



The 228th Annual Convention of the Diocese of Virginia

November 17-19, 2021, Crystal City Gateway Marriott Hotel, Arlington, Virginia

Elected Position Nomination Form

Position Sought:

STANDING COMMITTEE _____ GENERAL CONVENTION _____ PROVINCE III _____

Order: LAY _____ CLERGY _____

Name: _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Church Name, Location _____

Please provide a biographical sketch for publication, including elected or appointed positions or ministries held at the parish, provincial and/or national church level and highlighting why you would like the position and believe you are qualified. Please include a digital photograph with the nomination form.

Mail, fax or e-mail completed form **no later than Tuesday, November 1, 2022** to:
Secretary of the Diocese, 110 W. Franklin Street, Richmond, VA 23220
Fax: 804-644-6928 E-mail: bmartin@thediocese.net



Helen Larkins Penrod (she/her)
Emmanuel Episcopal Church, Harrisonburg

Hometown: New Canaan, CT; St. Mark's Episcopal Church

Parents' Heritage: Richmond, VA and Princeton, KY

Family: husband, two daughters, four stepchildren, eight step-grandchildren, one step-great grandson

Favorite fictional character: Rey from Star Wars

Favorite book: My Antonia, by Willa Cather

Books reading now:

Falling Upward, by Richard Rohr

When Helping Hurts, by Steve Corbett and Brian Fikkert

Courses taking now: unconscious bias - Diversity, Equity, Inclusion;
Courageous Conversations about Race

Hobbies: hiking and camping in National Parks

Parish ministries: Choir, Altar Guild, Acolyte, Sunday School Teacher, Vestry, Senior Warden, Stewardship, Finance, organizer of annual Shrine Mont parish retreat, meals for JMU campus ministry

Regional ministry: President of Southern Shenandoah Valley Region

Community Outreach: meals for homeless, meals for arriving immigrants, Board of Directors Boys & Girls Clubs Harrisonburg and Rockingham County, after-school volunteer at Boys & Girls Clubs, chair of Boys & Girls Clubs Program and Expansion Committees

Education: M.S. and Ph.D. Organic Chemistry, Princeton University; B.S. Chemistry, Mary Washington College, summa cum laude, Phi Beta Kappa

Career: Merck & Co., Inc. Manufacturing Division - Senior Scientist, Factory Manager, Elkton VA, Rahway NJ; 36 years, retired in 2022.

Why I would like to serve on Standing Committee:

A positive experience at Province III Synod (as an observer) sparked my desire to contribute to ministries at the Diocesan level. I have the time, interest, and ability to do the Lord's work for the Diocese. I can offer the Standing Committee the habits of a good team member, committed work ethic, collaborative attitude, project planning and implementation skills, and problem-solving experience. I continue to be inspired by and learn from others, enabling me to discern and take new paths.

Favorite Choral Introit:

Take, O take me as I am; Summon out what I shall be;
Set your seal upon my heart and live in me.

Words and Music by John L. Bell