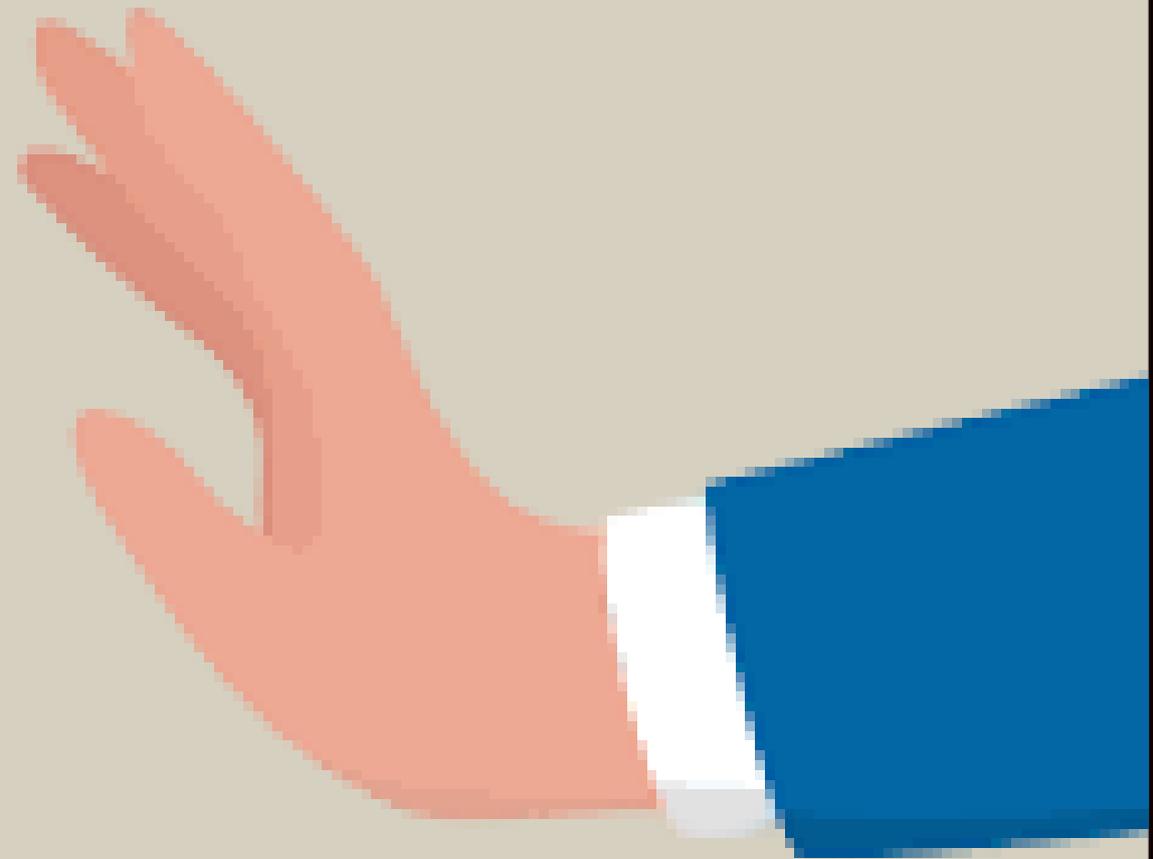
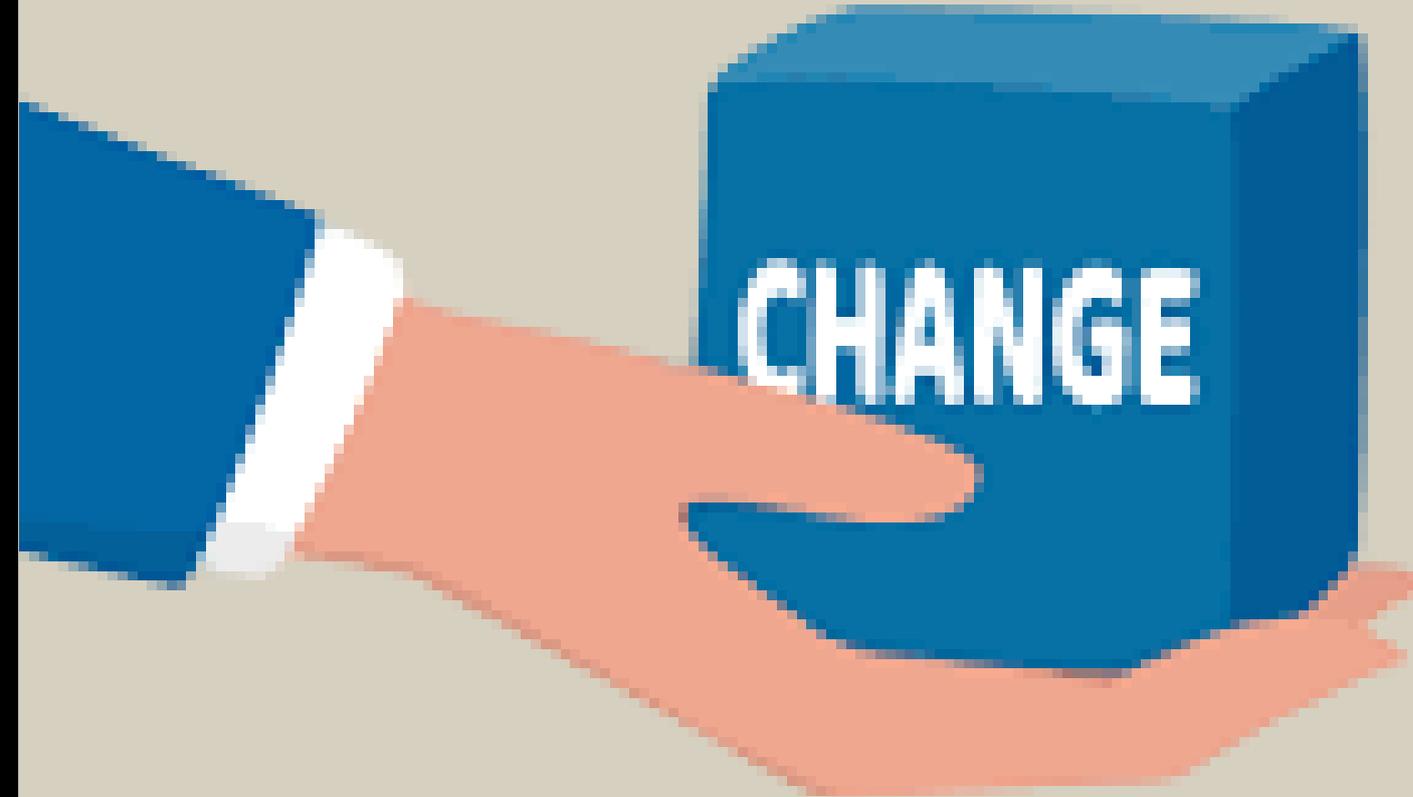


February 4th, 2026 EDITION



**WEEKLY**



Join Us Every Sunday at 10:30am  
250 Bayview Drive Unit #4 Barrie, ON L4N 4Y8  
[www.christsavioursfellowship.com](http://www.christsavioursfellowship.com)  
[info@cosfchurch.com](mailto:info@cosfchurch.com)

**CONNECTION**

# Time for Change

***There are times in life where we just hit a wall, not a real life solid brick wall ( although it can feel like that) but a hard stop in life, progress, and events. You know the feeling don't you; when you are working through life and things seems to be coasting, no problems in sight when suddenly..there it is the same problem popping up again!***

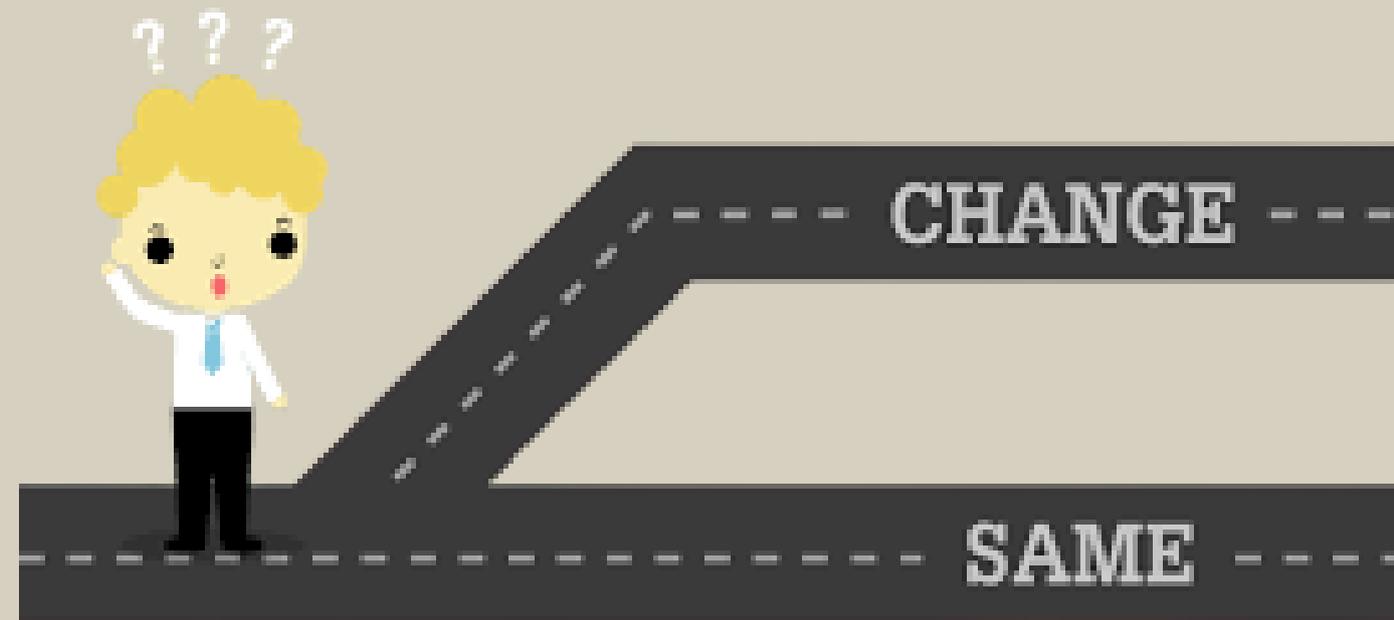
***"HOW? WHY? NOT AGAIN!!"***

***We find ourselves crying out over repeated unfolding events. Ever stopped to ask why or think about the root problem/cause of the/these seeming cycles?***

As we go through life and life's lessons these events and experiences shape our thinking, reactions, emotions and frame the way we interact with people and the world. These situations are a combination of the good and bad of life and the residual effect can have long lasting consequences. The lingering effects can cause mental, emotional, even physical reactions, and prevents our enjoyment of life to it's fullest.

So, what do we do when these situations, what we call broken cycles, continue in our lives and we just want to get past it? Become a *CYCLE BREAKER!* Yup, it's really a term, one who **INTENTIONALLY** breaks generational and learned patterns. In other words a *cycle-breaker* notices unhealthy patterns in family or themselves, understands where they came from, heals themselves, and repeatedly chooses a healthier response—even when it's uncomfortable.

*IT'S THAT EASY...*so claims mental health experts who use the following guidelines to assist those who are looking to overcome these obstacles.



Here are the general guideline and steps the experts coach people with :

### **Step 1: Notice the pattern**

Ask yourself:

- “In my family, we always did **X**.”
- “Does this pattern hurt me or others?”

Examples:

- Shutting down emotions
- Reacting with anger
- Overworking to feel worthy
- Avoiding conflict or being aggressive

**Just name it without judging it.**

## **Step 2: Decide you want something different**

Say (even silently):

- “I don’t want to carry this forward.”
- “I’m choosing to respond differently.”

This decision alone already starts breaking the cycle

## **Step 3: Understand where it came from**

Reflect or journal:

- Who showed me this behavior?
- How was it normal in my family?
- What did it protect us from?

This helps **replace blame with understanding.**

## **Step 4: Feel and heal what you didn’t get**

Ask:

- What did I need back then that I didn’t receive?
- How does this still affect me?

Practice:

- Self-soothing
- Self-compassion
- Therapy or trusted support

Healing yourself is part of breaking the cycle.

## **Step 5: Choose a new response**

Ask:

- “What would a healthy version of this look like?”
- “What do I want to do instead?”



Examples:

- Pause instead of explode
  - Speak feelings instead of suppressing them
  - Set boundaries instead of people-pleasing
- You don’t need perfection—just intentional change.

## **Step 6: Expect discomfort and pushback**

**Know that:**

- Family members may resist your change
- You may feel guilt, doubt, or fear

This doesn’t mean you’re wrong—it means the cycle is being challenged.

## **Step 7: Practice again and again**

- You will slip sometimes
- Each attempt still rewires the pattern

Progress > perfection.

# TIME for Change

So, if It's THAT easy, why do so many people continue to struggle to change? The carnal heart and mind are trained agents and against the things of God. The book of Romans says: *For those who are according to the flesh set their minds on the things of the flesh, but those who are according to the Spirit, the things of the Spirit. For the mind set on the flesh is death, but the mind set on the Spirit is life and peace, because the mind set on the flesh is hostile toward God; for it does not subject itself to the law of God, for it is not even able to do so, and those who are in the flesh cannot please God.*  
Romans 8:5-8

The works we try to do are of the flesh, and they can help but more so IF we come to the LORD FIRST seeking His will, His strength we can be assured of success and...change! The Book of Romans goes on to read:

*“for if you are living according to the flesh, you must die; but if by the Spirit you are putting to death the deeds of the body, you will live.”*

Romans 8:13

By Holy Spirit God we can overcome! When we surrender all to our Lord Jesus, these challenges, the struggle he warned us about in this life, we WILL overcome in Him!

*“But in all these things we overwhelmingly conquer through Him who loved us.”*

Romans 8:37

Well, looks like change is on the menu after all, PRAISE THE LORD!

See you Sunday at 10:30

Pastor Bhawani

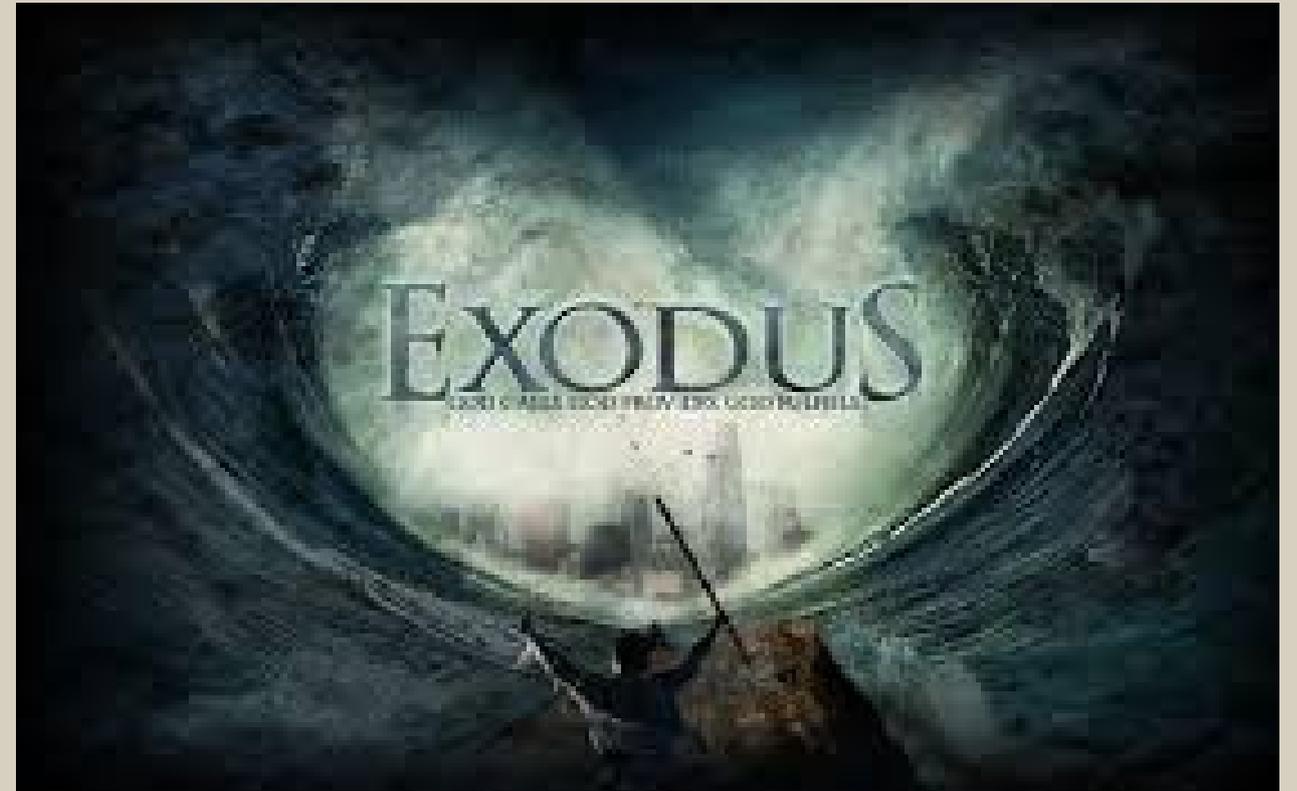
Who will you invite?

## Did You Miss Sunday?

We gather at 10:30 am every Sunday at the church to worship, praise and hear the Word of God.

Wondering what our Sunday services look like?

- 10:30 ~10:50 Worship & Praise
  - 10:50 ~11:25 Sermon
- 11:25 ~ 11:40 Worship & Praise
  - Closing prayer



To view the most recent Sunday service from Christ Our Saviour Fellowship, please click on the link /image above.  
To view the service archives please click [HERE](#)



The  
Shepherd's  
Table

# What's Happening at COSF?

Upcoming Events & Services

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

- COSF YOUTH Group- Fridays 6:45pm
- COSF AGM - February 22nd, 2026
- COSF Florida Church plant
  - Growth Forward
- Fall 2026 Mission Trip - South Africa, Kenya & Uganda



# COSF ORIGINAL PRODUCTIONS

In harnessing the latest media tools the COSF social media & production team, being led by the Holy Spirit, are overjoyed to share with you COSF ORIGINAL scriptural video productions! Our hope is these will touch the hearts of the people and be used globally to help lead people to the truths and glory of our Lord and Saviour Jesus Christ. Be sure to check back frequently as we are full steam ahead in production!

**[click here](#)**  
**[to see more](#)**



***Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.***

***2 Corinthians 9:7***

**[CLICK HERE TO DONATE](#)**

**We thank the Lord for ALL He has done and the magnificent labour that we are being led to do in His righteous name. COSF continues the programs that we have been led to offer along side regular Sunday services.**

**-International / Local missions & revival events  
-Variety of classes and courses to strengthen God's people:  
-Alpha film series, Alpha Youth, Conquer series  
-Discipleship series, Mentorship-based Ministry  
Leadership Certificate**

**JACOB MARTYNS  
LAURA MORRIS**



**JACOB MARTYNS  
LAURA MORRIS**

Hi everyone. Jacob and Laura here. We hope your first week back to school is going well! With the start of a new semester, it is likely you have met some new people this week. New teachers and new classmates who you'll spend the next 5 months with. It would be hard to not get to know these people somewhat well, as you spend at least 90 minutes with them every day. As time goes on, maybe you'll become good friends with some of them? That's how relationships form, we share life with people around us in a genuine and honest way. Laura and I can relate to this, there have been times that we spend nearly all day on the phone together! We talk about random things and very meaningful things. We take the time to ask for help, get advice and support, or just have fun and laugh together, too. For our relationships to grow closer, both sides have to be intentional about sharing life with each other. This reflects something about our relationship with God. The Lord says in Jeremiah 29:11-13 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. *You will seek me and*

*find me when you seek me with all your heart."* God has made His intention clear. Our Lord Jesus died for our sins so that we may be reconciled to God and have a relationship with Him. God has perfect plans for our lives and He wants what is best for us. Our relationship with God grows when we seek Him with all our heart and in all we do. We genuinely come to God in prayer and learn of Him while studying His word. We tend to forget the basics of this and make it quite complicated. We think, "I don't feel God", "I can't tell if He is with me," but it's simple ... He is with us in ALL things. We want to encourage you all, maybe you feel like you've drifted away from the Lord or have neglected to seek Him recently. When we earnestly seek God, He promises that we will find Him. Life with our Lord Jesus truly is awesome! See you all 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 !

**THEY ARE  
MADE FOR  
THESE TIMES.**



Curious, Driven, Energetic: Our high schools are filled with visionaries and dreamers who will transform our country.

This generation is our future  
— let's come together to pray for them.

## DON'T FORGET:

**FRIDAY NIGHT YOUTH GROUP**

EVERY WEEK @ 6:45PM

REGISTER HERE

SCHOOLS WE'RE PRAYING FOR:

ST. JOSEPHS HIGH SCHOOL

EASTVIEW SECONDARY SCHOOL

BARRIE NORTH COLLEGIATE

ECOLE SECONDAIRE NOUVELLE-ALLIANCE

ST. MARY'S CATHOLIC SCHOOL

UNITY CHRISTIAN HIGH SCHOOL

INNISDALE SECONDARY SCHOOL

HERITAGE CHRISTIAN ACADEMY

ST. JOAN OF ARC HIGH SCHOOL

BEAR CREEK SECONDARY SCHOOL

ECOLE SECONDAIRE ROMEO-DALLAIRE

ST. PETERS SECONDARY SCHOOL

MAPLE RIDGE SECONDARY SCHOOL

# THE <sup>IN</sup> LIFE

Hello everyone! This week I have been speaking with a brother from Kenya. He is having issues with his ribs, and is in severe pain. He is struggling to afford treatment, and we have been praying together. Lord Jesus we just lift our brother up to you knowing that You are able to provide all things. I pray our brother continue to come humbly to you. I pray if it be Your will, heal him of this pain and let him be a testimony unto Your mighty and glorious Name. Amen

Hello everyone! Our sister who is pregnant has been continuing to update me on how she is doing. She had gone for another two ultrasounds, each at a different doctor. One is saying that the baby was lost and the other that everything is fine. She was telling me that she is confused, she doesn't know what doctor to listen to, what to believe or what to do. A day or two after, she messaged me again and shared that rather than going to the hospital again she has been praying to the Lord and trusting in Him, and that when she cries out to the Lord her baby moves in her womb. We thank the Lord for this and how He has upheld our sister in faith. Please continue to pray for her, that the Lord continue to uphold her and that all confusion be cast out in Jesus Name. That in the next ultrasounds there be clarity for our sister.

*Noah Martins*



*Emma Censoni*

# classes & study

## Alpha Film Series

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

**ALPHA film series - ONLINE**

**Locations: ONLINE**

**India Region - starts Feb 2026**

**African Countries - Starts Feb 2026**

**DATES:coming soon**

**Cost : FREE**



Alpha Youth Series is designed to engage students (11-18) in conversations about life, faith and Jesus. Discussion time is interspersed throughout the short talks to make it simpler for them to share their thoughts and questions.

**New session of Alpha YOUTH series  
FALL COURSE - FRIDAY YOUTH GROUP**

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

**Alpha**

**Alpha**

**Alpha YOUTH! Series**

## ***The PRE Marriage Course***



**The PRE - Marriage Course** 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.

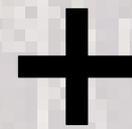
Men are finding freedom by the thousands. Dr. Ted Roberts, host of the Conquer Series, has personally counselled over 10,000 men with a 90% success rate. He's taken his proven Biblically-based process and incorporated it into the Conquer Series. We are now seeing thousands of men finding freedom from 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: 12 OR 20 COURSE PROGRAMS, EACH COURSE 8 WEEKS COMPLETED AT OWN PACE, ALL COURSES PER ROUTE COMPLETED WITHIN 2 YEARS**

**12 COURSES - CERTIFICATE OF COMPLETION**

**20 COURSES - DIPLOMA (ACCREDITED) APPLIED TOWARDS 25 COURSE DEGREE WITH KAIROS.**

**WHERE: ONLINE, MENTORED**

**MATERIAL: PROVIDED PER COURSE**

COSF has partnered with ARTOS ACADEMY formerly Our daily Bread Ministries international institute to offer a mentorship-based 2 year ministry leadership certificate. By participating in this program, you are at the forefront global theological training for the nations!

We thank the Lord for His leading in this!

**COURSE 1- GETTING STARTED**  
COMPLETED

**COURSE 2 - EFFECTIVE MINISTRY COMMUNICATIONS**  
COMPLETED

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

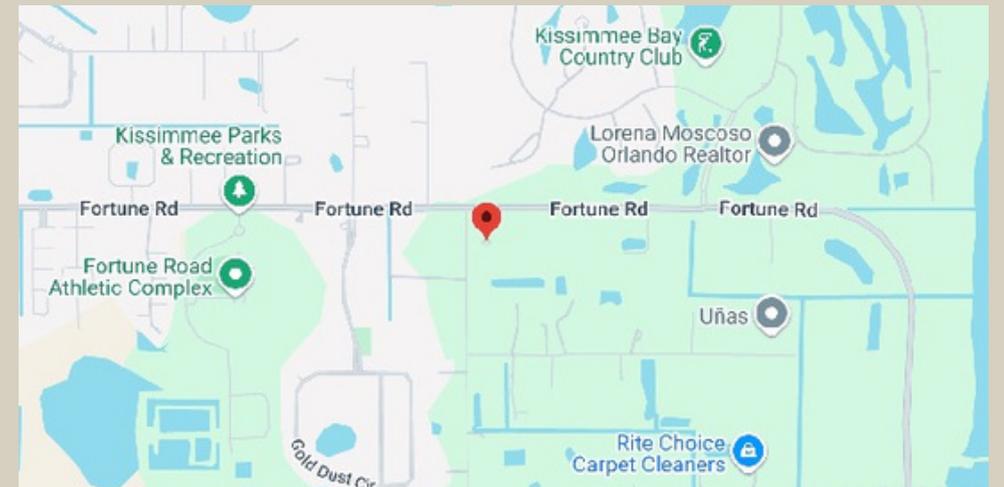
**Competency based learning - Self paced - Mentor Guided -Online - Globally Developed and Application**

# 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.**



COSF Africa Pastor  
James Walubayi

## COSF AFRICA PRAISE REPORT

Praise God

In Kenya/Uganda Africa I thank God for everything as how ministry is on going but through prayers:

God is touching every brother and everyone in their regions.

In Uganda brother Geoffrey testifies the kids are on doing well even God provided them with books and other education material,

Second we thank God for healing and taking care of one young man who was wanting to commit suicide because of the hardship situation he and other their siblings was passing through. They have no food, no house rent, but our prayers I and our ministry leader touched him now he is doing good only we pray for God to provide them with food and house rent.

We thank God he is also touching Pastor Mathias as he is struggling with diabetics situation.

Here we are good encouraging others to move forward and do the work of Christ our Lord

Lastly praise God as we are praying and looking forward for our Biblical 2 years studies.



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

The Shepherds Table- feeding the poor and hungry

Preaching the Good news of the Gospel

Teaching and Discipleship - local body of Christ and future leaders

**Upcoming events for 2026:**

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



**MISSION FIELD**

*Pastor David Brinard*

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



# COSF @ Home

# The Shepherd's Table

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

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

Menu: LAST WEEK - Tuscan Pasta Salad w/Pork  
Feb 7th - Honey Glazed Pork Loin w/ Veggie Rice

[Please click here to support](#)

# **Need a Ride to Church?**

**COSF &  
Right Now  
Media  
Library**



*We have launched the right now media app. As we populate some of the rooms, you may receive an email asking you to download the app and join. If you are already using the right now media app (scan the QR code below) you can find the message rooms at the bottom in the message bubble. One of these groups is for Sunday transportation if you require a ride to Church on Sundays. Please let us know if you require a ride prior to Sunday as this will help us to coordinate things easier.*



Escanee el código QR para acceso GRATUITO

*Have you seen the COSF Library...*

# HOW ARE WE CHANGED?

Christians believe Jesus changes everything. But what exactly happens when we trust him with our lives? How we think about the far-reaching implications of God's work for us will inevitably affect how we live out our faith.

In this six-session series, author and pastor Eric Mason explains the doctrine of salvation—God's work for us that changes our past, present, and future. With God the Father, Son, and Spirit each working to change us in unique ways, we can be confident that one day, we'll enjoy the total transformation we now experience in part.

The logo for Right Now Media is contained within a white rectangular box with a thin black border. The word "rightnow" is written in a lowercase, orange, sans-serif font. Below it, the word "MEDIA" is written in a smaller, uppercase, orange, sans-serif font, followed by a registered trademark symbol (®).

rightnow  
MEDIA®

# Pray For The Saints

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

Please Pray For:

- pray for Ramnik and healing for an acute health condition

pray for healing for Brother Mathias daughter Zawadi and Brother Martin's son

- 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

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

*“in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised [a]imperishable, and we will be changed.”*

1 Corinthians 15:22



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.

**1 Corinthians**

**15:52**

**“IN A MOMENT, IN THE  
TWINKLING OF AN EYE, AT  
THE LAST TRUMPET; FOR  
THE TRUMPET WILL  
SOUND, AND THE DEAD  
WILL BE RAISED  
IMPERISHABLE, AND WE  
WILL BE CHANGED.”**