

In Loving Memory
of
Helen Lee Covington

Sunrise
June 15, 1934

Sunset
January 22, 2016



Friday, January 29, 2016 - 12:00 Noon

PHILEMON BAPTIST CHURCH
246 Shephard Avenue • Newark, New Jersey

Rev. Edward Allen, Officiating

Order of Service

Processional.....Officials & Family

Hymn

Prayer

Scripture Passages

Old Testament - Psalm 90:1-10

New Testament - John 14:1-6

Selection

Words of Comfort.....Min. Debbie McRae

Reflections.....2 Minutes Please

Resolution

Obituary & Acknowledgements

Solo.....Gloria Square

Eulogy.....Rev. Edward Allen, Pastor
Philemon Baptist Church, Newark, NJ

Recessional

Interment

Glendale Cemetery
Bloomfield, New Jersey

Following the Interment, family and friends are
invited for a repast at the church.

Obituary

Helen Lee (Turnage) Covington was born on June 15, 1934 in Clio, South Carolina to the late Noon and Daisy Turnage. **She** was the youngest of seven children born of that union. **Helen** departed this life on Friday, January 22, 2016 after a long illness.

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She graduated from the Clio, South Carolina School system.

E

Helen later met and married the late Arthur Covington and from that union, two sons were born: Marvin (deceased) and Sabur (Jeffrey)

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E

She relocated to Newark, NJ and thereafter attended Essex County College to pursue a Nursing degree in Psychology, graduating in June 1984.

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Helen worked at the Essex County Hospital Center, also known as Overbrook, until **she** retired in 1991.

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After **she** retired, **Helen** appreciated the true meaning of the word retirement. **She** traveled, enjoyed family, hit the casinos, and went for walks around the neighborhood. **She** read the newspaper every day to keep up with the latest world news and happenings around the city. **Helen** was an avid tennis fan and always kept up with her number one player, Serena Williams. **She** enjoyed watching TV, and a good movie. **Helen** loved a good party, and could do a mean electric slide. **She** didn't consider herself a great cook, but her chicken and egg noodles could not be duplicated and **she** made the best fried chicken in the world.

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J

She joined the Philemon Missionary Baptist Church, where **she** was a faithful member until **she** became ill.

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She was loved by everyone **she** met. Many people called her mother, grandmother, sister, aunt, and friend.

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She leaves to mourn her loss: one son, Sabur Abdul-Wahid (Judy), of Budd Lake, NJ; one niece/raised as a daughter, Barbara Herbert of Newark, NJ; her only living sibling, Earline Sanders of Hillside, NJ; six grandchildren, Shariff Abdul-Wahid, Halima Abdul-Wahid, both of Georgia; Zakkiyya Selby (Calik) of Minnesota; Zaynab Abdul-Wahid, Ahmad Abdul-Wahid (Vivian) also of Georgia, Asia Herbert of Newark, NJ; fifteen great-grandchildren, a chosen son, Ed Nance (Sabur's best friend); and a host of nieces, nephews, cousins, friends and extended family.

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I'm 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

Acknowledgement

Perhaps you sent a lovely card or sat quietly in a chair.

Perhaps you sent a floral piece If so, we saw it there.

Perhaps you spoke the kindest words as any friend could say.

Perhaps you were not there at all just thought of us on that day.

Whatever you did to console our hearts, We Thank You, Whatever the part.

Professional Services Provided By

COTTON FUNERAL SERVICE

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Orange, NJ
973-675-6400

1025 Bergen Street
Newark, NJ
973-926-6400

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