



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.

Kids & 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

Jan 21 - No Jr Youth

Jr & Senior Youth: Grades 9-12

Jan 23 - 7:00 - 9:00pm
Gym Night @ Eben-Ezer Church

Young Adults:

Contact Pastor Shawn for next get-together: shawn@heritagealliance.ca

Upcoming Events

MONDAY EVENINGS

Ladies Craft & Chat
7pm by the fireside

TUESDAY MORNINGS

Moms & Tots 9am - Jan 6
Ladies Bible Study 9am -

WEDNESDAYS

Prayer Zoom @ 4pm
Clubs & Jr Youth 6:30pm

FRIDAYS

Sr Youth 7-9pm

FEB 1

-Communion Sunday
-BackStage Pass @ 6pm

FEB 4

Global Impact Team
Event @ Heritage 6pm

FEB 8

Global Impact
Missions Sunday



Youth Gym Night

All Jr & Sr Youth are
invited out to our next
Gym Night on
Friday, January 23rd
7-9pm

Drop off & Pick Up are at
Eben-Ezer Mennonite Church

PrimeTimers 55+

If you're in the 55+ age category,
we invite you to join us each month
for a wonderful time of worship
and fellowship around food
together!

Our next get together is
Thursday, Jan 29th, 11:30am - 1pm
Please register online by Jan 26

BackStage Pass

We invite everyone to join us for our
next BackStage Pass on Sunday,
February 1 @ 6pm

BackStage Pass provides you
with an opportunity to get an
inside look at what's going on
behind the scenes here at Heritage

This month we'll be featuring our
Local Impact Team. Multiple
folks will share how their area of
ministry contributes to the
care of those around us both within
our congregation and into the local,
surrounding community. .

Free Childcare is available
with online registration.

Light Refreshments and
Coffee/Tea provided.

Office Info

Our regular office hours are
as follows;

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

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

Service Opportunity

Our Local Impact Team invites
you out to the next
Food Bank Sorting Evening

Thursday, Jan 22, 6-8pm

Sign up on bulletin board in lobby
or email:
jessica.a.friesen@gmail.com

Young Adults

We invite all Young Adults,
including gr 12's to join us
for small group tomorrow evening...

Monday, January 19th @ 6:30pm
Topic: Dealing with Anger & Conflict

Need more info?
Email: shawn@heritagealliance.ca