

April 22nd, 2026 EDITION

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

**weekly  
connection**

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

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

# THE MIND OF CHRIST



There is a phrase often we hear periodically " *from the shadows of my mind...*" it's in songs, it's in some of our expressions, we find it in poetry and we find it in science! *The shadows of my mind..*it may mean different things to different people and used in a variety of ways but there is a commonality to it - shadow and mind. The word shadow is as it states a darkened area, a place with less illumination or light. Many children (myself included) find those shadowy areas very well scary! I remember not wanting to go downstairs in the basement.The lights had to be on. Any sense of darkness would just

make my knee shake, my heart would flutter, my breathing would increase. Fear came up upon me in those shadows.

Thank goodness for dual light switches that were very well employed in my young years.

Many people walk around in a state of fear. There could be many reasons why but there's something happening within their emotions something happening within their brains



triggering a response. Blockage, motion, shadowy thoughts. even all your scary movies happen in dark and shadow scenes. Musicians and poets use the phrase in their music lyrics and parts of reflective proses in expressing angst, melancholy, sorrow, human emotions, things dark and heavier that can keep a person burdened. *where is/are this/they coming from? What shadowy corners do I have in the my mind - in the shadows of my subconscious - what unspoken memories linger - what inner conflicts are raging - O the emotional depth of myself who can understand ?*

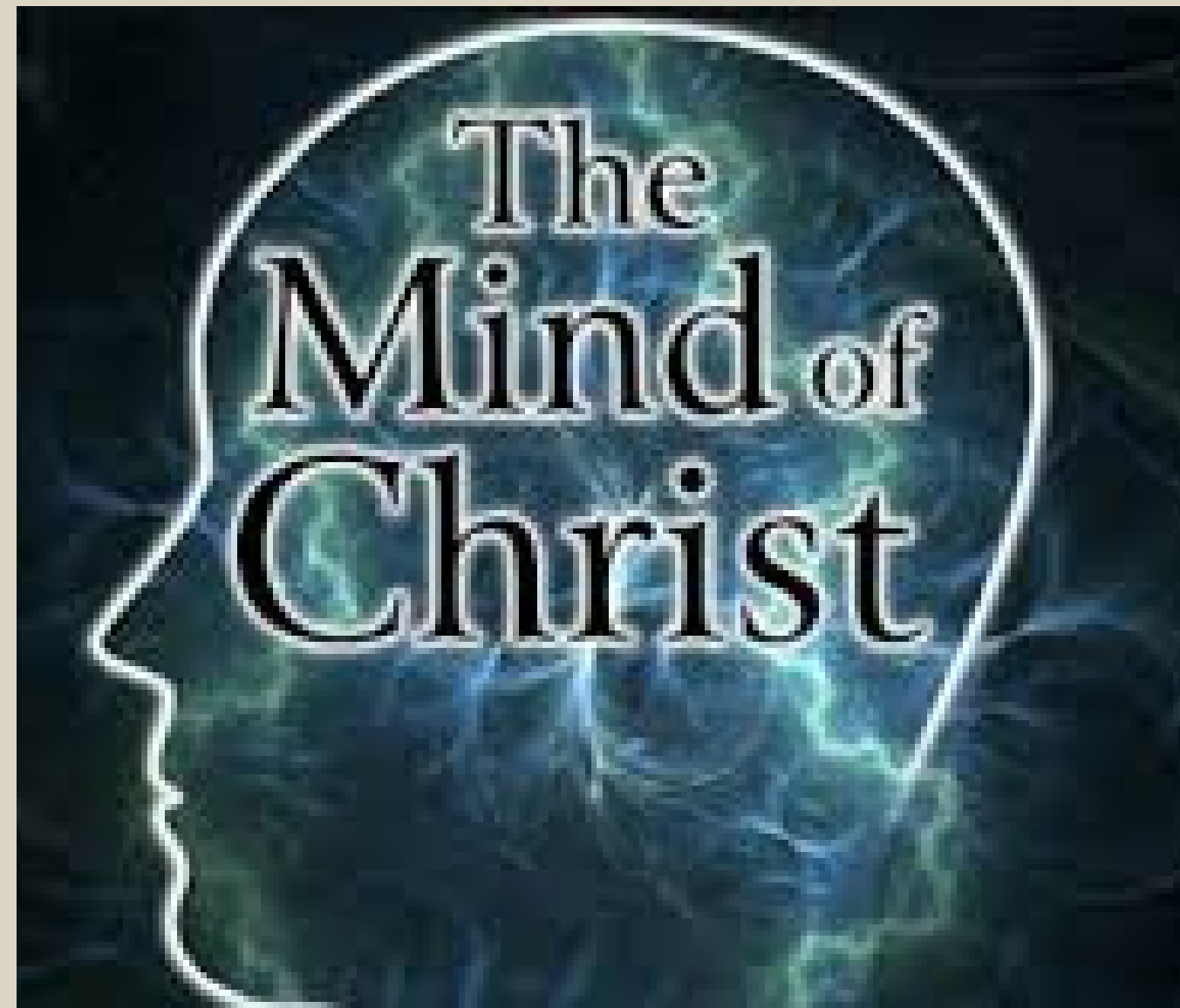
That does sound pretty dreary , pretty shadowy and dark . Science, cognitive physiology uses terms like: *Implicit cognition ,Automatic processing, Attentional bias, Priming ,Subconscious influence* to explain away the process: You suddenly feel uneasy but don't know why → emotional processing has occurred before conscious explanation. Later insight feels like it came “from the

shadows.” Clinical psychiatry will explain it as any one of: Unconscious conflict, Suppressed or avoided material, Emotionally salient memories, Dissociated experiences (in some cases) examples such as :Trauma memories may exist outside conscious awareness → They can re-emerge as symptoms, thoughts, or emotions. They reside on the sidelines, not in the main freeway of thought we function in daily but in shadowy area of our mind.

Carl Jung referred to the “shadow” aspect as being the unacknowledged parts of the self where the expression “Shadows of my mind” = repressed, denied, or unintegrated aspects of the psyche and the NEED them into awareness is part of healing. *Interesting!* So we can see that a lot of what we're being talking about here is a covering a darkness of the mind and of the emotions, things pushed to the side unresolved like stuffed into a dark closet, bringing with it fear, anxiety and some of the most challenging emotions.

It's in this **dark place** isolated and alone in

our hearts and minds that the adversary of our souls wishes to keep us captive, enslaved and in fear - of what lurks in the shadows of our minds. This is a difficult place to be and in many cases each person has and is experiencing exactly this; add to this the busyness and the stress of daily life the things we have to do are obligations and the trials of the world all compound to create a perfect storm of chaos. WHAT ARE WE TO DO?



First of all, We need to be in the Living Word of God in order to *discern* all things:

*“For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. “*

Hebrews 4:12

The darkened feelings that can come upon us out of no where , are of the adversary waiting for an opportunity to launch an attack from the shadowy fringes and sidelines. So, whats there we've been holding onto that has been weaponized against our hearts and minds? Things we've even carrying too long and still refusing to surrender to the Lord to be HEALED. Remember OUR Lord Jesus has cleasned and healed of all these things ALREADY!! The human heart and mind always run behind the spirit.

It is vital we persevere in our walk and the *“ working out of our salvation. ”* *Philippians 2:12*

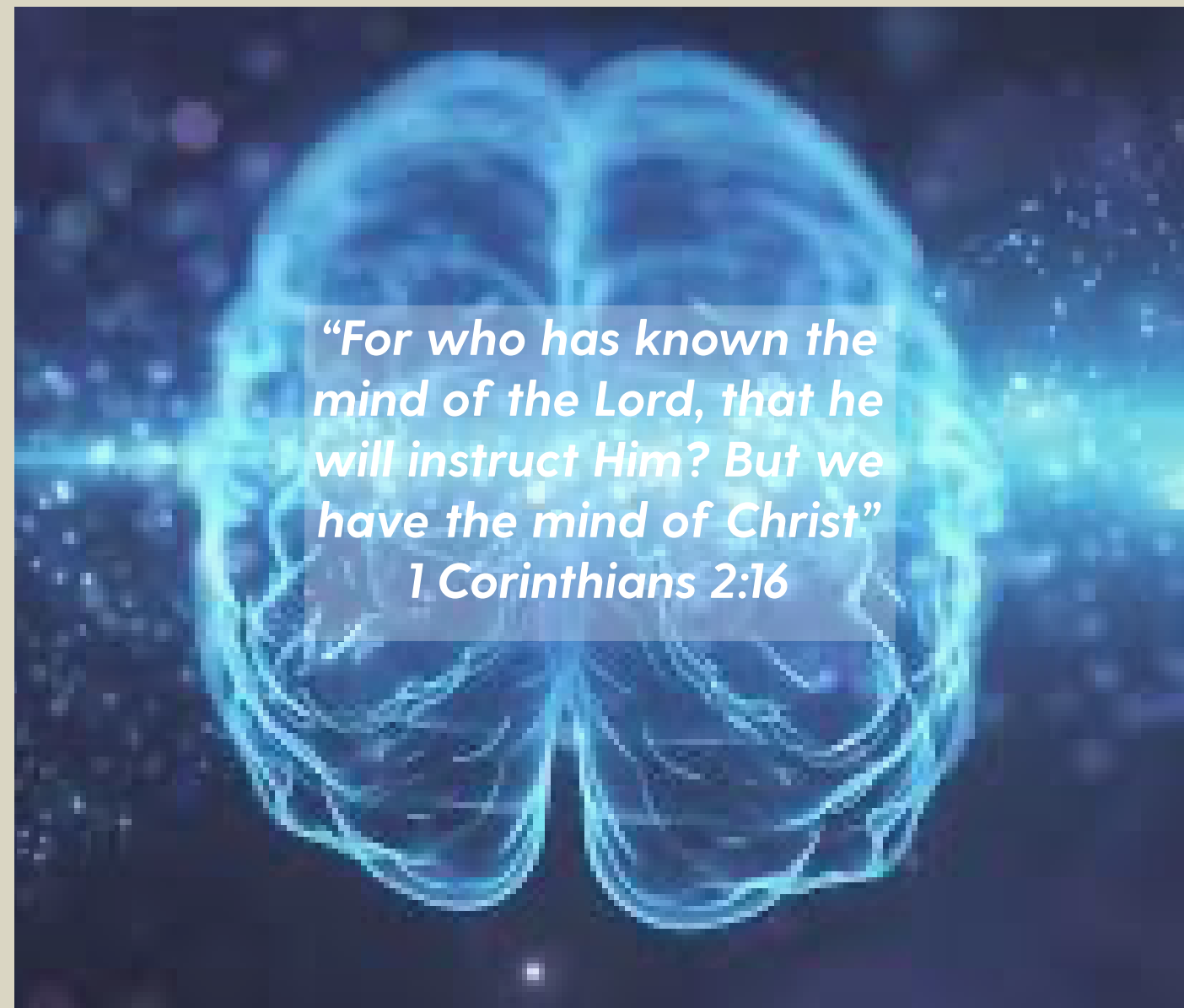
*How? Surrender , bring ALL things into the light of the Lord where:*

*“We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ”*

In so doing there is a great probability the illumination of the Lord will dispel all those fears and anxieties lurking in the shadows of our minds.

See you Sunday 10:30

Pastor Bhawani - Who will you invite?




***“For who has known the mind of the Lord, that he will instruct Him? But we have the mind of Christ”***  
***1 Corinthians 2:16***

*“Sing to the Lord a  
new song;  
Sing to the Lord, all  
the earth.”  
Psalm 96:1*

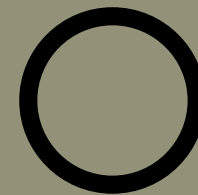
*The COSF Hymnbook is here! We're excited to bring you the songs and hymns that we sing unto the Lord so that as a global church we can sing forth glorious praises to our Lord Jesus.*

*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

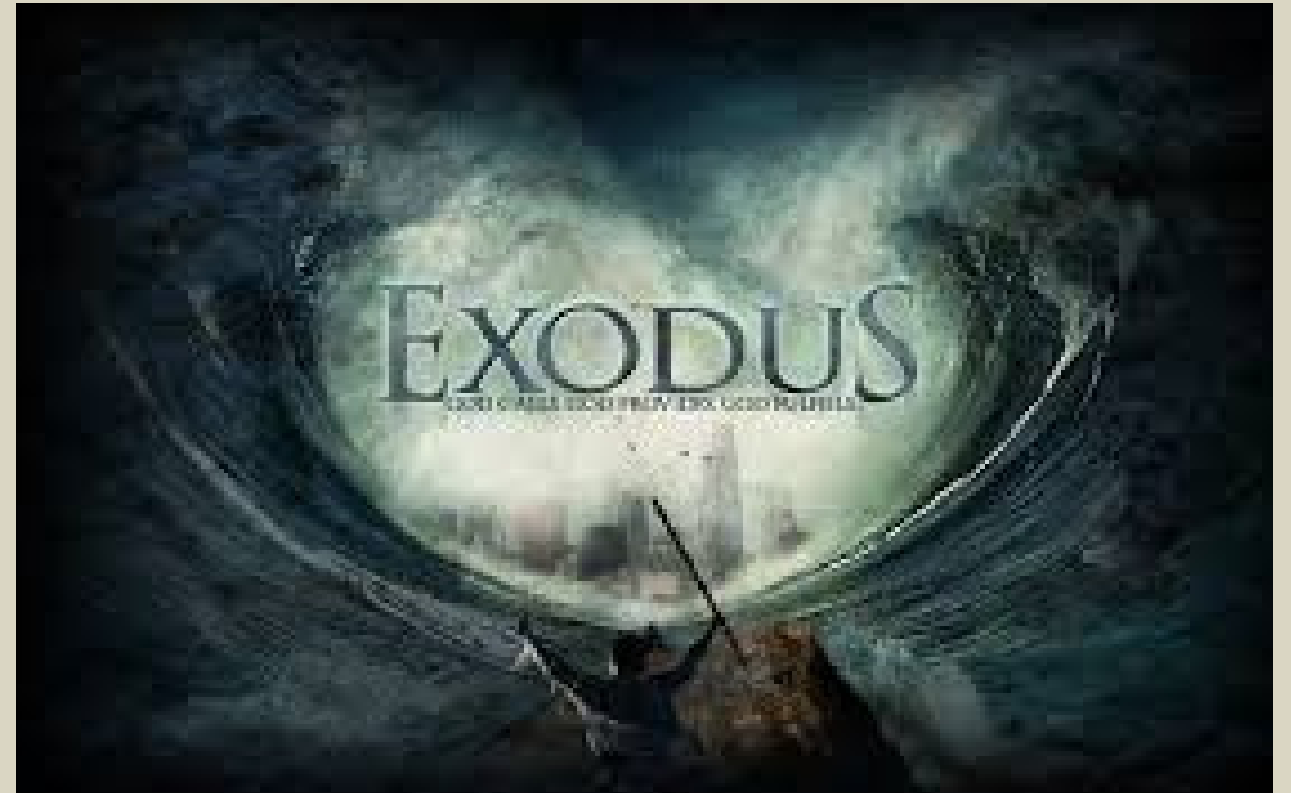


## Did You Miss Sunday?

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 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 <sup>IN</sup> LIFE

Hello everyone, I hope you all are doing well. This week I have been speaking with a brother from Pakistan, who is struggling as his young daughter has passed recently. We just commend the family to our Lord, knowing that only He can uphold them through this time of grief. We hold to the promise that Jesus came to reconcile us to the Father through His death and resurrection, and that whoever calls on the Name of the Lord shall be saved! Please be praying for our brother and his family, and God bless you all.

Hello everyone, I hope that your weeks are going well! A sister from Uganda has messaged me about an orphanage she is running. The children don't have food and clothes and are in need. Please pray for the 72 children and for the Lord's provision to sustain and uphold His children with the essentials they need to survive here on the earth, and to satisfy and sustain them with Himself drawing them nearer to Him.

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

**Location: Christ Our Saviour  
Fellowship**

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

**Cost : FREE**

Alpha

alpha

## ALPHA COURSE COSF GLOBAL -ONLINE

### India-Pakistan- Bangladesh Region

	Date - Local Time	-Language
<b>Course #1 -</b>	<b>May 5<sup>th</sup> 7:30PM-IST</b>	<b>English</b>

### Uganda Region

<b>Course #1U -</b>	<b>May 4<sup>th</sup></b>	<b>English</b>
<b>Course #2U -</b>	<b>TBD.</b>	<b>TBD</b>
<b>Pastors #3 -</b>	<b>May 6<sup>th</sup> 7:30PM-EAT</b>	<b>English</b>

### Kenya Region

<b>Course #1K -</b>	<b>May TBD</b>	<b>7:30pm</b>	<b>English</b>
<b>Course #2K -</b>	<b>TBD.</b>		<b>Swahili</b>

### Zambia Region

<b>Course #1Z -</b>	<b>May TBD.</b>	<b>PM-CAT</b>	<b>English</b>
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### Florida

<b>Course #1 -</b>	<b>May 4<sup>h</sup></b>	<b>7:30 PM</b>	<b>English</b>
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### Trinidad & Carribean Region

<b>Course #1 -</b>	<b>TBD.</b>		<b>English</b>
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## 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**

**CHRIST**  **OUR SAVIOUR**  
FELLOWSHIP



  
**ARTOS**  
ACADEMY.

# 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!**

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

**NEXT COURSE:**

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

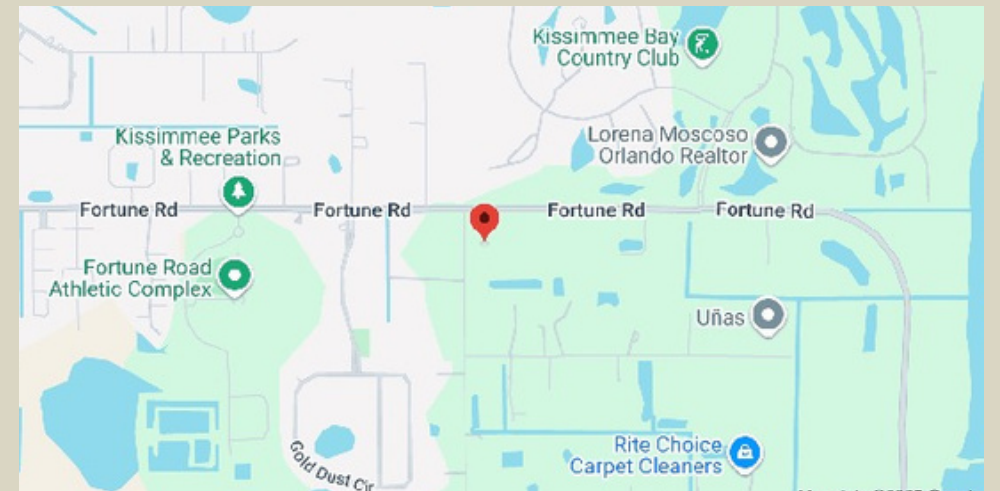
**Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application**

# 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**  
— 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.**



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 - Pork w/ Mexican Rice

April 25th - Orzo salad with meatballs

[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...*

Jesus walked away from toxic people, and you should too.

In the Gospels, we read that when Jesus spoke a hard truth, sometimes the other person chose to walk away. Other times, the person asked Jesus to leave—and he complied. There were also times when people begged Jesus to stay, but he walked away so he could remain completely focused on the mission God had for him.

As Christians, we often feel the guilt and responsibility of meeting the needs of unhealthy people in our lives. Instead of attempting the impossible task of mollifying toxic people, it's time we dedicate our energy to the only worthwhile effort: completing the work God has given us by investing in reliable people.

**WHEN TO  
WALK AWAY**



# 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 James 's wife who has had a stroke

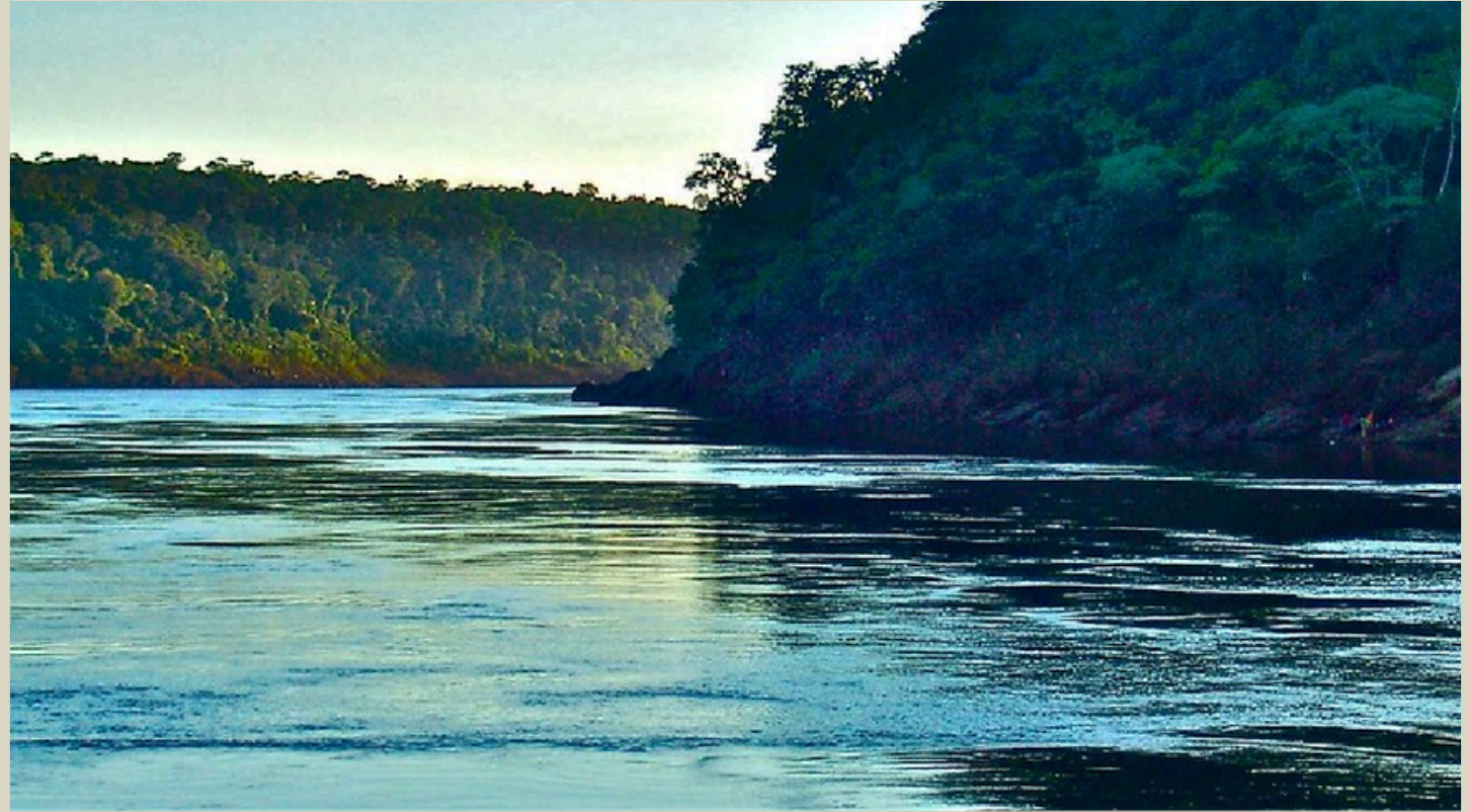
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- 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

***“And even if our gospel is veiled, it is veiled to those who are perishing, in whose case the god of this world has blinded the minds of the unbelieving so that they might not see the light of the gospel of the glory of Christ, who is the image of God.”***

***2 Corinthians 4:3-4***



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.

**“AND EVEN IF OUR GOSPEL IS  
VEILED, IT IS VEILED TO THOSE WHO  
ARE PERISHING, IN WHOSE CASE  
THE GOD OF THIS WORLD HAS  
BLINDED THE MINDS OF THE  
UNBELIEVING SO THAT THEY MIGHT  
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**2 CORINTHIANS 4:3-4**