



Laurel A. Gooden

May 9, 2019

Laurel Antoinette Palmer Gooden (65) affectionately known as “LaLa P” or “Mommy Laurel,” born in Kingston, Jamaica, August 6, 1953, and died in Woodbridge, Virginia, May 9, 2019, at Sentara Northern Virginia Medical Center.

Laurel is survived by her husband, Donald K. Gooden; daughters, Jamila and Tahirah Gooden; sisters, Cheryl Palmer Dzwonyk (m. Danylo), Karene Robinson (m. Carl), Susan Palmer-Gooden (m. Philip); brothers, Colville and Gerald Palmer; numerous nieces, nephews, cousins, other relatives, many friends the world over; and her grandpup, Charleston "Charlie" Chandler Bentley Gooden IV.

Laurel moved to England in 1975 to pursue her education in nursing. She trained as a Registered Nurse at St. Helens and Knowsley Area Health Authority, Merseyside and in 1978, she moved to Glasgow, Scotland where she worked and trained as a midwife at Stobhill Hospital.

She met her future husband, Donald, in Liverpool in 1976, and they married in Jamaica in August 1980. In 1981 she gave birth to her first daughter, Jamila Georgette, in Surrey, England, before moving back to Jamaica with her young family and giving birth to her second daughter, Tahirah Joyce Ionie, in 1983 in St. Andrews, Jamaica. In Jamaica she worked as a public health nurse for the

Ministry of Health in its community health centers. In 1986, the family decided to make a new life for itself in the United States where Laurel continued working as a Registered Nurse at Miami General Hospital and Humana Biscayne Hospital in Miami, Florida and at Community Medical Center in Clarks Summit, Pennsylvania. The family finally settled in Woodbridge, Virginia in 1995.

Laurel was thoughtful, caring, generous, and very gregarious. She loved to cook, "give laugh for peas soup," listen to music and to dance, and above all else, to talk. She was a "people person" who valued family and friends. Not a single person - man, woman, nor dog - could come across her path without receiving a smile and a cheery, "Hi! Hi! Hi!" Although she is no longer here physically, her light will continue to shine through all who knew and loved her.

She was predeceased by her parents, George Bradford Bentley Palmer and Joyce Elfreda Myers Palmer; grandmother, Leila Ionie Atterbury Smith; and brothers, Leo and Dave Ignatius Palmer.

A viewing is scheduled on Friday, May 17th from 4 p.m. to 7 p.m. at Miller Funeral Home, 3200 Golansky Blvd, Woodbridge, Virginia.

A funeral service will be held on Saturday, May 18th at 12:30 p.m. at Miller Funeral Home. Interment will follow at Fairfax Memorial Park, 9900 Braddock Road, Fairfax, Virginia.

A repast will be held from 3:30 to 6:30 at Ebenezer Baptist Church and Family Life Center, 13020 Telegraph Road, Woodbridge, Virginia.

Flowers may be sent to Miller Funeral Home and contributions in Laurel's honor may be securely made to the Laurel Palmer Gooden Multiple Sclerosis Memorial Fund through the fund's website at: <http://main.nationalmssociety.org>

g/goto/lpgmsmf

Cemetery Details

Fairfax Memorial Park

9902 Braddock Road
Fairfax, VA 22032

Previous Events

Viewing

MAY 17. 4:00 PM - 7:00 PM (ET)

Miller Funeral Home & Crematory, Inc.
3200 Golansky Blvd.
Woodbridge, VA 22192
703-878-CARE (2273)
<https://millerfuneralhome.net/>

Funeral Service

MAY 18. 12:30 PM (ET)

Miller Funeral Home & Crematory, Inc.
3200 Golansky Blvd.
Woodbridge, VA 22192
703-878-CARE (2273)
<https://millerfuneralhome.net/>

Tribute Wall



“ *Laurel A. Gooden*

January 12, 2023 at 12:00 PM



“ *Donna Newman lit a candle in memory of Laurel A. Gooden*



Donna Newman - June 23, 2019 at 11:46 AM



“ *Susan Palmer-Gooden sent a virtual gift in memory of Laurel A. Gooden*



Susan Palmer-Gooden - May 19, 2019 at 07:14 PM



“ *Susan Palmer-Gooden lit a candle in memory of Laurel A. Gooden*



Susan Palmer-Gooden - May 19, 2019 at 07:10 PM



“ *Dreams From the Heart Bouquet was purchased for the family of Laurel A. Gooden.* ”



May 17, 2019 at 11:59 PM



“ *Loving Lilies and Roses Bouquet was purchased for the family of Laurel A. Gooden.* ”



May 17, 2019 at 01:03 PM



“ *Laurel was such a fun loving lady. We had some wonderful adventures together and she always had a beautiful smile. She will be missed.* ”



Jeff and Linda Witherel - May 17, 2019 at 09:30 AM



“ *Arrive in Style was purchased for the family of Laurel A. Gooden.* ”



May 16, 2019 at 08:35 PM

LF

“ Loving memories from Bernice and family purchased the Lavender Reflections Spray for the family of Laurel A. Gooden.



Loving memories from Bernice and family - May 16, 2019 at 01:50 PM

MG

“ Marica G. purchased the Treasured Lilies Spray for the family of Laurel A. Gooden.



Marica G. - May 16, 2019 at 10:14 AM

AC

“ All our love, Dana and Jake Cooney purchased the Full Of Love Bouquet for the family of Laurel A. Gooden.



All our love, Dana and Jake Cooney - May 15, 2019 at 10:10 PM



“ Guiding Light Bouquet was purchased for the family of Laurel A. Gooden.



May 15, 2019 at 07:25 PM

MK

“ I am so sorry for your loss. I never had the privilege of meeting Ms. Laurel, but it was easy to understand how loved and special she was based on conversations with Jamila when we talked about family. She may not be with you anymore in person, but her spirit and love will live on in those she touched most.



Eternal rest grant unto Laurel, O Lord, and let perpetual light shine upon her. May her soul and all the souls of the faithful departed, through the mercy of God, rest in peace.

Mary Jean Kuntz - May 15, 2019 at 10:21 AM



“ Charmaine Mighty-Hamilton lit a candle in memory of Laurel A. Gooden



Charmaine Mighty-Hamilton - May 15, 2019 at 09:44 AM

AM

“ Our world was shaken on Thursday May 9th with the news that Laurel, loving and devoted wife, mother and friend had died. We are all having a hard time processing this. Laurel (Lala P) wasn't just a friend for over 50 years, she was our cheerleader. No matter how sick she was, she was always the positive, cheery force behind us. Annette once told her that she was the wind beneath our wings. She said she wasn't, but there were so many times in our lives, where we needed that extra word of encouragement to go the next step and that word always came from Laurel. A good word and of course that delightful laugh of sheer joy.

It's hard to believe that despite her MS and various bouts of cancer, each progressively worse, she was able to be so positive, and so good humored. We think her "sauce" was Love. Love from and for her family, her children, her adoring husband and her friends.

Whenever we thought of what love should look like in a marriage, inevitably, Laurel and Don came to mind. Their marriage was a true love story. They were totally devoted to each other. He adored, loved and cared for her, every waking moment, she did the same and was just as worried and concerned for him as he was for her. When seeing them together, you were always struck by how comfortable they were. You could be there, but they had this amazing connection with each other, a secret that only they knew. Hugs, touches, were always gentle, never loud and uncomfortable to the onlooker, instead it brought smiles and wishes that maybe one day, we could experience the same kind of love.

We will miss our friend. She leaves a void that is impossible to fill. We will remember the calls, the laughter, the great food we had together. The stories about school days etc., and some of her exceptional qualities:

- Incredible strength, her grace and humor in the face of adversity;
- Friendship. She loved her friends -- from high school and nursing school. She had a sixth sense when things were not right with you, and she would give you a call, no matter what time it was. Your sadness was hers, your joy was also hers, and you would get peels of that wonderful laughter and her eyes would light up like (only the Jamaicans may know this) peenie wallies.

• Joy in and gratitude for her life. She enjoyed everything around her. She was so proud of her girls, she loved when they were home. She loved entertaining, cooking fabulous Jamaican food with Don; listening to her favorite programs, and of course her Caribbean music. When Annette last saw her, she introduced her to Shaggy and Sting's 44/876 CD. Petrona remembers how passionate she was about the issues of the day, and their conversations about the state of affairs in the USA and Jamaica, all of which ended on a positive note and a call to action.

• Her refusal to give in to self-pity. She had no time for that. Annette once asked her if she ever thought "why is all this happening to me." She answered, "why not me". She refused to give in to something that she knew would be of no value.

Dear friend, we will miss you, you will always be with us. Having you as a part of our lives has made us better people. We will always have a piece of you in us.

Your passing as quickly as you did, reminds us of a favorite hymn "It is well with my soul"

When peace, like a river, attendeth my way, when sorrows like sea billows roll;

Whatever my lot, Thou hast taught me to say, It is well, it is well with my soul.

And finally, a few words for those who mourn her passing.

When I have moved beyond you in the adventure of life,
Gather in some pleasant place and there remember me
With spoken words, old and new.

Let a tear if you will, but let a smile come quickly
For I have loved the laughter of life.

(And oh, what a laugh she had and that beautiful, beautiful smile.)

Till we meet again dear friend, rest in peace. Love always, Petrona,
Annette and Judith

JL

“ John and Marnynette Lee purchased the Peaceful White Lilies Basket for the family of Laurel A. Gooden.



John and Marnynette Lee - May 14, 2019 at 11:02 PM



“ Loving Grace was purchased for the family of Laurel A. Gooden.



May 14, 2019 at 07:26 PM

NA

“ Norma & Annica purchased the Divine Peace Bouquet for the family of Laurel A. Gooden.



Norma & Annica - May 14, 2019 at 05:41 PM

VB

“ *Jamila,
It was so nice to read about your mom's life. Thank you for sharing.
She sounded like a kind and amazing person. My thoughts and
prayers are with you and your family . Just know she is with God
and looking down on you and will forever be with you guys. What a
blessing that God chose her to be your mommy! Sending endless
hugs and kisses your way.*

-Val

Valerie Blocker - May 14, 2019 at 05:28 PM



“ *Arrive in Style was purchased for the family of
Laurel A. Gooden.*



May 14, 2019 at 05:06 PM



“ *Serene Reflections Bouquet was purchased for
the family of Laurel A. Gooden.*



May 14, 2019 at 03:43 PM



“ *Full Of Love Bouquet was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 03:19 PM



“ *Sweetest Sunrise Bouquet was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 03:04 PM



“ *Your FL DFS/DRL Legal Family purchased the Beautiful in Blue for the family of Laurel A. Gooden.*



Your FL DFS/DRL Legal Family - May 14, 2019 at 01:07 PM



“ *Full Of Love Bouquet was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 12:14 PM



“ *Arrive in Style was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 12:11 PM



“ *Medium Dish Garden was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 10:54 AM



“ *Jamila - I am deeply sorry for the loss of your mom. I know from experience that there is nothing that can be said or done to ease the pain you are going through right now. I'm praying sincerely that God grants you strength at this time, and that He gives you comfort that reminds you of Ms. Laurel's hugs, her smiles and laughter. In time, the pain you feel now will be replaced with sweet memories of an outstanding mom, wife and role model; but until then, please know that you can always count on me for anything that I can do – except cook. Please accept my deepest sympathy to you and your family.*

Jeannette C. Johnson

Jeannette Johnson - May 14, 2019 at 09:56 AM

FT

“ *From Javier, Maria C. and the rest of the Team purchased the Simply Elegant Spathiphyllum for the family of Laurel A. Gooden.*



From Javier, Maria C. and the rest of the Team - May 14, 2019
at 09:41 AM



“ *Peaceful White Lilies Basket was purchased for the family of Laurel A. Gooden.*



May 14, 2019 at 09:09 AM