

**Saturday, March 8, 2025 11:00 AM**

**First Baptist Church Denbigh**

3628 Campbell Rd

Newport News, VA



HELEN  
**COWLES**



*celebrating her life & legacy*

08.19.47  
FIRST



02.25.25  
LAST

**Dr. Melvin Wofford Sr., Pastor    Rev. Jaymorle Ingram, Officiating**

# I AM FREE

Don't grieve for me, for now I'm free,  
I'm following the path God laid for me.  
I took His hand when I heard Him call,  
I turned my back and left it all.  
I could not stay another day, to laugh,  
To love, to work, or play.  
Tasks undone must stay that way  
I've found that peace at the close of the day.  
If parting has left a void,  
then fill it with remembered joy.  
A friendship shared, a laugh, a kiss,  
Ah, yes, these things I too will miss.  
Be not burdened with times of sorrow  
I wish for you the sunshine of tomorrow.  
My life's been full, I savored much  
Good friends, good times, a loved one's touch.  
Perhaps my time seemed all too brief,  
Don't lengthen it now with undue grief.  
Lift up your hearts and share with me,  
God wants me now,  
He set me free.

by Shannon Lee Moseley



# ORDER OF SERVICE

Viewing- 9:30 AM ~ 10:30 AM

Omega Omega Rites ~ 10:30 AM

Williamsburg Alumnae Chapter, Delta Sigma  
Theta Sorority, Inc.

Musical Prelude

Processional

Musical Selection

Scripture

Old Testament ~ Elder Martin Langaigne

New Testament ~ Reverend Alonza George

Prayer of Comfort ~ Reverend Lucy Grain

Musical Selection

Acknowledgments

Tribute ~ Mrs. Valerie McNeal

Reflections ~ (Please limit to 2 mins)

Musical Selection

Eulogy ~ Reverend Jaymorle Ingram

Closing Selection

Recessional

Interment ~ First Baptist Church Denbigh  
Cemetery

Repast ~ First Baptist Church Denbigh





# HER LIFE

**Helen Yvonne Grain Cowles** entered eternal rest on February 25, 2025, in Atlanta, GA. Born on August 19, 1947, in Surry, VA, to the late Emanuel “Sparky” and Georgetta Savage Grain, she grew up with a love of learning and a strong sense of purpose. She was part of the Surry County school boycott for equal education, attending fourth grade in Brooklyn, NY, before returning home and later graduating from L.P. Jackson High School in 1964. She continued her studies at Virginia State University, earning both a Bachelor’s and Master’s degree.

In 1966, Yvonne married Gene A. “Baldy” Cowles, Sr., and together, they built a home filled with love, faith, and service. A woman of deep faith, she was baptized at 11 at the Apostolic Church of Jesus in Surry, VA. She remained a dedicated member of First Baptist Church Denbigh, serving as a Trustee, Usher, and leader of the Food Service and Mary J. Tillerson Senior Citizens ministries. Faith was the foundation of Yvonne’s life. She remained devoted to her church even after relocating to Georgia in 2021, where she continued attending services virtually, never wavering in her commitment.

Yvonne was a dedicated educator for over 30 years, she taught in Charles City County and later at Hampton and Bethel High Schools. She also worked for the Hampton

*May the work I've*



# HER LEGACY

Clerk of Courts. A natural mentor, she commanded respect with her firm but loving guidance.

Her passion for service extended beyond the classroom and church. She became a member of Delta Sigma Theta Sorority, Incorporated, Williamsburg Alumnae Chapter in 1983 and served as Chapter President from 1987 to 1991. A proud Golden Life member, she remained active in the Stone Mountain-Lithonia Alumnae Chapter- Lithonia, Georgia. She also led the Newport News-Hampton Section of The National Council of Negro Women, Inc., as President and later as Parliamentarian.

Beyond her many roles, Yvonne will be remembered for her sharp wit, direct wisdom, and deep love for family. She found joy in sewing, traveling, playing Bingo and Bid Whist, and welcoming everyone with open arms—whether they were family by blood or by bond.

She was preceded in death by her husband, Gene “Baldy” Cowles Sr.; stepdaughter, Wanda Blackburn; and brother, James “Jimmy” Grain. She leaves to cherish her memory her children, Gene A. Cowles, Jr. (Tiffany), Gene A. Taylor (Donna), and Geneé Haynes (Dexter); grandchildren, Nicole, Jonathan, Gene, and Nick; siblings, Emanuel Grain, Jr. (Shereal), Milford Grain, and Lucy Grain; along with a host of family and friends who will forever carry her legacy in their hearts.

*done speak for me*



**Flower Ladies**  
Family & Friends

**Pallbearers**  
Family & Friends

### **Acknowledgements**

We would like to extend our heartfelt gratitude for the outpouring of love, prayers, and comforting words during the loss of our beloved Helen Yvonne Cowles. Your kindness and support have been a source of strength for us. As we all continue to trust in God, may He bless and keep each of you in His loving care.

**Professional services entrusted to the staff of  
Whiting's Funeral Home**



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