

*In Loving  
Memory  
of*



Sunrise  
June 5, 1945

Sunset  
August 3, 2017

*Frederick Terrel Mitchell*

*Service*

*Wednesday, August 9, 2017 - 11:00 a.m.*

**Whigham Funeral Home**

580 Dr. Martin Luther King Jr. Blvd.

Newark, New Jersey

***Pastor Shelia Hobson-Johnson, Grace Baptist Church, Fords NJ***

***Officiating***

## Obituary

**Frederick Terrel Mitchell**, retired Newark police detective, died peacefully in the arms of his loving family on Thursday, August 3, 2017 at the age of 72. Born the youngest of 3 to the late Frederick and Betty Mitchell of Newark, NJ, he joins his sister Diane Clark and brother Gregory Mitchell in Heaven.

Fred also known as Butchie to family and friends graduated from South Side High School, now Shabazz High, where he excelled in track and football. He was a lifelong learner and graduated from New Hampshire College with a degree in community development.

Fred retired from the Newark Police Department after 25 years of service. His experience covered a wide-range of roles including undercover work, Investigations Unit, personnel and trainer at the Police Academy.

He loved mentoring children and his great joy was starting the Junior Crime Fighters with the Dayton Street youngsters on his beat. He emphasized that they have pride in themselves, look out for each other, help their parents and senior citizens in the building and report crime. Officer Fred spoke at many classroom events.

Fred received numerous awards for his work within the police department and his community work: Pride Award FOP, Medal of Merit Newark Police, Governors Award for Volunteer Work, Certificate of Appreciation Cop 2 Cop just to name a few.

Shortly after retiring from the police force, Fred began work with Cop 2 Cop as Peer Counselor. He worked the helpline and responded to Critical Incident Stress Debriefings. Fred was responsible for the Wounded Officers Legislation and led the Wounded Officers monthly sessions at Cop 2 Cop.

The work Fred loved the most was when he became a Reikimaster. He had healing hands and gave freely to all who needed his help from stress, anxiety and suicidal thoughts. He was told many times that his counseling and caring saved lives. He gave emotional and spiritual support in his many years of working with hospice and cancer patients.

Physically active all his life, Fred trained in mixed martial arts up to the age of 68. He organized walking groups in Weequahic and Branch Brook Parks - and some of his walking partners continue to this day.

A kind hearted and gentle man with great inner strength, who loved to make you laugh. The best husband, father and family man. A good friend and neighbor. That's how we remember you Fred. With Love and Happiness.

Fred was blessed with a marriage of 52 years to his high school sweetheart, Barbara (Watson) Mitchell, the love of his life. Together they had one child, Kim Cherise Ford, who was his heart. Fred also leaves to cherish his memory his son-in-law Richard Ford, his precious grandchildren Justin and Autumn Ford, mother-in-law Gladys Watson, sister-in-law Cozetta Street, brother-in-law Edward Street and a host of nieces, nephews, relatives and friends.

# Order of Service

*Presiding*

*Pastor Shelia Hobson-Johnson, Grace Baptist Church, Fords, NJ*

Processional

Opening Selection ..... “Future Memories” Darlene B. Young

Scripture Reading

Old Testament ..... Minister

New Testament ..... Minister

Prayer of Comfort ..... Minister

Selection ..... “Precious Lord” Darlene B. Young

Obituary & Acknowledgements ..... Tiffany McCullough

Reflections ..... Family and Friends

Selection ..... Poem “The Dash” Tiffany McCullough

Eulogy ..... Pastor

Recessional



**Final Disposition**

Private

*Repast*

*The Priory, 233 West Market Street, Newark, NJ.*

## *I Am Not There*

Do Not Stand at my grave and weep  
I am not there, I do not sleep  
I am in a thousand winds that blow  
I am the diamond glints on snow  
I am the sunlight on ripened grain  
I am the gentle autumn's rain.  
When you awaken in the morning's hush,  
I am in the swift uplifting rush  
Of quiet birds in circled flight  
I am the soft star that shines at night.  
I am in the flowers that bloom.  
I am in a quiet room,  
I am the bird that sings,  
I am in each lovely thing  
Do not stand at my grave and cry  
I am not there I did not die.

## *Acknowledgement*

*The family wishes to express their sincere thanks and appreciation for all the acts of kindness and love shown to them during this time of sorrow.*

Professional Services by:  
**Whigham Funeral Home**

580 Dr. Martin Luther King Jr. Blvd.  
Newark, New Jersey 07102  
973-622-6872

*Carolyn Whigham, Director*

