



Sherman David Harmon

September 6, 1936 - July 21, 2025

Legacy of Love

The Light That Will Forever Glow

Sherman David Harmon

There was a light in Sherman David Harmon that never dimmed. It shone in his smile, in his words, and in the way he treated others. Born in Jersey City in 1936, to the late Fred and Bertha Harmon. Sherman lived 88 years with a heart full of faith and a spirit full of joy. While parenting with his first wife Yvonne, that beautiful light was passed on to their children Jonathan and Joy. On July 21, 2025, that light returned home—but its glow remains for all of us.

From his early years, Sherman had a heart turned towards heaven. He gave his life to Christ as a young man, a decision that would shape every chapter of his life's journey. That life was marked by devotion—to God, to his family, and to the people he served. After giving his life to Christ, he never looked back. His faith was his compass, guiding him through every season with grace and strength.

Sherman earned a bachelors degree from Houghton College and a Master's degree from Rochester University.

He taught history at Murphy Junior High School in Stony Brook, L.I. but he

also taught love, kindness, and truth. He founded the OASIS ministry (Older Adult Seniors in Service), led Bible studies, and offered wise counsel to anyone who asked. His favorite sayings—"God is good," "He doesn't make mistakes," "Thank you, Jesus"—were more than words. They were the heartbeat of his life.

Sherman loved to travel, going to places like Greece, Europe, Mexico, and the Caribbean with his devoted wife, Antoinette. He also loved to laugh, and he enthusiastically cheered for the Mets with the same passion he shared his faith. On many occasions you could hear him repeat his favorite cheer; Let's Go Mets. He was a man who found joy in the simple things and meaning in every moment.

Sherman's light has not gone out—it simply moved on. It continues to shine in the lives of those he loved.

"I have fought the good fight, I have finished the race, I have kept the faith." —2 Timothy 4:7

"Well done, good and faithful servant...Enter into the joy of your master." — Matthew 25:21

He was preceded in death by his daughter-in-law, Rhonda Harmon; seven brothers, one sister and his granddaughter, Elianna Russell.

He is survived by his wife, Antoinette; children, Jonathan Harmon (Jackie) and Allison Joy Russell (Thomas); five grandchildren, Jillian Russell, Timothy Harmon, Krista Kennedy (Zach), Jeremy Harmon, and Jana Harmon; sister, Roberta Dorsett and many extended family members.

Cemetery Details

Greenwood Memorial Gardens

12609 Patterson Ave.
Richmond, VA 23238

Previous Events

Public Viewing

JUL 29. 9:30 AM - 6:00 PM (ET)

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

Family Hour

JUL 29. 4:00 PM - 6:00 PM (ET)

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

Celebration of life with live streaming

JUL 30. 12:00 PM (ET)

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

Tribute Wall



“ *View and Download the Funeral Program*

March Funeral Homes - July 30, 2025 at 11:48 AM



“ *March Funeral Homes created a Webcast in memory of Sherman David Harmon*



March Funeral Homes - July 24, 2025 at 12:49 PM

JA

*To Antoinette and family,
If in this life only we have hope in Christ, we are of all men most
miserable. May the sustaining, strengthening and satisfying presence
of God overshadow you, and give you the comfort that He has
promised.*

Cousin Javon and Carrie Allen

Javon Allen - July 29, 2025 at 11:23 PM

JG

“ *What a beautiful service today.
But more-so, what a beautiful life. It brought so much joy seeing
everyone share their memories and stories! The Greggs Family
sends their Condolences.*

Jason Greggs - July 30, 2025 at 11:34 PM

JD

“ To the Harmon family,
Sherman and I were colleagues in Three Village, I taught social studies, as did Sherman. I will remember Sherman as a kind, thoughtful, and gentle man.
My life and the lives of so many others were made better by Sherman's genuine and loving touch- a beautiful man, indeed.
My most sincere condolences to all in his family.
John A. Deus

John A. Deus - July 30, 2025 at 08:22 PM

PF

“ To the Harmon family, Sherm and I always had beautiful talks for years What a beautiful man. My condolences, sincerely Paul Lynne Feinberg counselor 1972-2001 R.C. Murphy Jr. High School

Paul lynne Feinberg - July 30, 2025 at 03:37 PM

DS

Uncle Sherman was an absolute blessing to all who knew him. He was always kind. Thank you to wife Antoinette for seeing him through John & Joy keep the faith as your dad did. Love you dear cousins.

Denise Harmon Stallings - July 30, 2025 at 04:19 PM

SJ

“ Stephanie J. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sherman David Harmon.

Stephanie J. - July 28, 2025 at 11:24 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Sherman David Harmon.

July 27, 2025 at 08:18 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Sherman David Harmon.*



July 27, 2025 at 08:18 PM



“ *To the Harmon family, Faith Landmarks Ministries sends its heart felt condolences on the loss of Sherman. Our thoughts and prayers will continually be lifting you all up in the coming days. May God continue to cover you with His peace that passes all understanding and His presence that leads your every step. Your church family loves you and is praying for you!*

Faith Landmarks Ministries

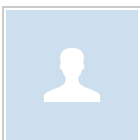
Faith Landmarks Ministries - July 27, 2025 at 08:49 AM



“ *The Daniels, Winley and Rhoades Family purchased the Magnificent Life Spray for the family of Sherman David Harmon.*



The Daniels, Winley and Rhoades Family - July 26, 2025 at 03:20 PM



“ *A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of Sherman David Harmon.*

July 26, 2025 at 02:14 PM



“ *Emerald Garden Basket was purchased for the family of Sherman David Harmon.*



July 26, 2025 at 02:14 PM



“ *All the Suchy and Stanley family members purchased the Treasured Lilies Spray for the family of Sherman David Harmon.*



All the Suchy and Stanley family members - July 25, 2025 at 11:16 PM



“ *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 - July 23, 2025 at 09:45 AM