

Candidates for Vestry



Sandy Cooper - Sandy grew up in the Lutheran Church Missouri Synod, became an English teacher, and after falling in love with the language in the Book of Common Prayer, was confirmed here at Emmanuel when she was 28 years old. She has been a member of Emmanuel's parish family ever since. Sandy's service and participation here have varied greatly over the years from Bible study to Eucharistic ministry to the vestry to reading compline online. Sandy has recently happily rejoined the Women of Emmanuel in person. Her hope in serving on Emmanuel's vestry is to become more familiar with the issues facing the parish and to offer a mature perspective when decisions are called for. In the metropolitan area, Sandy serves as president of the C.G. Jung Society of St. Louis, a nonprofit that serves to educate people about the complex psychology of Carl Jung and how it in no way excludes belief in God. Since her assumption of this leadership role, the Society's financial assets have grown considerably, and the board has evolved into 100% a working board. Sandy values her relationships with these board members and looks forward to planning with vestry members to grow Emmanuel parish through love and faith. Sandy loves to travel, to read, to garden, to hike, and to snorkel. She is married to Peter Van Arsdale, and together they share four adult children.

John Long - My husband Tim and I have been members of Emmanuel Episcopal for 7 years. During that time, I have been involved in Lenten Classes, Stewardship/Giving Campaigns, outdoor grounds clean-up, office help, and the Food Pantry. Tim and I have also enjoyed being ushers for the past year. Prior to joining Emmanuel, we attended Christ Church Episcopal Cathedral, downtown STL. Just before that, in 2001-2002, during our time in Dearborn, MI, Daniel Appleyard was our priest. We felt that was a very good sign when we saw him at Emmanuel. Tim and I both decided to join the Episcopal Church when we moved to Louisville, KY in 1998. Tim was raised in the Catholic church, and I was raised in the Church of Christ. Neither of those churches allowed us to worship freely and honestly as a couple. In 2021, I retired from a 30+ year career in Retail Management. I have worked with many people in many diverse circumstances. I now work at a division of the Veterans Administration in Human Resources as the Administrative Assistant to the Director of HR for the Veterans Canteen Service. We manage all the staff in the VA canteens, gift shops, optical shops, and Beauty/Barber contractors in every VA hospital across the nation. As I transitioned out of a very time-



consuming retail career, I now feel that I can “volunteer” in a more committed way to Emmanuel. I would like the opportunity to have a greater role in continuing to move Emmanuel forward in the positive direction that it is headed. In my humble opinion, my skill set of working with a diverse group of people, moving toward a goal, and achieving milestones along the way, are all part of what would be involved in being on the Vestry. Being able to take the time to listen to others and become aware of their perspective on past, current, and future issues is something that I have done for many years with colleagues, family, and friends.



Michael Mancini - I have been a member of Emmanuel Episcopal Church for nearly 10 years, along with my wife, Becky Rogers and daughter Sofia, who participates in youth group. I have been a volunteer in the Food Ministry for two years. I am committed to supporting disadvantaged communities, dismantling systems of oppression, and supporting social justice causes in a variety of domains. I am a professor in the School of Social Work at Saint Louis University (SLU). My teaching and research for the last 20 years has broadly focused on clinical behavioral health practices and trauma-informed services. I am the Co-Director of the Doerr Center for Social Justice within the SLU School of Social Work whose mission is to, “create a socially just world by promoting long-range solutions to social problems that lead to inequity, exclusion, oppression and hate.” I am also a certified diversity facilitator (CDFT) through NCCJ, and a current Witnessing Whiteness facilitator through the YWCA. I am committed to enhancing equitable and inclusive practices and policies in the organizations I work for through inquiry, dialogue, cooperation and action.

Returning Delegates

Lisa Liss has been a member of Emmanuel since 2004 and is the Chair of Martha's Meals for the Caring Committee. She is a Client Success Specialist at Spry Digital, LLC., a member of the Missouri Development Disability Council since 2020, and a member of the Advisory Board for the UMSL Succeed Program since 2021. Her interests include disability advocacy, political activism, walking, hiking, needlepoint and crafts. She is joined at Emmanuel by her husband, John, and two children: Gabrial (23) and Adeline (21). She says, "I have always been drawn to Emmanuel's mission to care for others, whether in the parish, the greater community, or the world."



Margo Smith - Margo and her family have been members of Emmanuel Episcopal Church since January 1, 2018. Margo has served in roles at Emmanuel such as Faith Quest teacher and substitute, and is currently on the Emmanuel Preschool Board. Margo has a background in early childhood development, journalism, data visualization, and more. She works as a consultant in early childhood and related fields for clients such as DaSy Center, a federal technical assistance provider to states around early childhood special education data systems; and ThinkPlayful, an education technology startup company funded by National Science Foundation grants. She has been involved with the Missouri Association for Infant and Early Childhood Mental Health (MOAIMH-EC) in a number of Board and volunteer capacities since 2016 and is currently co-chair of the organization's DEI Committee. She is married to Tom Smith and they have two boys, Hank and Wally, who are constantly giving us reasons to smile, laugh and wonder with them.

Bob Zagar—Bob and his wife, Louann, were married at Emmanuel in 1969. Bob and Louann raised three grown children at Emmanuel. The one we know is Katie Gregston who along with husband Chris is raising her three children here! After some time away, Bob and Louann, returned to Emmanuel in 2018. Bob jumped in and is a member of missions committee, facilities committee, and is a food center volunteer. Bob also became one of Emmanuel's representatives on the WebsterRock Hill Ministries board. Bob retired as a mechanical engineer and now enjoys fly fishing , fly tying and reading. He also can't sit still so he works part-time at Home Depot and volunteers at Project Healing Waters. He is proud to represent Emmanuel in the new diocesan "Emery Washington Convocation".



Candidates for Alternate Delegate (one-year term)



Peg Cooper—Peg is a lifelong Episcopalian and a member of Emmanuel for forty+ years. While at Emmanuel she has been a member of the Altar Guild, in charge of the Sunday altar flowers, a member of the Caring Ministries Committee, Prayer Shawl Ministry, Mission Committee, a chalice bearer and an usher. She was fortunate to go on several of the Adult Mission trips to the Rosebud Reservation in South Dakota. She has worked in the Diocese for many years, first as a delegate from Emmanuel and then as a member of the Diocesan Council. She headed up the Diocesan Aging Committee for several years. From 2013 to 2018 Peg was a member of the National United Thank Offering (UTO) Board which determined the grants given each year nationally and internationally from the money given in the Blue Boxes. Prior to her retirement in 2013 she was a Professor of Anatomy at Saint Louis University School of Medicine and since then has been a Docent at the St. Louis Zoo and has worked at the Food Pantry of Isaiah 58 Ministries. She loves traveling, plants – inside and out, and all animals, especially cats.

Tom Jones—Tom has been a member of Emmanuel since 1998, when he and his family came to St Louis from Wisconsin. At Emmanuel, Tom served as Diocesan delegate 2016-2028, two terms as a Men of Emmanuel (MOE) board member and one term as MOE treasurer. He currently serves as an usher and tech minister. Tom works as a Manager, Scientific Training at Certara. When not at work he is an active volunteer with the Boy Scouts and enjoys cycling. Tom and his wife, Kathy, were married at Emmanuel in February 2022!

