



When the hardest battles
are within, God helps us *break free*

Welcome to Heritage...

UNSTUCK - When the hardest battles are within, God helps us *break free*

We all face moments where something inside us quietly tightens its grip—leaving us feeling stuck, distant, or disconnected from God and from one another. Fear and anxiety, depression, anger, shame and guilt, hidden struggles, addiction, loneliness—these internal battles often shape our lives more than we realize. They can drain our joy, cloud our hope, and keep us living smaller than God intends.

In this series, **Unstuck**, we'll take an honest look at the inner struggles that hold us back and explore how God meets us in those places. Through Scripture, real-life stories, and practical steps of obedience, we'll discover how God's wisdom brings freedom, healing, and renewed direction. This isn't about pretending everything is fine—it's about learning how to move forward when it isn't.

As we step into a new year, **Unstuck** invites us to loosen the grip of what's been holding us back and step into a deeper, healthier relationship with God and others—marked by freedom, hope, and lasting joy.

Kidz + Youth

Moms & Tots

Meeting Tuesday mornings
from 9-11 on lower level

Kids Club - Grades 1-5

Wednesday Evenings 6:30 - 8pm

For more info, email:

heather@heritagealliance.ca

Junior Youth: Grades 6-8

Wednesdays @ HAC 6:30-8:30PM

Senior Youth: Grades 9-12

Fridays @ HAC 7:00 - 9:00pm

For more info on youth, email;

reece@heritagealliance.ca

Young Adults:

Contact Pastor Shawn for details;

shawn@heritagealliance.ca

Upcoming Events

MONDAY EVENINGS

Ladies Craft & Chat
7pm by the fireside

TUESDAY MORNINGS

Moms & Tots 9am
Ladies Bible Study 9am

WEDNESDAYS

Prayer Zoom @ 4pm

FEB 26

Primetimers Worship & Lunch
11:30am - 1:00pm

MARCH 7

Men's Breakfast @ Ricky's - 8am
Daylight Savings

MARCH 8

Annual General Meeting
w/ soup & bun lunch

MARCH 23-26

Spring Break Camp
(registration available soon)

MARCH 27

All Youth Gym Night
@ Ebe-Ezer Church 7-9pm

MARCH 28

All Church Spring Work Bee!

MARCH 29

BackStage Pass 6-7:30pm

PrimeTimers 55+

We invite you to join us for
our Olympic Themed
event this month!

February 26, 11:30am - 1pm

Pre-Registration required
online or at the info desk.
Cost is \$10 at the door

Food Bank Sorting

Our Local Impact Team invites
you to join them in service
at the next Food Bank Sorting Date

March 3rd, 6-8pm

Please leave your info on the
sign up sheet on the bulletin board
in the lobby

Village of Hope

Service Opportunity Trip

Have you been contemplating
going out to Honduras for
a missions service opportunity
at the Village of Hope?

We will be offering another
trip opportunity this summer

Tentative Dates:

July 30- August 11th 2026

If you want to know more about
the trip, please reach out to
Pastor Shawn:
shawn@heritagealliance.ca

If you would like to apply to
be on the team, please pick up
your application at the info
desk in the lobby.

AGM

We will be having our
Annual General Meeting
here at Heritage Alliance on

Sunday, March 8th @ 12:15pm

Soup & Bun Lunch by donation
in support of the Kidz Club
Spring Camp-Out @ Kawkawa



Office Info

Our regular office hours are
as follows;

Tuesday, Wednesday, Thursday
9:00am - 4:00pm

Phone: 604-607-5031
Email: office@heritagealliance.ca