



John E. Thrower Jr.

January 8, 1971 - September 23, 2020

John E. Thrower, Jr., 49, was born January 8, 1971 to John E. Thrower, Sr. and Constance M. Thrower in Richmond, Virginia. He was affectionately known as Jay to his family.

At an early age, John accepted Christ as his Savior. In his faith journey, he fellowshiped with different churches around Richmond. Faith and Family Church became his spiritual home. Educated in Richmond Public Schools, he was a Class of 1989 Armstrong Kennedy High School graduate.

From April 25, 2014, John had the best reason in his life to flash a never-ending smile when he married the apple of his eye Tracey Renee' Brown in Richmond, Virginia. Their union was blessed as a wonderfully blended family with four children.

For many years John was the lead cook for Morningside Assisted Living Facility. In 2015, after encouragement from a good friend, he changed careers. John completed the Greater Richmond Transit Company (GRTC) training and earned a coveted position as a transit operator. For nearly six years, he was a dedicated bus operator and union member. John was adored by his peers and frequent riders. As an essential worker during COVID-19, John donned the proper protective apparel and continued cheerfully carrying his passengers to their destinations.

John was a compassionate man who was very loving and protective of his family. During most of his waking moments, John was smiling and had an encouraging word for those around him. He really enjoyed spiritual discussions with friends and family. In his leisure-time, John was a fun-loving traveler who could never find his keys in his pocket or Tracey in the next room. When he wasn't traveling, he loved cooking for and spending time with his family and friends. He enjoyed watching his favorite football team the Pittsburgh Steelers. On September 23, 2020, after a courageous fight due to complications from COVID-19, he surrendered his earthly body and entered into eternal rest.

He was preceded in death by his parents. John leaves to cherish his memories, devoted wife, Tracey R. Thrower; son, Jaishaun Thrower; bonus-children, Shonte' Wade, Lavon Wade and Bria Stamper; bonus-grandchildren, Devon, Jaylin, Zion, Josiah and Jabari; god-sister, LaTeice Hartman; god-children, Raine Cummings, Ethan Morgan and Armanté Golden; brother, Lamont Thrower; sisters, Alice O. Snell and AliceTine Winston (Dennis); mother-in-law, Vicky Brown; father-in-law, Melvin Brown (Marilyn); brothers-in-law, Melvin L. Brown (Pat), Bryant Brown and Kevin Brown; devoted friend Brian West; as well as a host of other relatives and

Cemetery Details

Private

Previous Events

Walk through Visitation

OCT 3. 9:30 AM - 3:30 PM (ET)

March Funeral Home -Laburnum Chapel
2110 E. Laburnum Ave.
Richmond, VA 23222

Celebration of Life

OCT 5. 1:30 PM (ET)

March Funeral Home -Laburnum Chapel
2110 E. Laburnum Ave.
Richmond, VA 23222

Tribute Wall



“ *To View the Webcast of the Funeral for John E. Thrower Jr., Please Click the Link below.*



March Funeral Homes - September 30, 2020 at 08:17 PM

MW

Mark Wilson God bless you will be miss I'm going to miss you friend

Mark Wilson - October 05, 2020 at 09:20 AM



“ *John E. Thrower Jr.*

October 13, 2022 at 08:33 AM

OR

“ *To the family I'm so sorry for your loss, What I remember most is he's big smile and how much he talked about the love he had for his family...John will be really missed.*



Operator R.S.Terry - October 07, 2020 at 12:12 PM

DB

“ Rest in Peace John. I will forever cherish our friendship and the support you provided as my friend and God Father of my child. You are an awesome man of God! You will be greatly missed!!!
Dione L Golden Breland



Dione L. Golden Breland - October 06, 2020 at 02:24 PM

SH

“ John, you touched everyone who came in contact with you. Your awesome personality, smile and sense of humor will never be forgotten. LaTasia and I came to your visitation this past Saturday as you laid peacefully. I am sure you saw our tears and smiles as we reminisced on the days when you used to walk us to the GRTC bus stop to go to work midday after classes at Armstrong (Our Bodyguard). We laughed as I told her the last time I saw you when I was working at City Hall and you took your breaks there, you told me “Girl, you better go get your brick!”...you told me that you had yours...(speaking of a brick in memory of the demolition of our high school). I am thankful to have met you. God has opened the gate for another Angel!



Mrs. Thrower, I send my deepest condolences to you and your family. Thank you for your strength in such a difficult time in getting the word out to the public regarding the importance of wearing masks during this pandemic. May the sweet memories you and your family shared with John bring you comfort.

Shantel Hampton

Shantel Hampton - October 05, 2020 at 04:58 PM

AA

“ Gonna miss you my friend, your laughter, your smile, one of my husband friends/ brothers. Smile down on your family and friends keep a spot for us when we get there. 🙏🙏

Antionette C. Anderson - October 05, 2020 at 12:55 PM

JS

“ To my friend/, brother you'll will definitely be missed, rest in paradise my brother, we'll see each other again someday 🙏🙏🙏🙏🙏

Jamie L. Anderson Sr. - October 05, 2020 at 12:48 PM

GS

You giving me laughter you giving me Smiles you even giving me encouragement you will be missed you definitely will be Miss May you rest in peace and may I see you soon my brother

Gregory Ruffin senior - October 05, 2020 at 05:19 PM

SD

“ Rest in Peace, John. Your smile and your spirit touched so many people. Your fellow wildcat AHS classmates will miss your positive energy, and your smile that touched everyone. I will never forget you calling me from messenger just to say Hello. That's who you were, always checking in on everyone. May you rest in peace. I am continuing to lift your wife and family up in prayer.

Sylvia Daniel

Sylvia Danel - October 05, 2020 at 12:40 PM

AS

“ John was a great guy who would have you smiling in a matter of seconds. He was larger than life and a great friend. Rest in Power mighty AHS Wildcat! You will truly be missed here on Earth but I know heaven has welcomed you joyfully.

Antonio Carrington Sr - October 05, 2020 at 08:51 AM

JA

“ Jamika lit a candle in memory of John E. Thrower Jr.



Jamika - October 05, 2020 at 07:42 AM

DJ

“ To a very inspirational man who is always positive, love his wife, and gives encouragement whom I had the privilege to meet. John spirit lives on.
Derrick Johnson(GRTC co-worker)

derrick johnson - October 05, 2020 at 12:36 AM

AB

Rest in Eternal Peace my Brother.God needed another Angel in Heaven.Childhood Friend that I will always remember and the Laughs that we shared along the way.Thank you God,for giving us the opportunity to know John Thrower,jr.Rest in Peace my Brother,with Love.....

A. Butler - October 05, 2020 at 02:00 AM

BS

“ *Dear Cousin*

*Your earthly time has come to an end.
Your journey to heaven now begin.
While others remember you for recent days
past;
As family, we look back on old times with a blast*

*We say our goodbyes to your presence here on earth.
Onward into your heavenly birth.
Say Hello to Aunt Connie and Uncle John
Once again you share a space with them to bond.*

Rest in peace cousin.



Beverly Thrower Sims - October 04, 2020 at 06:54 PM



“ *Beautiful in Blue was purchased for the family of
John E. Thrower Jr..*



October 04, 2020 at 09:45 AM

TB

“ *My heartfelt thoughts and prayers go out to the family and friends of
John Thrower. Working with him for the past five years, John was a
dedicated employee who cared deeply for the customers he served
along with the coworkers of which he worked alongside. He had an
infectious smile and was already friendly. He will be sorely missed.*

Tim Barham

Tim Barham - October 03, 2020 at 07:47 PM

EA

“ First I would like to express my deepest sympathy to his loving wife and children... My name is Gina I worked with John at GRTC... I had him in training and we was cool from day one we nicknamed him Throwback on the night shift 😊 he will be truly missed & loved from his GRTC Family RIP John 🙏

Eugenia Allen - October 03, 2020 at 06:24 PM

AI

My name is Annette Isaac and I work with John at GRTC he was a great guy and everybody love him with that big smile he always had rest in Heavenly peace prayers go out to the family 🙏🙏🙏

Annette Isaac - October 03, 2020 at 07:02 PM



“ Medium Dish Garden was purchased for the family of John E. Thrower Jr..



October 03, 2020 at 04:37 PM

DT

“ Danny Thrower lit a candle in memory of John E. Thrower Jr.



Danny Thrower - October 03, 2020 at 04:36 PM

AF

“ Tracey know that you are always in our thoughts and prayers. John was truly your soul mate and even though we were in laws (more like sisters). John fit right in with us like HE was meant to be there. Ill never forget the joking around and big smile he had. John will truly be missed. John tell my mom hi for me because I know yall will find each other in heaven 😊 (Tracey I know that made you laugh). Love all of you and if John is an example of the people in his family....you married into the perfect family 💙

Arlene Wade and Eddie Flippin - October 03, 2020 at 09:51 AM

TI

“ Me and my kids rode his bus a couple of times he was a great person well respected always kept a smile on his face when greeted by passengers rih mr john thrower



Tiff - October 03, 2020 at 09:40 AM



“ Guiding Light Bouquet was purchased for the family of John E. Thrower Jr..



October 03, 2020 at 09:23 AM

MA

“ *Melvin And Gwendolyn Alston lit a candle in memory of John E. Thrower Jr.*



Melvin and Gwendolyn Alston - October 03, 2020 at 08:41 AM

SS

“ *Shonell Scott lit a candle in memory of John E. Thrower Jr.*



Shonell Scott - October 03, 2020 at 07:57 AM

LI

“ *LillieArcher lit a candle in memory of John E. Thrower Jr.*



LillieArcher - September 30, 2020 at 06:19 PM

FT

“ *magic happens when two hearts become connected, and memories can never be erased I'm so sorry for your loss. May the angels walk with you today and always. Love you.*

Uncle henry and Aunt fannie.



FANNIE D THROWER - September 29, 2020 at 09:47 PM

MA

Tracey- Always know that John is with you in your 🧡 heart- your memories will last forever-

Melvin and Gwendolyn Alston - October 03, 2020 at 08:38 AM

TV

“ *Going to miss your beautiful smile and joly spirit....praying for you Tracey and the kids..love you Tammy Vaughan and family*



Tongela Vaughan - September 29, 2020 at 07:31 PM

AW

“ *Angela Woody lit a candle in memory of John E. Thrower Jr.*



Angela Woody - September 29, 2020 at 05:34 PM

ST

“ *I pray for the Thrower family and friends, may he rest in peace.*

Stephen - September 29, 2020 at 04:28 PM

CP

“ This is my favorite photo of John I took at work. This was in 2015 during the Worlds Bike races when the routes were different every day, and I hopped on his bus. He thought I was funny for climbing up over the farebox to get this angle. John always had this smile for his co-workers, and I always felt uplifted after even a brief interaction with John. He had the gift of smiling kindness, hope and happiness into others.

My heart is with the Thrower Family, and I offer my sincere and heartfelt condolences.

Carrie Rose Pace



Carrie Rose Pace - September 29, 2020 at 03:32 PM

AC

Beautiful smile, always pleasant, he will be truly missed RIP John we loved you but God Loved you more. Deacon Coleman

althea coleman - September 30, 2020 at 08:41 AM

RT

John You Left an Everlasting and Beautiful Impression On Everyone Rest My Friend

ruth tabb - October 03, 2020 at 01:51 AM

MZ

“ *Mariia Zimmerman lit a candle in memory of John E. Thrower Jr.*



Mariia Zimmerman - September 29, 2020 at 03:23 PM

AN

“ My Condolences to The Thrower Family, I will always remember his genuine Big Smile. His smirking of the gum as he passes by the Radio Room. John Thrower always has a vibrate Spirit no matter what was going around him. God bless the Family and “E Malama Pono” Take Care



Supervisor Ana Gross

anicita - September 29, 2020 at 02:49 PM

MJ

“ My condolences to the family of operator Thrower. I will miss Thrower's smile, his wittiness to accept a joke and to give a joke and I will miss him walking up to the dispatch window chewing that gum... R.I.P. operator Thrower and I pray God's loving comfort and peace on your family.

Supervisor Mary J.

Mary J. - September 29, 2020 at 01:50 PM

AC

“ TO Thrower Family,
You have our deepest Sympathy for the loss of your Loved One.Keep your hand in Gods hands he will get you through.earth has no sorrow that heaven cannot heal.Praying for you and the family.Deacon Althea Coleman(Bus Passenger) Paul Coleman (Classmate 1988 RIP

althea coleman - September 29, 2020 at 12:21 PM

MB

Monica Brown

*To the Thrower family,
John has gone from labor to reward. God has John in his bosom now, he is well cared for in heaven as your family will be well cared for on earth. God will not forsake you, he will not leave you comfort less he will come to you. Gods love for you will never waver. Trust in God always he will be your rock in times like these. RIP John. God bless you Tracey and your entire family. MorningSide family. We loved him too.*

Monics Brown - October 03, 2020 at 11:10 AM



“ *We the March Family and Staff wish to extend our deepest and heartfelt sympathy in the passing of your loved one. Our prayers go out to you and your family in your time of loss. We know and understand that you have received many expressions of love and we will continue to lift you up in prayer. May the memories you cherish of brighter and happier days help to ease your sorrow and comfort you always.*

March Funeral Homes - September 28, 2020 at 12:22 PM