

Homegoing Celebration Of
HENRY RASHAN SHARIFF COOK

November 28, 1975 - March 18, 2022



Thursday, April 7, 2022

Whigham Funeral Home

Viewing: 10am - 11am

580 Dr. MLK JR. BLVD

Funeral Service: 11am - 12pm

Newark, NJ 07102

Officiating : Reverend Michael Eubanks

Bethel Baptist Church 229 Wallace Street • Orange, NJ 07050

ORDER OF SERVICE

Processional

Opening RemarksRev. Eubanks

Musical Selection Great is Thy Faithfulness

Scripture Reading:

Old Testament: Psalm 8:1-9Rev. Eubanks

New Testament: Phil 2:1-3Rev. Eubanks

RemarksLimited to 1-2 minutes per person

Obituary Reading (Read In Silence)

Musical SelectionHow Great Thou Art

EulogyRev. Eubanks

Recessional

Interment
Fairmount Cemetery
Newark, New Jersey

REFLECTIONS OF...

Henry Rashan Shariff Cook, was born November 25, 1975 at Beth Israel Medical Center in Newark, NJ to the late Henry L. Cook Jr. and Sharon Cook Holder. He was called to heavenly rest on March 18, 2022. **Rashan** attended Mount Vernon Elementary school in Newark, NJ. He also attended and graduated from Montclair High School in Montclair, NJ in 1993. During his high school years, he played Lacrosse and football, where he helped Montclair High School win several State championships. He then went on to play football for the University of Akron in Ohio.

Rashan worked many positions during his career and was a dedicated worker and always gave his best with a smile. In 2012, he was hired by Beth Israel Medical Center where he worked in the Transport Department for the last nine and a half years with his extended family. He found joy and peace at work because he loved his co-workers and they loved him. And most of all, he was considered by many a personal assistant to any friend or family admitted to the Beth Israel hospital.

Rashan's number one favorite past-time was watching and talking football. His team was the ARIZONA CARDINALS, and when he was watching football **nothing else mattered**: mother; pops; brothers; relatives, or friends. He NEVER answered his phone. Rashan's other favorite past-time was food. HE LOVED TO EAT, soooo much that he made it a venture to taste and experience different cuisines and cultural specialties on a regular basis. He was a "MODERN DAY FOODIE" with limits because he didn't eat everything. Only the foods that captured his curiosity; aroused his taste buds and widen his palette – made the cut. Although Rashan was a loner and loved to talk, he also suffered from depression. A condition that he tackled most of his life. But, no one would ever know it from his contagious smile that could light up a room and/or when truly interested, his welcoming personality that drew you in to his web. Both will truly be missed by all who loved him.

Rashan was preceded in death by his father, Henry L. Cook Jr. and his paternal grandmother Almeta Cook. He leaves to cherish his memory: his mother Sharon, his "Pops" Ulric Holder; three brothers, Kalen Cook, Jermaine and Demetri Holder; his maternal grandmother, Irene Tyler (aka MeMe); three great-grand aunts; one great-grand uncle; six aunts; two uncles; two nieces; five nephews and a host of cousins; many great friends and extended families.

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!*

Acknowledgement

We would like to express our heartfelt and sincere thanks for all the many acts of kindness and prayers to us during this time. And if you know of anyone suffering from Depression, please reach out to talk to them and get them help at: [www.adaa.org]

Holder & Cook Family

REPAST:

*Israel Memorial AME Church
54 Lincoln Street, Newark, NJ 07103*



Professional Services Provided By: Whigham Funeral Home Carolyn Whigham, Director