

May 20th, 2026 EDITION



www.christsavioursfellowship.com
info@cosfchurch.com

CHRIST **OUR**
SAVIOUR
— FELLOWSHIP —

**weekly
connection !**

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

In The Shadows



ON SUNDAY, we spoke about “secret agents”, the things hidden within us that may be laying dormant working in the background, usually contrary to the righteousness of the Lord and creating challenges as they linger. We spoke about how these things are in the shadows working untruthfulness, not wanting to be seen or brought into the light and more.

These things are the lingering effects, the residue of our old person. Oh how we wish that they were gone and some of us may think "I thought I was through with that... or those...." situations or behaviours. Thankfully the Lord washes many of these things away almost immediately but then there are the things that we don't quite want to surrender, don't really want to handover or may not know how to. In these situations we see the lingering of behaviours and broken cycles acting as these dark agents working within.

Where we're called to walk in the new man as we are transformed by the Lord, here are these things holding us back creating broken cycles repeating cycles and the emotional challenges, and more to come with them. What are we to do? To begin with as we spoke on Sunday is all things need to be brought into the light and truthfulness of our Lord and Saviour Jesus Christ. It could be one behaviour or emotion or situation it could be a multitude of agents working behind the scene.

Regardless it is in the Grace and in the power of our Lord that all these things are defeated. As we talked about the stealthiness of a secret agent they lay low they wait in the shadows for the opportune time to complete their mission. So too we see these hidden behaviours the residue of old waiting. Now these seasons may be frequent they may be few and far between but if they are still there they will show themselves; it's a matter of when and not if.

It brings us back to the question of what do we do? Let's have a look at Psalms 32:



How blessed is he whose transgression is forgiven, Whose sin is covered!

*How blessed is the man to whom the Lord does not impute iniquity
And in whose spirit there is no deceit!*

*When I kept silent about my sin, my body wasted away
Through my groaning all day long.
For day and night Your hand was heavy upon me;
My vitality was drained away as with the fever heat of summer.*

I acknowledged my sin to You, And my iniquity I did not hide;

I said, "I will confess my transgressions to the Lord"; And You forgave the [f]guilt of my sin.

Therefore, let everyone who is godly pray to You in a time when You may be found;

Surely in a flood of great waters they will not reach him.

*You are my hiding place; You preserve me from trouble;
You surround me with [h]songs of deliverance.*

*I will instruct you and teach you in the way which you should go;
I will counsel you with My eye upon you.*

*Do not be as the horse or as the mule which have no understanding,
Whose trappings include bit and bridle to hold them in check,
Otherwise they will not come near to you.*

*Many are the sorrows of the wicked, But he who trusts in the Lord,
lovingkindness shall surround him.*

*Be glad in the Lord and rejoice, you righteous ones;
and shout for joy, all you who are upright in heart.*

Psalm 32

How amazing to read of and rejoice as David did in the forgiveness that is in our Lord, and how this done is by exposing and bringing the sin within into the open into the light of the Lord!

You see the psalm continues to tell us how blessed we are about our honesty about our communication with God. There's also a tremendous warning about having a contrary relationship with God:

“When I kept silent about my sin, my body wasted away Through my groaning all day long. For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer.”

Psalm 32:3-4

Remaining in the secret shadows never goes well yet we read that once the sin is acknowledged and surrendered to God He is able to uphold and surround us with songs of deliverance as we read:

“You are my hiding place; You preserve me from trouble; You surround me with songs of deliverance. “

Psalm 32:7

There is the mercy of our Lord that when we come to him in honesty and surrender in worship His mercy is never failing, and He is faithful to uphold and cleanse of all unrighteousness as we come into the light of our Lord and Saviour Jesus Christ. On Sunday I asked to whom do we serve? Are you an agent of righteousness or an agent of unrighteousness with things lingering secretly within? As you can see always our Lord is ready and waiting to heal each and every one of us. Let's bring all of our ourselves surrendered before our Lord to be healed.

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*

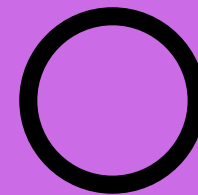
The COSF Hymnbook is here! We're excited to bring you the songs and hymns that we sing unto the Lord so that as a global church we can sing forth glorious praises to our Lord Jesus.

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

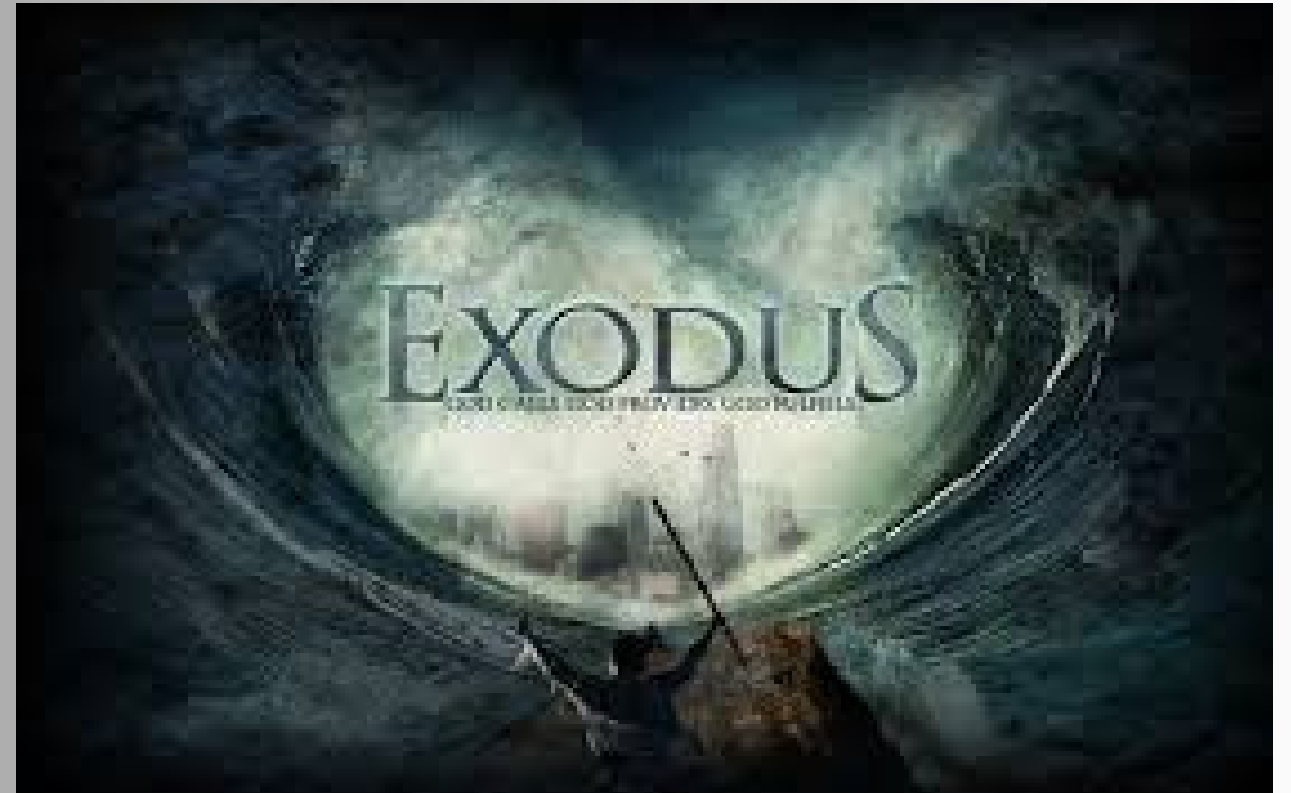


Did You Miss Sunday?

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

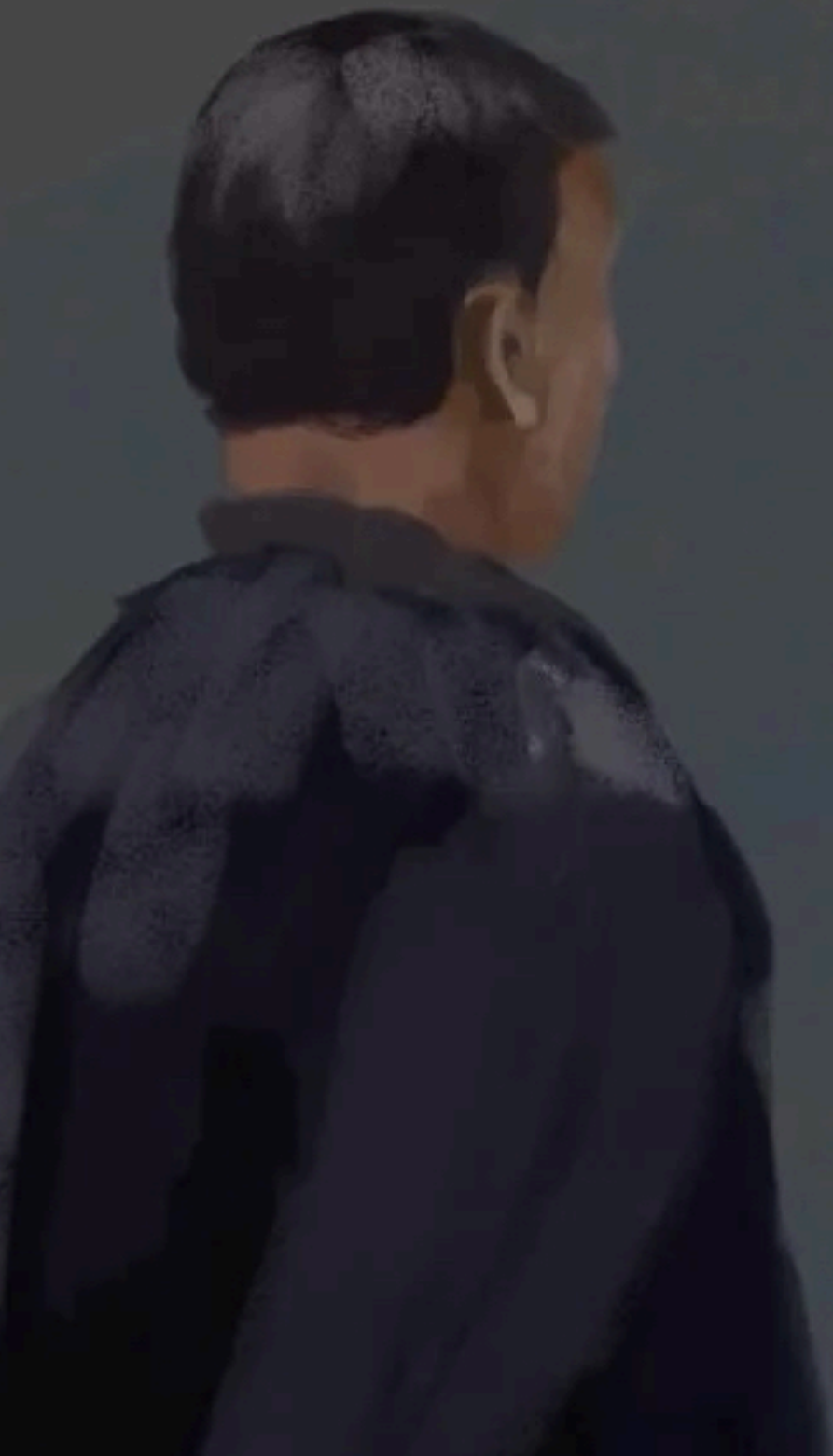
[CLICK HERE TO DONATE](#)

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 and that you enjoyed some extra time off with your family and friends over the long weekend. Last Friday, we began our new series called Life on Purpose, where we are learning more about sharing our faith and evangelising. As we spoke about, our homework was praying that God would reveal the people and the situations in our lives where He is calling us to be demonstrations of His heart.

We wanted to take the time to encourage you all in this. For there is a key here ... God calls us to be demonstrations of His character. As believers, we are called to reflect the character of Jesus and grow to be more like Him each day. In order to do this, we must be transformed. We read of this in 2 Corinthians 5:17 "Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come." Imagine a chef that doesn't like food, or a baker who doesn't eat sweets. That would seem backwards, wouldn't it? It doesn't fit the character of a chef to dislike food and may leave you feeling confused if he's a 'real' chef. The same is true for us as Christians.

If our hearts are not changed, people will not be able to see Christ in us. They will see the same example set by the world and not understand the power of God to transform our lives. God wants us to abandon ourselves, who we are and who others think we are. When we do, people will interact with us and see the character and heart of Christ in us ... the love, the humility, the selflessness and the compassion of God. But we cannot muster up these traits within ourselves. We must let the Lord change us and have His way. This is a complete transformation in our hearts and perspective where we see the blessing of getting to serve the Lord and being an ambassador for Christ in the world. It is then we will look in the mirror and no longer see ourselves, but we see our Lord and Saviour Jesus Christ. God bless you all and we will 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 !

BRAND NEW SERIES BEGINS THIS WEEK

**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 ^{IN} LIFE

Hello everyone I hope you are well. This week I have been speaking with a brother from Kenya, who has had many prayer requests. His main struggle is having trouble having food for some orphaned children that he helps to take care of, as well as some health issues. Lord Jesus, we just lift our brother up to You. We thank You and glorify You in all things. We pray that You, Holy Spirit God, would move in our brother's life, provide all things he needs by Your will, and strengthen his faith to put all His trust in You who is able. We pray for the children, that you would uphold and bless them. And we pray for healing in our brothers life. We thank You for how good and merciful you are to us. In Jesus' name, Amen!

Noah Martins

Hi everyone,

I hope you are doing well.

This week, one of our sisters' shared with me that she had lost both her aunt and her sister who have gone home to be with the Lord. They both passed in the same day and she is really grieving. Please be praying for her and her family as they mourn and that the Lord would comfort them with His presence and uphold them in this trial, in Jesus' Name.

The Lord says,

“Blessed are those who mourn, for they shall be comforted.” – Matthew 5:4

Emma Censoni



classes & study

Alpha Film Series

The Alpha Film Series is emotive, engaging and epic in scale and scope. Nicky Gumbel and two new presenters, Toby Flint and Gemma Hunt, walk through the basics of the Christian faith in a way that everyone can relate to. The episodes feature inspiring stories and interviews from all around the world, as well as visual illustrations and motion graphics.

ALPHA film series - IN PERSON

Begins **MARCH 31st 7:30 pm**

Location: Christ Our Saviour
Fellowship

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

Cost : FREE

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 - May 12th 6:30PM-IST English

Kenya Region

Course - May 5th 5:00PM EAT English

Uganda, Africa

Course - May 5th 5:00PM EAT English

Zambia Region

Course - May 5th 4:30PM CAT English

Uganda & Kenya Pastors - May 8th 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

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



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

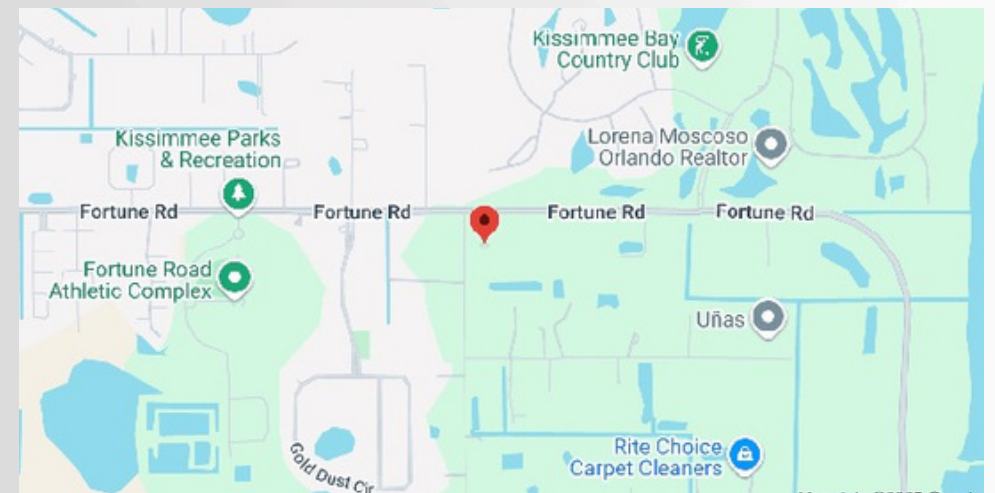
Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application

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.

Pastor Yoram Besigye



Uganda
Brother Yoram's Church
preaching and learning
about baptism

Pastor Yoram Besigye



Uganda
Brother Yoram's Church
Children in the Lord!



As part of COSF Caribbean we are called to the area to help service through :

The Shepherds Table- feeding the poor and hungry

Preaching the Good news of the Gospel

Teaching and Discipleship - local body of Christ and future leaders

Upcoming events for 2026:

Nov 29th Church Service - Crusade & Shepherd's Table



Pastor David Brinard

MISSION FIELD

Shalom!!! Greetings in the matchless name of our Lord and Saviour Jesus Christ. The Kingdom of God is endless and its progressive no matter what circumstances. The one who is in us is greater than the one who is in the world. His word never go in vain. We are pressing on to the goal to preach the good news of Jesus Christ and planting church. We need your prayers and support. Please do stand with us as a team of COSF to make the difference in the lives of these Indians and to expand the kingdom of God here in India..



COSF @ Home

The Shepherd's Table

Our Shepherd's Table Ministry provides warm, nutritious meals for those in need locally and in the missions field where we are called.

We will be out this Saturday from 1:00-3:00.
Thank you all for your support and participation in the street ministry in Barrie.

Menu: LAST WEEK - BBQ Pork, rice & veggies

May 23rd - Mashed potato, Meatballs & Veg

[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...

Light



The weight of unforgiveness often manifests in anger, bitterness, resentment, damaged communities, or lost relationships - bringing hurt into our lives and to those around us. It can prevent us from being able to process our painful experiences. But there is freedom available, hope to be found, and a light that can lead us to emotional healing and wholeness in Christ.

'Light' is a 5-part devotional series, written by Tutapona and inspired by those we serve in Uganda and Iraq. We have been honored to be able to walk alongside them, providing mental health services and helping them find healing and hope in the midst of hardship. We are excited to share some of the lessons we have learned through our ministry over the past decade with you.

In this video series, led by Co-founders Carl and Julie Gaede, you'll hear powerful and moving testimonies from people who have lived through war and conflict, as they share about the important role of forgiveness in their own healing process. The downloadable workbook offers additional scripture, activities, and reflection points for you and your small group to be able dig deeper into these topics of forgiveness together.

Pray For The Saints

Church Prayer - Tuesday Mornings both your pastors are praying for YOU during our church prayer time. If you have a specific need or request please email us at: info@cosfchurch.com

Please Pray For:

- 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

“but if we walk in the Light as He Himself is in the Light, we have fellowship with one another, and the blood of Jesus His Son cleanses us from all sin”

1 John 1:7



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.

“ BUT IF WE WALK IN THE LIGHT AS HE HIMSELF IS IN THE LIGHT, WE HAVE FELLOWSHIP WITH ONE ANOTHER, AND THE BLOOD OF JESUS HIS SON CLEANSSES US FROM ALL SIN”

1 JOHN 1:7