

Reflection and Remembrance on Elizabeth Alling Sewall

Remarks by Duncan Sewall

My mom always worked hard at everything she did. She dedicated body and soul to all she undertook whether it was at Fessenden, preparing for a triathlon or organizing team snacks for 45 hungry football players. She always gave her best.

Through it all, she managed to put the needs of our family first and I know I speak for my dad and my brother Scott, when I say we are grateful for that.

Mom never let up even when she was dealing with the hardest parts of her illness – shifting her focus but never slowing down, never giving up.

Therefore, we need today to follow her example and not let our loss and our sadness stop our lives – she would be very upset with us if we did. So we should go forth from here dedicated to do our best and try hard in all that we undertake AND whenever possible, do it with a smile.

If she could do it, then we can, too. Thank you.