

WOVEN IN GRACE, STITCHED IN STRENGTH,
WRAPPED IN LOVE



A Celebration of the Life & Legacy
of Our Matriarch, The Late

CYNTHIA
Sumpress

First Stitch:

February 8, 1934

Final Thread:

September 12, 2025

MONDAY, SEPTEMBER 22, 2025

12 NOON

D'ABADIE SDA CHURCH, SERVIAN AVENUE, D'ABADIE



4 SCORE AND ELEVEN
Woven in Grace Sticked in Strength
Wrapped in Love

Obituary

On Thursday, February 8, 1934, Cynthia Lynch was born to a proud Grenadian, Mignon Lynch and Ivy Lawrence in Caigual, Manzanilla. She was the 1st of 7 children to her mother. Cynthia was known as "Granny" to most of her offspring's friends and acquaintances, "Sis Lumpress" to the church community, "Sylvia" in her earlier days, and also "Lumpress".

Cynthia attended Sange Grande government school, but her educational journey ended after one year in secondary school when she had to care for her younger siblings. Cynthia had an underlying passion for reading, so she continued to pursue her personal growth in this area. She was an avid reader who throughout most of her life, read the daily newspapers from cover to cover. In her early years, she read various love novels (Mills & Boons), and in her later years, she read every version of the daily newspaper, which was also a requirement she had of her children. She had a quiet disposition, a tantalizing smile, and was the tallest of her siblings at 5'.

Having a very proud Grenadian as a father taught her good etiquette, quality of dressing, and manners, which she instilled in her children. Disrespect was NOT tolerated, especially toward the elderly.

Cynthia converted to Adventism in the 1970's with the D'Abadie SDA Church, baptized by Pastor Maklon at a Crusade. She transferred her membership to Mausica SDA Church, where she became one of the founding members. Sis. Lumpress was regarded as the "Mother" of the church and was loved by all. To such an extent that a sofa chair was placed among the church pews, so that whenever she attended church, she was comfortable. One of her wishes was to live long

enough to see the Mausica SDA Church's final home structure completed. Two weeks before her passing, two young members of the church, Kevin and Jean Marc (The Ashton brothers) carried her upstairs to tour the new sanctuary, which was approximately 95% complete.

With a call to help others, Cynthia joined the church's Welfare Committee, while also holding other roles in the church, such as Deaconess, officiating at Communion, Sabbath school teacher, and prayer warrior. Her true-to-form foundational values are instilled in her children and many of her grandchildren. Some adopted her values the easy way, and others the hard way. She would often say "If you give away anything, you should never speak of it again..." Basically advising to forget it ever existed; if not, you would get licks. She was a true Servant of God.

Due to her unwavering faith in God, strength, bravery, and overwhelming love for her children, she supported them through many life storms as a single mother. For example, in 1974, when Tropical Storm Alma struck Trinidad, Cynthia showed remarkable composure by opening all the windows and doors to their elevated board house during the storm. She explained that this would allow the wind to pass through without destroying their home. Although her children were frightened and thought she was crazy, her actions kept the family safe. After the storm, although many large structures and trees had fallen, their home remained standing. She consistently prayed over her children during challenging times.

Fun Facts About Cynthia!

She enjoyed watching game shows like Jeopardy! and Wheel of Fortune. She was a wonderful storyteller of the old days and used a lot of 'sayings'. She stopped working at the age of 50 and became a **"Trophy"** mother after direct instructions from her children. Her health and long life were more valuable than the daily struggles of life. She read the Bible





Obituary cont.

Crocheting was her hobby, which she and some of her daughters bonded over. Finally, she loved "limin" with Vernon, her last-born boy, her **'LOVE'** child.

On that faithful Tuesday night, September 9, 2025, two-year-old Meekah visited Granny Cynthia in her bedroom. Meekah was engaging in her usual mischief of climbing on "Granny" and lying on her, sharing her own version of quality time. Meekah soon told others that "Granny" was crying, though in reality she was not. Before Cynthia left for the hospital, Meekah said, "Come let me give you a kiss, now go lie down and sleep." These words, attributed to God's guidance through Meekah's innocent wisdom, which gave Granny two more days with her family. As Scripture says in Matthew 21:16, "...And said unto him, Hearest thou what these say? And Jesus saith unto them, Yea; have ye never read, Out of the mouth of babes and sucklings thou hast perfected praise?"

Cynthia said her final farewell to all earthly things on Friday, September 12th, 2025. Although she stood only 5', this *small but mighty woman of substance and pride was always protected by a generation of giants. Now, she awaits her final call to become a giant herself in God's army.*

She was preceded in death by her **Parents:** Mignon Lynch and Ivy Lawrence; **Sisters:** Ana Lawrence and Jean Benjamin; **Brothers:** Paul and Jonathan Lawrence; **Daughter:** Felicia 'Sandra' Wheeler; **Son:** Vernon George; and **Grandsons:** Derrick and Eric Lumpress.

She is survived by her **Children:** Cyril, Uric 'Lumpy' (Victoria), Christopher 'Chris' (Ena), Althea (Lionel),

Marilyn, Merlene, and Myrtle; **Grand Children:** Isidore (Anisa), Karen, Narda (Trevor), Raymond, Christopher, Jennelle (Cadell), Roxanne, Sheena 'Lizann', Tricia 'Cookie' (Saied), Christopher "CJ" Jr., Sabrina (Kennedy Sr.), Candice, Marisa (Dawyne), Damian (Nikeshia), Patrice, Rodney (Sarah), Tevin, Tevon, Jabari, Jalibah, Jonnel (Rosa), Jovell (Kamini), Makeila, and Micah, **Great Grand-Children:** Ryan, Kevin, Josiah, Azaria, Nikkolas, Nikkoli, Andy "AJ" Jr., Aaron, Raykerlene, Breanna, Jahfari, Angel, Amazing, Ezekiel, Joshua, Adjovi, Shekinah, Celine, Lemuel, Saied Jr., Shane, Kennedy "Efe" Jr., Jaylon, Jarelle, Jymon, Kesian, Jordan, Rodney Jr., Kai, Kessiane, Kierra, Aiden, Mason, Kaylee, Kylie, Jordan, Nathaniel, Jinnelle, Makai, and Meekah; **Great Great Grandchild:** Nikkelfa; **Sisters:** Joycelyn Lawrence-Lopez (Peter), and Matilda Portillo (Chrisantos); **Nephews:** Kenneth, Curtis, Courtney, Collie, Chrisantos Jr.; **Nieces:** Cristine, Cathy, Camille and Cuela.

Great Aunt to many and a host of cherished relatives, friends and church family including Pastor Christian Sadlow and Family, Mrs. Merle Mendoza and Family, Gloria Aqui, Mr. Gilbert Noreiga, Debra Archer and Family, Kevin Murray, Omari and Dr. Jamila Agustus, Mr. David Baynes, Ken Buffong, Dr. Ian Anthony Forde (Private-At-Home Physican), Evis Dabreo (Full-time Caregiver), and Farah Hernandez (Part-time Caregiver).

"Slumber till He comes..."

The family extends heartfelt apologies to anyone whose name may have been unintentionally omitted.



1934 - 2025

*Slumber
till He
Comes...*





Woven in Grace, Stitched in Strength, Wrapped in Love ...

MY FAVORITE SCRIPTURE: PSALM 27

- ¹ The LORD is my light and my salvation; whom shall I fear? the LORD is the strength of my life; of whom shall I be afraid?
- ² When the wicked, even mine enemies and my foes, came upon me to eat up my flesh, they stumbled and fell.
- ³ Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.
- ⁴ One thing have I desired of the LORD, that will I seek after; that I may dwell in the house of the Lord all the days of my life, to behold the beauty of the LORD, and to enquire in His temple.
- ⁵ For in the time of trouble he shall hide me in his pavilion: in the secret of his tabernacle shall he hide me; he shall set me up upon a rock.
- ⁶ And now shall mine head be lifted up above mine enemies round about me: therefore will I offer in his tabernacle sacrifices of joy; I will sing, yea, I will sing praises unto the LORD.
- ⁷ Hear, O LORD, when I cry with my voice: have mercy also upon me, and answer me.
- ⁸ When thou saidst, Seek ye my face; my heart said unto thee, Thy face, LORD, will I seek.
- ⁹ Hide not thy face far from me; put not thy servant away in anger: thou hast been my help; leave me not, neither forsake me, O God of my salvation.
- ¹⁰ When my father and my mother forsake me, then the LORD will take me up.
- ¹¹ Teach me thy way, O LORD, and lead me in a plain path, because of mine enemies.
- ¹² Deliver me not over unto the will of mine enemies: for false witnesses are risen up against me, and such as breathe out cruelty.
- ¹³ I had fainted, unless I had believed to see the goodness of the LORD in the land of the living.
- ¹⁴ Wait on the Lord: be of good courage, and he shall strengthen thine heart: wait, I say, on the LORD.



ORDER OF SERVICE

A CELEBRATION OF THE LIFE & LEGACY OF OUR MATRIACH, THE LATE,

Cynthia Lumpress

LUMPRESS

Processional & Seating of the Family | Solo by **Narda Steele-James**, Granddaughter

Welcome

Opening Prayer

Opening Hymns

#430 - "Joy By and By" | #440 - "How Cheering is the Christian Hope"

#633 - When we all get to Heaven" | #428 - "Sweet By and By"

Old Testament Scripture | **Jennelle Solozano** | Granddaughter | Psalms 1:1-6

Solo | **Danica Daniel** | Psalmist

Condolences, Reflections & Tributes | **Please limit to 3 minutes**

Mrs. Merle Mendoza | Neighbor

Bro. Hezekiah Walcott | Mausica SDA Church

Solo | **Tevon John** | Grandson

Eulogies | **Granddaughters**

Karen Steele-Baird | Sabrina Lumpress-Iriogbe | Patrice Thomas

New Scripture | **Marisa George** | Granddaughter | I Thessalonians 4:13-14

Solo | **Nelsia Loraine-Smith** | Psalmist

Offering | **D'Abadie SDA Deacons** | Proceeds for Charity

Sermonette | **Pastor Christian Sadlow** | Mausica SDA Church

Family Thank You | **Sabrina Lumpress-Iriogbe** | Granddaughter

Benediction | **Pastor Christian Sadlow** | Mausica SDA Church

Recessional Hymn | #642 - "Just Over the Mountain"

Final Viewing of the Body

FOLLOWING THE CREMATION, THE FAMILY INVITES YOU TO JOIN US FOR A REPAST AT
LP 52 MARTINEZ STREET, MAUSICA OLD ROAD, ARIMA



Hymns

“Joy By and By”

#430

Verse 1:

O there'll be joy when the work is done,
Joy when the reapers gather home,
Bringing the sheaves at set of sun
To the New Jerusalem.

Refrain

**Joy, joy, joy, there'll be joy by and by,
Joy, joy, joy, where the joys never die;
Joy, joy, joy, for the day draweth nigh
When the workers gather home.**

Verse 2:

Sweet are the songs that
we hope to sing,
Grateful the thanks our
hearts shall bring,
Praising forever Christ our King
In the New Jerusalem.

Verse 3:

Pure are the joys that await us there,
Many the golden mansions fair;
Jesus Himself doth them prepare,
In the New Jerusalem.

“How Cheering is the Christian Hope”

#440

Verse 1:

How cheering is the Christian's hope,
While toiling here below!
It bouys us up while
this passing through
This wilderness of woe
It bouys us up while
this passing through
This wilderness of woe,
It bouys us up while passing through
This wilderness of woe

Verse 2:

It points us to a land of rest,
Where saints with Christ will reign;
Where we shall meet
the loved of earth,
And never part again

Verse 3:

Fly, lingering moments, fly, O, fly,
Dear Savior, quickly come!
We long to see Thee as Thou art,
And reach that blissful home.

When We All Get to Heaven”

#633

Verse 1:

Sing the wondrous love of Jesus;
Sing his mercy and his grace.
In the mansions
bright and blessed
He'll prepare for us a place

Refrain

**When we all get to heaven,
What a day of
rejoicing that will be!
When we all see Jesus,
We'll sing and shout the victory!**

Verse 2:

While we walk
the pilgrim pathway,
Clouds will overspread the sky;
But when traveling days are over,
Not a shadow, not a sigh

Verse 3:

Let us then be true and faithful,
Trusting, serving every day;
Just one glimpse of him in glory
Will the toils of life repay

Verse 4:

Onward to the prize before us!
Soon his beauty we'll behold;
Soon the pearly gates will open;
We shall tread the streets of gold.

Hymns

“Sweet By and By” #428

Verse 1:

There's a land that is fairer than day,
And by faith we can see it afar;
For the Father waits over the way
To prepare us a dwelling place there.

Refrain

**In the sweet by and by
We shall meet on that beautiful shore
In the sweet by and by
We shall meet on that beautiful shore**

Verse 2:

We shall sing on that beautiful shore
The melodious songs of the blest,
And our spirits shall sorrow no more
Not a sigh for the blessing of rest.

Verse 3:

To our bountiful father above
We will offer our tribute of praise;
For the glorious gift of His love
And the blessings
that hallow our days.

“Just Over the Mountain” #642

Verse 1:

Just over the mountains in the Promised Land,
Lies the holy city built by God's own hand;
As our weary footsteps gain the mountain's crest,
We can view our homeland of eternal rest

Refrain

**We are nearing home!
We are nearing home!
See the splendor gleaming from the domes afar!
See the glory streaming through the "gates ajar!"
There we soon will enter,
nevermore to roam,
Hear the angels singing!
We are nearing home!
We are nearing home.**

Verse 2:

In the rolls of the prophets we have long been told
Of that wondrous city with its streets of gold;
Now with raptured vision we can see it there,
With its walls of jasper and its mansions fair

Verse 3:

Those who enter that city are the faithful few
Who keep God's commandments — faith of Jesus, too;
There we'll lift our voices through the endless days,
In sweet songs of gladness and in psalms of praise.

Verse 4:

My brother, my sister, will you meet us there,
In that land of sunshine where there'll be no care?
Accept of God's message, and to Him be true;
Then when Jesus cometh He will call for you.



MOTHER

TO OUR

Mother

MOTHER

**Lift up the trumpet and loud let it ring
Jesus is coming again.
Cheer up, ye pilgrims, be joyful and sing
Jesus is coming again!**

Today, we honor the life of our beloved mother, who graced this earth for 91 remarkable years. Her journey was one of resilience, faith, and unwavering love. She outlived four siblings, two husbands — including Isaiah George, who affectionately called her “Sil” or “Sylvia” according to his mood—two of her nine children, and even two grandchildren. Through it all, she remained a pillar of strength.

Life under her roof was not easy. It was shaped by discipline, high standards, and deep values. She taught us respect — especially for our elders—by living it. Chores were to be done well, or redone, often with consequences. Her wisdom echoed in phrases like, **“Make what you have do.”** and **“Don’t let what people have burn your eyes.”** These lessons kept us grounded and focused, and none of us ever strayed into dishonor.

Despite the hardships, her warm smile and gentle spirit shone through. Her strength masked the pain of her early years, and her faith never wavered. Even in her final hours — beginning on Tuesday, September 9, 2025, at Sangre Grande Hospital — she endured pain with grace, asking God for forgiveness rather than relief.

Her legacy is one of faith, dignity, and love. May the peace of God be our final testament, as we look forward to that beautiful shore where we will meet again.

To God be the glory for the things He has done!





PALLBEARERS

ISIDORE STEELE TEVIN JOHN
DAMIAN GEORGE JABARI MCNIGHT
CHRISTOPHER "KC" HENRY MICAH HAREWOOD
CHRISTOPHER "CJ" LUMPRESS JR.

Thank you

The children of our Matriarch, The Late Cynthia Lumpress, are deeply moved by the love, prayers, presence, and unwavering support of everyone. Though our hearts ache, we celebrate her 91 years of God's grace. He generously granted us favor as we remember our short but mighty beloved Queen. Her journey, like a crochet needle working through every texture of thread, unraveled every obstacle with purpose and care. This journey was full of laughter, stories, advice, prayers, reading, and long periods of silence. Thank you for helping us mark the completion of life's crochet - tying the final knot and displaying her intricate pattern to guide her heirs forward. May we always remember her as the woman who "stuepps" a lot - whose spirit, wit, and warmth remain with us now and always.

Special thanks to Dr. Forde for the home, phone, and on-call care he provided. Omari and Dr. Augustus for handling Sis. Lumpress with kitt gloves during her initial medical encounter on Saturday, November 25th, 2023. Her two home care givers, Evis Dabreo and Farah Hernandez. And finally, the Mausica SDA Church, which she considers home.

With love and gratitude

Great Grandmother.

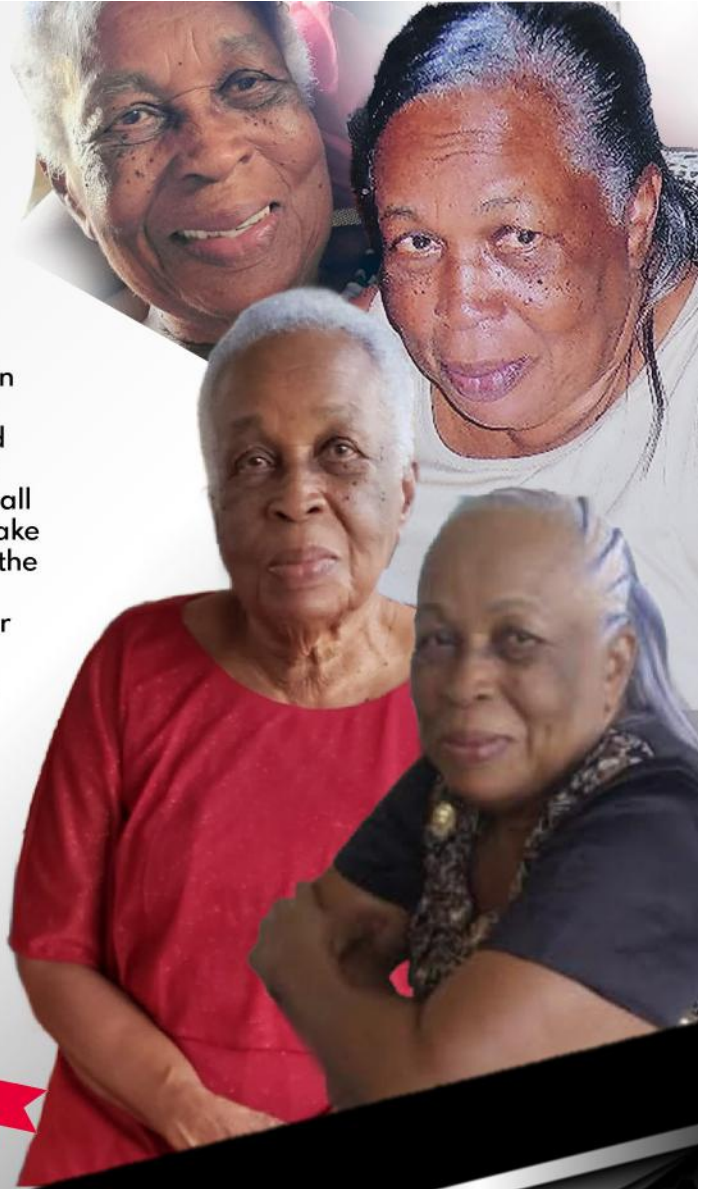
You have a place within our hearts that no one else can fill. When God created you, the world was truly blessed with all the special joys that make a family happiest and the glue that keeps us together. You're a dear and special Great Grandmother who we love and always will.

With Love,
Efe



SCAN ME

TO VIEW THE MEMORIAL
KEEPSAKE BOOKLET



Signature
creations

Memorial Keepsake Booklet prepared by
Granddaughter, Sabrina Lumpress-Iriogbe
www.signaturecreations.net