

Sermon Notes...



UNSTUCK

When the hardest battles  
are within, God helps us *break free*

Heritage Alliance Church ~ March 1, 2026

# 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.

### *AGM*

We will be having our Annual General Meeting here at Heritage Alliance next **Sunday, March 8<sup>th</sup> @ 12:15pm**

**Worship Service @ 10am**

**Soup & Bun Lunch** by donation in support of the Kidz Club Spring Camp-Out @ Kawkawa

In Between Lunch and the actual AGM, we will have a short time of **sharing and worship**.

If you are in membership here at Heritage, you will be asked to check in during lunch and *PRIOR* to the start of the AGM where you will be counted into our quorum and be given your ballots for voting..

### *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 scan the QR code.

### *Tax Receipts*

Your 2025 Tax Donation Receipts have been emailed out.

You will have 14 days to access the email link and print/save your tax receipt.

Contact the office should you require assistance.

## *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](mailto:heather@heritagealliance.ca)

### **Junior Youth: Grades 6-8**

Mar 4 - Jr Youth @ HAC 6:30 - 8:30pm

### **Senior Youth: Grades 9-12**

Mar 6 - Sr Youth @ HAC 7-9pm

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)

### *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](mailto: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**

Kidz 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](mailto:office@heritagealliance.ca)