



LEO COCO -- CANDIDATE FOR DIOCESAN DELEGATE

- *How long have you been a part of St. Alban's and what activity or ministry feeds you spiritually?*

Over 25 years ago our family joined St. Alban's. The church and parish community are central to our spiritual lives and define to a great extent who we are and how we have made our home in Washington. I have been active through the years in service to many ministries and committees and have supported initiatives to move the parish's mission into action.

Serving as a lay reader is without question the most significant ministry in my spiritual development and provides a sustained opportunity to contribute to the services at St. Alban's. I have been a lay reader for almost 20 years and have coordinated the training and scheduling of lay readers for four of those years.

A more recent ministry has been the creation of an annual retreat for the past three years to bring parishioners together in an atmosphere of spiritual exploration and the creation of art centered on religious themes.

- *What professional experience and personal strengths would help you serve the Parish as a lay leader?*

Most of my professional life has been spent in leadership positions in the U.S. House of Representatives and the U.S. Department of Education where skills were well honed in negotiating policies that brought consensus in an open and trustful way and navigating political agendas to lead to successful outcomes reflecting a blending of different views and philosophies. Currently, I am a senior policy advisor in the Washington office of a large southeastern based law firm. I opened that office in 2004 after retiring from the federal government and now am the most senior of 60 professionals in the office. Challenging as that has been, I look on this period as one of continued personal growth and a balancing act of helping to expand an office and succeed in my own issue driven work which continues to focus on education and particularly policies that promote access for all students to music and arts education.

- *As a lay leader in the church, it is common to work with people of diverse views. How would you seek to move St. Alban's forward as one body of Christ?*

What I have relied on most is being a thoughtful and accessible listener and someone who brings people together when they seem to be drifting apart. It remains a goal. Now that my wife and I are moving to retirement, I search for ways to contribute to those things in my life I hold most closely. St. Alban's is at the top of the list. I am grateful to be blessed with this church and congregation.



LINDSAY WEST – CANDIDATE FOR DIOCESAN DELEGATE

- *How long have you been a part of St. Alban's and what activity or ministry feeds you spiritually?*

I began attending St. Alban's during the Easter season of 2005 and during the past eleven years I've been blessed to be a part of many ministries. I was a member of the alpha class of Stephen Ministers, I sang in our Salisbury Choir, I graduated from Education for Ministry classes, and I was one of the leaders of the Senior Youth group for two years, all of which led to lifelong connections to the amazing people of this parish. The relationships I've built at this church are what feed me spiritually each and every day.

- *What professional experience and personal strengths would help you serve the Parish as a lay leader?*

During my career as a social worker and special educator I have developed a strong sense of how to actively listen and clearly communicate the ideas and concerns of others. I have also served the past two years as a delegate and have learned a great deal about how the larger diocese is structured, funded, and was an active participant in two Diocesan Conventions. I believe my experience with advocacy will aid me in being able to continue representing this parish at convention and return from convention to communicate to all of you what is happening in the diocese.

- *As a lay leader in the church, it is common to work with people of diverse views. How would you seek to move St. Alban's forward as one body of Christ?*

Over the past eleven years I have been blessed to witness the members of this community actively and passionately engaged in serving God and God's people. Although we do come with a wide variety of views, we all come together for this common purpose. I would encourage all of us to remember that we are on this journey together and that our love for this church, for God, and for each other are what will move us forward as one body of Christ.