

# HOPEFUL FRONTLINE PLAYBOOK SPEAKER BIO

## Virginia Flo “Life Shines at Church”

Virginia Flo joined Lutherans For Life in 2013 and has served in many positions, until 2026 as she retired, when she was serving as the Director of Volunteer Relations. Prior to Lutherans For Life staff, she served as the President of an LFL Life Chapter in the south metropolitan area of the Twin Cities (Minneapolis/St. Paul). She lives in Eagan, MN and is a member of Trinity Lone Oak Lutheran Church and School. She brings a strong background of working in the corporate world as well as serving in three different LCMS churches as a church choir director. Her passion For Life started in her parents’ home in the country where raising foster children was part of their family life. This strong conviction For Life has given her the opportunity to speak on many of the life issues, with a particular emphasis on the area of physician assisted suicide.