

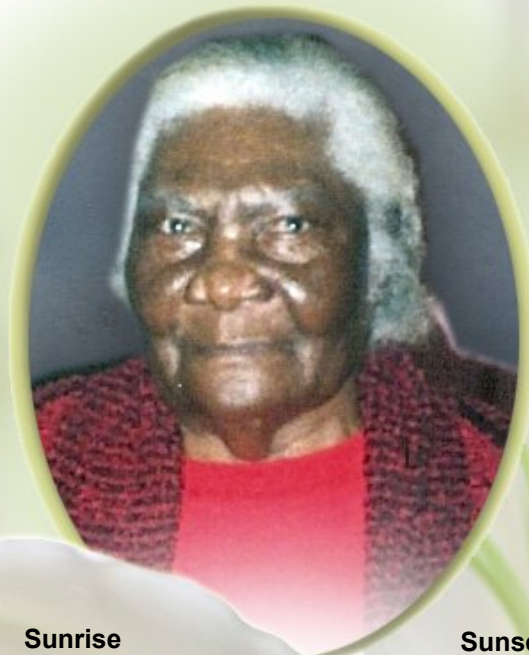
## *Acknowledgements*

The family wishes to express sincere appreciation for all acts of kindness and words of encouragement shown during this time of bereavement. We truly thank you for your prayers. God Bless each one of you and please find comfort in John 3:16 as we have.

Professional Services Entrusted to  
**Carlos A. Howard Funeral**  
Norfolk, Virginia

# *Home Going Service* for *Almira Menzie-Barnes*

Saturday March 29, 2008  
1:00 PM



**Sunrise**  
September 28, 1915

**Sunset**  
March 25, 2008

*Carlos A. Howard Funeral Homes*

436 W. 35<sup>th</sup> Street  
Norfolk, VA 23508  
[www.carlosahowardfuneralhomes.com](http://www.carlosahowardfuneralhomes.com)

**Bishop Anthony Moses, Officiating**

# Obituary

*Almira Menzie-Barnes* slipped into Eternal rest March 25, 2008. She was born in St. Mary Jamaica West Indies, September 28, 1915. She has been residing in Norfolk since 1990.

She will be long remembered by her children, Albert Mitchell of Norfolk, VA, Fitzgerald Plunkett of Braeton, Jamaica, West Indies, and Icilda Young of Braeton, Jamaica West Indies; her 24 grand children including grandsons, Mark Davis and Leroy Smikle-Mitchell and granddaughters, Shana Mitchell and Saleene Mitchell of Houston, TX and Shonda Mitchell of Miami FL; Tashi Bennett one of 59 great grand children and her 15 great-great grand children, and a host of relatives and dear friends.

She was predeceased by daughter Adaphne Mitchell.

## *I'm Free*

Don't grieve for me, for now I'm free  
I took His hand when I heard Him call,  
I turned my back and left it all;  
I could not stay another day,  
to laugh, to live, to work or play.  
Task left undone, must stay that way,  
I found that peace at the close of the day,  
If my parting has left void,  
Then fill it with remembered joy,  
A friendship shared , a laugh, a kiss  
Ah yes, these things I too will miss.  
Be not burdened with times of sorrow;  
I wish you sunshine of tomorrow;  
My life's been full, I savored much, good friends, good times  
seemed all too brief;  
Don't lengthen it now with under grief;  
Lift up your heart and share with me,  
God wanted me now, **He set me free**

# The Order of Service

PROCESSIONAL.....Minister and Family

HYMN OF ASSURANCE.....Congregation & Musician

SCRIPTURE READING

Old Testament

New Testament

PRAYER OF COMFORT.....

SOLO.....

EULOGY..... Bishop Anthony Moses

RECESSIONAL.....

*And I said, Oh that I had wings like a dove!  
For then would I fly away and be at rest.*

Psalm 55: 6

