

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.

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

Kidz + Youth

Moms & Tots

Meeting Tuesday mornings from 9-11 on lower level

Kids Club - Grades 1-5

No Clubs on Mar 18 or 25 (Spring Break)
Email: heather@heritagealliance.ca

Upcoming Youth Events:

Mar 16 - Youth Art/Movie Day 10-4
Mar 18 - Youth Art/Movie Day 12:30-6:30
Mar 18 - Jr Youth @ HAC 6:30 - 8:30pm
Mar 20 - Sr Youth @ HAC 7-9PM
Mar 25 - No Jr Youth
Mar 27 - All Youth Gym Night 7-9pm
For more info on youth, email;
reece@heritagealliance.ca

Young Adults:

Contact Pastor Shawn for details;
shawn@heritagealliance.ca

PrimeTimers 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

Baptism Sunday

Do you have questions about baptism? Are you ready to take the next steps in baptism?

We will be having our next baptism service on **May 24th**.

Reach out to us via email;
office@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!
Everyone's Invited!
Drop In: 9am - 2pm

MARCH 29

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

APRIL 3

Good Friday Worship and Communion 10am

APRIL 5

9:15 am - Coffee & Paska
10am - Easter Service



Office Info

Our regular office hours are as follows;

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

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