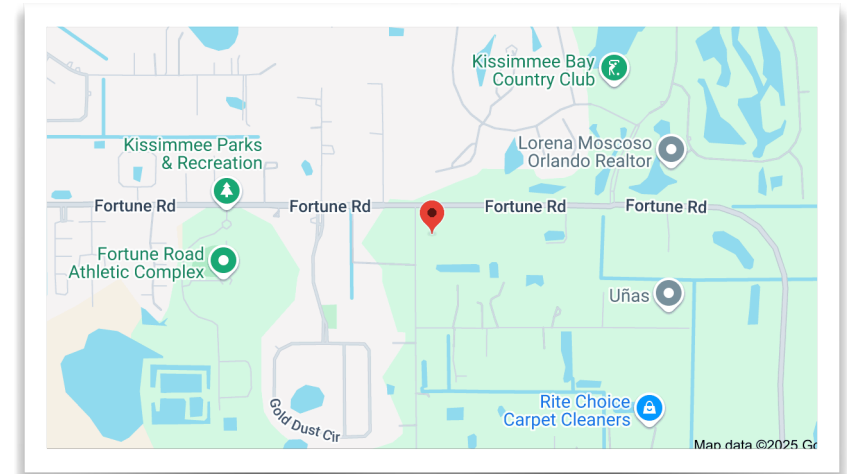
We have been praying that the Lord lead and show us how we may continue to encourage those wishing to become leaders in the church today. COSF has partnered with an international institute to offer a mentorship based 2 year ministry leadership certificate. We thank the Lord for His leading in this!

UPDATE: there's still time to sign up for the leadership course, if interested please register with the link. for any questions please contact Pastor Bhawani.

COSF In The Field

Christ Our Saviour Fellowship Florida *"I AM ...PATIENCE"*

We are looking forward to our next service in Florida! As we seek the Lord for guidance and preparations are under way, please pray for those who are again going forth as we continue to preach through the series on Galatians 5.



Dates: June 7th, 2025

Times: 4:00pm - 6:00pm

**Location: 1251 Marllo Road,
Kissimmee, Florida**

CHRIST OUR SAVIOUR
FELLOWSHIP
FLORIDA

"I AM...PATIENCE"

**JUNE 7TH, 2025
4:00 PM - 6:00 PM**

**1251 MARLLO ROAD
KISSIMMEE, FLORIDA**

[Click here to help support
COSF Florida Church](#)

COSF International & Mission Notes

We continue into 2025 and we see the Lord leading us into His harvest field. This is an exporting to the regions we are called to - of what we have been called to do at home - preaching the Word, make disciples, feed the poor. This is unfolding as we engage with our brothers and sisters in each region, and we pray the Lord continue to bless and to lead us in the labour of His glory and righteous name.



COSF Africa

CHRIST **OUR**
SAVIOUR
— FELLOWSHIP —
AFRICA



Kenya & Uganda Location of COSF



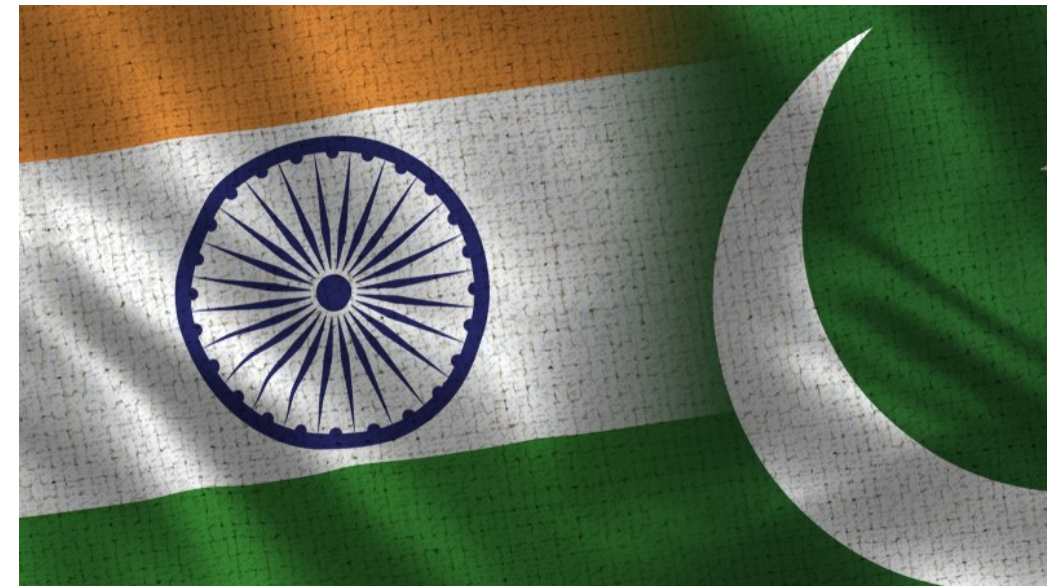
Kenya & Uganda Location of COSF

COSF Africa Pastor James Misiko
fasting and praying on the mountain.
Kenya, Africa

COSF Carribean



The waters of baptism await as the Word is preached and hearts are turned by the grace of the Lord. Please pray the Lord continue to move in the hearts of those throughout the region.



COSF India & Pakistan Region

We Thank the Lord as He as brought forth several local Pastors wanting to work with COSF and be trained and labour together! We will be introducing them over time as they grow and the Lord lead us.



COSF Central & South America

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.

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

Menu: LAST WEEK- Beef Fried Rice
May 10th - Jerk Chicken, Rice & Beans, Coleslaw

[Please Click here to Support](#)

Need a Ride to Church?

We have now 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.



COSF & Right Now Media Library

rightnow
MEDIA®



Scan QR code for FREE access

Have you seen the COSF
Library...

Heaven, Hell, and the Afterlife

What Happens When We Die?

Is death the end? Answers to this and other questions about death—and what happens after we die—vary widely, even among Christians. In *Heaven, Hell, and the Afterlife*, pastor Léonce Crump brings clarity and conviction to this sometimes tricky, often unsettling topic. Join Léonce in this five-session series and strengthen your faith in the God who defeated death to give us eternal life. to the truth of his Word

rightnow
MEDIA®

Prayers 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@christoursaviourfellowship.com

Please Pray For:

Salvatore Papandrea- health concerns and his lungs to be healed and the Lord continues to uphold him and his family

Tracy Morieira Lucas - she is recovering from brain surgery, please pray for a speedy and full recovery

- COSF church location - we are seeking the Lord in finding a possible new location due to extremely high costs. Pray that the Lord lead us to where He wills for His house in a quick and joyous way!

- Sam and His family, as the Lord is moving in his life please pray the Lord lead them all to His glory
- Please pray for the Lord to reveal His will for COSF regarding the missions and nations we are called to; that funding be provided to deliver the Gospel, and food to feed His people.
- There is great persecution of the church worldwide, please pray for the global church.
- COSF Worship Service Jun 7th- Please pray the Lord lead us in delivering His word to the people of Kissimmee Florida, safety and provision,
- Please pray for the leading and provision for COSF Africa and the July/August conference and crusades
- *Please pray for everyone in the congregation for help of the Lord to overcome challenges of the past, rebuke the lies of the evil one and to realize the glory of God in their lives*
- The waters of Baptism await those in Trinidad, please pray for encouragement in the hearts of those the Lord has begun a work in and reveal the truth of Himself to.
- Please pray for the COSF YOUTH program- the summer activities and discipleship intensive.

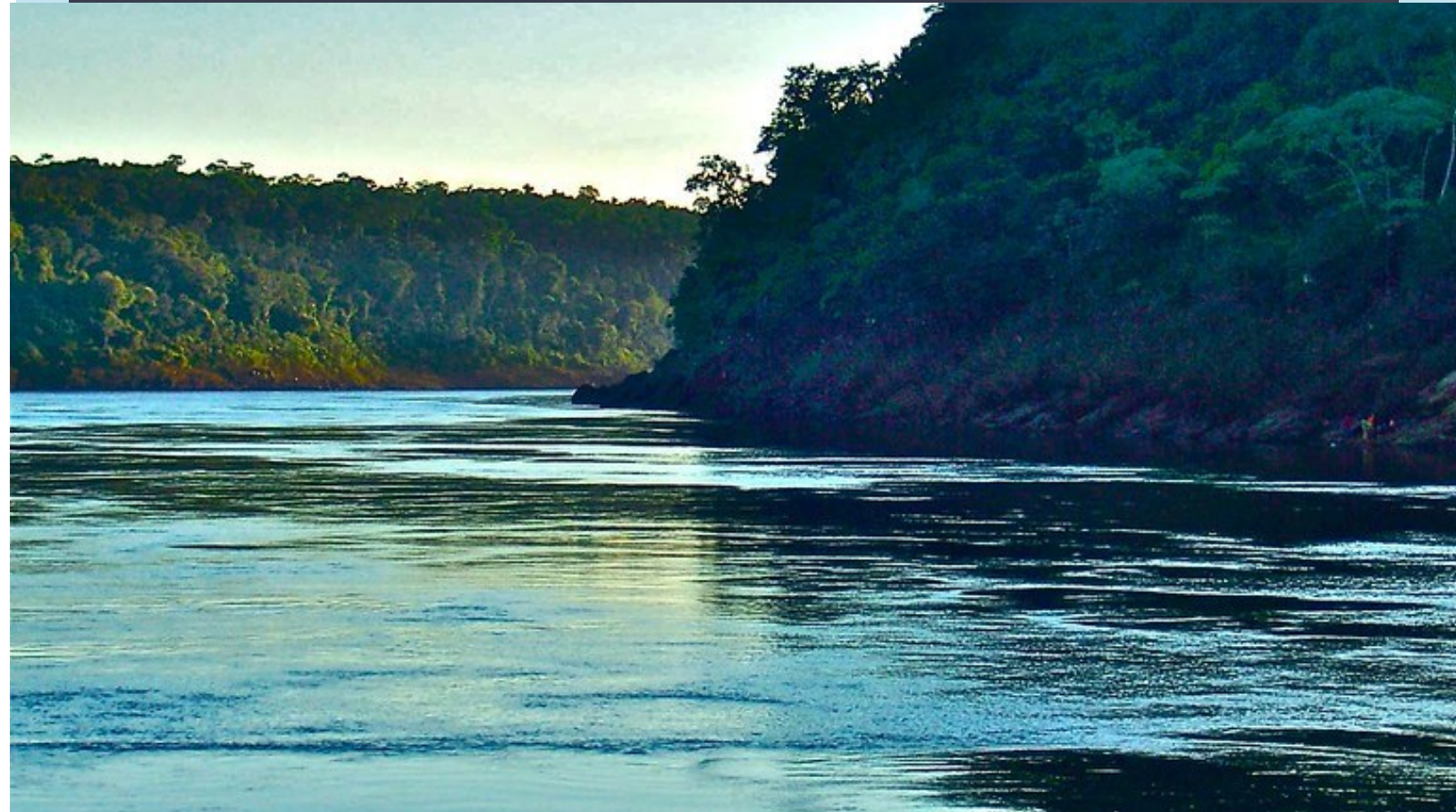
Scripture Memory Verse

Christ Paid the Penalty

But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

Romans 5:8

Baptism



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.