

# TRANSITIONS

A quarterly publication for the extended family and community of

*Barnum*

FUNERAL HOME, INC.



Summer Issue 2019

*Servants of the People Since 1905*

## A *Father's Day* SPECIAL Issue

“The righteous *man* walketh in his integrity:  
his children *are* blessed after him.”

-Proverbs 20:7

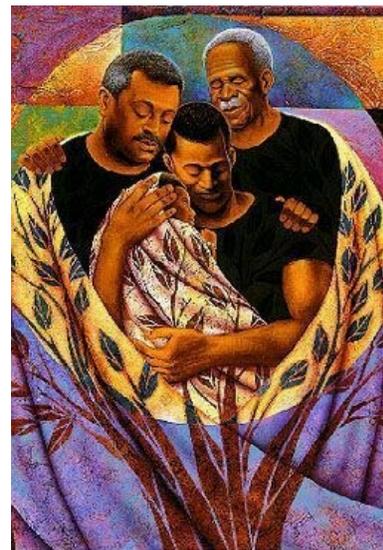
### IN HONOR OF OUR FATHERS

As we approach Father’s Day 2019, I want to honor the men in our lives, the Daddies, Pops, Grandpas, Uncles, Big and Little Brothers, Coaches, Neighbors and Friends. I want to thank God for the men who “Stand in the Gap” for children, grandchildren, students, neighbors, cousins, nieces and nephews. I want to tell them thank you for going beyond the required to make sure we feel loved and protected. It does not matter what a DNA test results may say, they have helped mold our hearts and souls by being there. The name ‘father’ is too narrow to encompass our community. Whether they stand on the ball field, the deacon’s corner, the classroom or the playground, whether they drive a bus or van, whether they come to the school, the gymnasium or to the courtroom to be by our sides, I give them honor today. They may be from the east, west, south or north side of town. They may be black, brown or white, I give them honor today and so should you.

*Lorena Barnum Sabbs*

President and CEO

Daughter, Granddaughter, Wife and Friend



*And like our  
HEAVENLY FATHER,  
he’s a guardian and a guide...  
Someone that we can count on  
to be always on our side.*

### Coping with the Loss of a Parent

No matter how long our parents live, we may feel that we wanted more time with them and that it was just too soon for them to die. Knowing and recognizing that we will *often* outlive our parents does not diminish the sense of loss we feel when it happens. Here are some suggestions for coping with the loss of a parent:

- Give yourself plenty of time to process.
- Allow yourself to grieve.
- Give yourself time to grieve.
- Pay attention to your health.
- Plan for special days when you may need more support.
- Seek extra support.
- Hold on to your memories.

It is not easy to cope after a loved one dies. You will mourn and grieve. Mourning is the natural process you go through to accept a major loss. Remember, with support, patience and effort, you will survive grief. Some day the pain will lessen, leaving you with cherished memories of your loved one.

Paraphrased from *Psychology Today*

### IN LOVING MEMORY on *Father's Day* June 16th, 2019

For someone who meant so much and loved by all he knew, who left behind a trail of tears, and precious memories too.

For he was someone wonderful and words just can’t convey how it is wished he was here once more, with us today.

*From the Family and Staff of  
Barnum Funeral Home, Inc.*



### INSIDE THIS EDITION

A Father’s Day  
Message.....1

Coping With Loss.....1

What is a Father?.....2

The *Transitions* newsletter is published by Barnum Funeral Home. We invite your comments or questions. Please direct all correspondence to [barnumfuneralhome@gmail.com](mailto:barnumfuneralhome@gmail.com).

# CELEBRATING BLACK *F*athers

from the Men of Barnum Funeral Home, Inc.  
*"What it means to be a father?"*



**DARRELL SABBS, SR.:** Part of being a successful father is taking extreme care of our children. The other part of that equation is that we must also take extreme care of their mother.

**DARRELL SABBS, JR.:** Being a father is one of the greatest gifts God could have ever given to me! Giving unconditional love and support to God's children in my reflection is an amazing joy!



**BRODRICK INGRAM:** Being a father means the world to me because I am able to teach and motivate my boys to make them better...nothing more in life is better than being a father.

**MARCUS SABBS:** Fatherhood is the understanding and acceptance that every action taken should be rooted with intention and responsibility. Fathers create the foundation and pave the path for our legacies to explore.



**TRAVIS RUSH:** Being a father means demonstrating a well-rounded example of the purpose God created man for— family and community.

**TONY JOHNSON:** Being a father gives purpose and meaning to my life. As a father, my presence is vital to the upbringing of my children. As a father, I bring security, discipline, pride, honor and identity to my children. Fatherhood is a life-long pursuit, and I aim to be the best father that I can be because my children represent the best part of me.



**SANTO ROBINSON:** A father is the man who steps up and does the best he can to raise his children the right way whether biological or not. The time he spends with his children is so important...it is teaching his children how to drive, taking them to church or any type of school or civic event. A father is always there and always gives great advice.

**KEDRICK COX:** Being a father means seeing my daughters with the biggest smiles when they see me. It is when I receive a call and I hear "Hey, Daddy". Being a father has become one of the biggest challenges in my life. There is never a moment they don't look up to me. So as a father, I have to keep a standard for them to never make them ashamed of me.

**MARC ARNETT:** Being a father means everything. It's the highest calling a man can have. It is my responsibility to honor the gift that God gave and be a good steward of the children He entrusted me with. Being a father is dedicating my time, talents and efforts to returning those gifts unto him prepared to live out their purpose for Him.

