

August 19th 2026
EDITION

CHRIST⁺ OUR
SAVIOUR
— FELLOWSHIP —

AAAAA

WEEKLY CONNECTION

www.cosfchurch.com
info@cosfchurch.com

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

AS a child I used to get afraid easily. I went through a stretch of time where I often struggled at nighttime. I had a big imagination and when all the lights went out, my mind would easily wander. There were many nights that I laid in my bedroom feeling afraid, despite deep down knowing I was safe. A wide variety of things made me afraid. Whether it be a mystery show I had watched, something I heard about on the news, a spider in my room, or a bad thunderstorm. I would have fearful thoughts pop into my head and consume all my attention. What made these moments the most scary for me was that I was alone.



I would go to my parents room and sometimes I would sleep on their floor and other times one of my parents would come and lay on the floor in my room until I fell asleep. What I wanted the most, was to know someone was with me. When I had someone near me, I no longer felt afraid.

As I got older, I no longer got scared at night. Thankfully the Lord helped me overcome this. There was the odd time I would get scared in the night, but in these moments I would pray or bring a scripture to mind and God would bring His peace and calm to my heart. Although I no longer was as afraid during the night, I experien-



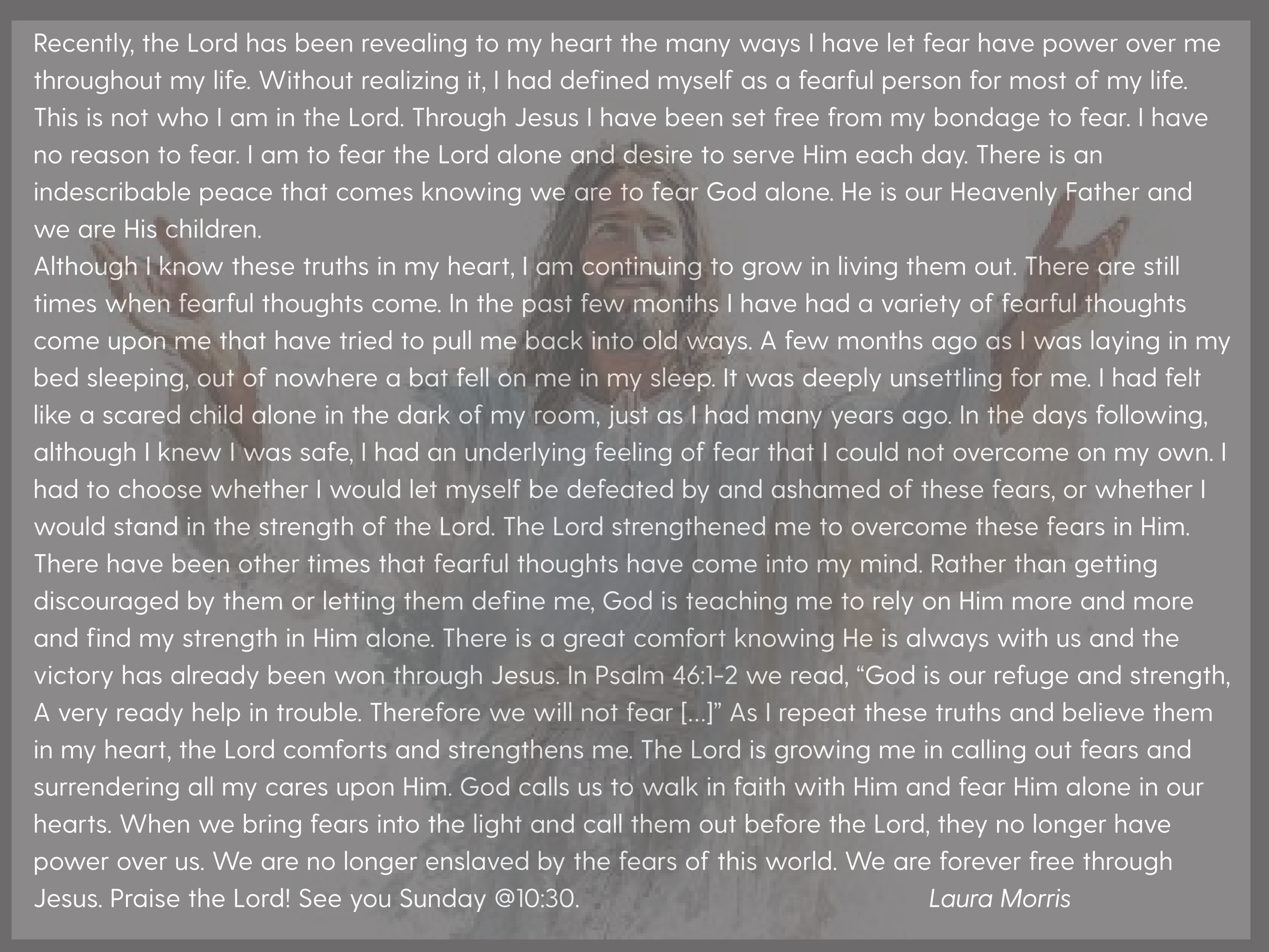
ced fear in other ways. One of these fears that often dominated my mind was worrying what people thought of me. For years I did not see how my struggles with pleasing people involved fear. It was not until many years later that the Lord revealed to me how these underlying fears of what people thought influenced how I acted. I had placed my fear of pleasing people first in my life above pleasing the Lord. Once the Lord opened my eyes to see these fears, they were brought into the light. When our fears are brought into the light they lose their power.

We all have different fears. Our fears show up in many different ways and often change throughout our lives. No matter what makes us fearful initially, it is important to know that fear is not truth. Our fear does not come from God, but the devil. Whatever fearful thought pops in our heads and the overwhelming emotion it brings with it, is all a lie.

Fear causes a reaction within us. It makes us shut down and feel isolated and alone. It causes an emotional response and sends our bodies into fight or flight. Often fear brings out the worst in us.

Fear makes us feel hopeless and lose sight of the Lord. When we are overcome by fearful thoughts and feelings we are drawn away from the Lord. We may deep down know the fear is a lie, but we get caught in a spiral of negative emotions and panic. We lose control. As believers, we are commanded to fear the Lord. The fear of the Lord is a completely different type of fear than the one described above. Rather than sending us into a panic and causing us to shut down, the fear of the Lord brings incredible peace and allows us to walk in the shelter and protection of our Lord. To fear the Lord means that we have a deep love and reverence for God. We desire to please Him in all that we do. We are not afraid of anyone or anything apart from the Lord. Our greatest desire is to serve Him with our everything. We were made to fear the Lord. Proverbs 9:10 explains that “The fear of the Lord is the beginning of wisdom, And the knowledge of

the Holy One is understanding.” It is only through that *reverential fear* of the Lord in our lives that we are able to live as He calls us to. As we fear the Lord, we are able to deepen our knowledge of Him and love for Him. This truly makes all the difference and brings our hearts such incredible peace. The fear of the Lord does not compare to the fears of this world. The most repeated command in God’s Word is to not fear. As we are told countless times by the Lord to not fear, it is clear there is great urgency in this. We read in 1 John 4:18, “There is no fear in love, but perfect love drives out fear, because fear involves punishment, and the one who fears is not perfected in love.” What a blessing it is that in the Lord’s love there is no fear. In His loving presence all fear is cast out. Jesus came and died for us on the cross so that we no longer have to fear. He paid the price for us to be freed from our bondage to the things of this world, including all fear. Through Jesus, fear no longer has any power over us. There is great strength found in living out this truth.



Recently, the Lord has been revealing to my heart the many ways I have let fear have power over me throughout my life. Without realizing it, I had defined myself as a fearful person for most of my life. This is not who I am in the Lord. Through Jesus I have been set free from my bondage to fear. I have no reason to fear. I am to fear the Lord alone and desire to serve Him each day. There is an indescribable peace that comes knowing we are to fear God alone. He is our Heavenly Father and we are His children.

Although I know these truths in my heart, I am continuing to grow in living them out. There are still times when fearful thoughts come. In the past few months I have had a variety of fearful thoughts come upon me that have tried to pull me back into old ways. A few months ago as I was laying in my bed sleeping, out of nowhere a bat fell on me in my sleep. It was deeply unsettling for me. I had felt like a scared child alone in the dark of my room, just as I had many years ago. In the days following, although I knew I was safe, I had an underlying feeling of fear that I could not overcome on my own. I had to choose whether I would let myself be defeated by and ashamed of these fears, or whether I would stand in the strength of the Lord. The Lord strengthened me to overcome these fears in Him. There have been other times that fearful thoughts have come into my mind. Rather than getting discouraged by them or letting them define me, God is teaching me to rely on Him more and more and find my strength in Him alone. There is a great comfort knowing He is always with us and the victory has already been won through Jesus. In Psalm 46:1-2 we read, “God is our refuge and strength, A very ready help in trouble. Therefore we will not fear [...]” As I repeat these truths and believe them in my heart, the Lord comforts and strengthens me. The Lord is growing me in calling out fears and surrendering all my cares upon Him. God calls us to walk in faith with Him and fear Him alone in our hearts. When we bring fears into the light and call them out before the Lord, they no longer have power over us. We are no longer enslaved by the fears of this world. We are forever free through Jesus. Praise the Lord! See you Sunday @10:30.

Laura Morris

*“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.

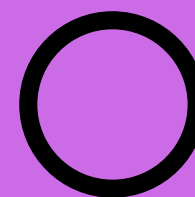
The book is set up in a digital format and also available on our website. Each song provides the lyrics and the musical key/chords for congregations and worship teams



CHRIST  **OUR SAVIOUR**
— FELLOWSHIP —

Hymn Book

Scan the QR code or click the link above to download

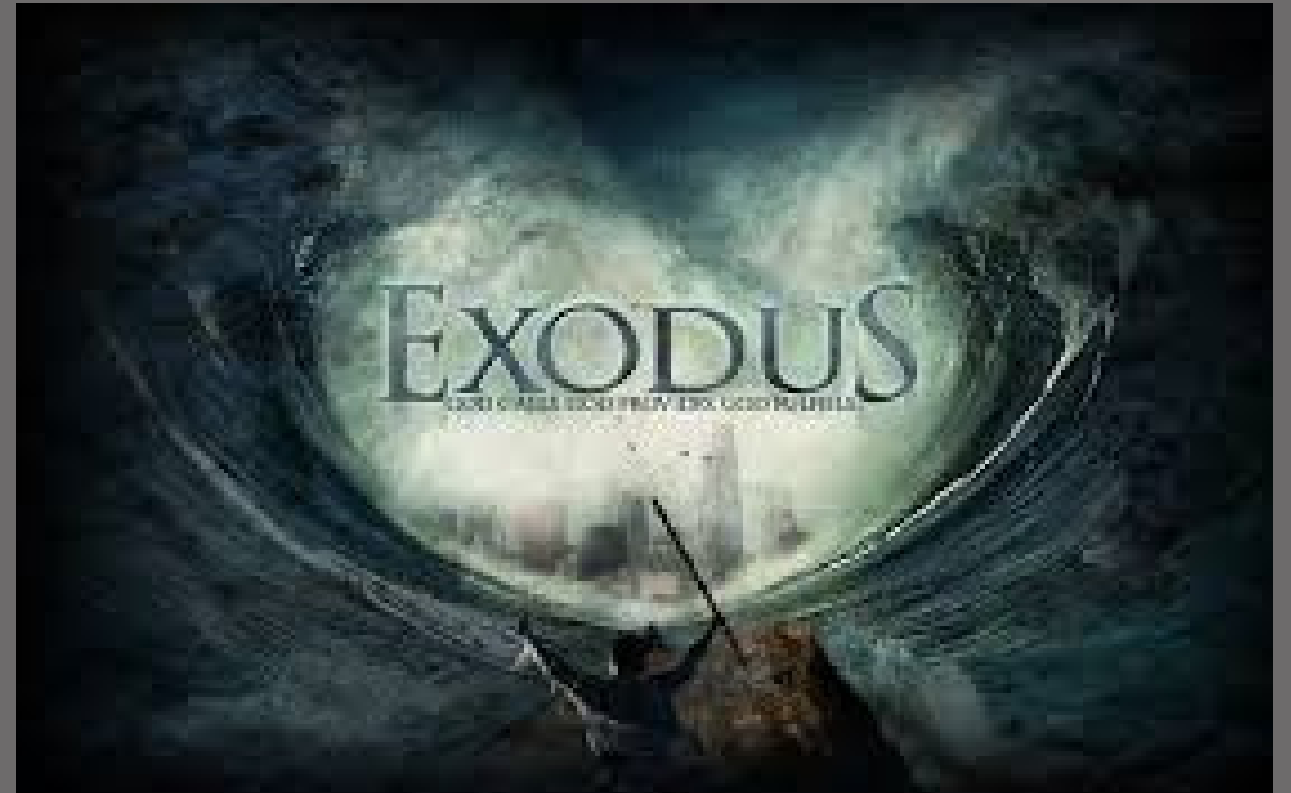


Did You Miss Sunday?

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](#)



COSF BAND SECTION

WANT TO LEARN TO AN ORCHESTRA INSTRUMENT ?

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





The
Shepherd's
Table

What's Happening at COSF?

Upcoming Events & Services



- COSF YOUTH Group- Fridays 6:45pm
- Jesus Jamz - Band practice
- COSF Youth Summer Program
- COSF Florida Church plant
 - Growth Forward
- Mission Trip - South Africa, Kenya & Uganda
- COSF Alpha Course - Global courses



COSF ORIGINAL PRODUCTIONS

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

click here
to see more



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

2 Corinthians 9:7

[CLICK HERE TO DONATE](#)

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

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

YOUTH WALK



JACOB &
LAURA MARTINS

I can still hear the jazzy band music playing ...
“*You're a mean one, Mister Grinch. You really are a heeeeeeel*”. I’m sure we’ve all seen the famous movie starring the not-so-friendly grinch. His heart was two sizes too small and so he kept to himself in the cave, away from everyone else, and always tried to spoil everyone else’s fun. As a young kid, I felt bad for the Grinch. I didn’t understand how someone’s heart could be this way. I so badly wanted his heart to experience the joy of Christmas and the joy of being around everyone in Whoville. But it wasn’t until I came to faith in our Lord and Saviour Jesus Christ that I realized ... my heart was this way, too. Before we knew the Lord, the posture of our hearts were two sizes too small towards God. But thank God that by the blood that our Lord shed, we have been rescued and saved from those hard hearts! Our hearts have been made new and continue to be made new each and every day. For believers today, the important question we must ask ourselves is “what is the current state of my heart?” This is a vital thing to understand, for as we read in 1 Samuel 16:7 that the Lord says to Samuel, “*for God sees not as man sees, for man looks at the outward appearance, but the LORD looks at the heart.*”

As human beings, we have a tendency to put on a veneer before God and man. Making a good outward appearance but hiding the things that are within our heart, the bad things we don’t want anyone to see. However, the Christian walk isn't about pretending, but rather having hearts that are humble, honest, and willing to be taught. In our walk with the Lord, we are going to struggle and face obstacles, but as long as we remain in that heart posture before God, He promises to uphold us in all things. I want to encourage you all. For anyone who is nervous about their futures, struggling to overcome doubts and fears of serving God, or feeling ashamed about your own sins ... let your hearts take courage. Continue to seek and serve God, giving your whole heart in surrender to Him. God has everything under control. He is sovereign over all, so let our hearts be at peace. God is good and He will lead us, He will change us, He will complete His perfect work in us, according to His righteous and holy ways.

God bless you all and see you on Friday!

Highschool Faith

@ COSF YOUTH GROUP :

THIS IS A GREAT OPPORTUNITY TO GROW, SUPPORT AND SHARE OUR FAITH WITH EACH OTHER. EACH WEEK WE GATHER TO LEARN OF THE LORD, PLAY GAMES AND SING WORSHIP. AS PART OF OUR GROUP INITIATIVE WE ARE LAUNCHING "MADE FOR THIS", A NATIONAL PRAYER FOR SCHOOLS. WE ARE FOCUSING OUR EFFORTS AND PRAYERS IN THE BARRIE AREA. WE WELCOME YOU TO JOIN US ON THIS EXCITING JOURNEY !

JOIN US FOR OUR EXCITING NEW SERIES ...



DON'T FORGET:

FRIDAY NIGHT YOUTH GROUP

EVERY WEEK @ 6:45PM

LET US KNOW YOU'RE COMING HERE

SCHOOLS WE'RE PRAYING FOR:

ST. JOSEPHS HIGH SCHOOL

EASTVIEW SECONDARY SCHOOL

BARRIE NORTH COLLEGIATE

ECOLE SECONDAIRE NOUVELLE-ALLIANCE

UNITY CHRISTIAN HIGH SCHOOL

INNISDALE SECONDARY SCHOOL

HERITAGE CHRISTIAN ACADEMY

ST. JOAN OF ARC HIGH SCHOOL

BEAR CREEK SECONDARY SCHOOL

ECOLE SECONDAIRE ROMEO-DALLAIRE

ST. PETERS SECONDARY SCHOOL

MAPLE RIDGE SECONDARY SCHOOL

Hello everyone, I hope you are all well. This week I've been speaking with a brother from Kenya who is excited to be opening a small school in his region for young children and orphans to attend. He is asked for prayer as they are still scrambling to have all the resources needed like learning materials and daily meals to provide. Lord Jesus, Heavenly Father, we thank You in all things. We glorify Your name and we thank You for every blessing that You have put upon our lives. We just pray for our brother and lift him up to You, asking that You would provide for Him and these children, as he prepares to open this school. We pray Your will be done in all of this, and that You have Your perfect way. We trust that You will provide, as You are so good and faithful. Glory be Your Name, in Jesus' Name, Amen!!

Hi everyone!

It has been a little while since I have spoken with our sister who had lost her brother in law. I have been thinking about her and hoping that her and the family are doing okay. This week I wanted to ask if everyone could continue to pray for them, that they are all healthy and well, and for the Lord to continue to provide His rest, comfort, and strength during this challenging time.

I hope that you all have a wonderful rest of the week. God bless you :)



Noah Martins

Emma Censoni

classes & study

Alpha Film Series

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

ALPHA film series - IN PERSON

Begins Fall Session 7:30 pm

Location: Christ Our Saviour
Fellowship

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

Cost : FREE

ALPHA film series - Across the Nations THIS FALL - September

AFRICA
Uganda
Kenya

CARIBBEAN
Jamaica
Barbados
St. Lucia
Trinidad
Guyana

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

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



DISCIPLESHIP SERIES I

Grow in your walk with God

STARTS MONDAY
SEPTEMBER 14TH
@ 6:30PM

[Register
Here...](#)

Alpha YOUTH! Series



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
FALL COURSE - Sept'26**

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

2:7 Discipleship Series

The PRE Marriage Course



The Pre-Marriage Course

The PRE - Marriage Course is an opportunity for you to invest in your relationship through five in-person or online date nights created to help you to learn to communicate well, understand and appreciate your differences, and prepare for potential challenges.

New Sessions Begins in 2026- stay tuned
Location: Christ Our Saviour Fellowship
Course Journal required: a free PDF provided OR
The Pre Marriage Journal available to purchase for \$15 each.

The Marriage Course runs over seven sessions, and each session begins with sharing dinner as a couple, followed by a fun, insightful video covering topics that are relevant for every couple like Good Sex or Resolving Conflict. In short? Your marriage. But better challenges.

New Sessions Begins in 2026- stay tuned
The Family Unit is vital and we're excited to introduce the Marriage course at COSF to help support the family unit! Please contact us if you are interested in participating in this course please contact us.

Location: Christ Our Saviour Fellowship

Cost: workbook approx \$18



The Marriage Course

The Marriage Course

Men's Conquer Series

The Conquer Series is a powerful cinematic study that is transforming the lives of men around the world. Now in two action packed volumes, each containing Biblical teaching and proven principles to help men conquer porn and walk in freedom.

Men are finding freedom by the thousands. Dr. Ted Roberts, host of the Conquer Series, has personally counselled over 10,000 men with a 90% success rate. He's taken his proven Biblically-based process and incorporated it into the Conquer Series. We are now seeing thousands of men finding freedom from porn and remaining free for years!

2026 Course Dates - TBD

[Contact us](#) to find out more OR if you would like sign up for the upcoming course.





MINISTRY LEADERSHIP

2 YEAR DIPLOMA

DETAILS: 15 OR 20 COURSE PROGRAMS, EACH COURSE 8 WEEKS COMPLETED AT OWN PACE, ALL COURSES PER ROUTE COMPLETED WITHIN 2 YEARS

15 COURSES - CERTIFICATE OF COMPLETION

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

WHERE: ONLINE, MENTORED

MATERIAL: PROVIDED PER COURSE

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

We thank the Lord for His leading in this!

ENDING NOW - HOLISTIC THINKING

NEXT COURSE:

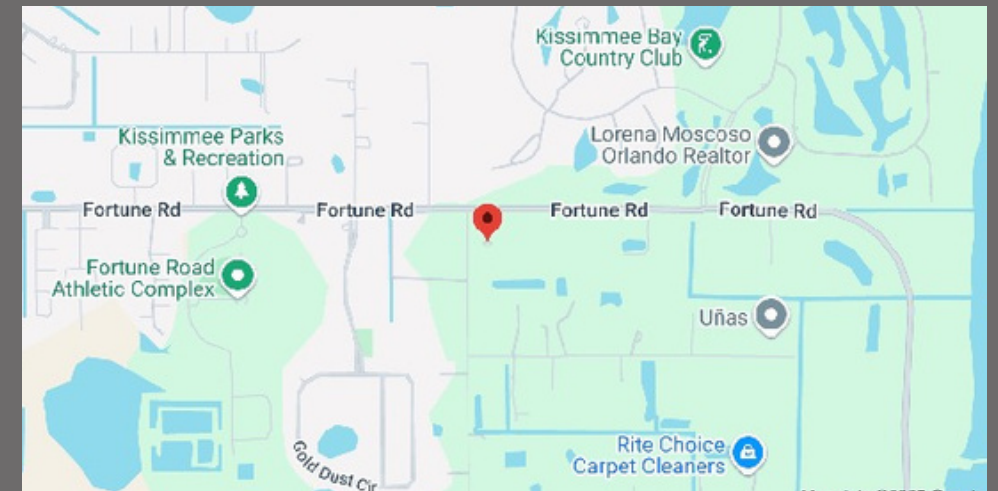
JULY 9TH '26 - GOD IN THE OLD TESTAMANT

COSF

Christ Our Saviour Fellowship Florida

FIELD notes

We have been called to plant and grow the church in the Kissimmee area of Orlando. The city is one of the top “post Christian” thinking cities with high levels of travellers from throughout the world. Please pray the Lord lead us in the building of HIS CHURCH!



***COSF Church Plant
Kissimmee, Florida***

***Click here to help support
COSF Florida Church***

CHRIS  **OUR
SAVIOUR**
— FELLOWSHIP —
FLORIDA

AFRICA MISSION

2027

Are you being
called?

CHRIS  **OUR SAVIOUR**
— FELLOWSHIP —
AFRICA

Stay tuned and prayerful about the new mission field for COSF.
We will be involved in visitation to COSF Africa – Kenya & Uganda, Durban South Africa camp, Biblical teachings for children and more.



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

The Shepherds Table- feeding the poor and hungry

Preaching the Good news of the Gospel

Teaching and Discipleship - local body of Christ and future leaders

Upcoming events for 2026:

- Alpha Film Series Online
- Discipleship & Ministry Leadership Courses
- Nov 29th Church Service - Crusade & Shepherd's Table



Pastor David Brinard

MISSION FIELD

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



COSF @ Home

The Shepherd's Table

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

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

Menu: LAST WEEK - Chilli w/ Rice
Aug 15th- Beef & Veggie stew w/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.



Have you seen the COSF Library...

FEAR AND FAITH

Failure, rejection, sickness, losing a loved one, being alone—the fears we carry are many and heavy. Fear can be a tyrant, a bully we can't hide from. It can paralyze our spirit, damage our relationships, and hinder our faith.

When we're struck with fear, where do we turn? Can God really be trusted?



For The Saints

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

Please Pray For:

Phil Taylor as he undergoes chemo and prepares for cancer surgery in the coming weeks

- Gerald & family as they seek to follow in the directing of Lord for COSF, COSF Florida and the Global church.

Pray for all of the brothers in Africa for provision to take the leadership degree program

- for the COSF Church in Africa to be led by the Lord in His plan for evangelism of the communities

Healing for those in Africa- Mathias, Martin, Dan, James's Mother in law, support for the orphanage and COSF school for the poor and needy in Uganda

- Please pray for those participating in the leadership program. There are always challenges we face as we draw closer to the Lord: Please pray for: Laura, Robin, Anna, Ted, Gina, Jacob, Noah, Emma, Gertie, those in Africa

- Please pray for the street mission and continued support for feeding and providing for the Lord's people

- COSF Florida please pray for the growth and sustaining of the Church

Please pray for Selvan's ministry and all the Lord has called him to labour in for His name

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

- Please pray for TRANSFORMATION of the hearts of everyone, for help of the Lord to overcome challenges of the past, rebuke the lies of the evil one, grow in the Lord and to realize the glory of God in their lives.

Scripture Memory Verse

“There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love.”

1 John 4:18



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.

***“THERE IS NO FEAR IN LOVE; BUT
PERFECT LOVE CASTS OUT FEAR,
BECAUSE FEAR INVOLVES PUNISHMENT,
AND THE ONE WHO FEARS IS NOT
PERFECTED IN LOVE.”***

1 JOHN 4:18