



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 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

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 8th @ 12:15pm** (annual reports available Mar 1)

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
Email: 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

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
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



Office Info

Our regular office hours are as follows;

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

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