

July 8th 2026 EDITION



WEEKLY CONNECTION

www.cosfchurch.com
info@cosfchurch.com

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

A night sky filled with numerous bright, white streaks representing meteors or shooting stars. The background is a deep blue, and the lower portion of the image shows the dark silhouette of a mountain range. The overall scene is serene and awe-inspiring.

That massive burning globe of nuclear reactions in the sky is pretty amazing! The light emitted from it's hovering position brings such joy to our lives, and desperately needed heat ! All that goodness soaking into our pores, and how alive we feel when the sunlight beams throughout the day. The sun, and it's rays of light are essential to us for life in many aspects.

As I mentioned, our bodies take essential vitamin D which is essential for calcium absorption and our bone health as well as immune system function.

SHINNING A LIGHT INTO DARKNESS

Sunlight also regulates our biological clock, letting us know when it's time to wake up, when it's time to go to sleep. We are in tune with the rhythm of the sun. Have you ever heard of SAD seasonal effective disorder? It's where there's a lack of light, specifically sunlight, and our mood becomes affected due to that deficiency. The sun triggers serotonin and brings a feeling of calmness focused well-being in our lives, and without it you can imagine the dark negative emotions and mindset that are triggered that truly hold people captive.

There's the environmental aspects where all plants are needing the sun for photosynthesis. The water cycle in the climate all rely upon the sun and it's golden rays beaming down. We also rely on it for energy solar energy and solar thermal energy which are clean forms of renewable and sustainable energy. Those are just the simplest few thoughts of how the sun's light directly affects us. Truly without it's light there would be no life, just darkness!

Don't believe? Just ask Pluto... between the sun and earth it's just a mere 150 Million km's from earth, where as Pluto is approx 5.9 BILLION km's away from the sun. Those golden rays that rain down on us each day take about 8 min and 20 seconds for the light to depart the sun's surface, bringing that afternoon relaxing smile to us. Pluto on the other hand; by the time the light reaches it is degraded and 1600 times fainter. No wonder why it's *described as a dead, featureless ball of ice!* Without light there is no life.

Returning a little closer to the sun, back on earth there are places where the light can't reach or is imited. Our bodies for example, as much as we enjoy lingering under the golden rays, the sun's penetration is only about one quarter to one half of an inch into our dense physical bodies...very superficial.



That leaves the depths of the body in darkness; organ systems, deep in our lungs and deep within our hearts.

How dreary, how ...like Pluto? Barren and empty that may seem. In the Gospel of John we read the following:

“Then Jesus again spoke to them, saying, “I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life.”

John 8:12

I AM...the light ..the heavenly light, the emitting light , the fire...God’s Light! Isn't that amazing that the Lord our God IS THE LIGHT of all LIFE? Later again the Lord says in John :

“I have come as Light into the world, so that everyone who believes in Me will not remain in darkness.”

John 12:46

I think on that for just a moment; contained within the human body yes are all the organs and vessels but as we stated the light only penetrates the body to a limited degree.

The remainder, the depths are in darkness. It is only the light of our Lord Jesus Christ and his saving Grace that can illuminate the darkness from within. read again in the Gospel of Matthew:

“The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the



light within you is darkness, how great is that darkness!"

Matthew 6:22-23

See, God is trying to reach the inner darkness of our own hearts, the inner sanctum where we keep things locked away in the dark where no one can see.... or so we think. Our Lord knows that His light, the same light of creation, the same light of the Holy Spirit must be able to penetrate into the darkness of the human heart. Why?

"The light shines in the darkness, and the darkness has not overcome it."

John 1:5

Praise the Lord for His word that brings His mercy, love and light to our life

"Thy word is a lamp unto my feet, and a light unto my path."

Psalms 119:105

When we allow the Lord to have His way in our lives we truly see transformation from the cold, dark, dreary darkness ...where all hosts of sin are lurking and lay waiting to freedom in Christ.

"But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin." John 1:7

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.

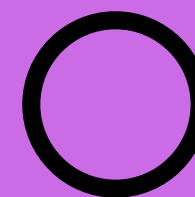
The book is set up in a digital format and also available on our website. Each song provides the lyrics and the musical key/chords for congregations and worship teams



CHRIST  **OUR SAVIOUR**
— FELLOWSHIP —

Hymn Book

Scan the QR code or click the link above to download

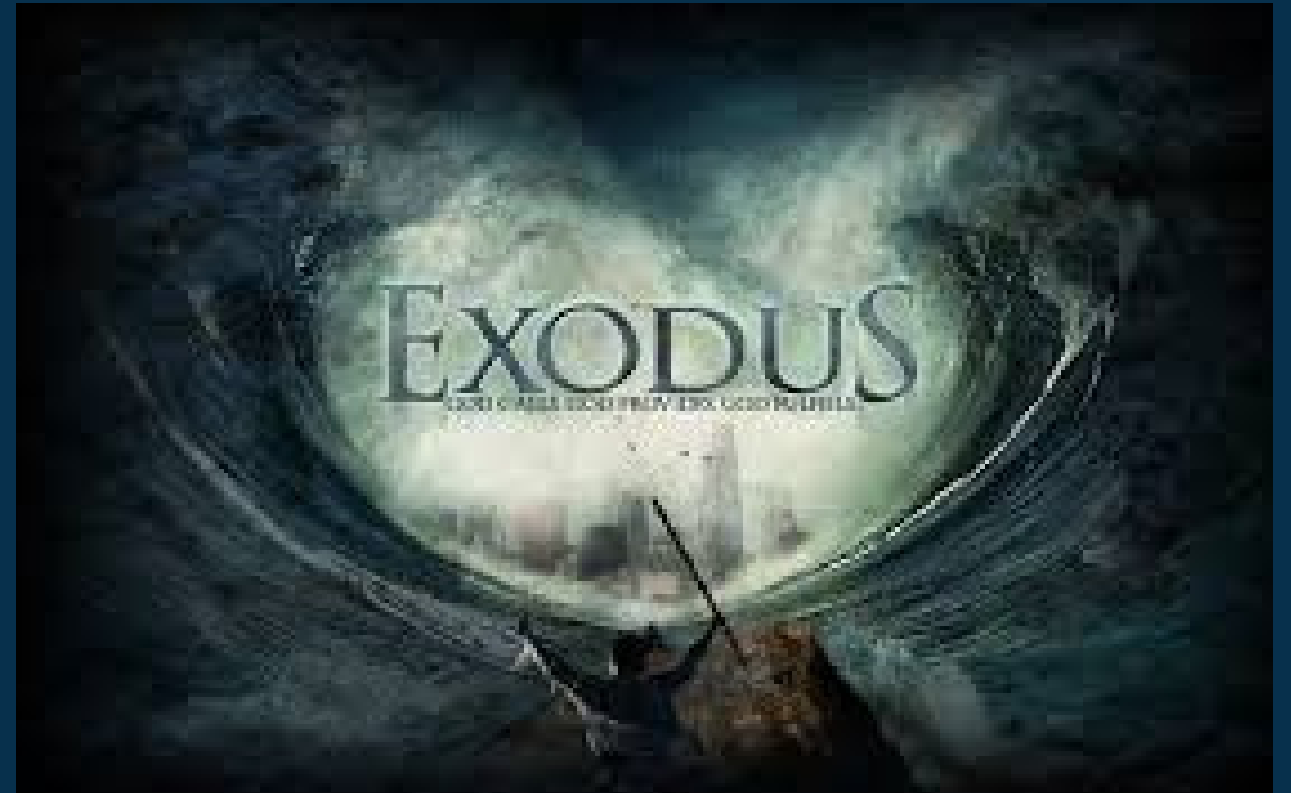


Did You Miss Sunday?

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



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

A photograph of a man with a beard and long hair, wearing a white robe, standing in front of a group of people in a village setting. The people are dressed in traditional African clothing, and the background shows a thatched-roof hut and trees under a warm, golden light.

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 &
LAURA MARTINS

YOUTH WALK

Hi everyone,

We hope you are all having an amazing start to your summers. Laura and I wanted to say God bless each and every one of you. We have seen the amazing things that the Lord has been doing in your lives and we are so thankful and encouraged. Some of you have had new opportunities to serve the kingdom, started new jobs, experienced growth and transformation in the Lord. Whatever it may be, all praise and glory to God for He is so good! There is no greater joy than letting the Lord have HIS way in our lives and seeing the blessing and fruit of surrendering all things to our Heavenly Father.

As I'm sure you've all experienced, it is not easy to surrender ourselves completely to the Lord. As we draw closer to God, things can get difficult. Our minds can quickly fill with doubts of "can I do this?" and we can start to waver in our faith. Although we know that the new things God is doing are for our good, we can at times rely on our feelings. We can even become complacent or give up by resisting change and God's will in our lives

BUT ... we are called to something more. We are called to press on in faith knowing that our God, the Lord of All, will uphold us. That is why we read in Galatians 6:9 "Let us not lose heart in doing good, for in due time we will reap if we do not grow weary."

We are so thankful that you have reached forward to the things God has for you. We rejoice in the fruit that God has brought forth in each of your lives, knowing that His will is being accomplished. We want to encourage you, this is how we are to live our daily walk with the Lord in patience and perseverance, steadfastly seeking Him and never losing heart. Sometimes will have ups and downs, advancements and setbacks, but we rejoice always because the Lord is leading to the best things He has for each of us. No matter what season we are in, all things are in His hands and we reach forward in obedience to the next thing God has for us.

God bless you all and see you on Friday :)
Jacob and Laura



YOUTH SUMMER PROGRAM

July 13-24 - Barrie, ON

We are excited to announce the Christ Our Saviour Fellowship YOUTH Summer Program! This camp is youth in grades 8-12. Whether you are new to the faith or are looking to deepen your relationship with Our Lord Jesus, grow stronger in faith and your walk with the Lord, this course is for you!

COURSE DATES: July 13 to July 24 - Mon-Fri - 9am to approx. 3pm

CURRICULUM OVERVIEW : Youth Alpha Series, Life Revealed Series, Prayer time/Worship/Bible Study and Various Activities (On and Off-site): including treetop trekking, laser tag, etc.

COST: \$200 per person **FOOD:** Lunches provided on certain days

If you have any questions, you can reach Pastor Gerald or Youth Leader Jacob at info@cosfchurch.com and we would be happy to answer any questions.

[CLICK HERE TO REGISTER](#)

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 !

SERIES COMPLETE!!!

**LIFE
ON
PURPOSE**

BROUGHT
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 all doing well. Last week we lifted up our brother and his wife, who was sick in the hospital. The Lord is so good, and has answered our prayers, and his wife is home and recovered well! Praise Jesus Christ for what only He can do. It is so incredible to see the Lord heal today, and respond in power to the prayers of His people. We thank you Lord for your magnificent grace, and the Holy Spirit healing Your daughter. Be encouraged, brothers and sisters, and God bless you all!.

Hello everyone,
I hope that you are all well!
I haven't heard from any of our sisters this week, but please continue to lift them up to the Lord in all the challenges we know they have been facing. I also wanted to pray for all the Lord's people across the nations. Lord, I pray that You would continue to uphold Your children, please help us to walk with You day by day and to put You first in all things, and be first in our hearts where You belong. Lord, we love You and ask that You would continue to lead us and help us to surrender fully to Your perfect will in every circumstance and situation to the glory of Your Name, in Jesus' Name, Amen.



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 31st 7:30 pm

Location: Christ Our Saviour
Fellowship

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

Cost : FREE

Alpha

Alpha

TryAlpha

Alpha Film Series

TryAlpha

EVER WONDER

Alpha

TryAlpha

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

ALPHA COURSE COSF GLOBAL -ONLINE

India-Pakistan- Bangladesh Region

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

Kenya Region

Course - May 5th 5:00PM EAT English

Uganda, Africa

Course - May 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.





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

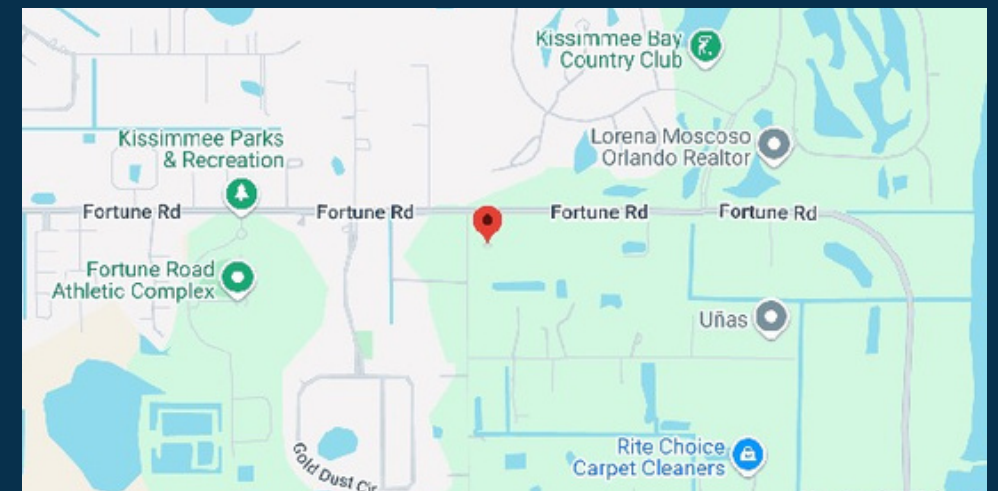
COSF

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!

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



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

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

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 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 & veg

July 11th - Chinese Food

[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...

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.

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.



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 surgery to remove cancer.
- 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

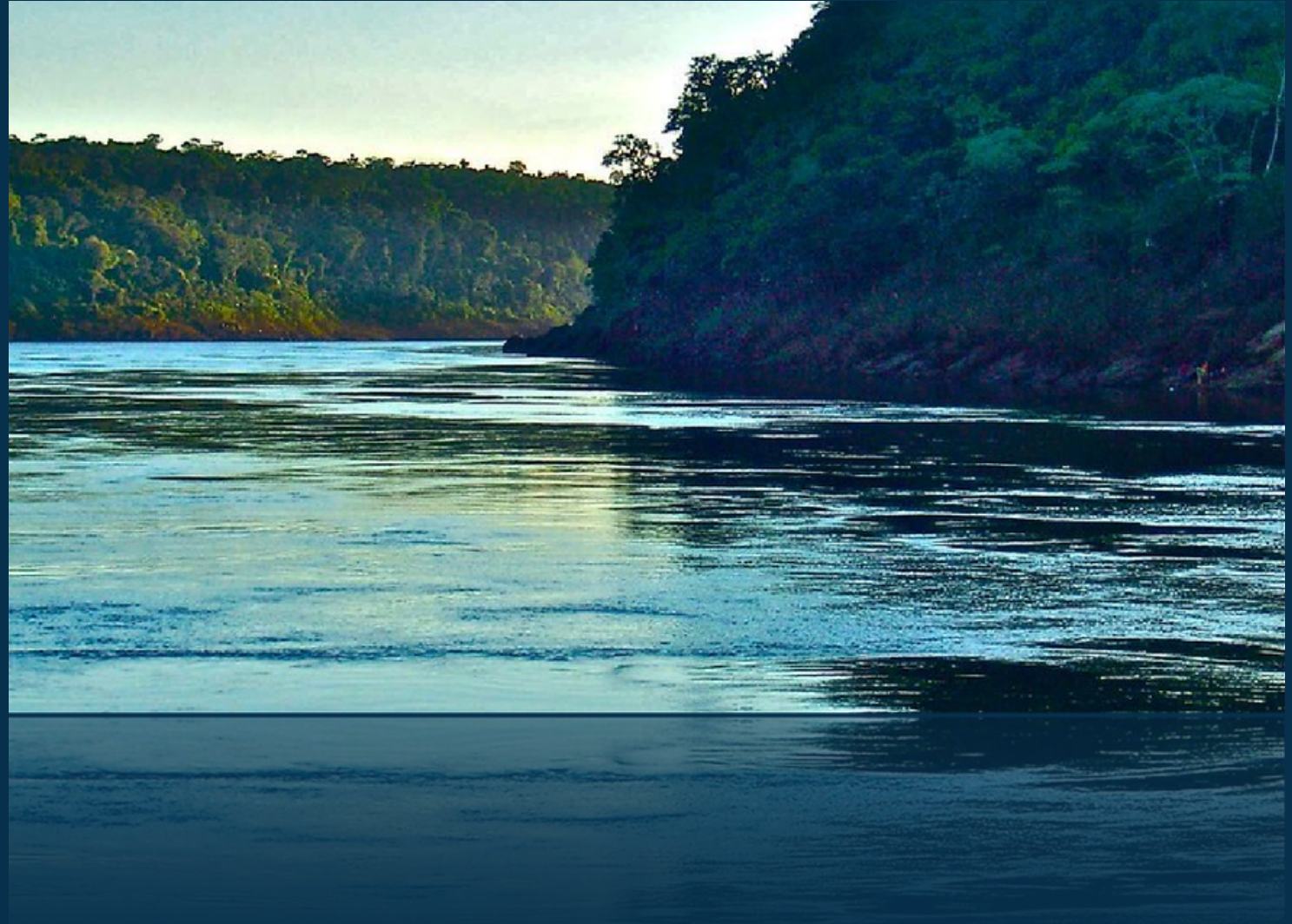
Please pray for peace and strength for the people of the world to persevere in our Lord's name in trials they face: poverty, heath, homelessness, persecution

- 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

“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