



Lenten Wednesday Readings: Psalms 122, 133 | 1 Corinthians 10:14-22, 31b-33 | Acts 2:42-47

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)

Above & Beyond fall catalog

The winter/spring edition of the Above & Beyond catalog is 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).
- 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)

First Communion - 5th and 6th graders

We're excited to announce that First Communion classes, led by Pastor Gary James, for 5th and 6th grade students will start on **Sunday, March 8**.

Class Details:

- Time: 9:30 a.m. to 10:30 a.m. (Room 112)
- Duration: Five sessions designed to prepare students for Holy Communion
- Requirement: A parent or guardian must attend each session 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)

Upcoming Events

Worship Services

Wednesday, March 11: 12:00 p.m. (Lenten Midweek service)
Sunday, March 15: 8:00 a.m. and 11:00 a.m. (Traditional services)*

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

Choir Practice

Sunday, March 15: 9:30 a.m. (choir room)

Sunday School

Sunday, March 15: 9:30 a.m. (kids, youth, adults)

Prayer Gathering

Wednesday, March 11: 7:00 p.m. (video teleconference)

Life Groups

- Helping Hands: Saturday, March 7:** 10:00 a.m. to 12:00 p.m. (Room 125).
- Manic Mondays: Monday, March 9:** 7:30 p.m. to 9:00 p.m. (Cors's House).
- Word Workers: Wednesday, March 11:** 7:30 p.m. to 9:00 p.m. Virtual (Zoom).
- Women's Thursday Morning Bible Study: Thursday, March 12:** 10:00 a.m. to 11:30 a.m. GSLC (Room 203).
- 2GETHER4LUNCH: Thursday, March 12:** 11:30 a.m. Euro Bistro (Herndon).
- Men's Friday Bible Study: Friday, March 13:** 7:00 a.m. to 8:00 a.m. at Panera Bread (Elden Street).

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

Community Service

- Monday, March 9:** 2:00 p.m. to 4:00 p.m. SLHS Food Pantry (pantry rooms)
- Wednesday, March 11:** 10:00 a.m. to 12:00 p.m. SLHS Food Pantry (pantry rooms)
- Thursday, March 12:** Good Shepherd Day at The Closet of Greater Herndon
- Thursday, March 12:** 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

Seder

Join us on **Sunday, March 15**, at 9:30 a.m., in the Fellowship Hall during the Bible study hour as we explore the connection between the Last Supper and Passover, focusing on the messianic symbolism found in the Passover Seder – a ceremonial meal commemorating the Jewish Exodus from Egypt. The presentation will include a video by Jews for Jesus, a Messianic Jewish ministry, which highlights how Passover traditions point to Jesus and the similarities between Jewish and Christian practices. The study will provide an overview in preparation for the Seder walkthrough and potluck scheduled for Saturday, March 28, at 12:30 p.m. Due to limited seating, registration for the Seder meal is required. Register by emailing the church office (gslc@gslcva.org)

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>.

Congregational Care & Nurture 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).

Reston Town Center Hike

Hello Warmer Weather! Now that the arctic cold has passed, we'll get back together to get in some steps! On **Sunday, March 15**, following the 11:00 a.m. worship service, we'll meet at the Reston Town Center fountain for an urban hike. We'll wind a path reaching the four corners of the Reston Town Center to appreciate all the public artwork there. There are beautiful murals and sculptures that you might not have noticed before. We'll stop to admire each one. We'll meet at the fountain near the pavilion at 12:30 p.m. and walk about 1.5 miles. We will add a 3 mile option too. The weather should be warmer but, just in case, wear layers and be prepared with a small bottle of water and a snack. There are restroom facilities at the Pavilion.

Community Service

Hypothermia Shelter Meals – all slots scheduled. Thank you for supporting the hypothermia shelter this season and truly showing God's love in action. All spots are scheduled! Want to help out? Join the Men's Brotherhood with meal delivery on March 11. Interested in learning more about Hypothermia Shelter Meals? Each Wednesday, from December through the end of March, Good Shepherd has prepared, provided, and served hot meals for 40 guests. We look forward to supporting this incredible mission again next year. **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: diced tomato, peanut butter, jelly, pasta sauce, bar soap

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://womensgivingback.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.

Palm Sunday

pancake breakfast

**SUNDAY, MARCH 29, 9:00 - 10:45 A.M.
IN THE FELLOWSHIP HALL**



Goodwill offerings from this breakfast help support the 2026 High School Summer Workcamp in Grosse Pointe Woods, Michigan.



REGISTRATION OPENS MARCH 29, 2026

RAINFOREST FALLS

Exploring The Nature of God

SAVE THE DATE!
JUNE 22-26, 2026

GOOD SHEPHERD LUTHERAN CHURCH • 1133 RESTON AVE. HERNDON, VA 20170