





Catherine Beverly Acord Fishersville, VA January 18, 2018



Victor Aderton Lynchburg, VA December 23, 2017



Neville Keith Adkinson, Jr. Lynchburg, VA December 26, 2017



James Clyde Allen Forest, VA January 18, 2018



Melvin Ray Allen Evington, VA January 12, 2018



Rev. Charles P. Anderson Jr. Madison Heights, VA December 19, 1932 -January 7, 2018 Whitten Monelison Chapel



Carey Lynch Arthur Lynchburg, VA January 9, 2018 Whitten Timberlake Chapel



**Dwight David Asbury** Lynchburg, VA January 12, 2018



Jessie James Ashby Jr. Campbell County, VA January 3, 2018



Sallie Bagby, 83 Lynchburg, VA May 26, 1934 -December 30, 2017



Helen Jenkins Baldwin, 91 Lynchburg, VA July 6, 1926 -January 20, 2018 Robinson Funeral Home



Hurt, VA January 7, 2018



William Franklin Bennett Roanoke, VA January 18, 2018



**Oma Harrah Berry** Lynchburg, VA January 12, 2018



Mabel Estelle Childress Bersch Madison Heights, VA January 22, 2018



**Audrey Blair** Roanoke, VA January 14, 2018



Hurt, VA January 14, 2018



**Melford Wray Bomar** Lynchburg, VA January 6, 2018



Alvin "Andy" Benjamin



William Oscar Bowyer Bedford, VA January 24, 2018



Michael W. Brawley Sr. Bedford, VA January 21, 2018



John Powell Brockman Sr Amherst, VA January 26, 2018



Emmett "Sparky" Brooks Lynchburg, VA January 5, 2018



January 26, 2018 Whitten Park Avenue Mae Ethel Brown

Lynch Station, VA

January 25, 2018

**Ray Bennett Brooks** 



Lawrence "Rita" Bryant Lynchburg, VA

January 21, 2018



Pearl Cornelia Fitzgerald



**Larry Elbert Bullion** Bedford, VA January 13, 2018

Charlottesville, VA January 17, 2018

**Bryant** 



**Richard Andrews Bunch** Lynchburg, VA December 28, 2017



Tiffany S. Burdette Lynchburg, VA January 8, 2018



**Anna Garrett Burford** Lynchburg, VA January 17, 2018



Wesley R. Burford Appomattox, VA January 9, 2018



Sherwood M. Caldwell Kingsport, TN January 11, 2018



Willie Jennings Callahan Lynchburg, VA January 17, 2018



William "Bryann" Camp Appomattox, VA January 3, 2018



Alice Bragg Campbell Evington, VA January 2, 2018



Elisha Darcel Campbell Roanoke, VA January 12, 2018



Lynchburg, VA January 5, 2018

**Eunice Marie Campbell** 



Josephine T. Campbell Lynchburg, VA January 7, 2018



Ronald Everett Carey Lynchburg, VA January 16, 2018



Danville, VA January 18, 2018

Lynchburg, VA

**Anthony Curtis Carter** 

December 31, 2017

Ann Fowlkes Carter



**Preston Wilmer Carwile** Goode, VA January 23, 2018



Gracie Shumate Cash Lynchburg, VA



Thomas Edward Cash Sr. Amherst, VA January 6, 2018



Lynchburg, VA January 14, 2018

Patricia Kelly Charnock

Amherst, VA

January 3, 2018

Lynchburg, VA

January 15, 2018

John Spencer Chandler, Jr.



Raymond Everett "Joe" Chase



**Brenda Gail Cheek** Madison Heights, VA January 17, 2018



**Lowell Thomas Clark** Charlottesville, VA January 27, 2018



Patricia Clemmons Lynchburg, VA January 8, 2018



Ernest Roger Cobb Sr. Lynchburg, VA January 13, 2018



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Tyro, VA January 8, 2018

Lecy "Elda" Coffey (Reed)



Roger Woody Coleman Madison Heights, VA January 8, 2018



**Linda Norberg Collins** Lynchburg, VA January 29, 2018



January 2, 2018

**Gazel Patricia Cook** 

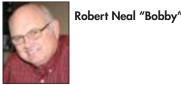
Lynchburg, VA



Patricia Creedle Copley Lynchburg, VA January 8, 2018



**Tommy Lynn Cox** Bedford, VA December 22, 2017



**Kenneth Burton Crawford** 

Evington, VA

January 12, 2018



**Garry Lee Croner** Concord, VA December 31, 2017



Amherst, VA December 26, 2017



Donald O. Cudworth Sr. Lynchburg, VA January 1, 2018



James Robert "Bob"



Betty Ann Kurtz David Lynchburg, VA January 12, 2018 Finch & Finch, Inc







**Lona Frances Brooks Davis** Bedford, VA January 4, 2018



January 26, 2018



Lynchburg, VA December 30, 2017

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Bernon Wooden DeJarnette Nathalie, VA January 5, 2018



Beatrice Dews, 88 Lynchburg, VA February 28, 1929 -December 31, 2017



Rebecca M. "Becky" Dickerson, 93 Appomattox, VA September 11, 1924 -January 1, 2018



Marvin Lee Dillard Phenix, VA January 7, 2018



Diane Dodd Brookneal, VA January 6, 2018



Thomas Walter Dowling Jr. Springfied, KY January 7, 2018



JoAnn Marie Druin Lynchburg, VA January 10, 2018



Constance "Connie" Eckert Lynchburg, VA January 6, 2018



Mildred C. Edwards Raphine, VA January 6, 2018



**Billy Dean Emmett** Appomattox, VA December 22, 2017



Joan Patricia Evans Bedford County, VA January 6, 2018



Rae Evans Lynchburg, VA January 23, 2018



John "Jack" Newton Faris Amherst County, VA January 16, 2018



**Carlton Rucker Farley** Bedford, VA January 17, 2018



Christine Faulconer Madison Heights, VA January 22, 2018



Samuel Lewis Ferguson III, 85 Appomattox, VA September 13, 1932 -January 4, 2018



Robert Willard Fitzgerald Jr. Richmond, VA January 11, 2018



**Leroy Floyd** Madison Heights, VA December 30, 2017



Steve Wayne Floyd Sr. Richmond, VA January 24, 2018



**Frances Brown Foster** Amherst, VA January 7, 2018



Mary Easley Franklin Gretna, VA January 16, 2018



**Edith Kelly Frazier** Lynchburg, VA January 13, 2018



**Stephen Thomas Gallaher** Evington, VA January 12, 2018



Kaylynn Nicole Gardner, 18 Amherst, VA February 7, 1999 -January 22, 2018



Clyde Cleo Garland Danville, VA January 22, 2018



Lynchburg, VA January 15, 2018



**Donald Moore Giles** Lynchburg, VA



Mattie Lane Lawhorn Mays Gillispie



**Connie Marcell Bullion Goff** Lynchburg, VA



Sallie Virginia Goff Big Island, VA January 29, 2018

January 20, 2018



Iva Kernodle Hall Buckingham, VA October 23, 1923 -January 8, 2018 Dunkum Funeral Home



Clayton Hamlet Sr. Lynchburg, VA January 17, 2018



Preston Thomas Hamlet Sr. Phenix, VA January 27, 2018



Harry Grady Hammock Sr. Lynchburg, VA January 22, 2018



Clarence Edward Harris Lynchburg, VA January 6, 2018

Doris Cawthorne Harris, 89



January 1, 2018 **Raymond Roy Harris** Lynchburg, VA

January 15, 2018



**Peggy Marie Hartless** Amherst, VA December 27, 2017



Gerry McCraw Harvey Lowesville, VA December 29, 2017



**Curtis Wilson Haskins** Rustburg, VA January 14, 2018



Linnie Lee Hawley Charlottesville, VA December 27, 2017



Amherst, VA January 9, 2018

Stephen M. Herman

Lynchburg, VA January 7, 2018

Juanita D. Haynes



**Epoch Carol Higginbotham** Lynchburg, VA



Epoch C. Higginbotham Jr. Lynchburg, VA January 8, 2018



Lois Ann Hogan Everette Lynchburg, VA January 10, 2018



George Melvin Horsley Lynchburg, VA January 18, 2018



Dr. Joseph Kemp Houck Lynchburg, VA January 16, 2018



Marie Breeding Hudson Appomattox, VA January 7, 2018



Charlotte Elliott Irby Lynchburg, VA January 10, 2018



**Laura Ann Jamerson** Lynchburg, VA January 6, 2018



Joseph Donald Jefferson "Joe" Lynchburg, VA January 22, 2018



Martinsville, VA January 24, 2018



Kenneth Hylton Johnston Sr. Lynchburg, VA January 23, 2018



Madison Heights, VA January 3, 2018

**Tony Rochester Jones** 

Pottersville, NY

Lynchburg, VA

Nelson, VA

January 3, 2018

January 6, 2018



Victor John Henry Jones Jr.



Joseph Jordan

December 26, 2017



Vera Sue Miller Keenan Bedford, VA January 11, 2018



Vivian Burks Kidd Lynchburg, VA January 8, 2018



Lynchburg, VA January 23, 2018



Amherst, VA January 4, 2018

Cynthia Ilene Kirby



Russell Alfred Krantz Sr.

**Charles Ray Knowles** 



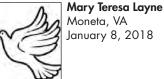
Lynchburg, VA January 8, 2018



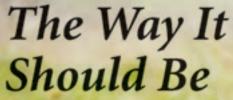
John Alfred Langford Lynchburg, VA January 3, 2018



Thurman Earl Lawson, 87 Spout Spring, VA May 14, 1930 -



Moneta, VA January 8, 2018





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Forest, VA January 22, 2018



Joseph L. LeBlanc Amherst, VA January 22, 2018



Anna Mae Davis Lipscomb Campbell County, VA January 1, 2018



**Dorothy Lorine Silby Logwood** Lynchburg, VA January 1, 2018



Eugene Loving Jr. Amherst, VA January 19, 2018



**Billie Lowe** Bedford, VA January 9, 2018



**Eva Jean Lowe** Altavista, VA January 22, 2018



**Larry Wayne Lowe** Madison Heights, VA January 2, 2018



Peggy West Lowman Martinsville, VA January 15, 2018



Martha Mason Malloy Lynchburg, VA December 27, 2017



Terry Daniel Mangus Lynchburg, VA January 19, 2018



**Phyllis Beard Martin** Lynchburg, VA January 5, 2018



Lynchburg, VA January 19, 2018

Violet Daniel Mason



William Albert Mason Jr. Lynchburg, VA January 16, 2018



Judith Ellen Massie Amherst County, VA January 12, 2018



Clyde M. Mawyer Sr. Lynchburg, VA January 4, 2018



Forest, VA January 30, 2018



Martha W. Mayo Madison Heights, VA January 27, 2018



**Eugene Paul Mays** Lynchburg, VA January 20, 2018



**Betty Harvey McCraw** Gladys, VA January 11, 2018



**Dennis Meador** Bedford, VA January 16, 2018



Van Wayne Meeks Bedford, VA January 28, 2018



Virginia Ramey Miller Lynchburg, VA January 11, 2018



Cabell Joseph Millner Lynchburg, VA January 26, 2018



Ojars "O.J." Misjuns Lynchburg, VA January 3, 2018



Alfreda Elliott Mondrey Lynchburg, VA December 30, 2017



Rebecca Hackett Moore Lynchburg, VA January 3, 2018



Roger Bain "R.B." Moore Lynchburg, VA January 30, 2018



Nanette W. Moorman Pontiac, MI December 30, 2017



Shirley Smith Moorman Lynchburg, VA January 10, 2018



Curtis Matthew Nash Jr. Charleston, WV December 20, 2017



Myrtle Neighbors, 89 Lynchburg, VA March 4, 1956 January 24, 2018



**Norman Keith Nicholas** Monroe, VA January 27, 2018



Walter Thomas Nichols Jr. Altavista, VA January 10, 2018 Whitten Timberlake



**Evelyn Denson North** Lynchburg, VA January 21, 2018



**Donald Phillip Overstreet** Goodview, VA January 13, 2018



John William Page Albemarle, VA January 3, 2018



December 31, 2017

Nancy Roark Parker

Brookneal, VA

Tamika Gabrielle Pannell



Lynchburg, VA January 27, 2018



Larry P. Parrish Lynchburg, VA January 10, 2018 Whitten Park Avenue



Charleston, WV January 4, 2018

**Roderick Quincy Payne** 



William Alonza Payne Sr. Rustburg, VA January 26, 2018



Robert D. Perry Jr. Lynchburg, VA December 31, 2017



Gladstone, VA January 23, 2018



January 13, 2018

Zayden Dale Pollard

Charlottesville, VA January 27, 2018

Lynchburg, VA



Rick Albert Price, 67 Forest, VA January 19, 2018



Steven Caleb Purcell Charlotte County, VA January 21, 2018



Tammy Gail Ragland, 58 Appomattox, VA November 9, 1959 -January 1, 2018



Rustburg, VA January 29, 2018

Adelaide Beck Ray



Robert Cook Raynor Charlottesville, VA December 27, 2017



Patricia Ann Reekie Lynchburg, VA January 13, 2018



**Norman Reeves** Lynchburg, VA January 1, 2018



Belle Reynolds Megginson Lynchburg, VA January 27, 2018



Francis Marion Rhodes Lynchburg, VA January 27, 2018



**Dolores Colosimo Riley** Palm Coast, FL January 19, 2018



Lynchburg, VA January 23, 2018

Panzen Rosa Riley



January 2, 2018 David Lee Rowland

Lynchburg, VA

Hurt, VA

Gregory A. Robinson



January 1, 2018



Lynchburg, VA January 8, 2018

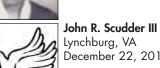
Vera Dickens Sackett

Corene Claudia Sabol



Claradine Sherman Savage Hillcrest, MD

November 21, 2017



Lynchburg, VA December 22, 2017



Lynchburg, VA March 4, 1956 January 24, 2018



**Margaret Sheene** Evington, VA







Danny Arthur Slayton Farmville, VA January 14, 2018



Mary Marie Smith Hyattsville, MD December 30, 2017

Kathleen Dawson Snead

Lynchburg, VA



**Dorathye Evans Spence** Dry Ford, VA January 12, 2018

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Frances Cash Spencer Lynchburg, VA January 23, 2018



Vina Mae Johnson St. Clair Lynchburg, VA January 4, 2018



Milton "Sonny" Hayes Staples Lynchburg, VA January 1, 2018



Don Carmichael Steeples Lynchburg, VA January 24, 2018



Mary Harris Stinnett Lynchburg, VA January 2, 2018



Jared L. Sumner Lynchburg, VA January 21, 2018



Ora Jane Tardy AltaVista, VA January 2, 2018



Pattye Holmes Tomlin Lynchburg, VA January ŏ, 2018



Vivian Minerva Torrence Appomattox, VA January 11, 2018



**Mary Ann Oliver Moss** Turman Lynchburg, VA January 17, 2018



**Leighton Land Turner** Albemarle, VA January 4, 2018



Charles Allen Tweedy Appomattox, VA January 17, 2018



Wesley Ray Tweedy Gretna, VA January 18, 2018



Dwayne Preston Tyree Lynchburg, VA January 3, 2018



Carlton "Tiny" Vassal, 66 Lynchburg, VA February 21, 1951 -January 2, 2018



Charlie Coleman Via Charlottesville, VA January 13, 2018



Mary Lou Viar Lynchburg, VA January 25, 2018



**Ruby Wray Viar** Forest, VA January 20, 2018



**Timothy Vincent Minter** Amherst, VA January 5, 2018



Jill Violet Wainwright Nellysford, VA January 9, 2018



**Betty Waller** Nathalie, VA January 17, 2018



Cathy Loretta Ward Madison Heights, VA January 14, 2018



Rosalie J. West Bucks County, PE January 16, 2018



Merriam "Mimi" Round Wheeler Lynchburg, VA January 14, 2018



Odell Evans Wheeler, 97 Fairfax, VA January 31, 1920 -January 22, 2018 Robinson Funeral Home



Bedford, VA January 1, 2018



Fannie Bell Williams Charlottesville, VA January 11, 2018



Monroe, VA January 13, 2018

Louis Ligon Wilson



Lynchburg, VA January 13, 2018

Shirley Mae Wilson Lyncbhurg, VA

**Robert Homer Wilson** 



January 27, 2018

Wingfield Waynesboro, VA

Elizabeth "Libby" Duncan



January 5, 2018 Hazel Gray Camden Wood Amherst, VA



Stafford Ray Woodall Springfield, VA December 13, 2017

December 29, 2017



George Sterling Wooldridge, Lynchburg, VA September 29, 1936 -



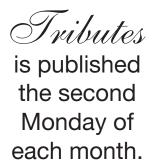
Mary Catherine Wright Charlotte Court house, VA January 1, 2018

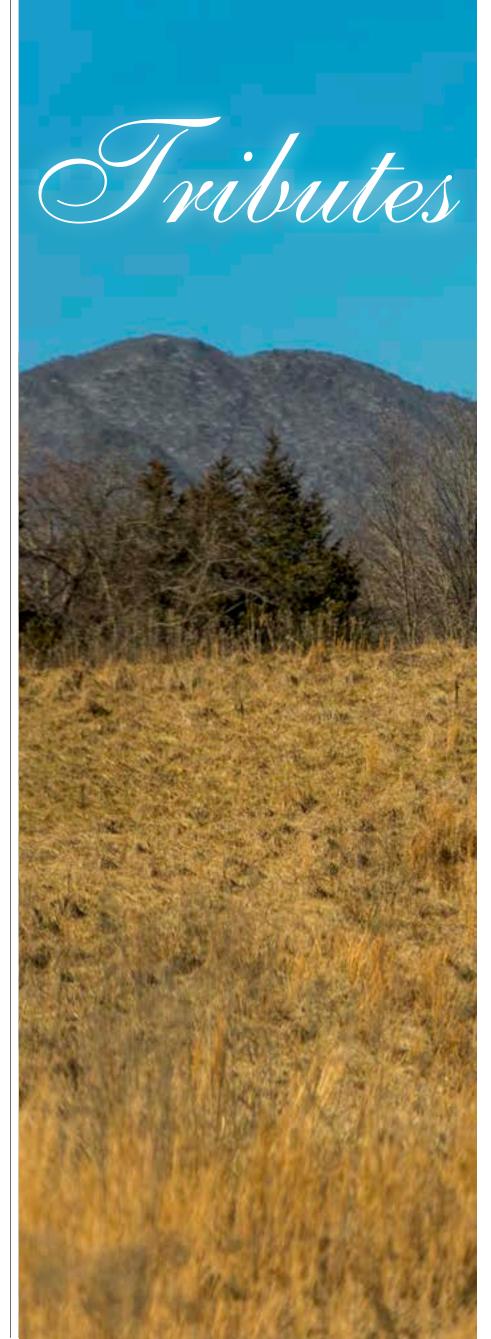


Josephine H. Young Fredericksburg, VA December 23, 2017



Ricky Younger, 53 Lynchburg, VA September 14, 1964 -January 10, 2018







## Comfort and Concern

# How to support someone who is grieving

By Susan Carvell Richmond Times-Dispatch



ew experiences rival the pain and anguish of losing a person we cherish. Whether a family member, close confidant or long-time work colleague, the death of a loved one brings on overwhelming feelings of grief and loss.

It is often difficult to know just what to say to a person who is grieving. While our natural inclination is to offer expressions of condolence and comfort, many of us struggle to find the right words to convey our feelings. Oftentimes, we may feel at such a loss for words that we fail to reach out to someone at a time when a compassionate gesture would be most appreciated.

Even though it may be uncomfortable, our own unease should not prevent us from reaching out to someone. There are things we can say and do that will convey our care and concern to a grieving relative, friend or coworker.

#### How to approach someone who is grieving

It is always important to acknowledge a person's feelings of loss and express a gesture of caring for him or her. One of the best ways to let a person know you care is simply by showing that you are aware of their situation and feelings. The expression needn't be elaborate or complicated, it can be as simple as stating "I'm thinking of you" or "I'm sorry for your loss."

Often, a well-meaning person may shy away from mentioning the death of a loved one, but it's important to acknowledge that a loss has taken place. When words fail, writing a sympathetic note or giving a hug to someone we're close to can be gently comforting and helpful.

#### Be present

Asking if it is OK to sit in silence with a grieving person, perhaps holding a hand, can be one of the most compassionate gestures we can offer. If you are close to

the person who is grieving, sharing a favorite poem, a reading from a faith tradition or a well-known or loved piece of music can be particularly meaningful and a source of comfort. It can also strengthen the bond between the two of you, helping the bereaved feel cared for and supported.

#### Be ready to listen

Many grief counselors emphasize that it is important not to shy away from allowing a grieving person to talk about the experience of loss. Often simply stating that you are sorry for someone's loss allows them the freedom to open up and begin to talk about how they are feeling. A person who has just suffered the death of a loved one is in a state of shock and needs to relive the moment as a means of processing his or her grief. This process helps the grief-stricken to reach a new reality where their loved one is no longer physically present.

#### **Share your memories**

If you also knew the person who has died, sharing a story or memory about him or her can be very meaningful to loved ones. Begin by using phrases such as "One thing I appreciated about her was . . . or We always had such fun doing . . . or I remember the time we . . ." Bringing up warm memories about the deceased can help lighten darker moments.

#### Mean what you say

Many times the first words to pop out of our mouths are things we later wish we could take back. It's important to consider your words carefully when speaking with a grieving person — not just in offering condolences, but also in offering assistance. For instance, if you say you'll call, be sure to follow up in a timely manner. Failing to do so, you place yourself outside that person's circle of trust. And no one likes the feeling of being abandoned, particularly after suffering a great loss.

### Words and phrases to avoid

Even when our instincts to offer sympathy are genuine, at times the things we say may not have the intended effect. Here are several examples of words and phrases to avoid when speaking with a grieving person.

#### "You have other children."

Parents who have lost a child face a void unlike any other. While it may seem helpful to point to the remaining children, it doesn't help to lessen the pain of so great a loss.

#### "You'll be happy later."

The instinct to point to a more hopeful future may be natural, but it's important to give a grieving person the opportunity to feel and process pain. Trying to push a person past pain too swiftly can sometimes lead to the denial of the pain in order to present a "happy" face.

#### "It will be OK."

While it's true that people will adapt to the circumstances of loss, the days immediately following the death of a loved one are a time of drastic readjustment. Eventually, those feeling loss

will reach a new "normal" but their lives will be forever altered.

#### "She is in a better place."

A family who has lost a beloved member feels that the best place for that person is still with them.

