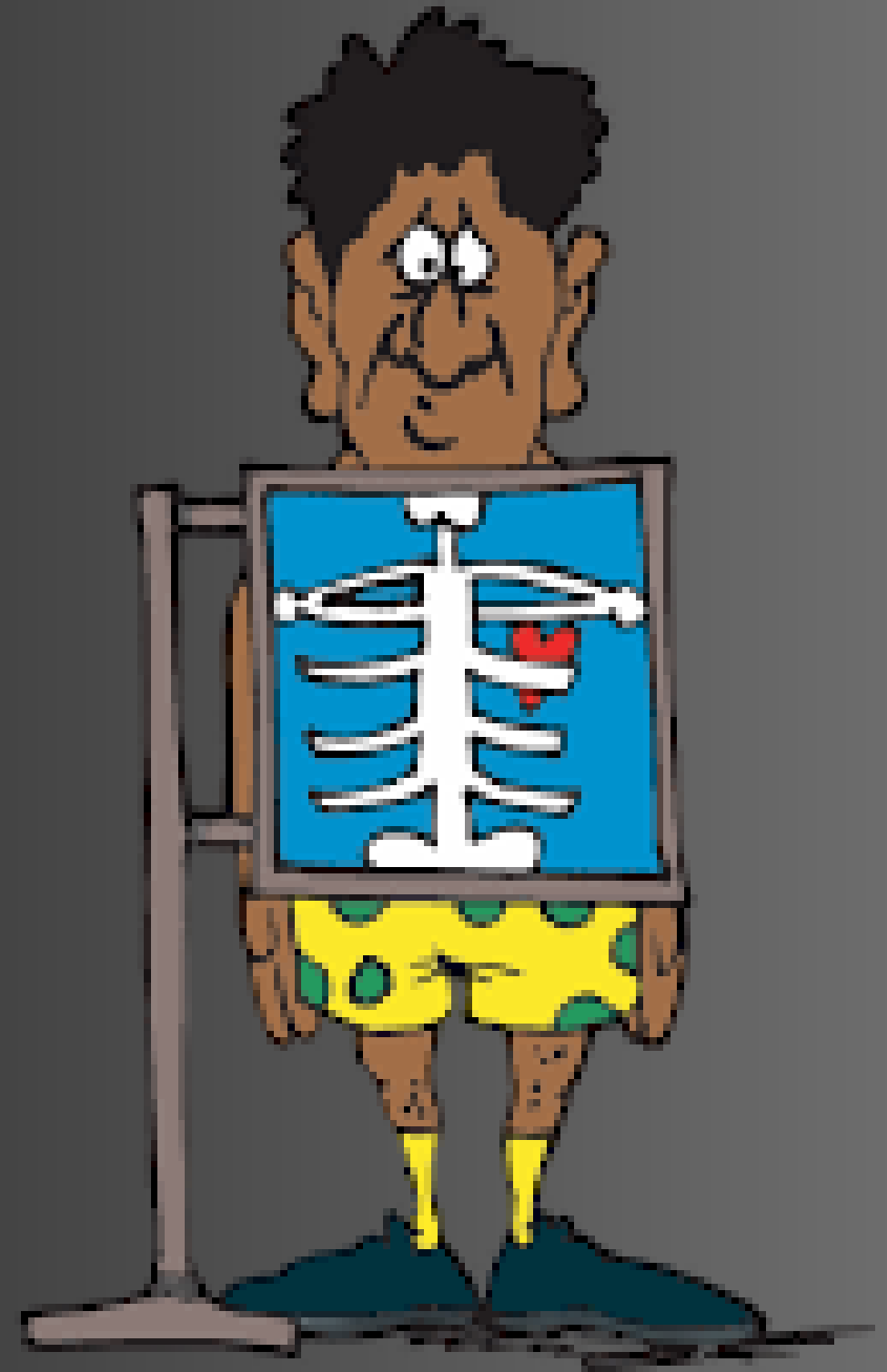


# CHRIST<sup>+</sup> OUR SAVIOUR

FELLOWSHIP

March 4th, 2026 EDITION


## WEEKLY CONNECTION



[www.christsaviourfellowship.com](http://www.christsaviourfellowship.com)  
[info@cosfchurch.com](mailto:info@cosfchurch.com)

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

# A Body of Joints



Growing up, others wanted the Steve Austin action figure (aka, The Bionic man), lite bright and the hobby kitchens; my heart was set on the game Operation. Why, I have no explanation for it but i can remember when I was around 5 years old I SO DESPERATELY wanted *that exact* game for either my birthday or Christmas. ! It was only something I only saw on tv, you know when Saturday morning cartoon commands that every kid was glued

to the the tv for 4-5hours !! In-between the spider-man, fat Albert , Blackstar and others were those enticing commercials targeted at the kids. There would the latest toys and I;m sure every parent loved the nagging that ensued forth as a result.

Operation, was different cool ( if I knew what that was at 5!) game where I could understand the *human body!* From what I could see in the commercials it took skill, precision not to buzz and light up the patient's red nose! The articulated bones and other parts that had to be drawn out under intense pressure...I was SOLD!

Fortunately I did get one and my excitement was over the top! I spent hours playing... for the most part alone as nobody really shared the excitement I had in removing the anatomical body parts of the game. Now, I look back and can say that the game wasn't in any way anatomically correct but i did get a week or so excitement out of it until the wires pulled out and it was over!

The human body is such a marvel and amazing the precision and complexity of all of it's systems functioning together as one unit. To this day we really don't fully understand the *complete* functioning of the body. Science has mapped out the physical aspects that come together from it's



structure but the deeper layers still are being discovered in regards to *function*. It's incredible to think how GOD CREATED these marvellous and wonderful bodies of ours. We read that on the sixth day of creation:

*"Then God said, "Let us make mankind in our image, in our likeness, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground. So God created mankind in his own image, in the image of God he created them; male and female he created them."*

Genesis 1:26-27

In His perfect plan God made us and everything He created for HIS perfect purpose. The body, this vessel we traverse this life, no man would have thought God had intended it to house a temple and home to God the Holy Spirit! As we read ; *"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?" 1 Corinthians 6:19*

That's right, we are not our own...we belong to God and *what we do* in these bodies is important to our walk with the Lord. As we just read each of us are created to be temples of the Holy Spirit so what you do to and how we treat OTHERS is also important! Paul continues to say the book of Corinthians: *"For even as the body is one and yet has many members, and all the members of the body, though they are many, are one body, so also is Christ. For by one Spirit we were all baptized into one body, whether Jews or Greeks, whether slaves*



*or free, and we were all made to drink of one Spirit.”*

1 Corinthians 12:12-13

He goes on to say how we are individual members of the body and how each part IS A VITAL PART and ALL are needed...moving and living in unity. Again in the book of Romans Pauls says: *“For just as we have **many members in one body** and all the members do not have the same function, <sup>5</sup>so we, who are many, are one body in Christ, and individually members one of another.”*

Romans 12:4-5

Just as the *game of operation* had those plastic body parts to remove and place back and as science studies the individual systems and components of the body, we are each part and joined as believers in one body that is CHRIST OUR LORD. As members of His church which is global in every nation, we are a living body united in Him. Paul goes on to express:

*“so that there may be no division in the body, but that the members may have the same care for one another. And if one member suffers, all the members suffer with it; if one member is honored, all the members rejoice with it. Now you are Christ’s body, and individually members of it.”*

1 Corinthians 12:25-27

Each person is special and individual parts *as the Lord makes us*, He also ensures His body, His church that makes up the joints and tendons and all parts is held together and supported as we seek Him:

*“...holding fast to the head, from whom the entire body, being supplied and held together by the joints and ligaments, grows with a growth which is from God.”*

Colossians 2:19

See you Sunday at 10:30

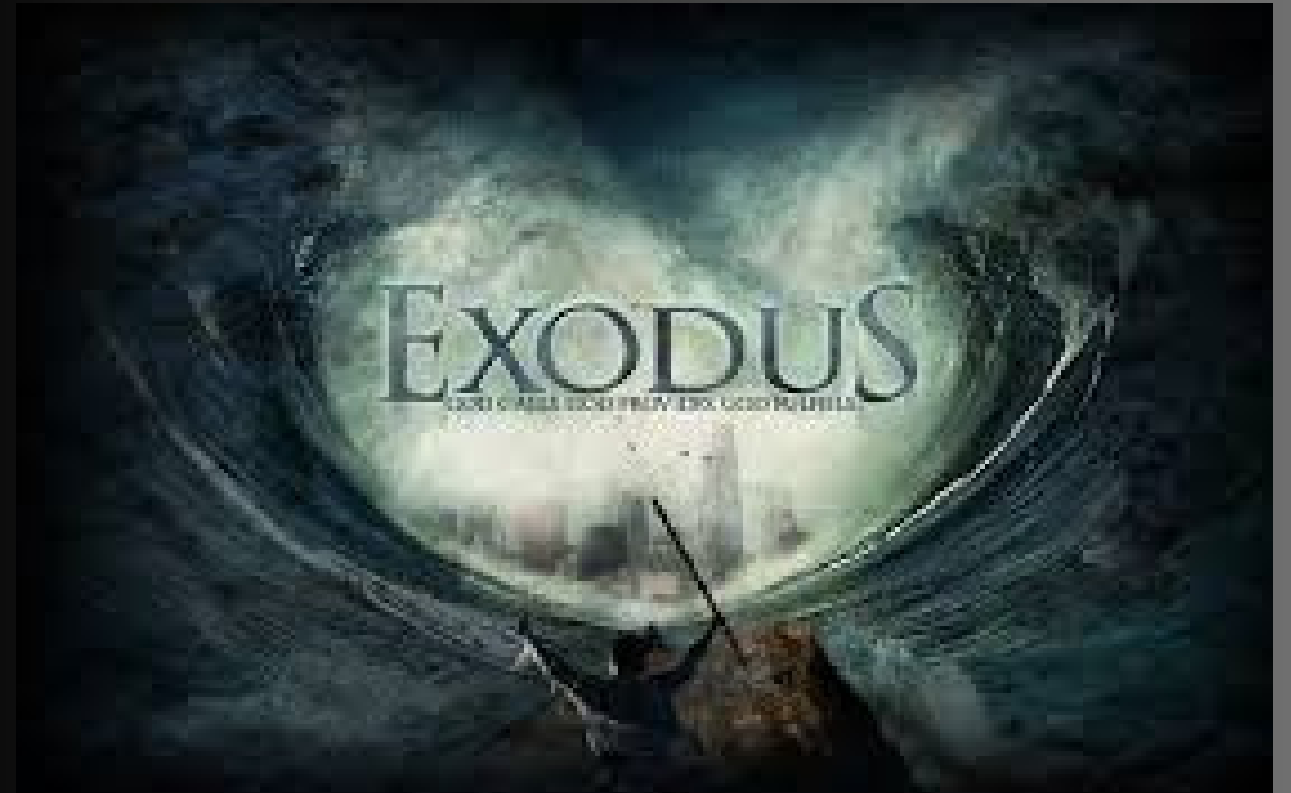
Pastor Bhawani -Who will you invite?

## 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

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

- COSF YOUTH Group- Fridays 6:45pm
- Alpha Course! date coming soon
- COSF Florida Church plant
  - Growth Forward
- Fall 2026 Mission Trip - South Africa, Kenya & Uganda



# 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



Hi everyone, Jacob and Laura here!

This past week has been a challenging week for many of us. We've heard about some of your struggles and we wanted to take some time to encourage you all. God promises that we will face many challenges in life and they will come at us in many ways: our sleep may be disrupted, our emotions or thoughts might be flooded, random occurrences like flat tires or broken cars happen out of nowhere. It makes me think of what athletes must feel like when they are getting booed and taunted by a stadium of angry fans. Very quickly our minds can start to race and we get trapped in our emotions. These things are meant to throw us off, unsettle us and rob us of our peace.

The Lord speaks of these chaotic events in the Bible and that they occur for a variety of reasons.

Sometimes, we suffer attacks because of our faith. When we are seeking God, drawing close to Him so that we can grow and change, all of the sudden things will come to derail us. Like a bunch of heckling fans, the goal is to discourage us and make us cower back. Other times, we invite chaos into our lives because of our own disobedience. When we are living in ways that do not honour God, God may allow these types of challenges to show us the consequences of living according to our own ways.

It would be like an athlete ignoring their coach's instructions and doing their own thing, disrupting the whole game plan and causing confusion in their team.

In the midst of the chaos, we may be tempted to complain, maybe question God, start thinking 'I'm not doing anything wrong, why is this happening to me?' While that may be our natural response, we read in 1 Peter 5:6 "Therefore humble yourselves under the mighty hand of God, that He may exalt you at the proper time." God will use the situations we face in life to draw us closer to Him, to increase our faith, to teach us obedience, to call us away from our sinfulness. We want to encourage you: come before God in humility and ask Him to show you the things He wants to change in your life. God is working all the things for our good and if we let Him, He is faithful to uphold us and transform us to be the men and women He wants us to be.

God bless you all, 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 BEGINS FEB 20

# 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

ST. MARY'S CATHOLIC SCHOOL

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 <sup>IN</sup> LIFE

Hello everyone! I hope you are all well. This week I have been speaking with a brother from Pakistan who sent me videos of him and his community building a church. As they lay bricks, the walls are built, the windows are framed and the roof is next. We pray that as they labour together to build this church, that God would strengthen them, and give them the skills needed. I pray that they labour together in love, and that the Lord's will be done for this church! I pray for safety during this build, as the work is dangerous, and that it would be a glorious time in fellowship for their community. In Jesus' name, Amen!

Hello everyone, I hope you are well! I have been speaking with a sister who is struggling with their financial situation. They are currently living in a rented home with their 6 children who are in school and are seeking prayer as they have faith in our Lord Jesus to uphold them. She is seeking prayer for the management of the house and that the Lord help guide her children in their schooling. Please pray for our sister and her family.



**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 - ONLINE**

**Locations: ONLINE**

**India Region - starts MARCH 2026**

**African Countries - Starts MARCH 2026**

**DATES: coming soon**

**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  
FALL COURSE - FRIDAY YOUTH GROUP**

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



2 year Associates Degree - Certificate of Completion - Micro credentials

**CHRIS**  **OUR SAVIOUR**  
FELLOWSHIP



  
**ARTOS**  
ACADEMY.

# MINISTRY LEADERSHIP

## 2 YEAR DIPLOMA

**DETAILS: 12 OR 20 COURSE PROGRAMS, EACH COURSE 8 WEEKS COMPLETED AT OWN PACE, ALL COURSES PER ROUTE COMPLETED WITHIN 2 YEARS**

**12 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!

**COURE 3 - INTENTIONAL DISCIPLE MAKING BEGINS DEC 29TH, 2025**

**NEXT COURSE:**

**MARCH 9TH '26 - FAITHFUL SPIRITUAL LIVING**

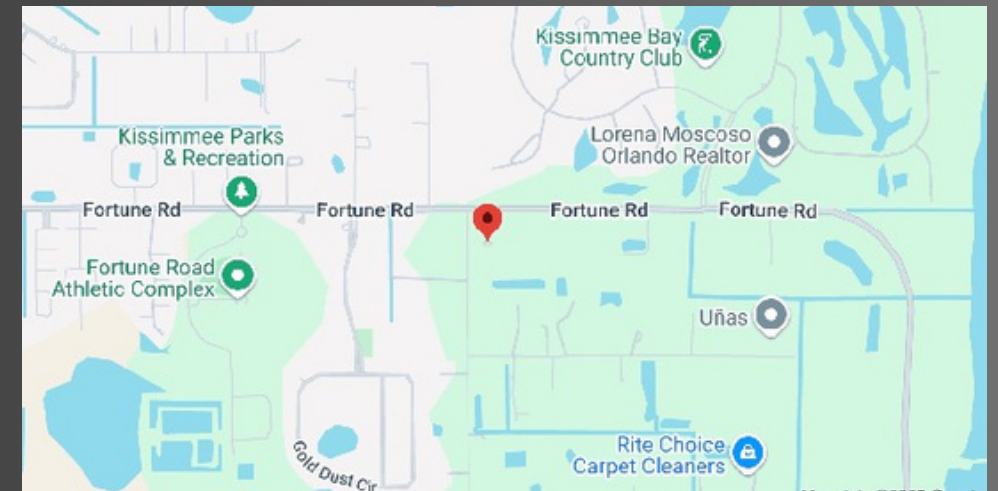
Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application

# 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.**

# CHRIST OUR SAVIOUR FELLOWSHIP AFRICA

MISSION FIELD



COSF Africa Pastor -  
Kenya  
James Walubayi

We pray for women ministry, orphans and widows ministry too, Pastor James's wife teaching.



# CHRIST OUR SAVIOUR FELLOWSHIP AFRICA

MISSION FIELD



COSF Africa Pastor -  
Uganda  
Mugulusi Geoffrey



Praise God brothers and sisters in Christ, we want to thank the Lord who has this week miraculously provided food for our ministry children through a church in USA and who donated some funds for food. Please pray for God's continued provision for food and other basic needs for the ministry children. Please also pray that the Lord would touch people's hearts to help and support these kids to get basic needs, there is still much gap and we pray the Lord to bring in people to join us in this calling to minister to Him and serve His people

May God bless you all in Jesus name



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 29<sup>th</sup> Church Service - Crusade & Shepherd's Table

# MISSION FIELD



*Pastor David Brinard*

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 -herbed pork, potato salad/rice  
Mar 7th- Pork & Veg Fried Rice  
[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.*

**rightnow**  
MEDIA®



*Have you seen the COSF Library...*

# Glorify God in Your Body

Early Christians in Corinth committed immorality based on certain premises or excuses to justify their actions. In this challenging session, pastor William Subash from The Crossroads Church in Bangalore, India, uses their example and Paul's correction for us to live today as people—minds, bodies, and souls—purchased by God through Jesus Christ.

**rightnow**  
MEDIA®

# 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](mailto:info@cosfchurch.com)

Please Pray For:

- 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 especially now in the colder weather
- COSF Florida please pray for the growth and sustaining of the Church

Brother Yoram his wife and newborn twins

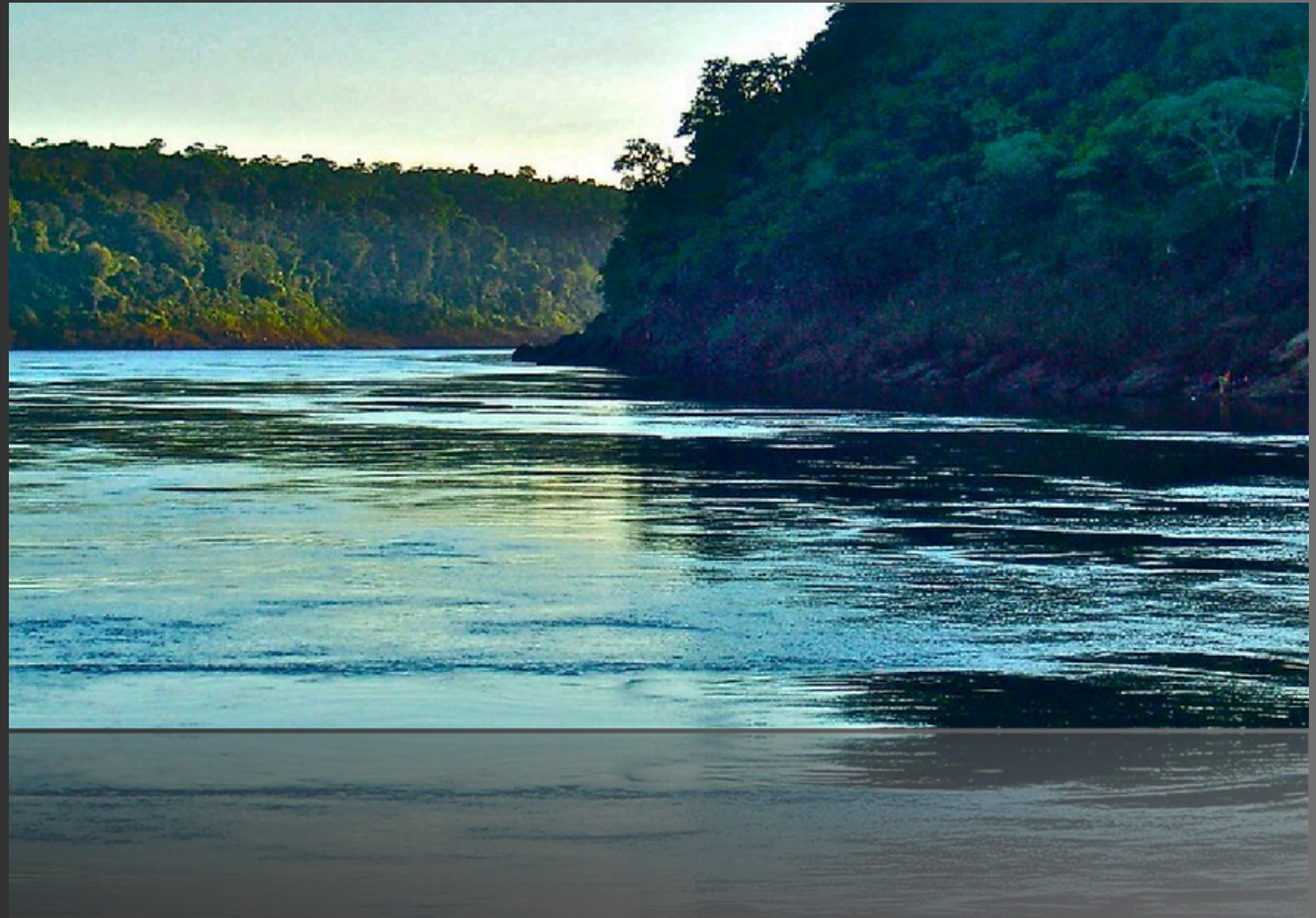
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- 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

*“... speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ. From him the whole body, joined and held together by every supporting ligament, grows and builds itself up in love, as each part does its work.”*

Ephesians 4:15-16



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.

## Ephesians 4:15-16

**”...SPEAKING THE TRUTH IN LOVE, WE WILL GROW TO BECOME IN EVERY RESPECT THE MATURE BODY OF HIM WHO IS THE HEAD, THAT IS, CHRIST. FROM HIM THE WHOLE BODY, JOINED AND HELD TOGETHER BY EVERY SUPPORTING LIGAMENT, GROWS AND BUILDS ITSELF UP IN LOVE, AS EACH PART DOES ITS WORK.”**