

Giving Back at Works Sunday

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The 13th annual Works Sunday will offer more than 15 ways to give back to the Herndon and Reston communities this weekend. About 20 faith groups will participate in Sunday's event, which was started by LaVerne Gill in 1995.

Marilyn Silvey, one of the organizers for Works Sunday, said most faith groups "see the value of working together" after they participate in a Works Sunday activity—each of which involve at least two different groups. "We're getting to know each other and realizing the similar goals that we have," Silvey said.

New events this year include a health fair for children and adults. The health fair is being coordinated with the Jeanie Schmidt Free Clinic and will be held at First Baptist Church in Herndon. Silvey said the fair will feature free blood pressure screenings and eye testing and is free to attend. The health fair will run from 1 to 4 p.m. Sunday.

One of the events that has changed this year is the worship service at Hunters Woods Fellowship House, Silvey said. In past years, Works Sunday featured Protestant services at Hunters Woods, but "this year, the residents of Hunters Woods especially have changed greatly and most are from other countries," she said. In order to make the service more inclusive, Works Sunday has planned an interfaith

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meditation and sing-along.

Volunteers are still needed for Works Sunday and Silvey said there are activities for children and adults of all ages. The health fair needs translators and volunteers with medical knowledge. Teenagers are also able to earn service-learning credits by volunteering. Visit www.WorksSunday.org.

WORKS SUNDAY EVENTS

- Herndon Harbor House lunch 12:30 p.m. – Meal with residents. Need low-salt and low-sugar salads, casseroles, desserts.
- Hunters Woods Fellowship House 11 a.m. – Interfaith meditation and sing-along.
- Hunters Woods Fellowship House noon – Meal with residents. Need low-salt and low-sugar salads, casseroles, desserts.
- Lake Anne Fellowship House 11 a.m. – Protestant worship service.
- Lake Anne Fellowship House noon – Meal with residents. Need low-salt and low-sugar salads, casseroles, desserts.
- Game Night at Embry Rucker Community Shelter 6 to 8 p.m. – Need adult volunteers to bring desserts and lead activities for single adults and families.
- Make Bag Lunches for Embry Rucker Community Shelter at the 10:30 a.m. Herndon Friends Meeting – Need volunteers to donate food and fill bag lunches.
- Food Drive for Reston Interfaith 10 a.m. to 6 p.m. – Volunteers needed to hand out fliers and collect food at local grocery stores. Volunteers work two-hour shifts at the Fox Mill, North Point and Hunters Woods Giant stores.
- Jeanie Schmidt Free Clinic All Ages Health Fair 1 to 4 p.m. – Health fair at First Baptist Church. Need volunteers with medical knowledge and volunteers who can translate.
- Gabriel Homes Maintenance Aug. 16 from 9 a.m. to 5 p.m. and Aug. 17 from 1-5 p.m. – Volunteers needed to help perform maintenance on three residences for adults with intellectual disabilities.
- Concert at Tall Oaks at Reston 3-4 p.m. – Enjoy an ice cream social and visit with residents.