

# 2018 Synod Assembly Candidate Information Form

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**Candidate for the position of:**

Synod Council - Fairfax Conference Lay

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**Candidate name:**

Mrs. Virginia A. Trygstad

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**Congregation Membership:**

Christ Lutheran, Fairfax VA

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**Occupation History:**

Director of Preschool and Congregational Life Ministry

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**Participation at Synod or Churchwide Level:**

Former MLR Board member, MLR supporter,  
confirmation camp, Shekinah



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**Participation at Congregation Level:**

Preschool teacher and director, education director, Sunday School teacher,  
confirmation coordinator and teacher, youth group leader, cook for  
homeless, learning committee member, usher, greeter, cook for homeless

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**Community Involvement: Veggie Wrap**

None - I'm rarely home! Veggie Wrap Veggie Wrap

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**Demographics:**

**Gender:** Female

**Roster:** Lay

**Youth/Youth Veggie Wrap Adult:** Neither