

Funeral Service Celebrating the Life of

SARAH VIRGINIA COOK

Thursday, September 21, 2023 at 1:00 pm

Church of the Redeemer, Opaskwayak, Manitoba

Presiders: Rev. Jim Sayese and Rev. Gloria Lavallee

Music Ministry: Russell Cook Memorial Singers

Order of Service

Greeting and Welcome

Opening Sentence: 589

Cree Hymn #61

Memories of the Heart: Michael Constant

1st Reading: Isaiah 61: 1-3 - Judy Constant

Psalm Reading: Psalm 23 - Alice Queskepow

Tribute Song: "Best Angel" - Norman Cook

2nd Reading: Revelations 21: 1-7 - Debbie Lynn Sinclair

Cree Hymn #66

Gathering of the Community: 591

The Collect: 577

The Gospel of Our Lord Jesus Christ: Mathew 11: 25-30

- Anne McGillivray

Reflection: Rev. Jim Sayese

Prayers of the People: 593

The Lord's Prayer: 594

Hymn: Go Rest High on that Mountain - Mike Jebb

The Commendation and the Blessing: 595

Hymn: 132 Cree

The Committal: 596-597

INTERMENT

St. Michael and All Angels Cemetery, Opaskwayak, MB

RECEPTION

Margaret Henderson Parish Hall, Opaskwayak, MB



Hemaier Funeral Home, The Pas, Manitoba

www.hemaierfuneralhome.com

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In Loving Memory



In Loving Memory of
Sarah Virginia Cook

July 31, 1958
September 13, 2023



Our beloved sister, aunt, granny, “mom”, Sarah Virginia Cook, went to be with the Lord, on Wednesday, September 13, 2023 at 7:40 am at the St. Anthony’s Hospital, in The Pas, Manitoba. She passed away peacefully with her loving family by her side.

Sarah was born on Thursday, July 31, 1958 in The Pas, Manitoba to Virginia and Fred Cook. She was the ninth child in a family of ten surviving children; two other siblings had passed in their infancy.

Sarah attended schools at the Big Eddy Indian Day School, The Pas Reserve Day School, Red Brick School and Opasquia School. Sarah’s childhood consisted of tending a vegetable garden where all the siblings helped with the weeding and picking at harvest time. The family had two horses named Topsy and Brownie which were used for hauling firewood and water.

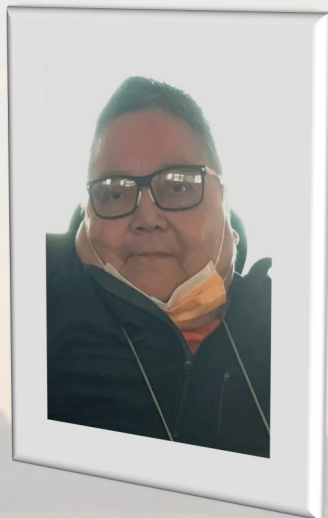
As Sarah grew up, she discovered baseball which became her passion. She was a pitcher with a swift throw that struck out a lot of good batters. She played with the MT Selects, Chargers and Raiderettes. She developed long lasting friendships with team mates and players from other baseball clubs.

Sarah was employed as a janitor at The Pas Reserve Hall; which is now the Casino.

Sarah moved into the McGillivary Care home due to debilitating rheumatoid arthritis which limited her mobility and not being able to care for herself.

Sarah was introduced to the use of a tablet during Covid as a means of keeping in contact with family and friends. She became an expert in using this new technology by tapping out her messages with the end of a pen. Every morning she send messages to family and friends wishing everyone a good morning and telling them she loved them.

Although Sarah had no children of her own, she became a surrogate mother to her many nieces and nephews. She was proud of them and celebrated in whatever events occurred in their lives, be it a high school or post-secondary graduation, births, baptisms, birthday parties and other important accomplishments. She loved each and every one of them. She was a godmother to many children.



Sarah remained in contact with the many friends that she gained over the years. She was a caring, compassionate and loving friend to all. This is attested to by the Facebook tributes that are posted.

Those left to cherish her beautiful memory are **her “babies”** Tamara and Kail Constant; **brothers** Isaac Cook, Norman Cook (Wanda Constant); **sisters** Evelyn Cook and Mary Jane Constant; **niece** Elizabeth (Jim) Sayese; the **children** of her late sister Margaret, whom she helped to raise Evelyn (Charlie) Lathlin, Lisa (Terry) McCorrister; Angela (Ken) Crane, Virginia (Joe) McGillivary, Michael (Carleen) Constant, Debbie Lynn (Fred) Sinclair, Howard and Eugene Constant; There are many other relatives too numerous to mention who will remember her generosity and her great love for them.

Sarah was predeceased by her **parents** Virginia and Fred Cook; **sisters** Margaret (Adam) Constant, Josephine (Solomon) Constant, Myra (Frank) McKenzie; **brothers** Simeon Cook, Russel Cook and Brian Cook; **paternal grandparents** Hannah and Antoine Cook; **maternal grandparents** Mary Jane and George McGillivary; **aunts and uncles** Helen (Isaac) Pelly, Malcolm (Margaret) McGillivary, Alfred George McGillivary, Lawrence McGillivary, Charlie and Andrew Cook; **sister-in-law** Emma Cook; **cousins** Julius and Robert McGillivary; **brother-in-law** Larry Constant; **niece-in-law** Colleen Constant; **nephews** Michael Cook, Dion Constant, Larry Constant, Jr., Marty and Norman McGillivary, Hilliard Lathlin, Christian Elder-Cook; **nieces** Jennifer Cook, Kelly Anne Cook, Harmony McKenzie, Judy Lynn Constant; and **great niece** Alexis Constant.

WAKE SERVICES

Tuesday, September 19, 2023 and Wednesday, September 20, 2023
Margaret Henderson Parish Hall, Opaskwayak, MB

HONOR GUARDS

Neal Cook, Terry Cook, Calvin Cook,
Steven McKenzie, Brian McKenzie.

PALLBEARERS

Terrence McCorrister, Steve Merasty, Frank Constant, Jeremy Cook,
Ken Crane, Owen Cook, Jeff McKenzie, Norman Cook Jr.,
Jonathan Constant, Chris Andrews, Marcus Constant, Logan Crane,
Larry Constant, Thomas Cook, Gabriel Sayese, Mitchell Constant,
Jesse Sinclair, Messier Constant, Cody Bignell.

HONORARY PALLBEARER

All her baseball friends.