



Helen Elizabeth Workman

November 28, 1933 - September 11, 2010

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Helen Elizabeth Workman was born November 28, 1933 in Kansas City, Mo.; daughter of the late William and Ann Jackson, she peacefully passed at home on September 11, 2010. She was preceded in death by her husband Ralph Burns Workman, and her brother Phillip Jackson. She is survived by her sister Carol McVey of Irvine, CA; her children: Paul Workman of Jacksonville, FL; George and Brandy Workman of Edgewater, FL; Annette and Chris Pellicer of St. Augustine, FL; Milton and Angela Workman of Ocala, FL; eight grandchildren, and five great grandchildren. With a servant's heart she raised her family of four along with her husband of 47 years, Ralph Workman. Mrs. Workman was the kind of woman you could call a lady of class and grace. Up to the end of her life she was known to be an excellent conversationalist with fond memories of traveling the world over with her husband collecting an assortment of small treasures along the way. Flagler Hospital Auxiliary was blessed with over 20 years of her service as a hospital volunteer and as the president of the Auxiliary during 1979-1980. She worked at the Community Home Health Organization for several years, until she left to assist her husband with his needs during his terminal illness. Helen was a long standing member of the Memorial Presbyterian Church where she was actively involved until she was no longer able. Helen's interests included tending to her beautiful tropical garden, crafts, and frequenting The Betty Griffin House Thrift

Store to donate or purchase. She thoroughly enjoyed dinner parties and socializing with good friends and family. She loved people and was able to hold an intelligent conversation on many levels with any individual. In her pursuits of service to many, Helen always remained a beacon of sunshine and strength. Helen could be in obvious physical distress and still render words of encouragement to anyone in her presence. With a courageous heart she endured the deterioration of her health without a thought or regard to the seriousness of her disease. She has stated that she was very thankful to God that she was not stricken with MS while trying to care for and rear her children at a younger age, and that she was blessed to have been a part of her grandchildren's lives. The family wishes to express their sincere gratitude for the many that have assisted and served in her comfort and care for the past several years of her life during her long battle with Multiple Sclerosis. Flowers are gratefully accepted or for those wishing may make a contribution to the Multiple Sclerosis Society or The Betty Griffin House. The family would enjoy to hear your memories of Helen and reminisce along with you on Friday September 17, 2010 from 6-8 p.m. at the visitation being held at St. Johns Family Funeral Home at 385 SR 207 in St. Augustine. Memorial services will be held 11:00 AM Saturday Sept. 18, 2010 at Memorial Presbyterian Church. Interment will follow at San Lorenzo Cemetery. St. Johns Family Funeral Home is in charge of arrangements.

Tribute Wall

TE

“ MY THOUGHTS AND PRAYERS ARE WITH ALL YOUR FAMILY AND FRIENDS YOU WILL BE FOREVER MISSED AND HERE IS A SPECIAL POEM I FOUND JUST FOR ALL OF US TO SHARE, TO YOU HELEN, WITH ALL MY LOVE TINA, We thought of you with love today But that is nothing new, We thought about you yesterday And days before that too. We think of you in silence We often speak your name, Now all we have are memories And your picture in a frame. Some may think you are forgotten Though on earth you are no more, But in our memory you are with us As you always were before. A million times we've thought of you A million times we've cried, If loving could have saved you You would have never died. You left us beautiful memories Your love is still our guide, And though we cannot see you You are always at our side. It broke our hearts to lose you But you did not go alone, Part of us went with you On the day God called you home. Forgive me Lord, I'll always weep For the best friend I loved, but could not keep.

tina eklund - September 17, 2010 at 12:00 AM

JW

“ My thoughts and prayers are with her children, grandchildren and great grandchildren. She is now free from pain and is an angel with the Lord. May you find comfort in the memories and love she had for her family. She will be greatly missed.

Jan Workman - September 16, 2010 at 12:00 AM

PW

“ *May blessings fill the air so that each of us can grow from this experience and live to make a difference in our lives and the lives of the people around us. The encouragement that other people share with you in these times of need, may they comfort you. May you reflect on this day that all is forgiven and each of us remain here with the opportunity and the responsibility to look up and forward, today, tomorrow and all the days to come. We now have a chance continue mom's life so that when she looks down she can smile and know that she did a good job. From hereafter she can enjoy her time, free from any restraints and move around like a cloud. May our memories never fade and our love never wane. Thanks for being there when we needed you. We love you.*

Paul Workman - September 15, 2010 at 12:00 AM