

The Rev. Laura (Lo) Cook  
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I was born and raised in the Diocese of Central Florida whom I credit for my Christian Formation. I became a member at Church of the Messiah in Winter Garden in Elementary School. As a youth I served in a variety of ways, becoming one of the youngest Lay Eucharist Ministers in our Diocese as well as being one of the youngest alternate delegates at our Annual Diocesan Convention.

I graduated from the University of Florida with a Bachelor's and then a Master's in Education. I began teaching at Palmetto Elementary School and continued to serve at Church of the Messiah with the Youth Ministry as well as serving on the Altar and co-teaching a Sunday Morning Bible Study.

My experiences as a Youth and then adult volunteer on Mission Trips stirred a desire to become a missionary and after prayer and wise advice from those I trust, I lived in Uganda and worked for a non-profit as well as living at a second non-profit where I served part time. It was during this time that I began to recognize that God was calling me to discern being ordained a priest.

I attended Wycliffe College at the University of Toronto for Seminary where I served as Vice President of Community as well as Senior Class President. These roles, especially in the COVID pandemic, gave me unique experiences and a perspective about bringing a community together building on the tenets we believe in, while allowing space for our differences to be respected.

Since my ordination to the Priesthood in 2022 I have helped facilitate Deanery gatherings in our Diocese, joined the hospitality team for many of the ordinations we have had the last 6 months, was on the registration team at the Bishop Electing Convention, helped to facilitate the Mockingbird Conference at All Saints, as well as attending many opportunities to get to know the clergy and people of our churches.

I currently serve as Associate Rector for Christian Formation and Missions at All Saints Winter Park.

I believe my experiences in our Diocese, as well as those in Africa and Canada have given me a unique perspective on the National Church. It is for this very reason I would love the opportunity to represent our Diocese at General Convention as a Deputy.