



UN **STUCK**

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.

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



Get Connected

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

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

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.

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

Office Info

Our regular office hours are as follows;

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

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