



In Loving Memory of

Lewis E. Foust

Sunrise

October 22, 1939

Sunset

February 10, 2014

Service

Tuesday, February 18, 2014 - 12:00 Noon

UNITY FUNERAL CHAPELS, INC.

2352 8th Avenue • New York, NY 10027

Obituary

Lewis Edward Foust transitioned on Monday, February 10, 2014. Lewis was born in Alamence County, North Carolina on October 22, 1939 to parents, Creola Foust (deceased) and Pellum Russell (deceased).

Known as “Chubby” because he was such a round, jolly and beautiful baby boy. Known for his wonderful sense of humor, outgoing personality, keen observance of life and most of all his generosity. Lewis was known for his great athletic abilities. He attended Jordan Seller High School and graduated in 1958 with a full football scholarship to North Carolina Central University in Durham, NC. Unfortunately it was short lived due to a knee injury. After his injury, he lived with his father in Washington, D.C. Lewis was not the one to let grass grow under his feet, he left D.C. for the fast and exciting metropolitan of New York City. New York City was a match made in heaven for him. This was his home for over fifty years where he made many friends and worked as a United States Postal Carrier for over thirty years. He received many awards throughout his career as a Postal Carrier. He was loved by many on his routes in Harlem.

Lewis was preceded in death by his mother, Creola Foust of North Carolina, and his father Pellum Russell of Washington, D.C. Lewis’ wonderful and witty memories will be cherished by: his daughter, Sharnae Carr; granddaughter, Yasmine Carr; three great grandchildren, Makayla, Patrick and Jah’kye Liebert of New York City; his sister, Nancy Van Hook; niece, Antia Van Hook of Plainfield, NJ; nephew, Richard Van Hook of New Brunswick, NJ; stepmother, Dorothy Russell of Maryland; brother, Kelvin Conley-Russell; sister-in-law, Arnita Conley-Russell of Washington, D.C.; and a host of other relatives and friends.

Order of Service

Processional

Selection

Scripture Readings

Prayer

Selection

Acknowledgements

Remarks

Obituary

Selection

Eulogy

Committal

Viewing

Recessional

Interment

Mount Rest Cemetery
Butler, New Jersey

I Am Free

Don't grieve for me, for now I'm free
I'm following the path God laid for me
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 love, to work or play.
Tasks left undone must stay that way,
I found that peace at the close of day.

If my parting has left a void,
Then fill it up with remembered joy.
A friendship shared, a laugh, a kiss,
Oh, yes these things I too will miss.
Be not burdened with times of sorrow,
I wish you the sunshine of tomorrow.

My life's been full, I savored much.
Good friends, good times, a loved one's touch.
Perhaps my time seemed all too brief,
Don't lengthen it now with undue grief.
Lift up your heart and share with me,
God wanted me now, He set me free!

-author unknown

Miss Me, But Let Me Go

When I come to the end of the
road and the sun has set for me,
I want no rites in a gloom filled room,
Why cry for a soul set free?
Miss me a little-but not too long,
and not with your head bowed low.

Remember the love
that we once shared,
Miss me-but let me go.

For this is a journey
that we all must take,
And each must go alone.
It's all part of the Master's plan,
A step on the road to home.

When you are
lonely and sick at heart,
Go to the friends we know.
Laugh at the things we use to do
Miss me-but let me go.

-author unknown

Acknowledgement

*The family acknowledges with deep appreciation all acts of
kindness extended to them during this bereavement hour.
May God bless you for all your thoughtfulness and concern.*

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