



Her Legacy Lives On

God placed a gentle spirit here,
A heart so full of love and care;
She shared her faith through word and deed,
Always helping those in need.

With healing hands and prayers sincere,
She comforted many throughout the years.
A faithful servant, steadfast and true,
She reflected God's love in all she would do.

She was the strength when burdens grew,
The voice of wisdom families knew;
A sweet encourager, strong and kind,
Leaving precious memories behind.

Though earthly days have come to rest,
She now abides among the blessed.
Her work is finished, her race is won,
And she has heard, "Well done, My child, well done."

So while we grieve and miss her face,
We find our comfort in God's grace.
For her faith was sure, her hope was bright,
And now she walks in Heaven's light.

— In Loving Memory of Mother Helen Jean Gainous



ACTIVE PALLBEARERS

Tim McClinton Michael McClinton Pete Cromartie
Tim Cromartie Kristopher Slater

ACTIVE FLORAL BEARERS

Family & Friends

EARTHLY BED OF SLUMBER

Oakland Cemetery

838 North Bronough Street | Tallahassee, Florida 32303

THE FAMILY'S MESSAGE OF GRATITUDE

The family of **Mother Helen Jean Gainous** gratefully acknowledges every prayer, phone call, visit, floral tribute, and act of kindness extended during our time of bereavement.

Your love and support have been a source of comfort and strength as we celebrate the life and legacy of our beloved mother, grandmother, sister, and friend.

May God richly bless each of you for your thoughtfulness and prayers.

*With Sincere Appreciation,
The Family of Mother Helen Jean Gainous*



We would like to take this opportunity to express our gratitude for the trust you have placed upon us during the Homegoing Service of your loved one. Our fervent hope is that all measures of assistance rendered to your family have been completed in detail. For all your confidence placed in our staff and me, we will be forever grateful.

PROFESSIONAL SERVICES ENTRUSTED TO



J.P. MOORE MORTUARY & CREMATION SERVICES
Jamarion "JP" Moore, MBA, CFSP, CFSGM, CCO, CCA
President | Mortician

Madison Chapel
379 West Base Street, Madison, Florida 32340
tel: (850) 973-6677

Tallahassee Chapel
2555 North Monroe Street, Tallahassee, Florida 32303
tel: (850) 669-6673

www.JPMooreMortuary.com
Two Locations, One Mission-

"Spreading

Sunshine

at the Sunset of Life"

#TheMorticianWhoCaresMoore

Your Life Was A Blessing, Your Memory A Treasure



A Life of Faith, Service & Love
CELEBRATING THE LIFE AND LEGACY OF



Mother
HELEN
Jean Gainous

CHURCH MOTHER · NURSE
PRAYER WARRIOR · FAMILY MATRIARCH

God's Precious Gift
March 31, 1950

God's Faithful Servant
June 5, 2026

Celebrating Her Life

Friday, June 12, 2026 | 11:00 Ante Meridiem

JACOB CHAPEL BAPTIST CHURCH

2333 Lake Bradford Road | Tallahassee, Florida 32310

Reverend Harry M. Cloud, Eulogist

Pastor, St. Stephens P.B. Church | Gretna, Florida

J.P. Moore Undertaking Company, Directing

Life Story

Mother Helen Jean Gainous was born on March 31, 1950, in Tallahassee, Florida, to the late Charlie Brown, Sr. and Annie V. Cromartie Brown. She was raised with strong values of faith, compassion, and service—qualities that would become the foundation of her life's journey and legacy.

A woman of unwavering faith and a heart full of love, **Mother Gainous** never met a stranger. She was known throughout her family and community for her willingness to help others, offer encouragement, and provide comfort during difficult times. Her family affectionately described her as the pillar of the family—the one who held everyone together with wisdom, strength, grace, and unconditional love. Whether through a warm conversation, a heartfelt prayer, or a simple act of kindness, she made a lasting impact on everyone she encountered.

Mother Gainous was united in holy matrimony to Van C. Gainous, and together they shared a life centered on faith, family, and commitment. Their union was blessed with cherished memories and a family legacy that continues today.

Professionally, **Mother Gainous** dedicated many years of faithful service as a Licensed Practical Nurse (LPN) at Tallahassee Memorial HealthCare. Nursing was more than a career for her—it was a ministry. She cared for her patients with compassion, dignity, and genuine concern, earning the respect and admiration of colleagues, patients, and families alike. Her nurturing spirit and servant's heart extended far beyond the walls of the hospital and into every aspect of her life.

Her greatest joy and source of strength was her relationship with God. A faithful member and beloved Church Mother of St. James Missionary Baptist Church in Tallahassee, Florida, she served diligently and exemplified Christian love, humility, and devotion. She was a trusted prayer warrior, spiritual mentor, and source of encouragement to many. Her presence within the church family was a blessing, and her legacy of faith will continue to inspire generations to come.

Those who knew **Mother Gainous** will forever remember her as heartfelt, sweet, and strong. She possessed a rare ability to make others feel loved, valued, and supported. Helping people was not simply something she did—it was who she was.

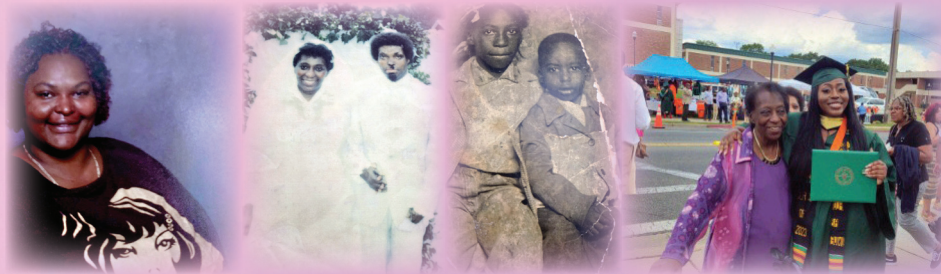
On Friday, June 5, 2026, surrounded by the love of her family, **Mother Gainous** peacefully answered the Master's call and entered into eternal rest.

Cherishing her precious memories and celebrating her remarkable life are her loving son, Kenneth (Karen) Henry; daughter, Diva Gainous; stepdaughter, Tonia Tisdale; grandson, Day'Vion Gainous; granddaughter, Kayla Davis; eleven additional grandchildren; sisters, Dorothy Dixon and Corrine Beard; godson, Kristopher Slater; brother-in-law, Jessie McClinton; and a host of nieces, nephews, cousins, church family, friends, and loved ones.

She was preceded in death by her beloved husband, Van C. Gainous; her son, Sylvester Davis; her parents, Charlie Brown, Sr. and Annie V. Cromartie Brown; her brothers, Sylvester Brown and Charlie Brown; her sisters, Hazel Graham, Patricia Byrd, and Eula McClinton; and her brother-in-law, Sherman Beard.

While our hearts are saddened by her earthly departure, we rejoice in knowing that **Mother Helen Jean Gainous** lived a life well spent in service to God and others. Her legacy of faith, love, compassion, and strength will continue to live on in the countless lives she touched. She fought a good fight, finished her course, and kept the faith. Her memory will forever remain a treasured blessing.

PRECIOUS



MEMORIES



The Divine ORDER OF SERVICE

Prelude

Processional..... Eulogist, Clergy, Mortician & Family

Parting Glance & Seating of the Family The *J. P. Moore* Staff

The Prayer of Consolation Reverend Kortney L. Haigler

THE HOLY SCRIPTURES

The Old & New Testament – Reverend Alfred A. Colson

Selection..... Jacob Chapel Music Ministry

TRIBUTES & REFLECTIONS

Two minutes each, please

Family & Friends (Limited to Three)

Acknowledgements & Resolutions The *J. P. Moore* Staff

Selection..... Jacob Chapel Music Ministry

Words of Comfort..... Reverend Harry M. Cloud

Mortician's Brief.....Mr. Jamarien "J.P." Moore, LFD

Recessional Clergy & Family

*"Well done, thou good and faithful servant...
enter thou into the joy of thy Lord."*

— Matthew 25:23

