

## Letter from Rev. Seminarian Elizabeth Frey Candidate for Associate Pastor at Trinity

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April 30, 2018

Hello, Trinity!

My name is Liz Frey. I grew up in Millersville, PA, where I graduated from Penn Manor High School in 2007. My parents, Keith and Deb, still live in Millersville and attend Emmanuel Lutheran Church in Lancaster. I have a younger brother named Jacob; he is married to an amazing woman whose name is also Elizabeth.

They have an adorable furbaby, a cat named Al, who I'm obsessed with.

My family is super important to me, so I'm excited at the prospect of living in proximity to my family for the first time in many years. I attended Gettysburg College where I studied political science and religion and graduated in 2011.

Upon graduation, I participated in the Young Adults in Global Mission program (YAGM), a Global Mission ministry of the ELCA that sends young adults around the world to serve in various international contexts. I lived in Malaysia from August 2011-July 2012, where I served and taught English at a seminary in the city of Kota Kinabalu. It was during this year of service that the Holy Spirit started nudging me toward a call to ministry. Upon return to US soil, I lived at home with my parents for two years and worked as a swim coach for a USA Swimming team in Lancaster and worked at the local Old Navy. I found these jobs to be enriching with skills that I know I will carry with me into ministry. But the Holy Spirit kept working on my heart, and I followed my call to seminary in the fall of 2014.



I attend the Lutheran School of Theology at Chicago and will be graduating in May. During my internship year, I traveled out west to the beautiful state of Montana. I served Peace Lutheran Church and St. John's Lutheran Ministries in Billings. In my spare time, I love staying active, particularly running and swimming. I love to read; I'm currently re-reading Harry Potter and the Goblet of Fire for the 10<sup>th</sup> time (maybe the 11<sup>th</sup>, but who's counting?). I love elephants and find every possible way to include them in my decorating. I'm a big fan of the Philadelphia Eagles, and I'm eagerly awaiting football season!

God's peace to you,  
Elizabeth Frey  
LSTC MDiv Candidate