



Lenten Wednesday Readings: Psalm 41 | Isaiah 52:13-53:5 | Luke 10:25-37

Chili Bingo—today!

Chili Bingo is here! Join today, **Sunday, March 1 at 12:30 p.m.** after the 11:00 a.m. service for great food, friendly competition, and BINGO prizes. All proceeds support our High School Ministry Workcamp trip to **Grosse Pointe Woods, Michigan.**

Pet Bible Study—today!

Join us for the second offering of our Bible Study about pets today, **Sunday, March 1, at 9:30 a.m. (Rm. 202).** Interested in learning more? Is there a pet heaven? What does God's Word reveal tell us? Join us in Room 126 (please note the new meeting location).

First Communion—today!

We're excited to announce that First Communion classes for 5th and 6th grade students will begin today, **Sunday, March 1. Class Details:** Leader: Pastor James | Time: 9:30 a.m. to 10:30 a.m. (during Sunday School) | Duration: Five sessions preparing students for Holy Communion | Requirement: Parent or guardian must attend class with their child **How to Sign Up or Ask Questions:** Phone: 703-437-5020 | Email: Michele (michele@gslcva.org) or Pastor Gary James (pastorgary@gslcva.org).

Lent 2026: "The Salutory Gift"

Worship services during Lent this year will explore the theme "The Salutory Gift" – the Lord's Supper. The words of institution convey the primary blessing of the Lord's Supper: "Given and shed for you for the *forgiveness of sins.*" Holy Scripture uses other images and metaphors as well to highlight the blessings of the Lord's Supper. The Lord's Supper holds nourishing power for those who hunger and thirst for righteousness. Christians suffering from bodily ailments take comfort in considering the Lord's Supper as a healing medicine, seeing that the complete healing of their bodies in the resurrection begins now with the healing of the soul in the Sacrament of the Altar. It also offers community, rest for our souls, and a foretaste of the eternal wedding feast to come. It is also a covenant meal and a feast of victory.

Join us for Lenten Midweek services each Wednesday at noon during Lent, and then during Holy Week, as we consider the many blessings of the Lord's Supper. Lenten devotional materials are available in the church entry area and on the Resource Table in the Fellowship Hall.

Worship Services during Lent

Midweek (Wednesday) services, noon, through March 25

These services will be recorded and posted on Wednesday evenings

Holy Week and Easter

Palm Sunday, March 29

8:00 a.m. Traditional service (sanctuary) with Holy Communion

9:00–10:45 a.m. Pancake Breakfast (Fellowship Hall)

11:00 a.m. Traditional service (sanctuary) with Holy Communion (This service will be livestreamed and recorded)

Maundy Thursday, April 2, 7:30 p.m.

Traditional service, with Holy Communion (This service will be livestreamed and recorded)

First Communion for students who have received instruction

Good Friday, April 3, 7:30 p.m.

This service will be livestreamed and recorded

Easter Sunday, April 5

8:15 a.m. Traditional service with Holy Communion (sanctuary) - *Preservice music begins at 8:00 a.m.*

10:00 a.m. Family-friendly service (Fellowship Hall) - This service will be recorded and posted later

11:15 a.m. Traditional service with Holy Communion (sanctuary) - *Preservice music begins at 11:00 a.m.* (This service will be livestreamed and recorded)

New giving opportunities in the latest Above & Beyond fall catalog

The winter/spring edition of the Above & Beyond catalog is now available electronically on our website at gslcva.org/giving. Hard copies are available in the church entry area and on the Resource Table in the Fellowship Hall. This new edition includes giving opportunities for 10 mission projects, and the Property Team has identified a need for dehumidifiers to control mold growth on the sanctuary ceiling. This latest catalog also gives updates on funding to date for all A&B items. Please note that this information represents a snapshot of funds received. For the most up-to-date information about current funding balances, please contact Georgia Thorstenson (georgia@gslcva.org). Thank you to everyone who so generously supports this stewardship program.

Today's Bible Studies, Sunday School

All classes meet at 9:30 a.m.

Ladies' Bible Study, room 203. Contact Heidi Cooper (heidi@gslcva.org).

Adult Bible study, room 111. An in-depth look at John's gospel, using William Barclay's *The Gospel of John, Volumes One and Two*. Contact Pastor Gary James (pastorgary@gslcva.org).

Sticky Faith, room 112. Video series offers practical strategies to help parents nurture lasting faith in their kids. All parents are invited to attend. Contact Pastor Gary James (pastorgary@gslcva.org).

Sunday School, ages 2-5th grade, lower-level gathering space and room 108. Contact Michelle Tenhaeff (childministry@gslcva.org)

Middle Schoolers (grades 6-8), room 119. Contact Holly Vanderhoof (holly@gslcva.org)

High School Ministry (grades 9-12), room 121. Contact Holly Vanderhoof (holly@gslcva.org)

Hypothermia Shelter Meals—help needed!

We are in need of assistance on **Wednesday, March 4.** For details see the full Hypothermia Shelter meals ad, under Community Service, on the backside of the News & Announcements.

Upcoming Events

Worship Services

Wednesday, March 4: 12:00 p.m. (Lenten Midweek service)

Sunday, March 8: 8:00 a.m. (Matins service) and 11:00 a.m. (Contemporary/Praise service)*

*Check out our [website](#) for more information

Choir Practice

Sunday, March 8: 9:30 a.m. (choir room)

Sunday School

Sunday, March 8: 9:30 a.m. (kids, youth, adults)

Prayer Gathering

Wednesday, March 4: 7:00 p.m. (video teleconference)

Life Groups

Women's Thursday Morning Bible Study:

Thursday, March 5: 10:00 a.m. to 11:30 a.m. GSLC (Room 203). For more information [click here](#).

Men's Friday Bible Study: Friday, March 6: 7:00 a.m. to 8:00 a.m. at Panera Bread (Elden Street). For more information [click here](#).

Helping Hands: Saturday, March 7: 10:00 a.m. to 12:00 p.m. (Room 125).

*Check out our [Calendar on the website](#) for life groups

Community Service

Monday, March 2: 2:00 p.m. to 4:00 p.m. SLHS Food Pantry (pantry rooms)

Wednesday, March 4: 10:00 a.m. to 12:00 p.m. SLHS Food Pantry (pantry rooms)

Thursday, March 5: 2:30 p.m. to 3:30 p.m. SLHS Food Pantry transport for distribution at SLHS (lower parking lot)

*Check out our [website](#) for more opportunities

Board of Servant Leaders (BoSL) Nominations

The 2026 BoSL Nominating Committee is actively seeking passionate candidates to serve on our Board of Servant Leaders. If you know someone (or yourself!) who embodies our values and is ready to lead, **nominations close Friday, March 6. Three positions are open.** The term runs two years, beginning in May. Check out our website (gslcva.org/news-events/forms-documents) for more information on what being a member of the Board entails. Questions? Email the church office (gslc@gslcva.org) to speak with the Nominating Committee point of contact Tony Esse.

Election Timeline

Open Nominations from Congregation: Closes after March 6
Nominating Committee finalizes proposed slate of candidates: March 9 through 11
Proposed slate (with candidate profiles) published: March 17
Quiet Period: March 17 through 22
Elections held online: March 23 through 29
Election Results made available: April 3
New Board seated: May 21

Middle School Youth Gathering

Join us for the Spring Middle School Youth Gathering in Williamsburg, Virginia from April 24 to 26. This year's theme, **ONE**, will guide us through Paul's words in Ephesians. We are pleased to welcome **AJ Vega** as our keynote speaker. Interested? Contact Holly Vanderhoof (holly@gslcva.org). Register through this link: <https://tinyurl.com/ybc5t9am>.

Save the Date—"Seen" Retreat

Don't miss this exclusive opportunity! Join Our Savior's Way for an inspiring one-day women's retreat on **Saturday, April 18**, where you'll connect with women of faith from across our area. Mark your calendar now for a day of meaningful fellowship and spiritual growth.



Congregational Care & Nurture presents a Devotional Book Swap!

Bring (gently used) devotional or Bible study books. "Shop" for books that are new to you! Interested? Check out the blue tables in the Fellowship Hall, **Thursday, March 5, through Wednesday, March 25**. Questions? Contact June McGurn through the church office (gslc@gslcva.org).

Community Service

Hypothermia Shelter Meals – 3 open dates left (March 4, March 11, and March 18). Every Wednesday through the end of March (17 weeks), we prepare, provide, and serve hot meals for 40 guests. **Would you like to know what it is like to prepare food for the Hypothermia Prevention Program?** The best way to think about preparing the food is to consider what you would bring if this were an outdoor gathering. You need to provide food in disposable containers and include any needed (sturdy) plates, bowls, cups, napkins, eating utensils. This year the need is much greater as they are serving about 80 people. **We will be helping with that number by providing a minimum of 40 meals.** Serving in person is also back this year but you still have the option to drop off the meals! Volunteers must be at least 18 years old to serve in the shelter. For more information and to signup visit: <https://tinyurl.com/4n5m8b9u> or scan the QR code to the right.



A Simple Gesture Food Collection. Every other month, A Simple Gesture delivers collected food to the South Lakes High School Food Pantry along with other local food pantries. Help us intake, sort and shelve donations on Saturday, April 4 from 8:50 a.m. to 11:15 a.m. This effort involves 50-70 volunteers from the area and is a great way to help serve the food pantry and love your neighbor in the process. If interested in volunteering, please contact Holly Vanderhoof (holly@gslcva.org).

Do you know of someone who needs help finding resources in our area? For a list of comprehensive services in our area please call or visit: 2-1-1 Virginia. 2-1-1 Virginia is a source of information about community and social services available in Fairfax County and statewide. When you dial 2-1-1, a trained professional will listen to your situation and suggest sources to help using one of the largest databases of health and human services in Virginia.

Family Opportunity for ages 10 & up! Adopt a Highway. Join us on Saturday, March 21, at 8:30 a.m. for a light breakfast in the Fellowship Hall. Pickup begins promptly at 9:00 a.m. It takes approximately 1.5 to 2 hours of your time, and service hours can be earned. It's a beautiful stroll along Reston Parkway because of helpers like you! Help us keep God's creation beautiful! **For safety reasons, volunteers must be at least 10 years old and accompanied by an adult if they are under 16. Please bring your own gloves.**

Volunteers needed! The Closet of Greater Herndon. Congregation scheduled days have returned to The Closet! **Good Shepherd's next volunteer days are March 12 and April 3.** The Closet **needs** volunteers to maintain day to day operations. Please consider donating some time to this valuable resource in our community.



Scan the QR code to the right to signup or visit <http://tinyurl.com/5n7kbmb2>.

South Lakes Food Pantry – continues to serve the community! Since the beginning they have distributed more than **TWO MILLION NINE HUNDRED THOUSAND POUNDS** of food & toiletries to our neighbors in need. What a significant difference you've made in the community with your support of this incredible ministry. *Interested? Email Holly Vanderhoof (holly@gslcva.org).* Needs are on the rise. We are averaging well over **7,000 pounds (3 ½ tons) of food to families and students in need each week.** Please consider shopping from our urgent needs or donating money to the pantry so that they can purchase food for the pantry.

NO-CONTACT Donation curbside drop offs: Mondays from 2:00 p.m. to 4:00 p.m., Wednesdays from 10:00 a.m. to 12:00 p.m. Donations may also be shipped to the church: SLHS Food Pantry, c/o GSLC, 1133 Reston Ave., Herndon, VA 20170.

DRIVERS NEEDED. Looking for additional drivers on Thursdays. Bags will be loaded and unloaded at the school for you. Thursday afternoons, 2:50 – 3:30 p.m. Interested? Please contact Holly (holly@gslcva.org).

URGENT NEEDS: peanut butter, jelly, diced tomatoes, pasta sauce, bar soap, canned meat

Women Giving Back. Come and support women and children in crisis on a first step to stability by providing quality clothing at no cost, assisted by a caring and committed community. From grassroots humble beginnings, Women Giving Back has grown into an organization that serves more than 24,000 women and children in need every year. Visit: <https://womengivingback.org> for details.

Cornerstones Volunteer Opportunities: Cornerstones offers a multitude of volunteer opportunities; including Farmers Market Gleaning, Career Mentors, Financial Literacy Mentors, Interpreters, Front Desk Assistants, Pathways to Sustainable Employment Program Volunteers and so much more. Visit <https://tinyurl.com/mvzzu4ue> to sign up or learn more additional opportunities.