

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  
Email: [heather@heritagealliance.ca](mailto:heather@heritagealliance.ca)

### **Junior Youth: Grades 6-8**

Feb 25 - Jr Youth @ HAC 6:30 - 8:30pm

### **Senior Youth: Grades 9-12**

Feb 27 - Sr Youth @ HAC 7-9pm

For more info on youth, email;  
[reece@heritagealliance.ca](mailto:reece@heritagealliance.ca)

### **Young Adults:**

Contact Pastor Shawn for details;  
[shawn@heritagealliance.ca](mailto: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  
contact Pastor Caroline  
for more details

### **MARCH 7**

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

### **MAR 18 & 25**

No Kids Club (Spring Break)

### **MARCH 23-26**

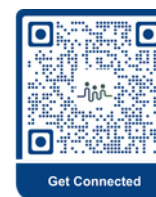
Spring Break Camp  
Registration Live Online

### **MARCH 28**

All Church Spring Work Bee!

### **MARCH 29**

BackStage Pass 6-7:30pm



## *Prime Timers 55+*

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

**February 26, 11:30am - 1pm**

Pre-Registration required  
online (by Monday end of day)  
or at the info desk today.  
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 3<sup>rd</sup>, 6-8pm**

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

## *Tax Receipts*

Your 2025 Tax Donation  
Receipts will be emailed out  
to you by the end of February.

You will have 14 days to access  
the link and print/save your  
tax receipt.

Contact the office for assistance

## *AGM*

We will be having our  
Annual General Meeting  
here at Heritage Alliance on  
**Sunday, March 8<sup>th</sup> @ 12:15pm**  
(annual reports available Mar 1)

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

## *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](mailto: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.

## *Office Info*

Our regular office hours are  
as follows;

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

Phone: 604-607-5031  
Email: [office@heritagealliance.ca](mailto:office@heritagealliance.ca)