

August 26th 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

ISOLATION

Have you ever walked into a room or a gathering full of people bustling with activity chatter and conversations, laughter happening everywhere yet you feel alone?

What about that dinner out with a group of friends at your favourite restaurant? Everyone huddled close chatting eager to share their stories, yet something in you though engaged, at moments you feel restrained, you feel uncomfortable - an uneasiness as if you were there physically but your heart and mind are withdrawn and isolated within yourself?



There are so many more situations we can speak about, mention that are similar with that physical present BUT emotional, spiritual, mental absence. These are feelings of loneliness, isolation even with any number of people with bustling lives around us. How is this possible? How can we have this sense and absolute cage of isolation come upon us in the middle of all we do daily?

This brings very difficult emotions and challenges us on how we cope with our days...life! Let's look at some definitions for clarity in what we're discussing. If we break down the larger aspect to smaller categories we can say it's: *Social isolation* is the objectively measurable condition of having few relationships, roles or social interactions.

Loneliness is the distressing, subjective feeling that one's relationships do not meet one's needs.

Being & Living alone may be a risk factor for certain parts of the population - elderly, those with co morbidities but it is not the same as isolation. A person can live alone and remain

highly connected, while someone surrounded by people can feel intensely lonely.

So why/how is this happening? It's not a simple answer but we turn to the word of God to help us. We read in the beginning:

"It is not good for the man to be alone; I will make him a helper suitable for him."

Genesis 2:18

From the beginning we were called to fellowship, to not being alone, not isolated. There was fellowship with God and then fellowship physically with man and woman.



So from the beginning The Lord in His care gave social structure- to prevent these situations from overtaking us.

There is an intentional structure as always as to what the Lord did which we can measure today:

Fellowship , being together, interacting with each other, meeting new people. *Function*: our relationships provide emotional support, practical help, companionship, guidance or assistance daily and in life. *Quality* where we seek relationships are satisfying, trusting and supportive, rather than conflictual, excluding, controlling or harmful where we read :

“If possible, so far as it depends on you, be at peace with all men.”

Romans 12:18

To overly simplify things (without belittling the importance) by taking these points into account we can say these senses and feelings of being alone and isolated therefore can be the result from having too few contacts, insufficient support, poor-quality relationships.

People today are in a much greater degree of isolation, loneliness than anytime in history!

How prevalent are these feelings? While there is limited stats on this a recent study did show the following.

In Canada's first direct national measure for the population aged 15 and older found that 13% were always or often lonely in August and September 2021. The rate was 23% among people aged 15 to 24, compared with 9% among those aged 65 to 74 and 14% among those 75 and older. There was also changes to one-person households increased from 13.4% in 1971 to 29% in 2021.

These are some factors to consider in addition to other more general changes such as: smaller households, population aging, delay in family formation, geographic mobility, changing work patterns such as remote work and a decline in face-to-face community settings reduce regular contact. Digital communication , work and fixations on social media use for many are replacing meaningful

interaction for some people, particularly younger users.

We are called to fellowship, we are made for fellowship with the Lord, with each other.

Throughout the bible we read of this through the LOVE shown to others and the taking care of the least of God's people – the poor, widows, sick and each other as instructed .

When care, fellowship are withheld, when we are isolated, the effects are very real, we see:

Mental health effects: depression, anxiety, reduced life satisfaction, low self-worth and greater sensitivity to rejection. **Physical effects:** higher risks of cardiovascular disease, stroke, type 2 diabetes, cognitive decline, dementia and premature mortality. **Behavioural effects:** reduced physical activity, disrupted sleep, poorer self-care and delayed help-seeking. **Functional effects:** difficulty concentrating, reduced school or work performance, job instability and declining participation in community life. In a 2021 Canadian survey, **49% of people who were always or often lonely rated their mental health as fair or poor. In an increasingly isolated world there IS a crisis of loneliness and isolation.**

Yet, as the body of Christ, as believers we thank the Lord for how He has rescued/rescuing people from this plague. The Bible tells us of our fellowship with God though the world says otherwise :

"The Lord your God goes with you; He will never leave you nor forsake you" Deuteronomy 31:6

We read of the hope and joy of our new life in our Lord Jesus and fellowship we're called to:

"Let us hold fast the confession of our hope without wavering, for He who promised is faithful; and let us consider how to stimulate one another to love and good deeds, not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near." Hebrews 10: 23-25

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.

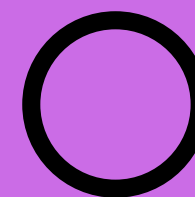
The book is set up in a digital format and also available on our website. Each song provides the lyrics and the musical key/chords for congregations and worship teams



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](#)

**SUNDAY SERVICE - WEEKLY COURSES & STUDIES
LOCAL & GLOBAL MISSIONS**



COSF BAND SECTION

WANT TO LEARN TO AN ORCHESTRA INSTRUMENT ?

We are adding band/orchestra
instruments to the worship team
for future special services.
IF you would like to join in please
let Gerald or Emma know what
you may be interested in learning:
*flute, trumpet, violin, clarinet or
others.*
practice days TBD





The
Shepherd's
Table

What's Happening at COSF?

Upcoming Events & Services



- COSF YOUTH Group- Fridays 6:45pm
- Jesus Jamz - Band practice
- COSF BBQ - Aug 30th after Service
- COSF Florida Church plant
 - Growth Forward
- Mission Trip - South Africa, Kenya & Uganda
- COSF Alpha 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 & LAURA MARTINS

There was this old Staples commercial on TV, which I can say was my least favourite. *“It’s the most wonderful time of the year!”* The parents celebrate the back to school season as the kids sit there with disappointed looks on their faces. Come on, sing along with us ... *“There will be essays for writing and math equations for solving, and dissections in science class. There will be class notes for writing and hallways for walking, and homework to wrap it all up. It’s the most wonderful time of the year!!!”* No matter how much we want to hold onto summer, it will eventually come to an end. We get comfortable in one routine and then things change ... causing us to adapt. As we get older, changes come even more often and there seems to be an increasing amount of decisions to make in our lives. These times of change are exciting but they can also be nerve wracking. Laura and I can both remember times we wish we could pause life and wait a little while before having another change or big decision to make. When you stop to think about it, everything in our lives, including ourselves, is constantly changing. But there is only ONE who never changes. As we read in Malachi 3:6 “For I, the LORD, do not change; therefore you, O sons of Jacob, are not consumed.” How comforting it is to

know that amidst a world that is constantly changing, our God never changes. He is the One leading us through this ever-changing world. Nothing in our lives is random but God holds all things in His Hands. He is in complete control of everything in the world, seeing all things, including every small detail of our lives. He is working out all things for our good and His glory. We find ourselves in trouble when we try to hold onto something else that is temporary and resist change, instead of trusting in God and His unchanging character. If we put our hope in other things, we see how they will fail. But God never does. Whether you are excited for the start of this new season or dreading the change, rejoice and have faith in God. He who never changes is with you. Let us put our hope in God as each of us continues to grow and He brings about new things in our lives.

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 !

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

Hello everyone, I hope you are doing well. This week I have been speaking with a brother who was very uplifted and encouraged by what the Lord had done. Families in his village, and many younger orphans were all brought together, and they spent time in fellowship, where the Word of God was shared. Praise God!! We just glorify Jesus Christ our Lord for what He does in the lives of His people when we believe! God bless you all!

Hello everyone,
I hope that you are well!
This week I heard back from our sister who we were praying for last week. She let me know that things are not going well and has asked for us all to pray for them. So please continue to commend our sister and those around her to the Lord, that they would be upheld in faith and know that they are not alone in their trials, but that the Lord is with them and that we also, their brothers and sisters across the nations, are with them in spirit, united in our Lord Jesus Christ.



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 film series - Across the Nations THIS FALL - September

AFRICA
Uganda
Kenya

CARIBBEAN
Jamaica
Barbados
St. Lucia
Trinidad
Guyana

Where: online & local in Person
When: Tuesday 6:00 PM EAT
Languages: English, Swahili & Luganda

**Stay tuned as we bring you
the ALPHA FILM Series to your
region!**
Dates: TBD
Location : ONLINE
COST: FREE



DISCIPLESHIP SERIES I

Grow in your walk with God

STARTS MONDAY
SEPTEMBER 14TH
@ 6:30PM

[Register
Here...](#)

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
FALL COURSE - Sept'26**

**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:

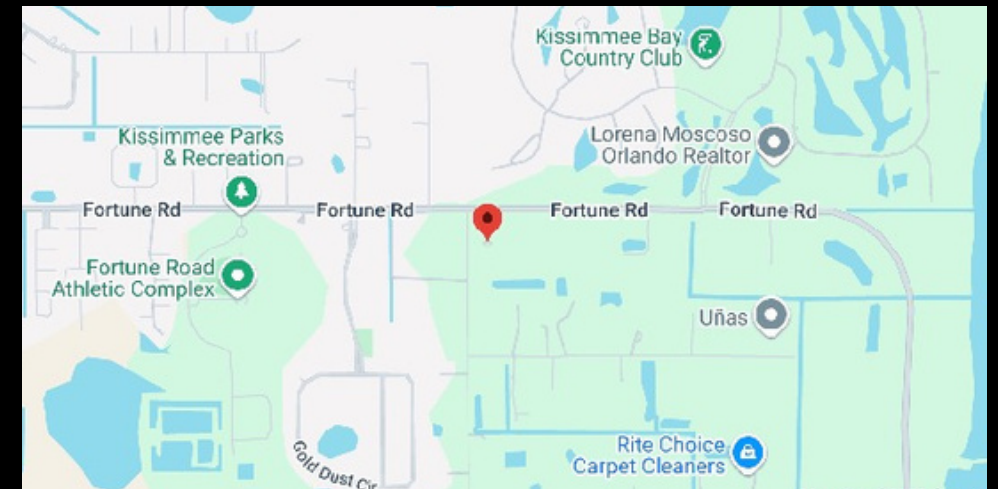
JULY 9TH '26 - GOD IN THE OLD TESTAMANT

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](#)**

CHRIS  **OUR
SAVIOUR**
— FELLOWSHIP —
FLORIDA

AFRICA MISSION

2027

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 - Beef & Veggie stew w/rice

Aug 29th - Chicken Cutlets w/ Rice&Veggies

[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...

NOT ALONE



In the beginning, God created one human. And in God's sin-free, beautiful world, something wasn't right. That the human was alone. The creation of Eve isn't just the story of marriage. It's also the beginning of community. God exists in trinity and we were made in his image.

We were created for community. And because our Father is generous, he's given us one of the most essential and life-changing relationships for community: friendship.

In this six-week study Not Alone, join Jennie Allen, Lauren Chandler, and Amena Brown as they talk all about friendship. Find out why we need friendship, discover biblical examples of friendship, and identify the pitfalls, challenges, and joys of friendship. They'll dive into the tough topics of toxic relationships, boundaries, and how to rebuild broken trust. But most of all, the teachers, real-life stories, and study guides will help you celebrate the encouragement, wisdom, and love that only comes when you're not alone.

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

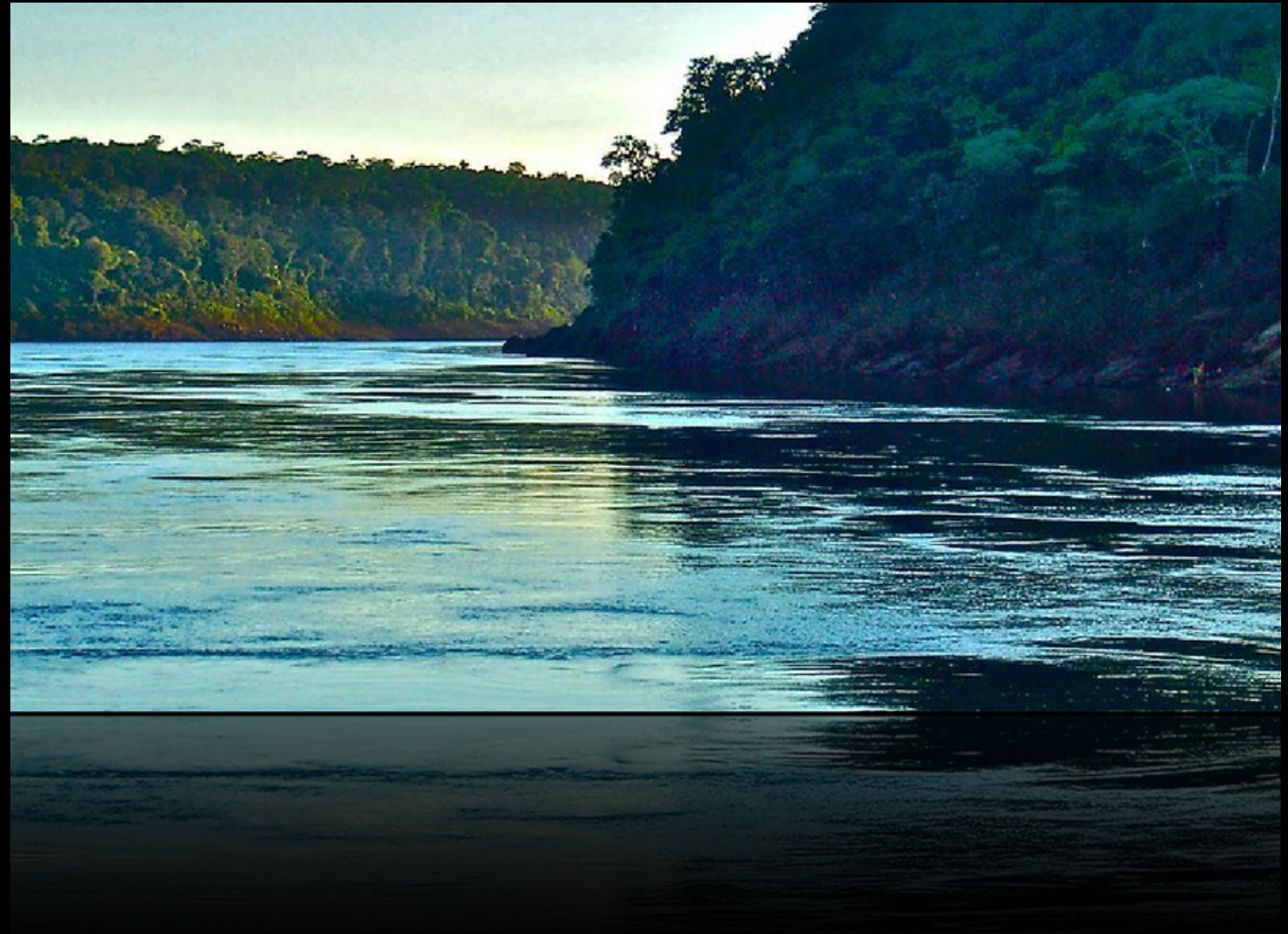
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- 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

*"The Lord your God goes with you;
he will never leave you nor forsake
you".*

Deuteronomy 31:6



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.

***“THE LORD YOUR GOD GOES WITH
YOU; HE WILL NEVER LEAVE YOU NOR
FORSAKE YOU”.***

DEUTERONOMY 31:6