

Mary Freeman Sheppard died peacefully at the age of 100 plus 1 day on February 3, 2023 under the wonderful care of everyone at Springhouse Village East (including angels Iona, Sylvia, Romina, Chloe, Jade, Addison, Shannon, Jackie, Isyss, Jada, and Karen), and special friends Melissa Manzer, Holly Eskridge, and Sharon Bernie.

She grew up moving from town to town in Arkansas, Oklahoma and Kansas. She always made friends quickly with her loving care for all around her and fun-loving joy for life. She graduated from Emporia High School in Emporia, Kansas in 1940 and then after attending college for one year at Emporia College transferred to Southwest Missouri State University (f/k/a Springfield Teacher's College), as her family moved to Springfield during World War II. She graduated with a dual major of biology and chemistry. Despite her Southern Baptist upbringing she was very guilty of covertly dancing to the great swing bands during college, resulting in an incriminating photo and article, front page, Springfield paper - winning a dance contest.

Her mother made all of their clothes when she was a child, Mary was an incredible seamstress and needleworker. She enjoyed cooking, gardening, reading, laughing with friends and family and, after retirement at 65, began her great giggling game of golf.

She had vivid recollections of growing up in the Great Depression as a child, her father's love of the military, her mother's stoic strength and the great honor and value of hard work. The first vehicle she drove was a logging truck at the age of 14.

During her marriage she was very active at Westminster Presbyterian Church and later, until age prevented it, at First and Calvary Presbyterian Church serving as a Deacon and on several committees including the History Committee due to her interest in the Sheppard's leadership as founding members of the Presbyterian Church of Springfield in 1849 which eventually led to Old Calvary Presbyterian Church, three blocks from First Presbyterian Church.

She served as a Medical Technologist (ASMT) from 1944 until 1970 at O'Reilly General Hospital, Wadsworth Veterans Hospital, the Springfield Women's Clinic, the Glenn Turner Clinic, the Red Cross Blood Bank, St. John's Hospital, Burge Hospital and Cox Medical Center, serving as the Program Director for the Cox School of Medical Technology from 1970 until her retirement in 1989. She dearly loved her students, and they loved her.

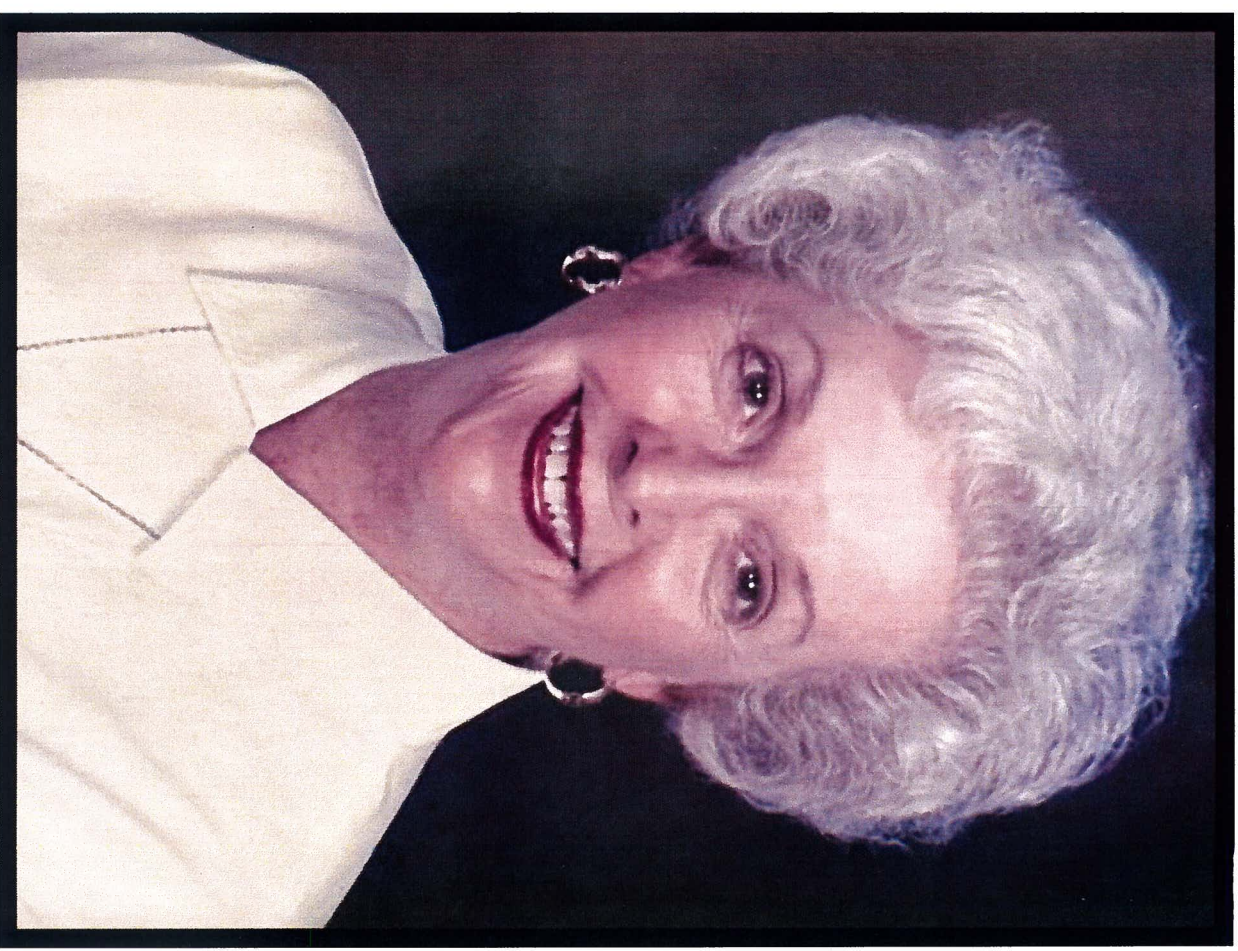
Mary and her family were Christ centered and she lived a life strongly grounded in her Christian faith which shined through her grace, determination, love of family, shining smile, and a forgiving heart, even in the most traumatic times. She showed those close to her how to live, how to love, how to age gracefully and how to pass knowing the gift of Jesus in heaven awaits.

Mary enjoyed her friendships and, of course, loved the big band music of the 1940's. She also loved to play Bridge and Gin Rummy. She was hardly ever idle until her body and mind sat her down. Even then, she was always loving and graceful and good humored.

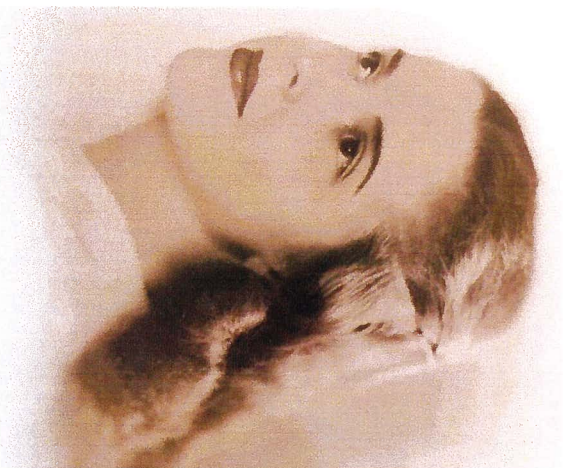
She was preceded in death by her husband Joseph Dow Sheppard, Jr., who died October, 25, 1975. Mary lived a very long and fulfilling life. She was born in Mena, Arkansas on February 2, 1923, the daughter of Cora Millwee Freeman and Edward H. Freeman. Two older sisters, Evelyn Cobb and Betty Paul Cravens also preceded her in death.

Mary is survived by her two children, Patricia Freeman Sheppard Robinson (Andy) and Joseph D. "Chip" Sheppard, III (Silvia); her five grandchildren: Kristen Marie Palmer, Jacqueline Sheppard Davis (Allen), John Patrick Bowman (Kai), Alexandra Sheppard Sinacola (James), Nicholas Freeman Sheppard (Madeline); seven great grandchildren: Brandon Redding, Paris Rogers, Eleanor Elizabeth Bowman, and Lilliana Scout Sinacola, James Mario Sinacola, III, Sheppard Stone Sinacola, and Lucia Lynn Sinacola; one great, great grandchild - Anya Rose Rogers; nieces and nephews Samuel Bradley Cravens, Beth Cravens White, Carolyn Cobb Aslin and James Edwards Cobb and her "adopted" son, John Bowman, whose love and devotion to her happiness and comfort in her twilight years touched all who witnessed it, and most of all, Mary.

## *In Loving Memory*



*Mary Freeman Sheppard*  
*February 2, 1923 - February 3, 2023*



## **When I'm Gone**

When I come to the end of my journey  
And I travel my last weary mile  
Just forget if you can, that I ever frowned  
And remember only the smile

Forget unkind words I have spoken  
Remember some good I have done  
Forget that I ever had headache  
And remember I've had loads of fun

Forget that I've stumbled and blundered  
And sometimes fell by the way  
Remember I have fought some hard battles  
And won, ere the close of the day

Then forget to grieve for my going  
I would not have you sad for a day  
But in summer just gather some flowers  
And remember the place where I lay

And come in the shade of evening  
When the sun paints the sky in the west  
Stand for a few moments beside me  
And remember only my best

## **ORDER OF WORSHIP**

*Prelude* (Jim Davidson)

*Call to Worship & Prayer* (Rev. Don Everts)

*Scripture Reading: Psalm 23, 1 Timothy 6:6* (Rev. Don Everts)

*Special Music* (The Lord's Prayer – Dr. Todd Payne)

*Time of Remembrance* (Jacqueline Sheppard Davis and  
Alexandra Sheppard Sinacola)

*Special Music* (It Is Well With My Soul – Everyone, Led by Dr. Payne)

*Homily* (Rev. Don Everts)

*Amazing Grace* (Dr. Todd Payne)

*Pastoral Prayer* (Rev. Don Everts)

*Benediction* (Rev. Don Everts)

*Postlude* (Jim Davidson)

## **CELEBRATION OF LIFE**

Immediately following the service  
in the Lower Atrium until 1:30 pm

## **PALLBEARERS**

John Patrick Bowman

Nicholas Freeman Sheppard

James Edward Cobb

John Bowman

James Mario Sinacola, Jr.

Allen Keith Davis

## **COMMITTAL SERVICE**

Immediately following the Celebration of Life:  
Maple Park Cemetery: 300 W. Grand, Springfield, Mo.

Officiating: Rev. Don Everts

Be Still My Soul: Amanda Kershaw, Bagpipes

written by Katharina von Schegel, (1750)

translated by Jane Borthwick, (1855)

In lieu of flowers, Mary would be honored by memorial  
contributions to First and Calvary Presbyterian Church  
Foundation which was special to her heart, keeping a  
House of Prayer in the middle of her alma mater's campus.