



Vernon Barrington Cousins, Sr.

March 29, 1948 - July 9, 2016

Born on March 29, 1948, Vernon Barrington Cousins, Sr., affectionately known as "Cuz", was the son of the late Wilbert H. Cousins, Sr., and the late Lillian D. Cousins. He was born in Washington, D.C., and raised in Richmond, VA. His two younger brothers, Tyrone Cousins and Ronald Barrymore Cousins, predeceased him. Vernon answered the call to eternal rest on Saturday, July 9, 2016.

Vernon accepted Christ and baptism at an early age at Ebenezer Baptist Church, where he was very active. After visiting Fifth Baptist Church with family members, he made the decision to join and became a faithful member of the Male Usher Board for several years until his health began to fail.

Vernon was educated in the Richmond Public Schools system, graduating from Maggie L. Walker High School in June 1966.

His lifetime (over 45 years) career was with the grocery store industry as a Store Manager, managing stores such as Giant Foods, Siegel, Nick's, Community Pride and Community Supermarket. Vernon retired in 2011. He enjoyed bowling, singing with his siblings, cooking, making others laugh (family and friends), and an avid fisherman. He could find a fishing hole like none other. He was a mentor and father figure to many, especially to co-workers, who called him the "Mayor of Church Hill".

He leaves to cherish his memory his wife of 49 years, Sandra M. Cousins; two sons, Vernon, Jr., (Monica) and Eric (Fayesha); four grandchildren, Brandian, Briande, Melody and Levi; stepmother, Almeda N. Cousins; four sisters, Lillian C. Lampley (Dennis, Sr.), Marie R. Cousins, Darlene Nunery, and Mamie D. Nune1y; tln·ee brothers, Wilbert H. Cousins, Jr. (Daisy), Everett D. Cousins, and Ellis E. Cousins; mother-in-law, Elizabeth Edwards; four sisters-in-law; one brother-in-law; and a host of nieces, great nieces, great-great nieces, nephews, great nephews, great great nephews, cousins, other relatives and friends.

The Comfort anti Sweetness of Peace

After the clouds, the sunshine,
After the water, the spring,
After the shower, the rainbow,
For life is a changeable thing ...

After the night, the morning,
Bidding all darkness cease...
After life's cares and sorrow,
The comfort and sweetness of peace.

We love you and miss you,
But, God knew best.

Author Unknown

Cemetery Details

Mt. Calvary Cemetery

1401 S. Randolph St.
Richmond, VA 23220

Previous Events

viewing

JUL 14. 9:00 AM - 8:00 PM (ET)

March Funeral Home-Laburnum Chapel
Richmond, VA 23222

Family Hour

JUL 14. 6:00 PM - 7:00 PM (ET)

March Funeral Home-Laburnum Chapel
Richmond, VA 23222

Service

JUL 15. 1:30 PM (ET)

Fifth Baptist Church
1415 W. Cary St.
Richmond, VA 23220

Tribute Wall



“ *Vernon Barrington Cousins, Sr.*

October 13, 2022 at 08:33 AM



“ *I'm so sorry to hear about the passing of your love one. Vernon was a nice person. May God Bless his family through this difficult time.*

Barbara Smith - July 15, 2016 at 04:41 PM



“ *Shana Cash lit a candle in memory of Vernon Barrington Cousins, Sr.*



Shana Cash - July 15, 2016 at 10:45 AM



“ *Mr. Cousins was a very loving and funny man that taught me so many things when he hired me at the Community Supermarket. I enjoyed all of the laughs that we shared and will forever miss you. Rest in peace Mr. Cousins*

Shana Cash - July 15, 2016 at 10:15 AM



*GA. Mr Cousins was a very nice person met him at Community Supermarket may he R.I.P. your family has my deepest
CONDOLENCES & SYMPATHY*

Sallie Drew - August 12, 2016 at 05:59 PM

AM

“ To Vernon Jr. and Family: I am so sorry to hear of the passing of your Dad. Please accept my deepest condolences for your Family's loss. May you be comforted by the outpouring of love surrounding you. May your heart and soul find peace and comfort.



Andrea Morgan-Keeles - July 14, 2016 at 01:50 PM

TJ

“ We are quite saddened about the home-going of Vernon. We are praying that the family will remember the great times that they shared with him. He is gone, but not forgotten. RIP Vernon B. Cousins, Sr.

Thad & Patricia Jones and the Fifth Baptist Church Veterans Ministry

Thad Jones - July 14, 2016 at 12:01 PM

CH

“ Our deepest condolences are extended to the family of Mr. Cousins. We remember him from Seigels Grocery Store on Main Street many years ago. He always greeted you with a warm smile, had a great sense of humor, and was such a caring and loving person. God will give you the strength and comfort needed at this time of sorrow.



Calcine Harris and Valerie Harris-Jones

Calcine Harris - July 14, 2016 at 10:37 AM

TF

“ Tee Jay Marching Vikings Staff and Band Family. purchased the Strength & Solace Spray for the family of Vernon Barrington Cousins, Sr..



Tee Jay Marching Vikings Staff and Band Family. - July 13, 2016 at 03:37 PM

VP

“ I remember meeting Mr. Cousins at Seigal Grocery Store on Main St. He was the nicest and friendliest man that God created. He will truly be missed.

From Veronica, Gloria and Isaiah Piercy

Veronica Piercy - July 13, 2016 at 11:16 AM

MC

“ To the family of Vernon Cousins Sr.,

We at Mount Calvary Cemetery wish to express our deepest sympathies for the loss of your loved one and we pray that God will help to ease your pain in the days to come. We are proud and honored to be chosen as the final resting place for Vernon. This is a responsibility that we do not take lightly and we pledge the highest level of perpetual care to honor his memory. Please do not hesitate to call us with any concerns or if there is anything we can do to make these difficult experiences any easier.

*Jim Glass
General Mgr.
Mount Calvary Cemetery
804-355-5271*

Mt. Calvary Cemetery - July 13, 2016 at 09:28 AM

LP

“ *To the family
My sincere condolences to you all. I will keep
you all in my prayers. No matter where or
when I saw him, I was greeted with a smile
and "how are you doing?" from Mr. V.*

*Let your memories bring smiles to your hearts as these difficult days
pass. He would want you to celebrate life to the fullest. I know that
he is resting in peace.*

Job well done!

Lorraine Price-Gibbs and family



lorraine price - July 13, 2016 at 09:08 AM

RW

“ *VERNON AND I WORKED TOGETHER AT
COMMUNITY PRIDE . HE WAS A LAUGH A
MINUTE!!!! GREAT MEMORIES I WILL
ALWAYS HOLD .AND WILL ALWAYS HAVE
THE FUN TIMES WE SHARED AT
COMMUNITY PRIDE. I WAS JUST THINKIN OF HIM A FEW DAYS
AGO AND NOW I SEE WHY .A LIFE WELL LIVED!!!!*

ROSE WILLIAMS.



ROSE WILLIAMS - July 13, 2016 at 08:25 AM

LG

“ *Sincere condolence to the Cousins family.I was a customer of Mr.
Cousins at the Community Pride Market on Mechanicsville
turnpike.I will always remember his kind sense of humor.*

LaTangela Goode - July 12, 2016 at 09:45 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 12, 2016 at 01:36 PM