



**Lenten Wednesday Readings:** Psalm 55:1-8, 16-18, 22 | Exodus 31:12-18 | Matthew 11:27-12:8

**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 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. The midweek services will be recorded and posted on Wednesday evenings.

**Worship during Holy Week and Easter**

**Palm Sunday, March 29**

- 8:00 a.m. Traditional service (sanctuary) with Holy Communion, *Special music: Brass Quintet*
- 9:00–10:45 a.m. Pancake Breakfast (Fellowship Hall)
- 11:00 a.m. Traditional service (sanctuary) with Holy Communion, *Special music: Brass Quintet*  
This service will be livestreamed and recorded

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

Traditional service, with Holy Communion  
First Communion for students who have received instruction  
This service will be livestreamed and recorded

**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, special music (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, special music (sanctuary), *Preservice music begins at 11:00 a.m.*  
This service will be livestreamed and recorded

**Also on Easter Sunday— Dedication of the Columbarium Peace Garden (9:40 a.m. & 10:50 p.m.). See article on reverse side.**

**Above & Beyond fall catalog**

The winter/spring edition of the Above & Beyond catalog is available electronically on our website at [gslcva.org/giving](https://gslcva.org/giving). Hard copies are available in the church entry area and on the Resource Table in the Fellowship Hall. 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](mailto: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](mailto:heidi@gslcva.org)).
- Adult Bible study, room 111.** Contact Pastor Gary James ([pastorgary@gslcva.org](mailto:pastorgary@gslcva.org)).
- First Communion Class—5th and 6th graders, room 112.** Contact Pastor Gary James ([pastorgary@gslcva.org](mailto:pastorgary@gslcva.org)).
- Young Family Bible Study, room 202.** Contact Heidi Cooper ([heidi@gslcva.org](mailto:heidi@gslcva.org)).
- Sunday School, ages 2-5th grade, lower-level gathering space and room 108.** Contact Michelle Tenhaeff ([childministry@gslcva.org](mailto:childministry@gslcva.org))
- Middle Schoolers (grades 6-8), room 119.** Contact Holly Vanderhoof ([holly@gslcva.org](mailto:holly@gslcva.org))
- High School Ministry (grades 9-12), room 121.** Contact Holly Vanderhoof ([holly@gslcva.org](mailto:holly@gslcva.org))

**Men’s Brotherhood**

There will be no Men’s Breakfast in March. Get ready instead for April, when the Men’s Brotherhood heads to Silver Eagle Shooting Range in Leesburg. Questions? Contact Randy Terlecki through the church office ([gslc@gslcva.org](mailto: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.

**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 11:00 a.m. Due to limited seating, registration for the Seder meal is required. Register by emailing the church office ([gslc@gslcva.org](mailto:gslc@gslcva.org)).

**Upcoming Events**

Worship Services

- Wednesday, March 18:** 12:00 p.m. (Lenten Midweek service)
- Sunday, March 22:** 8:00 a.m. (Traditional service) and 11:00 a.m. (Contemporary/Praise service)\*
- \*Check out our [website](#) for more information

Choir Practice

- Sunday, March 22:** 9:30 a.m. (choir room)

Sunday School

- Sunday, March 22:** 9:30 a.m. (kids, youth, adults)

Prayer Gathering

- Wednesday, March 18:** 7:00 p.m. (video teleconference)

Life Groups

- Women’s Thursday Morning Bible Study:** **Thursday, March 19:** 10:00 a.m. to 11:30 a.m. GSLC (Room 203).
- Men’s Friday Bible Study:** **Friday, March 20:** 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 16:** 2:00 p.m. to 4:00 p.m. SLHS Food Pantry (pantry rooms)
- Wednesday, March 18:** 10:00 a.m. to 12:00 p.m. SLHS Food Pantry (pantry rooms)
- Thursday, March 19:** 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

## 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](mailto:holly@gslcva.org)). Register through this link: <https://tinyurl.com/yc5t9am>.

## 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 **through Wednesday, March 25**. Questions? Contact June McGurn through the church office ([gslc@gslcva.org](mailto:gslc@gslcva.org)).

## Community Service

**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](mailto: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 day is 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 sign up 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](mailto: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](mailto:holly@gslcva.org)).

**URGENT NEEDS:** diced tomatoes, peanut butter, jelly, pasta sauce, bar soap, rice (1 lb. bag), 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.

## Palm Sunday pancake breakfast

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

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



Rain or Shine! ✨  
Come join us for our  
**Spring Fling** ✨  
at Good Shepherd!  
For a fun morning of games, inflatables, prizes, and MORE!  
**SATURDAY, APRIL 18TH** Fun for the whole family!  
10 A.M.-12 P.M.  
Lower Parking Lot  
RSVP Here!

REGISTRATION OPENS MARCH 29, 2026

**RAIN FOREST FALLS**  
Exploring The Nature of God  
**SAVE THE DATE!**  
JUNE 22-26, 2026  
GOOD SHEPHERD LUTHERAN CHURCH • 1133 RESTON AVE. HERNDON, VA 20170

## Board of Servant Leader—election update

The 2026 BoSL Nominating Committee is finalizing the proposed slate of candidates. Stay tuned for updates next week.

## Columbarium Peace Garden dedication

On **Easter Sunday**, we will dedicate the Columbarium Peace Garden. Brief ceremonies will be held in the garden at 9:40 a.m. and at 10:50 a.m. (following the first two Easter worship services). All are welcome to participate as we set apart the Columbarium Peace Garden as a sacred place, a reminder of the sure and certain hope of resurrection.