

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.

Kidz + Youth

Moms & Tots

Meeting Tuesday mornings
from 9-11 on lower level

Kids Club - Grades 1-5

No Clubs Mar 25 (Spring Break)
Email: heather@heritagealliance.ca

Upcoming Youth Events:

Mar 25 - No Jr Youth
Mar 27 - All Youth Gym Night
@ Eben-Ezer Church, 7-9pm

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
contact Pastor Caroline
for more details

MARCH 28

All Church Spring Work Bee
Drop In: 9am - 2pm

MARCH 29

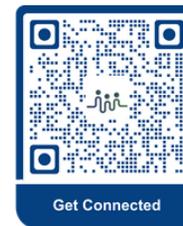
BackStage Pass 6-7:30pm
Register online for childcare

APRIL 3

Good Friday Worship
and Communion 10am

MAY 24

Baptism Service
Contact Pastor Shawn if you're
interested in learning more.



Ladies Bible Study

Now is the time to register
for our upcoming
Ladies Tuesday Morning
Bible Study!

THE BOOK OF TITUS

April 14 - May 5
9-11am

Lower Level Community Room

Developing character & integrity
in the midst of a society which
has lost respect for God.

Precept upon Precept workbook
or
In & Out workbook

Register by March 23 to
receive a workbook.

Contact Linda:
lindagailrau@gmail.com

Spring Break Camp

Kids in grades 1-4 are
invited out to our annual
Spring Break Camp

March 23-26, 9:30am - 12pm

Registration is now live
on our website, or you can
scan the QR code.

BackStage Pass

Our next BackStage Pass will
be held on
Sunday, March 29 @ 6pm

We encourage you all to attend.
Pastor Shawn will take some time
to answer questions around the
new children's ministry position.
Sign-up online for free childcare

Prime Timers 55+

Join us for our next event on
Thursday, **March 26th** @ 11:30am

Our theme for this month is
the relationships between
Grandparents & Grandkids!

Register online or at the
info desk by March 23

Easter Sunday

Sunday, April 5th we're looking
forward to Easter Sunday together.

We encourage you to pick up a
postcard invitation from the info
desk for your friends and family.

Please let Andrea know if you
can bring Paska that morning!

Office Info

Our regular office hours are
as follows;

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

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