

June 4th, 2025 EDITION

WEEKLY CONNECTION

*Join Us Every
Sunday at 10:30am*

250 Bayview Drive Barrie, ON L4N 4Y8

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

CHRIST  **OUR
SAVIOUR**
— F E L L O W S H I P —



GOING IT ALONE

We live in a world that is increasingly lonely and isolating.

Stop for a moment and think about your day and your life's activities. What does it look like? Work and school, most or much of our time is spent on the computer, doing some type of task for production and trying to be more efficient in those tasks. When we're not on the computer for work or school, we're on our phone/tablet or other device for personal reasons like shopping, banking or news. Some of us today rely on our device for social interactions through social media.

We are so tied to our devices, heads down, necks bent (ouch!) consuming all variations of content in all spheres of our lives. Ah, and the dinner table, those dinners out are no exception! Slowly, the creep of the hand or the glance of the eyes make it to the screen! Yes, shocking isn't it (queue shocked emoji face)? In all of this hyper-connectivity

that we're participating in, how is it that people are increasingly isolated and there is an epidemic of loneliness?

Here are some sobering stats to consider:

- Approximately **33% of adults worldwide** experience feelings of loneliness.
- A recent Meta-Gallup survey (2024) indicated that nearly **one in four adults globally** (over a billion individuals) reported feeling very or fairly lonely.
- In the U.S., about **20% of adults** reported feeling lonely "a lot of the day yesterday" in recent Gallup data, an increase from 17-18% in earlier quarters of 2023-2024.
- Young adults are particularly affected: **59% of 18 to 24-year-olds** in one survey acknowledge loneliness negatively impacts their well-being, and **30% of 18 to 34-year-olds** report feeling lonely every day or several times a week.
- Loneliness rates tend to decrease among older populations, with only about **17% of those**



aged 65 and older reporting similar feelings in some studies.

WOW! let's talk about this some more and what the research reveals as some causes over time:

- **Mid-20th Century (1950s-1970s):** While direct comparable surveys are scarce, societal structures generally fostered more collective living and stronger community ties (e.g., larger families, more localized social networks, less geographic mobility).
- **1980s-1990s:** The rise of dual-income households, increased individualism, and greater geographic mobility may have started to subtly impact social connections. However, strong community institutions and face-to-face interactions remained dominant.
- **2000s-2010s:** This period saw the rapid expansion of the internet and social media. While these technologies offered new ways to connect, they also introduced the potential for superficial connections and feelings of "fear of missing out" (FOMO) or social comparison. There's anecdotal evidence and growing concern about increasing isolation, especially

among younger generations.

- **2020s (and late 2010s):** Loneliness rates have notably increased, with a significant spike during the COVID-19 pandemic due to lockdowns and social distancing. Even after the peak of the pandemic, rates remain elevated compared to pre-pandemic levels, signalling a more persistent trend. Some reports indicate a substantial increase in the number of people reporting having no friends – from about 3% in 1990 to 12% in 2020. The percentage of Americans living alone also dramatically increased from about 8% in 1940 to 27.6% in 2020.

Has anyone else's jaw dropped? These are some hard facts to read. Essentially, we are *insulated, lonely in our own homes, in our own minds in our own hearts!* What do we do? As with everything in life, we look to the Lord for our guidance. Each of us in the caverns of our hearts and minds as well as the LORD, knows the challenges we face. This, in and of itself,



should be a comfort that God, creator of ALL, knows my heart and inner workings, cares and struggles! We read David, in his convictions and

sorrow in his heart, crying out to the Lord:

*"Search me, God, and know my heart;
test me and know my anxious thoughts."
- Psalm 139:23*

In these days and times of isolation it's truly a comfort to know that as a Christian we have the Holy Spirit God in us, fellowshiping, speaking, guiding...searching our innermost thoughts and that WE ARE NOT ALONE! In addition, as the body of Christ that is alive and active, there is care for one another. In Hebrews we read:

"And let us consider one another to provoke unto love and to good works: Not forsaking the assembling of ourselves together, as the manner of some is; but exhorting one another: and so much the more, as ye see the day approaching." - Hebrews 10:24-25

This is an important reason why being in regular attendance at church is also vital. Yes to serve the Lord, to hear His word and grow, yes

to be worshipping with our brothers and sisters, but also so that we may FELLOWSHIP with each other and with God! A social, joyous, engaging, encouraging, God-loving family in Christ. In assembling TO provoke, stimulate and uphold each other surely can drive away those isolating thoughts and dark corners of our hearts and minds that we can all retreat into. There is NO safety in the isolation and we have been rescued from going it alone:

"giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. For he has rescued us from the dominion of darkness and brought us into the kingdom of the Son he loves." - Colossians 1:12-13

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



Click image to view most recent Sunday Service

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 Florida Service-
"I AM...PATIENCE" June 7th
- Father's Day - June 15th
- Africa Revival and Crusade -
Jul/Aug 2025 *TBD*
- COSF YOUTH - Summer Youth
Discipleship Program -
Registration NOW OPEN

CHRIST OUR SAVIOUR
FELLOWSHIP
FLORIDA

"I AM...PATIENCE"

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

1251 MARLLO ROAD
KISSIMMEE, FLORIDA



SUMMER YOUTH DISCIPLESHIP PROGRAM

**GLOW UP WITH JESUS
THIS SUMMER!**



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



Hello everyone! This week, Laura and I wanted to take an opportunity to talk about the promises of God. On Sunday, Pastor Bhawani preached out of Exodus, chapters 3, 4 and 5. In these chapters, God promised Moses that He would do a mighty work. God promised that if Moses went to the elders of Israel and to the Pharaoh of Egypt, performed the signs He gave him to perform, and had Aaron speak the words He gave him to speak, that Israel would believe that God sent Moses and God would force Pharaoh to let the Israelites go free. What a promise! And in the later chapters, we see God made everything He said to Moses happen, just as He said.

2 Corinthians 1:20 says *“For no matter how many promises God has made, they are “Yes” in Christ. And so through him the “Amen” is spoken by us to the glory of God.”* If God says something, He will make it happen; like we said in previous weeks, HE WILL DO IT. For example, great verse from the Bible and one worth memorizing, Philippians 4:7, says *“and the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* What a promise! God’s peace WILL guard our hearts and minds. Thank God for this promise, especially considering the

stressful world we live in. But if we look at one verse earlier, verse 6, it says *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.”* Hmmmm...so for the peace of God to guard our hearts and minds, we have to have faith in God’s promise. We have to choose not to remain in anxiety and pray/ask God for our need with thankfulness; having faith that when we pray, God will do what He promised.

You see, every promise is Yes in Christ; God says that His promises will never fail...but like with Moses, we must believe it! We must believe in God’s never-failing promise and agree with God, giving our Him our Amen! If we would only trust God’s promise, then there is no limit to what He can do in our lives. For Jesus said *“everything is possible for one who believes”* (Mark 9:23).

COSF Youth Summer DISCIPLESHIP Program Registration
NOW OPEN (visit [website](#) for details)



IN THE LIFE

Noah Martins

I have recently started speaking with a Pastor in Uganda, who leads a local congregation. He sent me photos of a local watering hole where 100 people were being baptized from his village. Praise be to God. It is such a blessing to see people all across the nations accepting Jesus Christ as their Lord and Saviour! Acts 8:35-38 says, *Then Philip opened his mouth, and beginning from this Scripture he preached Jesus to him. As they went along the road they came to some water; and the eunuch said, "Look! Water! What prevents me from being baptized?" And Philip said, "If you believe with all your heart, you may." And he answered and said, "I believe that Jesus Christ is the Son of God." And he ordered the chariot to stop; and they both went down into the water, Philip as well as the eunuch, and he baptized him.*

This week I have been speaking with sisters who have been struggling with the heat of the summer season in Pakistan as they have orphans under their care. It is extremely hot and they are without food, clothing, fans/AC, and no place to live. One sister shared with me that two of the children had passed away from heat stroke on the weekend. Our hearts go out to the children and our brothers and sisters, please lift them up to the Lord for His reprieve and provision, for His strength in the midst of these severe conditions.



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

Alpha

Alpha YOUTH! 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 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**

**Course Dates: Begins *SOON*
June 2025**

**IT'S NOT TOO LATE!
REGISTER HERE**



COSF has partnered with ARTOS ACADEMY a highly reputed *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!

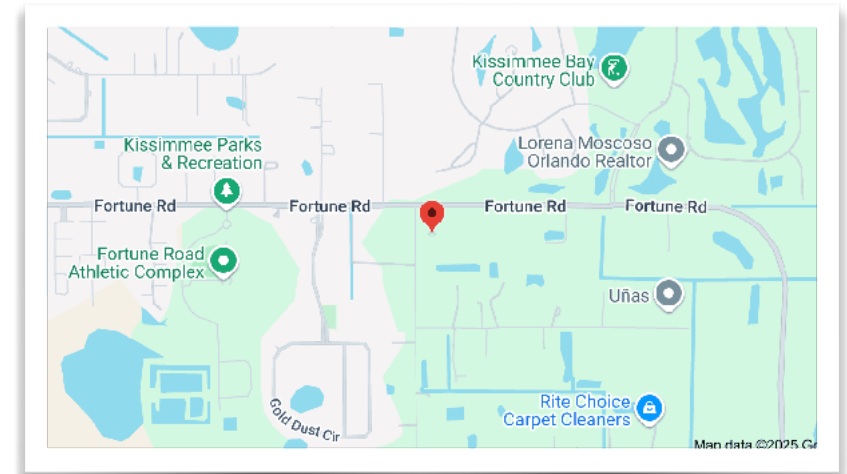
UPDATES:

1. *We are getting close to launch of the program! The courses are being custom prepared and loaded into the system for our access. I'm finalizing a few details prior to rollout of registration emails which should be out the week of June 20th-27th.*
2. *Payment- we have decided that COSF will pay as a church and each participant will submit the fee to COSF. This is give you the added benefit later on your tax receipt! If you have 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**



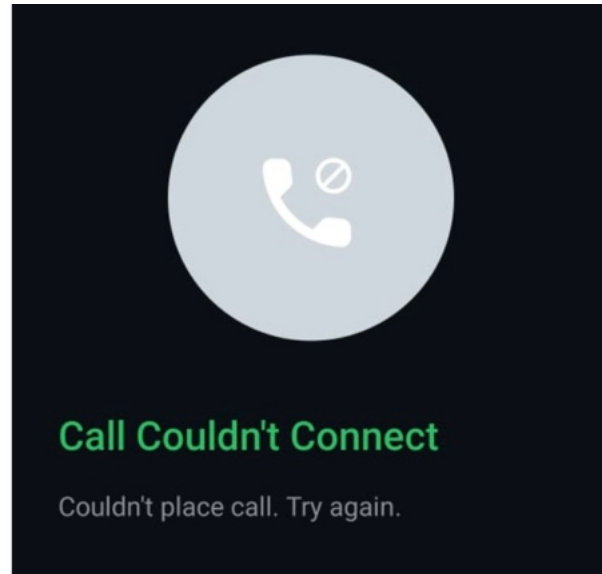
[Click here to help support
COSF Florida Church](#)

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



COSF Africa is facing some challenges as we expect in our desire to walk with and serve our Lord Jesus Christ.

Network connection

issues and communications seem to be a regular disturbance especially during our training and course study! There is a need for bibles for those studying as well as congregation members. Some of our brothers have been facing health challenges as well. In all of this they have been faithful and persevere in our Lord as they have progressed to the second part of the discipleship program quickly! We continue to pray for each of them all.

CHRIST **OUR SAVIOUR**
— FELLOWSHIP —
AFRICA

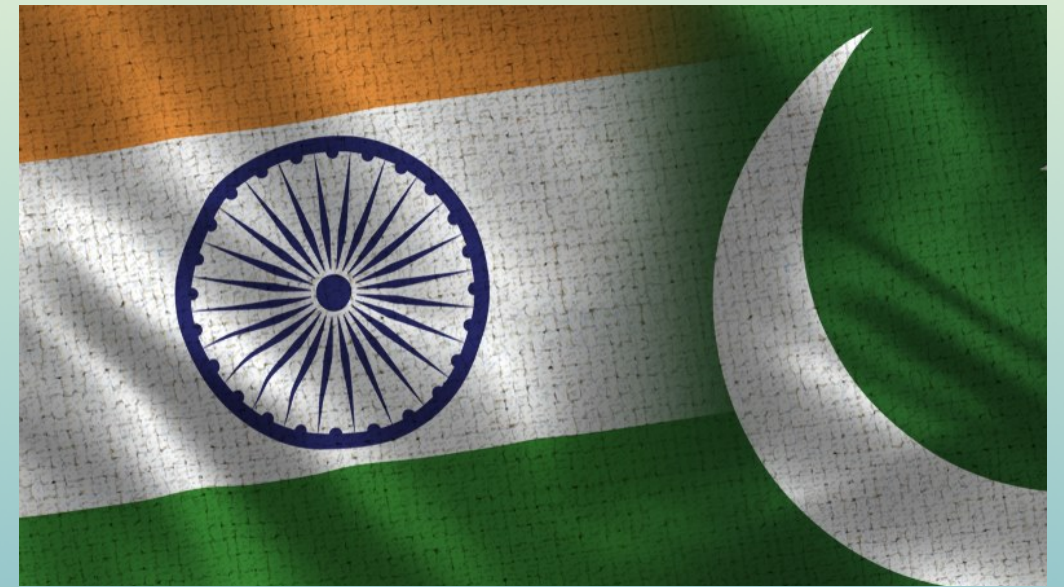


Kenya & Uganda Location of COSF

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 being the studies and discipleship training in the Pakistan and India region next week. Please pray for transformation of hearts in the people by the grace of our Lord Jesus and power of the Holy Spirit.



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 from 1:00-3:00.
Thank you all for your support and participation in the street ministry in Barrie

Menu: LAST WEEK- Chicken Shawarma, Coleslaw

June 7th -Beef & Veg Chilli

[Please Click here to Support](#)

Need a Ride to Church?

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.



COSF & Right Now Media Library



Scan QR code for FREE access

Have you seen the COSF Library...

Life

IQ

Level Up Your Spiritual Intelligence

Intelligence is not just about knowing the right answers—it's about applying what we know is true to every aspect of our lives. In this four-session series, pastor and author Rev. Matthew Watley explains how we can grow more intelligent in four areas of our lives—our mind, spirit, culture, and emotions. As we better understand what it means to walk in these areas of intelligence, we can see how what we think can impact how we follow Jesus and represent him to others.



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@choursaviourfellowship.com

Please Pray For:

- Pastor Katie that the Lord continue to bless her and lead her in all His goodness
- The Youth need prayer and support - please pray that as we launch the summer youth discipleship program that the Lord lead the youth today to participate and grow closer to Him. Please pray for all those leading and assisting in the youth discipleship program this summer.
- Tracy Morieira Lucas - Thank the Lord for all He has done, Tracy continues to recover well after her surgery.
- 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 and protection.
- Please pray for the street mission and continued support for feeding and providing for the Lord's 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.*

Scripture Memory Verse

Witnessing

For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes: first to the Jew, then to the Gentile.

For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”

Romans 1:16-17



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.