



A limb has fallen from the family tree.
I keep hearing a voice that says,
"Grieve not for me."

Remember the best times, the laughter, the song.
The good life I lived while I was strong.
Continue my heritage, I'm counting on you.
Keep smiling and surely the sun will shine through.
My mind is at ease, my soul at rest.
Remembering all, how I truly was blessed.
Continue traditions, no matter how small.
Go on with life, don't worry about falls.
I miss you all dearly, so keep up your chin.
Until the day comes when we're together again."

In Loving Memory:



Russell Martin Sheehan

November 7, 1956
August 13, 2024



Russell Martin Sheehan

Born:

November 7, 1956 – Portland OR

Died:

August 13, 2024 – Newberg, OR

ORDER OF SERVICE:

Welcoming Words: Mike Cook

Memorial Slide Show

Eulogy: Mike Cook

Open mic: your stories about Russ



Immediately following the service all are invited to a reception at the home of:

Rich & Kaye Chung
10730 SW Fairhaven St
Tigard, OR 97223

Refreshments will be served