

Saturday, May 16, 2026
Visitation - 10:00 AM
Memorial Service - 11:00 AM

Progressive Funeral Parlor
7208 S. Stony Island Ave
Chicago, IL 60649

Order of Service

Processional
Psalm 100

Song
"For Every Mountain" by Kurt Carr

Scripture Reading
Psalm 23 and John 14:1-6

Song
"I'm Gonna be Ready" by Yolanda Adams

Prayer

Acknowledgments

Remarks
(2 minutes)

Song
"Can't Give Up Now" by Mary Mary

Words of Comfort

Decalouge

Recessional
"God's Grace" by Trin-i-tee 5:7

Acknowledgement

We are grateful for your many acts of kindness and thoughtfulness. Your presence, visits, flowers, notes, cards have all been Blessings during this difficult period in our lives. Your concern has been a source of strength, and we are greatly appreciative. We always remain grateful from the depth of our hearts. Thank you and God bless you all.



"I Am Always With You"

I am always with you
When I am gone, release me, let me go.
I have so many things to see and do,
You mustn't tie yourself to me with too many tears,
But be thankful we had so many good years.
I gave you my love, and you can only guess
How much you've given me in happiness.
I thank you for the love that you have shown,
But now it is time I traveled on alone.
So grieve for me a while, if grieve you must
Then let your grief be comforted by trust
That it is only for a while that we must part,
So treasure the memories within your heart.
I won't be far away for life goes on.
And if you need me, call and I will come.
Though you can't see or touch me, I will be near
And if you listen with your heart, you'll hear
All my love around you soft and clear
And then, when you come this way alone,
I'll greet you with a smile and a "Welcome Home".

Arrangements Entrusted to:



7208 S. Stony Island Avenue | Chicago, IL 60649
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**CELEBRATING
THE LIFE OF**

KAY
Valarie
HARROD

MAY 9, 1955 - APRIL 28, 2026



Valarie K. Harrod was born May 9, 1955 in Chicago Illinois to the union of Gilbert P. Harrod Sr. and Sarah E. Spencer She was the youngest of four children, Gilbert Jr., Devyanne and Gayle.

Valarie started kindergarten at James E. McDade Classical School (K through 6th) . Valarie excelled academically and was recognized as a gifted student. Her love for reading began at the age of 4. Valarie graduated in 1968 from Gillespie Elementary school with the highest academic honors and entered John Marshall Harlan High School with Advanced Placement Classes. She graduated from Harlan as a member of the National Honors Society for all four years and was awarded a scholarship to attend Loyola University in 1972.

Valarie attended Christ Universal Temple as a younger girl and was a dedicated member of the choir for many years. She also was a valued member of Meta Four Gospel Group. The Meta Four group traveled all throughout Europe and performed gospel to sold out audiences.

Valarie married her childhood sweetheart Robert Coates July 23,1973 and to this union their son Erik Julian Coates was born, and he was a delight to both Valarie and Bobby. Valarie was a valued employee and supervisor at CNA Insurance Company for more than 25 years. She later worked for combined insurance and Blue Cross Blue Shield where she retired in 2017.

Valarie became a grandmother to Nya Coates in 1998 and Ashlynn Coates in 2005 she was over the moon. She was delighted when twin great grandsons Nayvadius and Nasir were born in 2019 and was very active in their lives.

Valarie lived boldly, loved fiercely and stood firmly in her truth. Her wisdom and love will always remain in our hearts as she would say " God grant me the serenity to accept the things I cannot change, Courage to change the things I can, And The wisdom to know the difference.

