

Reflections of Life

Patricia Ann Conley-Roberts was born on January 14, 1958 to the late Mamie Conley in Newark, NJ. She departed this life on April 12, 2015.

Raised and educated in the Newark Public School System, she was employed by a host of employers including White Castle and Sunrise House.

Often referred to as "Pat" by her family and affectionately known as "Miss Pat" by her friends, she was well liked by everyone and always known as a fun and kind person. She touched many lives and always made friends no matter where she went.

She leaves to cherish her memories: her three children, Shermikka, Walter and Fama Conley; her brothers, Sheldon, William, Dimitri and Edward Conley; her sisters, Mildred Banks and Janet Wright. Also survived by a host of grandchildren, nieces, nephews, aunts, cousins and friends.

Living in the Moment

It seems not long ago that I was in my twenties. How quickly the days of our lives seem to pass. The seasons and the years appear to hurry by, but in fact it is we who create a past and a future, because only we measure time. We often say time flies, when it is we who are flying forward, our bodies one place but our minds far down the road. Time in the eternal now, but our world is one of ceaseless activity. We are always on the move. Often we live in fast-forward mode, racing against the clock. Sometimes we find ourselves rushing through our days - eating fast, speaking fast, walking at breadneck speed. At times I rush about with such intensity it must look to others as if someone is chasing me. And before long I find myself battling another case of the crazies: first the little twitch in the outer corner of my left eye, then the days when I find myself snapping at folks, and the nights when the sleep won't come. Every emotion and mental attitude we are host to creates after its kind. So when we forget to stay centered, our bodies begin to weaken, our thoughts become confused, our words are less careful, our decisions less sure. We become magnets for the very physical and emotional ailments we most want to avoid- and all because we are letting the world sweep us along on its rushing tide, rather than experiencing and enjoying the moments of our lives.

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