

### Almsgiving (Acts of Charity)

Show an act of kindness to family and friends.

Show an act of kindness to some difficult to like.

Spend time serving others, i.e. :

Work at a soup kitchen or homeless shelter.

Visit the elderly, imprisoned, or shut-ins.

Support a community food pantry or food bank.

Do someone else's chores one day this week.

Donate to the local homeless shelter.

Give away clothes to others who are in need.

Write a card to someone who is sick or lonely.

### Fasting

Fasting is an integral part of Lent. Traditionally it has included reducing the amount of food we eat and abstaining from meat.

We fast to allow our physical hunger to remind us of our spiritual hunger, our need for God. The purpose of fasting is to turn our attention to both God and others.

Things you can fast from during Lent:

Limit social media and screen time

Foul language, sarcasm, and put downs.

Buying new items, i.e. clothes, jewelry, etc.

Snack or junk foods

Spending money on entertainment

Reacting in anger at other people

Holding resentments

Gossiping

Acting and displaying dishonesty

## BETHEL LUTHERAN CHURCH

2077 North Frederick Pike, Winchester, VA  
22603, 540-662-3245

Office Hours:

Monday-Friday 9:00 a.m. - 1:00 p.m.

[www.bethelwinchester.com](http://www.bethelwinchester.com)

**Rev. Dr. David N. Young, Pastor**

[pastordave@bethelwinchester.com](mailto:pastordave@bethelwinchester.com)

**Shawn Garner, Facilities and Finances**

[Facility@bethelwinchester.com](mailto:Facility@bethelwinchester.com)

**Nina Davis, Office Manager**

[office@bethelwinchester.com](mailto:office@bethelwinchester.com)

**Kristal Cutler**

Director of Music & Worship

[music@bethelwinchester.com](mailto:music@bethelwinchester.com)

**George Donovan Sr. Security**  
[Security@bethelwinchester.com](mailto:Security@bethelwinchester.com)

**Edie Donovan, Parish Nurse**  
[emcgoff@gmail.com](mailto:emcgoff@gmail.com)

**Matt Meade, Nursery Manager**  
[office@bethelwinchester.com](mailto:office@bethelwinchester.com)

**Kristin and Mel Siebert**  
Senior High Youth Ministers  
[youth@bethelwinchester.com](mailto:youth@bethelwinchester.com)

**Patty White, Custodian**  
[annwhite54@aol.com](mailto:annwhite54@aol.com)

## ASHES TO ALLELUIAS

*A Lenten Journey of*

*Faith and Hope*

**“Weeping may linger for the night,  
but joy comes with the morning.”**

*(Psalm 30:5)*



**LUTHERAN CHURCH**  
**LENT 2026**



Lent is not a season we rush through. It is a season we *walk through. Slowly. Honestly. Sometimes quietly. Sometimes carrying questions, burdens, or grief we can barely name.*

It begins in ashes, with the reminder that we are fragile, mortal, and deeply in need of grace. And it ends at an empty tomb, with the astonishing promise that death, sin, and despair do not get the final word, and Alleluias abound.

Some days will feel full of light. Some will feel heavy. That is part of the journey. Lent teaches us that God meets us not only in resurrection, but in wilderness, waiting, and even in silence.

May you make space for God each day during this Lenten season and listen deeply to Scripture, as you walk toward Easter reformed and transformed.

Peace be yours this holy season.

**Pastor Dave**

---

## LENTEN MIDWEEK WORSHIP

Ash Wednesday, February 18

6:30-8:30am Drive-In Ashes

12:00pm Imposition of Ashes with Holy Communion

7:00pm Evening Worship with Holy Communion

## MIDWEEK LENTEN WORSHIP SERIES

*Walking Wet;*

*Living Our Baptism from Ashes to Alleluias*

We don't graduate from baptism. We *walk wet each day; claimed by grace, cleaned in water, changed by God's promises, and called to serve God and each other.*

Wednesday, March 4

5:30pm Lenten Dinner/Conversation

7pm Lenten Midweek Worship

"We are Claimed"

Wednesday, March 11

5:30pm Lenten Dinner/Conversation

7pm Lenten Midweek Worship

"We are Cleaned"

Wednesday, March 18

5:30pm Lenten Dinner/Conversation

7pm Lenten Midweek Worship

"We are Changed"

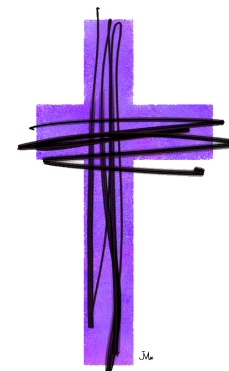
Wednesday, March 25

5:30pm Lenten Dinner/Conversation

7pm Lenten Midweek Worship

"We are Called"

## HOLY WEEK WORSHIP



**Palm Sunday, March 29**

**9:30am**

**Maundy Thursday, April 2**

**7:00pm**

**Good Friday, April 3**

**12:00pm and 7:00pm**

**Easter Sunday, April 5**

**9:30am**

---