

In Loving Memory of

Sunrise
November 21, 1943

Sunset
November 17, 2010

Henry Matthews

*Mindfulness is the aware, balanced acceptance of the present experience
It isn't more complicated than that. It is opening to or receiving the present moment,
pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.*

~ Sylvia Boorstein

Friday, November 26, 2010 - 10:00 a.m.

UNITY FUNERAL CHAPELS, INC.

2352 8th Avenue
New York, New York 10027

To My Family And Friends

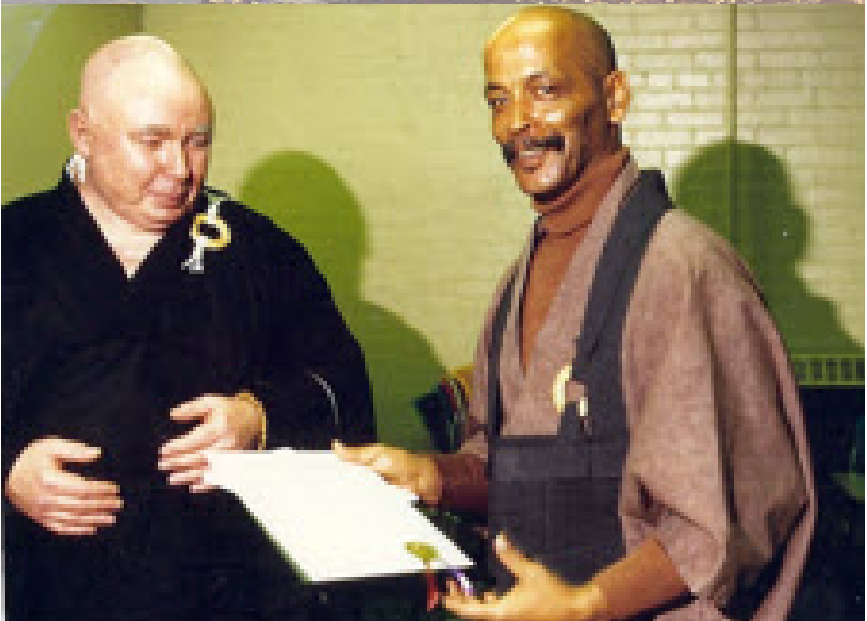
Fill not your hearts with pain and sorrow;
But, remember me in every tomorrow.
Remember the joy, the laughter, the smiles,
I've only gone to rest a little while.

Although, my leaving causes pain and grief,
My going has eased my hurt and given me relief.
So, dry your eyes and remember me...
Not as I am but as I used to be.

Because, I will remember you all....
And, look on with a smile;
Understand in your hearts,
I've only gone to rest a little while.

As long as I have the Love of Each of You,
I can live my life in the Hearts of All of You.

~ *Henry*



The Obituary of Henry Matthews (Hank)

Henry Matthews transitioned November 17, 2010, at the age of sixty-six.

Henry was born November 21, 1943 in New York City, NY. He was the fourth born to Lucius and Gloria Matthews.

Henry was well read and versed in many areas. While incarcerated, he earned his college degree. He had a strong passion for law, and would come home to find a position working at a law firm. People fondly called him the philosopher. He had a unique way of self-expression and world view.

His length of life would seem too short to many, but those whom he touched understood that the quality of existence far exceeds the quantity of time in which one lives.

Henry maintained special relationships with everyone but developed a unique bond and closeness with his nephew, Gerald Matthews, who was present and supportive to the very end.

Henry is survived by and leaves to celebrate his life: his two sisters, Marie Greenidge and Diane Matthews; his brother, Robert Matthews; (his parents, Lucius and Gloria Matthews; as well as three siblings Mittie, Joseph and Lucius Jr. preceded him in death). He also leaves his partner and special friend, Nancy and her family, Pam and her children, Mr. Tran and a dear coworker and friend, Polly; along with a host of nieces, nephews, cousins and friends.

We all love you Henry and you will forever be in our Hearts and Especially In Our Heads.

~ **Your Matthews Family**



To live in hearts we leave behind, is not to die.

~ Thomas Campbell

Repast to follow after the service
830 Columbus Avenue
Bet. 100th-101 St. Community Center

Acknowledgement

The family wishes to express their deep appreciation
and sincere thanks for your kindness during a time of sorrow.

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