

May 27th, 2026 EDITION

**weekly  
connection !**

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

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

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

*"GO... In Peace"*



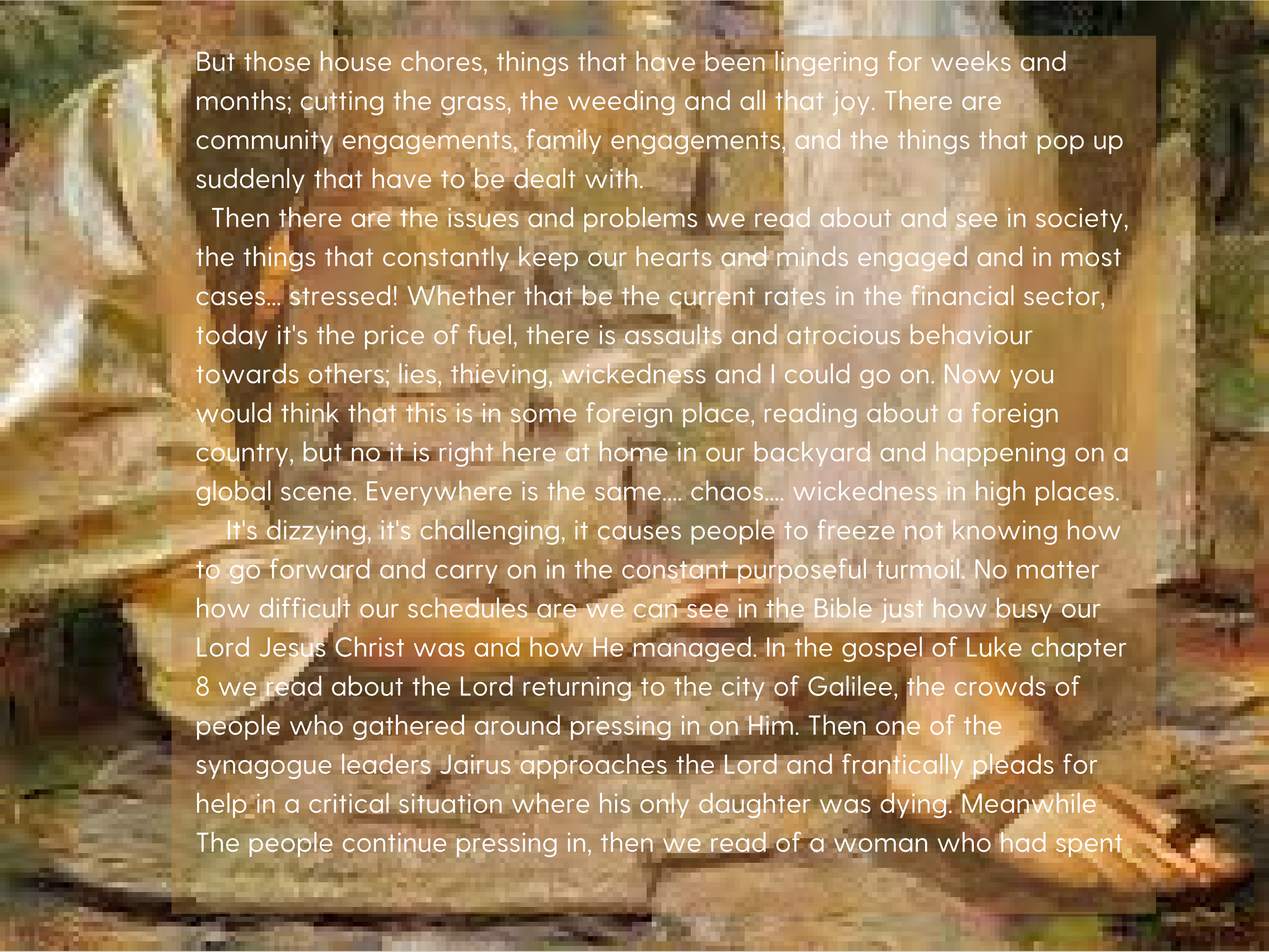
Peace. It's a word, a state that is seems to be eluding everyone today. There is such a hustle and bustle about life today. We've always heard our parents and grandparents saying things are so busy today and maybe it's age that's speaking to a certain degree, but when we truly look at our lives and society at the speed in which things are moving in life today, it is nothing short of chaotic! How are people to function, how our families able to operate and coordinate? Everywhere we look today there's something scream screaming for our attention.

Our cell phones are notorious for distractions of every type. Now, I'm a techie and I love my devices because they are great tools that allow me to do so much more work and be productive and this is the ideal use. Yet when we look at the statistics of usage the general breakdown looks something like this :

- 14.5% of the time devices are used for productivity and work applications.

-Screen Time for social media is approximately 35%  
-the remaining 50% is entertainment consumption; Netflix, YouTube, gaming, shopping and the like. So the ratio of work to entertainment consumption is for *every one minute* that the average person spends working or for productivity the social media use is 2.5 minutes! That's a 1 to 2.5 ratio of feeding one's brain more so eating up one's time with social media and this doesn't take into account the entertainment aspect of movies and videos!

How do people fit it all in? This is on top of our hectic work schedules; some people are working two jobs, some have side hustles, men have families of varying ages, there are those that we have to care for in our families and friends. Than there's our own time - the things that we have to get done as we have responsibilities in life.



But those house chores, things that have been lingering for weeks and months; cutting the grass, the weeding and all that joy. There are community engagements, family engagements, and the things that pop up suddenly that have to be dealt with.

Then there are the issues and problems we read about and see in society, the things that constantly keep our hearts and minds engaged and in most cases... stressed! Whether that be the current rates in the financial sector, today it's the price of fuel, there is assaults and atrocious behaviour towards others; lies, thieving, wickedness and I could go on. Now you would think that this is in some foreign place, reading about a foreign country, but no it is right here at home in our backyard and happening on a global scene. Everywhere is the same.... chaos.... wickedness in high places.

It's dizzying, it's challenging, it causes people to freeze not knowing how to go forward and carry on in the constant purposeful turmoil. No matter how difficult our schedules are we can see in the Bible just how busy our Lord Jesus Christ was and how He managed. In the gospel of Luke chapter 8 we read about the Lord returning to the city of Galilee, the crowds of people who gathered around pressing in on Him. Then one of the synagogue leaders Jairus approaches the Lord and frantically pleads for help in a critical situation where his only daughter was dying. Meanwhile The people continue pressing in, then we read of a woman who had spent

everything on physicians, tried everything to be cured from her long-standing bleeding disorder. In the midst of this crowd that has surrounded our Lord Jesus the woman humbly, purposefully, faithfully, intentionally reaches forth to touch the hem of his garment. In that act of humble surrender, she is healed by the grace of the Lord in the midst of all the chaos around Him.

While all the turmoil was happening around our Lord Jesus, the emergency of Jairus's daughter and the Lord being called from every side he suddenly paused and asked:

*"... who is the ONE who touched me? ..."* Luke 8:45

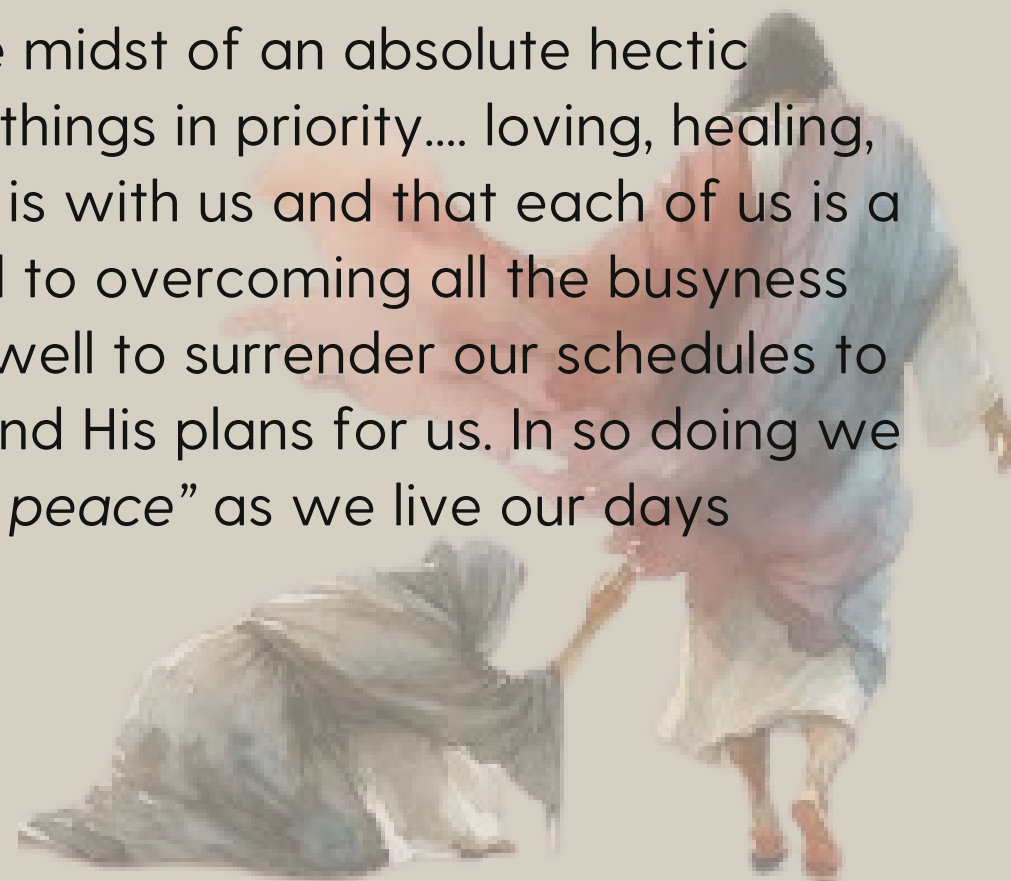
As we read the woman then openly declares if that it was her in the midst of the crowd pressing in. Everything stops as the Lord's focus is on the woman. All this time the crowds of people demanding the Lord's attention has not slowed, the emergency has not ended yet here is a pause in the midst of all the chaos. The glaring loving stare of our Lord and Saviour fixed on the woman who was prostrate having touched just the hem of his garment in faith. The Lord's response before everyone :

*" daughter your faith has made you well, go in peace."* Luke 8:48

It's amazing to read how touching and emotional, that in the midst of an absolute hectic schedule and the busyness of life the Lord always managed things in priority.... loving, healing, saving His people. How wonderful it is to know that our Lord is with us and that each of us is a priority to Him! Keeping the Lord as priority in our lives is vital to overcoming all the busyness and the things of life that rob us of peace. It would do us all well to surrender our schedules to the Lord for Him to lead us in daily routines, prioritizing Him and His plans for us. In so doing we get another daily touch of our Lord and may just hear "Go..in peace" as we live our days seeking and surrendering all things to our Lord.

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*

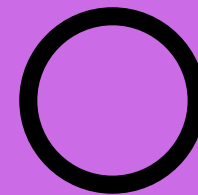
*The COSF Hymnbook is here! We're excited to bring you the songs and hymns that we sing unto the Lord so that as a global church we can sing forth glorious praises to our Lord Jesus.*

*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

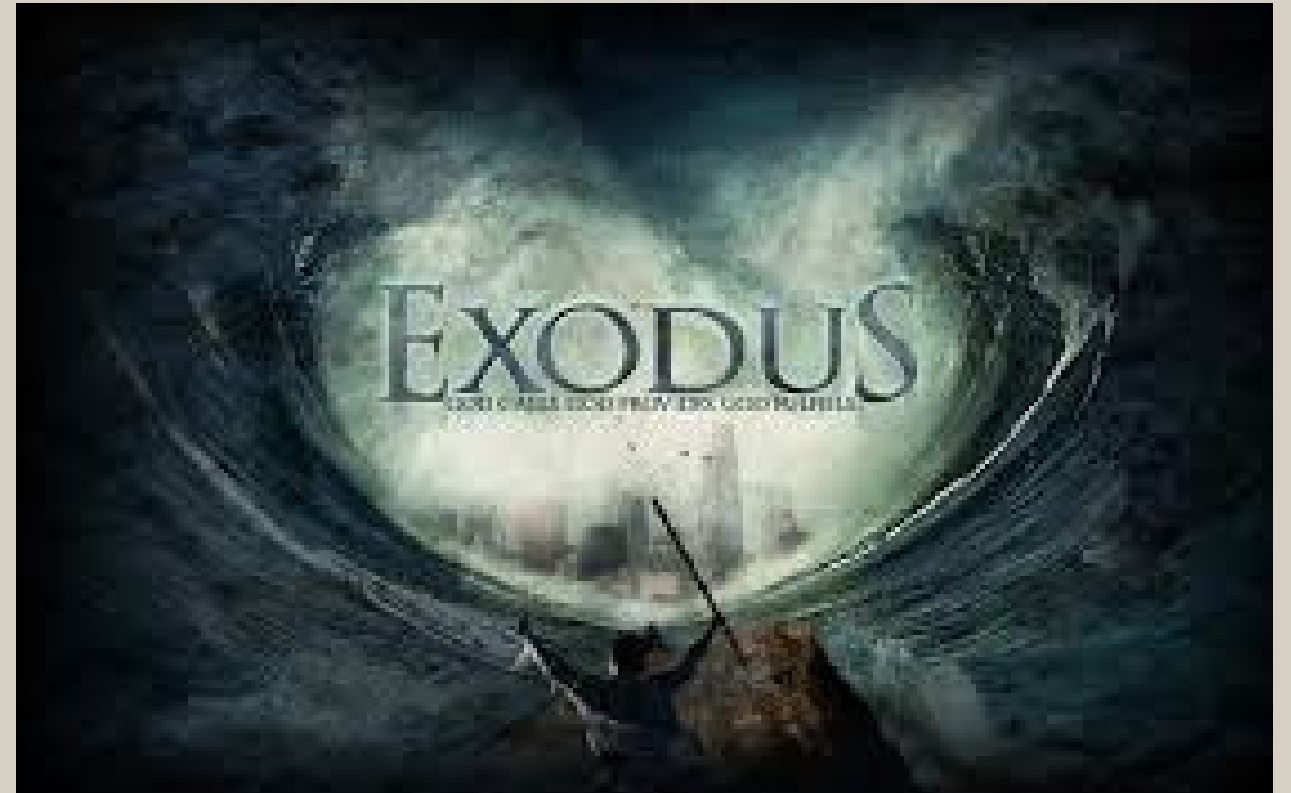


## Did You Miss Sunday?

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](#)



The  
Shepherd's  
Table

# 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 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 Martins &  
Laura Morris

Hi everyone :)

Jacob and Laura here. We hope you are all having a great week. It is hard to believe we are in the final week of May. Summer is just around the corner! Last week at youth we talked about being at the ready for when the Lord provides opportunities to be a witness and share our faith to others. As believers we have the responsibility of sharing our faith and proclaiming the good news of our Lord Jesus Christ. We never know when these chances will come, so we must be ready for every opportunity that God provides. Think of a runner who is waiting at the starting line. In preparation for the race, they regularly trained, practiced the course, and ate healthy. All of their training prepared them for this moment and they are ready to go immediately after the horn is blown. In the same way, as believers we are to prepare our hearts and minds, so that when God provides opportunities to share about Him, we are ready. In 1 Peter 3:15 we read, “but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence.”

You may be wondering, how do I get myself ready?

We must first have the Lord be number one in our hearts. We must seek God first through reading His word and times of prayer. We are to be rooted in the word of God. This includes regularly reading scriptures and being attentive to the ways the Lord is speaking to us through His Word. Prayer is also an important part of preparing our hearts. We are to seek to grow and be transformed in the Lord so we can demonstrate His goodness to others. We are to pray that God would help us to know and understand His heart for others and His will in our lives. This way we are not easily distracted by our thoughts or things around us and let opportunities pass us by without ever noticing them.

Another thing we can do to prepare ourselves is reflect on your own testimony and the work the Lord has done in your heart and life. God will powerfully speak to others through the story of His faithfulness in our lives. What a blessing it is that God uses us to share the Gospel with others. We encourage you to begin praying for opportunities and trusting that He will be faithful to.

God bless you all, see you 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 !

## CONTINUING EP. 3 OF OUR NEW SERIES...

**LIFE  
ON  
PURPOSE**

BROUGHT TO  
YOU BY ALPHA



## **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

# THE <sup>IN</sup> LIFE

Hello everyone. I hope you are all well. This week I have been speaking with a brother from India and we have been praying for the construction of his local church. They are struggling to find funds to finish the build, and to also support people in their community in the meantime. Lord Jesus, Heavenly Father, we thank You in all things and glorify Your holy and mighty name. We lift our brother and his church family up to You Lord. We pray that You would provide all things that they need to finish building Your house in their community. We pray that You would uphold them and bless them and nourish those in their community. Be glorified in all they say and do, in Jesus' name we pray, Amen!

**Noah Martins**

Hello everyone,  
I hope that your weeks are going well :)  
As it has been warming up outside the weather has been getting very hot in Pakistan. One of our sisters shared with me that because of the heat, all of the children around her had been sick the whole week. She herself has been very weak as she has anemia and her blood pressure has been very low. She has also been having stomach pain and body aches. Despite all this she is trusting in the Lord and that the trials will draw her closer to Him in faith. Please be praying for our sister and the children as they endure these challenges.

**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 31<sup>st</sup> 7:30 pm**

Location: Christ Our Saviour  
Fellowship

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

Cost : FREE

TryAlpha

## Alpha Film Series

TryAlpha

# EVER WONDER



TryAlpha

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 COURSE COSF GLOBAL -ONLINE

#### India-Pakistan- Bangladesh Region

Course - Jun 2nd 6:30PM-IST English

#### Kenya Region

Course - May 5th 5:00PM EAT English

#### Uganda, Africa

Course - May 5<sup>th</sup> 5:00PM EAT English

#### Zambia Region

Course - May 5<sup>th</sup> 4:30PM CAT. English

Uganda & Kenya Pastors - May 8<sup>th</sup> 5:00PM EAT English

## Alpha YOUTH! Series



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.

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**

**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**

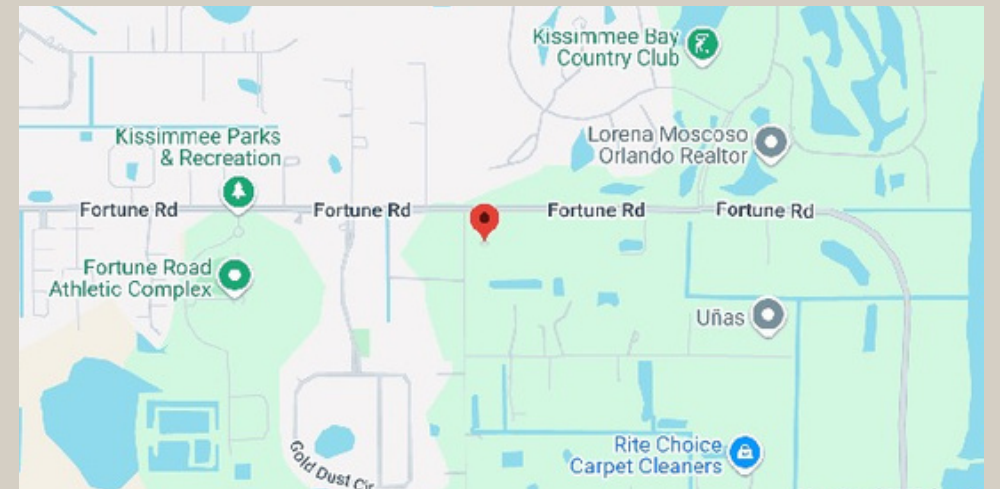
**Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application**

# 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**  
— F E L L O W S H I P —  
F L O R I D A

# 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.**



***Bungoma, Kenya - The Shepherd's Harvest ,  
growing well! Almost time for harvest***





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



*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 - Mashed potato, Meatballs & Veg

May 30<sup>th</sup> - chilli

[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...*



Are you busy, tired, stressed out, and stretched to the limit? Does life seem a little out of control? Are you running long on "to do's" and short on time?

In the series, *Balancing Life's Demands*, you will learn how to put "first things first" and find peace in the midst of pressure and adversity. This isn't about cliches or quick fixes, just practical biblical insights to help you order your personal world. This series was previously titled *Biblical Priorities*.

# Balancing Life's Demands

# 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:

- 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

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  
Dinas family and their recent loss- pray for the peace of the Lord to be with them

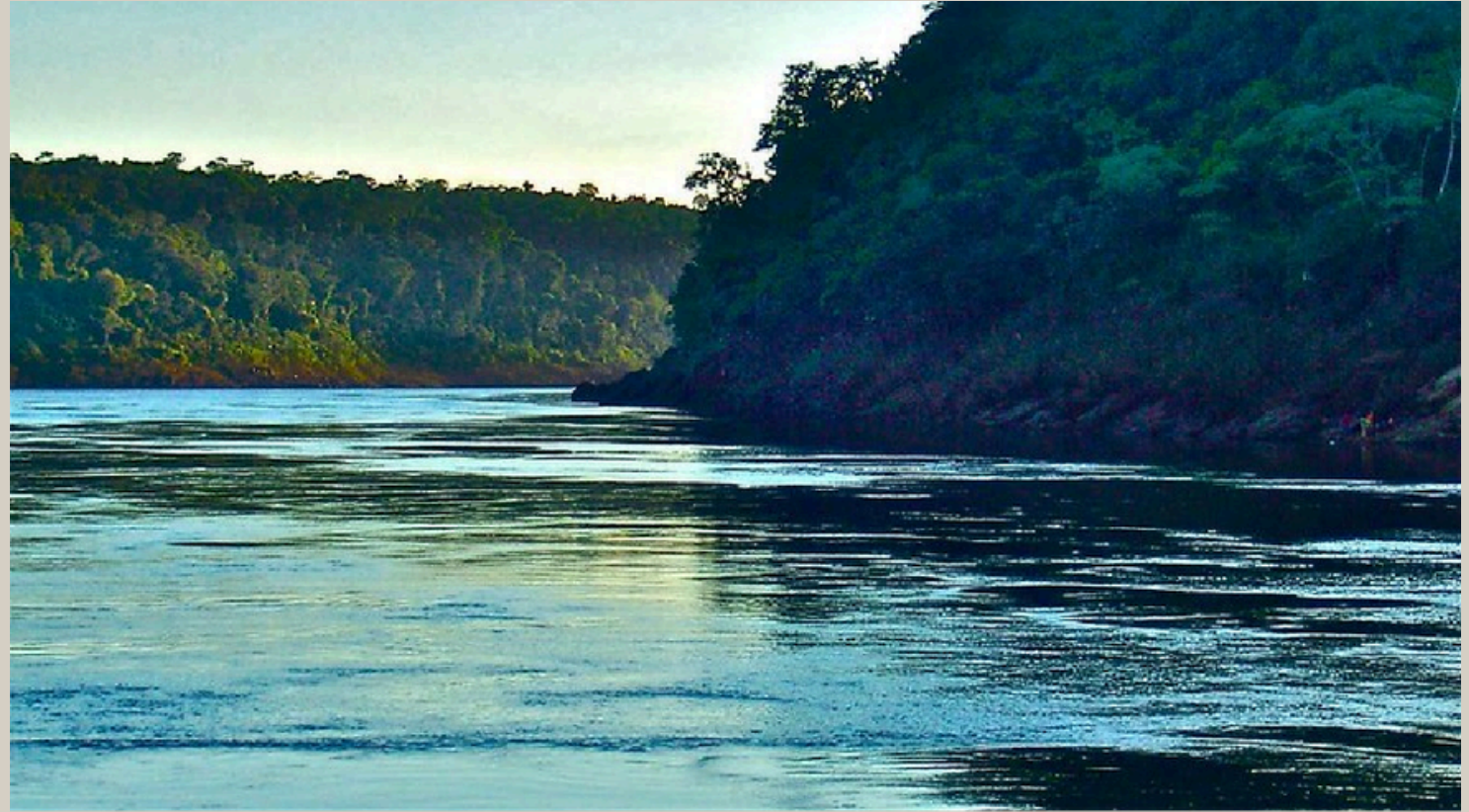
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, health, homelessness, persecution

- 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

***“When the woman saw that she had not escaped notice, she came trembling and fell down before Him, and declared in the presence of all the people the reason why she had touched Him, and how she had been immediately healed. And He said to her, “Daughter, your faith has made you well; go in peace.”***

***Luke 8:47-48***



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.

**WHEN THE WOMAN SAW THAT SHE HAD NOT ESCAPED NOTICE, SHE CAME TREMBLING AND FELL DOWN BEFORE HIM, AND DECLARED IN THE PRESENCE OF ALL THE PEOPLE THE REASON WHY SHE HAD TOUCHED HIM, AND HOW SHE HAD BEEN IMMEDIATELY HEALED. AND HE SAID TO HER, “DAUGHTER, YOUR FAITH HAS MADE YOU WELL; GO IN PEACE.”**

**LUKE 8:47-48**