

April 29th, 2026 EDITION

CHRIS **OUR**
SAVIOUR
— FELLOWSHIP —

**weekly
connection !**

每周连接!
Mei zhōu liánjiē!



www.christsaviourfellowship.com
info@cosfchurch.com

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

When it comes to professional sports performance it is a higher more so elite level that is expected and demanded of the person. They truly are the best of the best in their respective sport. There is great preparation, precision and a great amount of work that goes into functioning at this level- to remain elite and in performance mode. It's not easy with the investment of days, months and really years of just training. Then there is the management of a precision diet to support and fuel optimal results as we all are required healing and recuperation . It is truly a full-time job to achieve these levels, so much so that it can't be done by the athlete or anyone seeking to operate at such levels- it requires a team to manage. Now this team comprises of trainers, coaches, dieticians and nutritionists, therapists of many types, to help that body reach peak performance. Importantly though it requires the person, the athlete, to be mentally emotionally and spiritually prepared for the rigorous endeavours of such elite training.

GET YOUR GAME ON!



What are these sports we're speaking of? All of them! Everything from Boxing to fishing. One the large sports organizations had a panel of sports specialist and scientists where they ranked 60 professional sports through the lens of 10 determining factors that made the sport elite in complexity and skill requirements. The results? Boxing / MMA took top spot and rounding out the top fifteen Rodeo-steer wrestling, that's right cowboy!

A question the athlete has to ask themselves; why do I want to perform at such a high level? Some may just be a natural at the sport others may just have a desire to want to do so. Elite athletes have voracious power created in the human body, optimal efficiencies of the muscle fibres, of the cells, of the nervous system; ALL must be highly tuned. This is so much so that there are specialized therapies beyond your regular rehab practises such as physiotherapy and Chiropractic and the like. Yes , modalities such as Nervous System Training (NST) is a high level athletic performance approach that optimizes the connection between your brain and muscles. It helps the muscle unlock speed, power, and agility better than traditional training - that's Elite!

The Mind Bobby connection is stronger than we realize. Sports psychologists in helping unlock the elite performance of the mind to produce the physical results, cite a few factors for the question posed earlier - the *WHY* of performance. Some aspects of this:

1. Athletes want excellence, progress, and winning-Training consistency,Strong goal commitment
2. Self-efficacy (belief in one's capability) is repeatedly tied to higher performance-Confidence under pressure
- 3.High conscientiousness (organization, responsibility, persistence).
-Repetition tolerance,Recovery routines
4. Perfectionistic strivings -Training is driven by error-avoidance
- 5.Obsessive passion vs Harmonious Passion - the sport controls the athlete, it creates internal pressure vs it integrates well with life.





At an Elite level , and any training for that matter, balance is important. We read in point number five about WHAT's controlling the motivation. WHAT is controlling the person? In one aspect the sport, the act, the process controls them and on the other they are in the drivers seat and this is where the balance and life "fit" comes in. As you can imagine each will have very different outcomes and impacts on the physiological and emotional health of the athlete.

Training is an incredible thing and we're constantly training for something, whether that is for work for school or for our own recreation.

We have these wonderful and incredible bodies that can achieve great things, they are a blessing and a great gift from Lord and we are to take great care . Why? it is written:

"Or do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price: therefore glorify God in your body."

1 Corinthians 6:19-20

Temples of the Holy Spirit- how amazing! It really does put a whole different perspective on what it means to train and training. When we take in the psychological points we just reviewed where the focus is on performance



and fixate on the internal aspect of man's mind on achieving, we can see an error. Error? At an elite athletic / performance level (us everyday people too)? YES!! The object and focus of our hearts and minds. It's right there in proof of the studies we shared. First of all the mind is focused on the wrong target and secondly what is ruling the person. As we read from the sports psychologist, all of these points are internally *focused on the person* and then we see the great limitations; even though the body may be functioning optimally the heart and mind overrule. So where then should the hearts and minds be? We read:

“Whether, then, you eat or drink or whatever you do, do all to the glory of God.”

1 Corinthians 10:31

EVERYTHING we are to do we do with the Lord and with Him before us. I can attest to that in my own training. When in heavy training the amount of weight I could lift was astounding . How? With EVERY breathe and with every option I praised the Lord and strained WITH our Lord Jesus. That brings us to the next point where our hearts are to be. Yes we love training and yes we enjoy all aspects of the sport we are participating in yet it does not rule our hearts or minds. When we keep our Lord Jesus at the centre of our hearts and minds as we participate in all

these activities, there really is such a joy and peace in doing these things with God! This keeps God at the forefront of all we do. The sport, activity or whatever it is we're doing doesn't overrule us; it is only our Lord Jesus that has reign. We can then just enjoy the training or activity and finally say to ourselves “you made it cowboy, you made it to the top 15! “ Praise the Lord

See you Sunday 10:30

Pastor Bhawani - 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

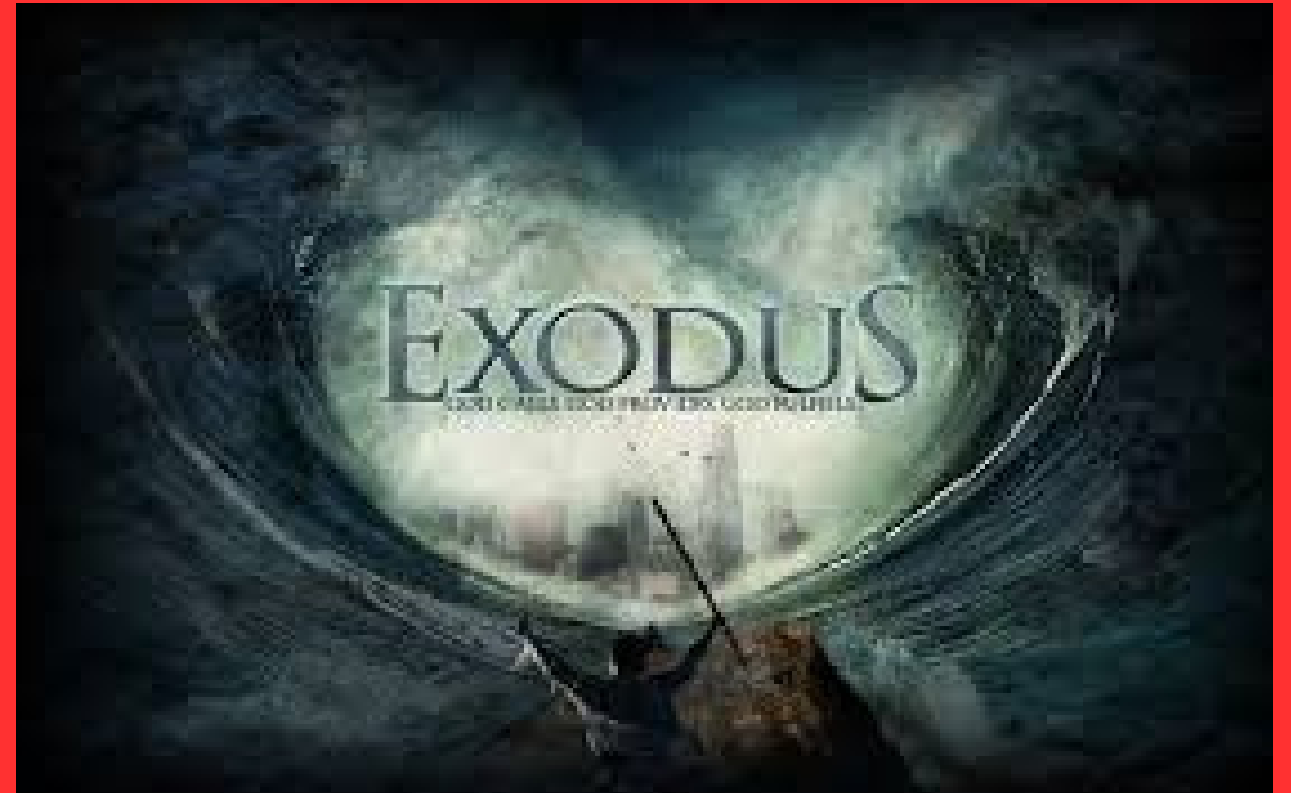
Scan the QR code or click the link above to download

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](#)



What's Happening at COSF?

Upcoming Events & Services

CHRIS  **OUR
SAVIOUR**
— **FELLOWSHIP** —
FLORIDA

- COSF YOUTH Group- Fridays 6:45pm
- COSF Florida Church plant
 - Growth Forward
- Fall 2026/27 Mission Trip - South Africa, Kenya & Uganda
- COSF Alph Course - Global courses



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**

YOUTH WALK



Jacob Martins & Laura Morris

Hi everyone! Jacob and Laura here.

We hope you are doing well and enjoying the extra sunlight and some warm spring days. We wanted to take a moment today to write to you about our perspectives in life.

Do you ever feel like you are trying to get through each day, rather than simply enjoying it? Maybe, the school year is starting to drag on and we're just ready for it to be done. Or maybe our course work is piling up and we spend (what feels like) all day studying. It is not that something is actually wrong, but life starts to feel bleh. This mindset we can get stuck in is related to our perspective.

God promises in His word that He is always with those who call on His Name; always near to hear and guide us each day. Just pause for a moment and think about that ... every day is a day we get to live life with God Himself! What a privilege that is. I can't think of anything more amazing. But life can start to feel like a drag when we choose to 'do' things on our own, rather than do it with God and rely upon Him. Instead of saying "God is with me!" ... we say "agh, do I have to do this?" We look forward to escaping where we are now, neglecting the

blessing of being present with God wherever we are. The Lord calls us in John 15:5, 11 "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing ... These things I have spoken to you so that My joy may be in you, and that your joy may be made full."

When we put God after our busy days and our to-do lists, we lose the joy of life with Him. But when we put God and our relationship with Him first, there is an abundance of joy no matter what we are doing. It is only when we prioritize our relationship with Him above all other things, and seek to abide in Him, that we are able to experience the blessing of living every day with Him. By having this perspective, even on the most mundane of days, we will experience the joy of the Lord. God bless you all and see you on 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 !

NEW SERIES UNDERWAY ...

LIFE 
REVEALED

BY



DON'T FORGET:

FRIDAY NIGHT YOUTH GROUP

EVERY WEEK @ 6:45PM

REGISTER 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

THE ^{IN} LIFE

Hello everyone, I hope you are all doing well. This week I have been speaking with a brother from Uganda, who has some prayer requests for his church. They are praying that God would provide Bibles for everyone in the congregation. Also, a keyboard for the church, and more consistent transportation for those attending every week. We just lift these needs up to the Lord, and pray that God would provide according to His will. Please pray for our brothers and sisters, and God bless you all!

Noah Martins



Hello everyone,
I hope you are well.

One of our sisters' young daughters has been sick and not getting better. She has red blotchy rashes all over her body similar to measles and they cannot afford the medicine to help her. She said they are begging for someone to help. Please pray for their daughter, for the Lord to heal her and provide the medicine required to help her soon. Also pray for the Lord to uphold our sister and her family in this trial. To encourage their hearts to continually call upon His Name and grant them perseverance to wait upon and seek the help of our Heavenly Father Who is faithful, Who loves them deeply, and Who sees them.

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 MARCH 31st 7:30 pm

Location: Christ Our Saviour
Fellowship

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

Cost : FREE

ALPHA COURSE COSF GLOBAL -ONLINE

India-Pakistan- Bangladesh Region

	Date	Local Time	-Language
Course #1	May 5 th	6:30PM-IST	English

Uganda Region

Course #1U	May 5 th		English
Course #2U	TBD.		TBD
Pastors #3	May 8 th	6:00PM-EAT	English

Kenya Region

Course #1K	May 5th	7:30pm	English
Course #2K	TBD.		Swahili

Zambia Region

Course #1Z	May 5t	5:30PM-CAT	English
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Florida

Course #1	May TBD		English
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Trinidad & Carribbean Region

Course #1	TBD.		English
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Alpha

alpha

Alpha YOUTH! Series



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**



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.

**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 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

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.



2 year Associates Degree - Certificate of Completion - Micro credentials



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 - FAITHFUL SPIRITUAL LIVING

NEXT COURSE:

MAY 9TH '26 - HOLISTIC THINKING

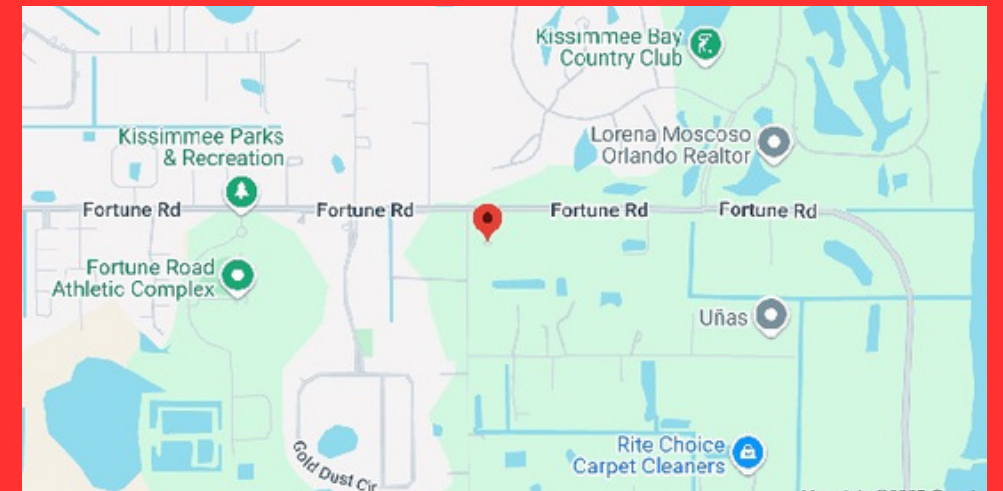
Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application

COSF

FIELD notes

Christ Our Saviour Fellowship Florida

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***

CHRIS **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:

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 - Orzo salad with meatballs

May 2nd - Pulled Pork Ragu Pasta

[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...

The Game of Life

Every game has rules. In order to win, you've got to know your goal, your responsibilities on the team, and how to succeed all while playing by the rules. The same is true for the game of life. When we know the Word of God, his mission for us, and how to achieve that mission, we can live with a powerful impact. In this three-session series, sportscaster James Brown and former NFL coach Tony Dungy will explore how we can live for God and serve him well. God has a purpose for you—are you ready to get on the field?



Pray 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:

- Bhawani & 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

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

- 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
- 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

Brother James 's wife who has had a stroke

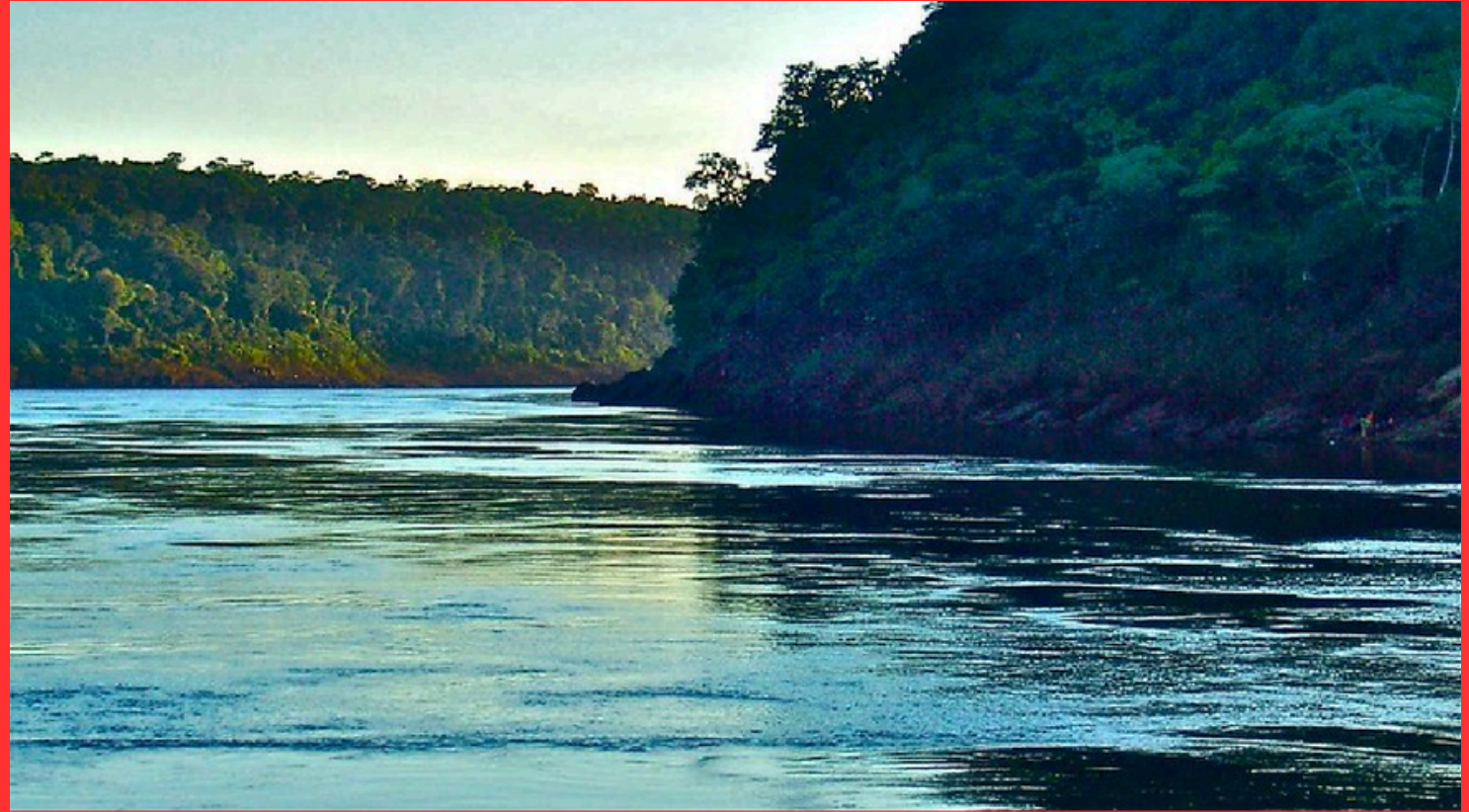
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- 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

“Whether, then, you eat or drink or whatever you do, do all to the glory of God.”

1 Corinthians 10:31



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.

**“WHETHER, THEN, YOU
EAT OR DRINK OR
WHATEVER YOU DO,
DO ALL TO THE GLORY
OF GOD.”**

1 CORINTHIANS 10:31