

# Let Go & Let God

Today I let go and I let God take charge of this life of mine,  
Now in the dark corners of my soul, His light is begging to shine.  
All of the cares and worries that I have carried around for so long,  
He had lifted them from my shoulders, and filled my heart with love.  
Problems that were overwhelming suddenly seem very small,  
And come what may, starting today, I know I can handle them all.  
If you are troubled, "Let go and let God" take charge of your life for you,  
And however dark life's shadows seem, His light will come shining through.

# God's Garden

God looked around his garden  
And found an empty place.  
He then looked down upon the earth,  
And saw your tired face.

He put His arms around you  
And lifted you to rest.  
God's garden must be beautiful,  
He always takes the best.

He knew that you were suffering,  
He knew that you were in pain.  
He knew that you would never  
Get well on earth again.

He saw the road was getting rough  
And the hills were hard to climb.  
So He closed your weary eyelids  
And whispered "Peace be thine."

It broke our hearts to lose you  
But you did not go alone...  
For part of us went with you  
The day God called you home.

# Order of Service

Mass of Christian Burial  
Wednesday, October 19, 2022  
Saint Ignatius Loyola Catholic Church  
2309 Gaylord Street | Denver, CO 80205  
Fr. Patrick Quinn, SJ, Presider

## Rite of Reception

Greeting.....Fr. Patrick Quinn, SJ  
Sprinkling of Holy Water  
Placing of the Pall

Processional.....Precious Lord, Take My Hand  
Opening Prayer.....Fr. Patrick Quinn, SJ  
Liturgy of the Word

First Reading.....Angelita Sims  
Ecclesiastes 3:1-8

Responsorial Psalm.....Shepherd Me, O God  
Second Reading.....Margaret Wright  
Psalm 121

Gospel.....Patrick Quinn, SJ  
John 14:1-6

Homily.....Fr. Patrick Quinn, SJ  
General Intercessions.....Elsie Dixon

## Liturgy of the Eucharist

Offertory Song.....I Can Only Imagine  
Eucharist Prayer.....Fr. Patrick Quinn, SJ  
Our Father

Communion Songs.....On Eagle's Wings, Ave Maria  
Eulogy.....Mark Mauries  
Meditation.....Amazing Grace

## Rite of Commendation

Invitation to Prayer.....Fr. Patrick Quinn, SJ  
Song of Farewell

Prayer of Commendation.....Fr. Patrick Quinn, SJ  
Recessional.....Goin' Up Yonder

Musician – Ed Dill  
Vocalist – Stacy Lindsay-Esnault  
Extraordinary Minister of Holy Communion – Toni Armstead

The Family Received Personal Care from the Staff of

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# A Beautiful Flower in God's Garden



NOVEMBER 17, 1945 - OCTOBER 9, 2022

# *Life's Journey*

On November 17, 1945, a beautiful flower bloomed in God's earthly garden as Cheryll Yvette Cousins was born. Cheryll, also affectionally called "Yvette" by those who knew and loved her, was born to Craig R. Cousins and Verneice Stephens Cousins in Denver, Colorado. The youngest of 2 children born to this union, Cheryll spent many days growing up under the guidance, direction, and love of her parents along with her older sister, Michelle Yvonne Cousins-Scoggins.

A native to Denver, Cheryll attended and received her formal education in the Catholic School System. She attended Loyola Grade School and Cathedral High School; continuing to attend Barnes Business College. Her educational path would serve as the inspiration that would propel her the career pathway that would take her well into her adult life and foster her tremendous love for the advancement and well-being of the communities in which she grew up in.

By profession, Cheryll was active in real estate from the 70's thru 90's. It is a belief of her family that during this time, Cheryll may have been one of the only, if not THE only, African American, female real estate brokers and appraisers in the state of Colorado. With her business education and expertise, along with her passion for real estate, Cheryll would go on to form C.Y.C. Real Estate where she served as the owner and operator for many, many years. Cheryll was a champion for the Black community and served as an active member of the Five Points Business Association. A descendent of the well-known Cousins family, a family with a long history of entrepreneurship and community engagement for the advancement of the African American community, specifically to the Five Points neighborhood, Cheryll was one of a few family members to still carry the "Cousins" name.



A woman of faith and trust in God, Cheryll exercised a strong and committed relationship with the Lord, daily. She was a member of St. Ignatius Loyola Church where she had served as a member from the time of her birth.

Over the course of her career and involvement in the community, Cheryll met Julius Ezekiel Spikes. The two were blessed to share in the birth of her two children, Anthony and Michelle. One of Cheryll's greatest joys was being a mom and her love for her children was unmatched. Cheryll was "The Cool Mom", so much in fact that even the other neighborhood children would come spend time with her, partake in "Burrito Night" with one of her burritos with green chili, get beaten in a game of jacks, all while listening to the latest music. Her children will always remember the countless sporting events she came to, how she celebrated all their achievements, her beaming with pride at their graduations, and that she was always the best cheerleader. She never missed an opportunity to be present at every event that she could attend. In her later years, her grandchildren, Aiya Celestial and Ysis Serena, were an additional source of joy in her life.



In her spare time, Cheryll enjoyed listening to good music, traveling, and enjoying the company of her family and close friends. Marvin Cushenberry, Mary Sims, Dale Minter and Mary Latson will always remember the faithful, loving, and dedicated friend that she was and the countless memories that they were all blessed to share with her. Cheryll also loved being a member of the 40's Card Club where she shared good food, good laughs and good company with her many fellow members.

On October 9, 2022, God returned to His earthly garden, decided to pluck one of His most beautiful flowers, and called for Cheryll to take her place in His eternal garden with Him in heaven. While her beauty will be missed among us here on earth, we look forward to the day that we will see her again when we, too, shall join her in the place that has been prepared for each one of us.

Cheryll is preceded in death by her parents, and her sister, Michelle Yvonne Cousins-Scoggins. She is survived by her two children, Anthony Spikes and Michelle Spikes, both of Denver, Colorado; daughter-in-law, Yesima Sherrrod, of New York, New York; grandchildren, Aiya Spikes and Ysis Spikes, both of Denver, Colorado; nephew Aaron Scoggins, of Denver, Colorado; a host of cousins, extended family and relatives, close associates, and many friends.

*Trust in the Lord with all your heart; lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths.*  
*Proverbs 3:5-6*