

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.

### *BackStage Pass*

Join us **Tonight @ 6pm**

We encourage you all to attend. Pastor Shawn will take some time to answer questions around the new children's ministry position.

*Snacks & Coffee/Tea Available*  
*Free Childcare registration online*

### *Good Friday*

We invite you to join us for a reflective service on Good Friday, April 3<sup>rd</sup> at 10am.

We'll reflect together through family communion, worship in song, and the Word.  
(Note: There are no children's programs that morning).

### *Men's Breakfast*

Guys...we welcome you to join us for this monthly get-together!

We meet next on April 4 at 8am at Ricky's Restaurant

No RSVP necessary....just come on out and join us!

### *Baptism Opportunity*

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](mailto:office@heritagealliance.ca)

## *Kidz + Youth*

### **Moms & Tots**

Meeting Tuesday mornings from 9-11 on lower level

### **Kids Club - Grades 1-5**

Wednesday Evenings from 6:30-8:00pm  
Email: [heather@heritagealliance.ca](mailto:heather@heritagealliance.ca)

### **Upcoming Youth Events:**

**April 1** - Jr Youth @ Heritage 6:30pm

**April 3** - No Sr Youth (Good Friday)

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)

### *Easter Sunday*

Sunday, April 5<sup>th</sup> we're looking forward to celebrating Easter Sunday together.

We have a special service planned and we hope you'll join us.

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

We will be serving Easter Paska & Coffee beginning at 9:15am and we invite you and your guests to come and enjoy!

Our service begins at our regular, 10am time.

Please let Andrea know if you'd be willing to bring either Paska or Hot Cross Buns for that morning. Please bring goodies by 9am.

## *Upcoming Events*

### **MONDAY EVENINGS**

No Craft & Chat on Monday, April 6th

### **TUESDAY MORNINGS**

Moms & Tots 9am  
Ladies Bible Study 9am

### **WEDNESDAYS**

Prayer Zoom @ 4pm  
contact Pastor Caroline for more details

### **APRIL 30**

PrimeTimers 55+  
Worship & Lunch @ 11:30am

### **MAY 1-3**

Kidz Club Annual Camp-Out @ Kawka

### **MAY 10**

Mother's Day!

### **MAY 23**

Annual Grand Prix Race Day!

### **MAY 24**

Baptism Service



Get Connected

### *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)