



Aloma R. Mirjah

August 15, 1948 - October 4, 2021

Aloma Rosemary Mirjah, 73, of Royal Oak passed away on October 4, 2021.

Loving mother of Karen (Brian) Egan and Kirby (Gina), and proud grandmother to Daniella, Frankie, Giada, Sabrina and Vincent. She is survived by her five sisters, Grace, Barbara, Cynthia, Joan, and Brenda, and her two brothers Nugent and Hensley, and many cousins, nieces and nephews, and her beloved cat Saki.

Born in Conference, Grenada to Lionel and Utilda LaMothe, she was the youngest in the family. She attended Belair Government School, Grenville Methodist School and St. Joseph's Convent School where she met some of her lifelong friends. She later received her Teaching Certificate from Teachers Training College and went on to teach primary school in Grenada.

She left her beloved Grenada in her early twenties for Calgary, Alberta, Canada. She bravely followed her husband there with the hopes of a better life for her children, knowing only a few people. Then 13 years later, she followed him again to Long Island, NY, again without knowing many people except for his widespread family and her beloved sister, Brenda. Then when her son needed her as he started his family she relocated to Royal Oak, MI.

With each move she made deep, lasting friendships, creating family wherever she went. All who met her, knew she was a genuinely sweet and caring

person. Always the advocate for those who needed help. This was evident when she fought City Hall for better parking options for the senior residents in her building.

She also reinvented herself throughout her lifetime. She started out teaching Sunday School and Home Economics in Grenada, and transitioned to the hospitality industry in Canada, eventually becoming a travel agent. She loved to travel and loved to help people find their perfect destinations. In her latest reinvention she became a home healthcare aid, helping those who needed assistance getting to Doctor appointments, shopping, cooking and just as a general companion. She was always willing to lend a hand to anyone who needed it.

Aloma had many interests and passions.

She became a Reiki Master long before anyone knew much about it. She encouraged those around her to use the healing force of the universe and encouraged many of those close to her to learn the practice of Reiki and meditation. "With God all things are possible."

Music was an important part of her life, all types, from calypso, soca & steel bands to the Beatles, Led Zeppelin and Rod Stewart. She loved to hear live music and wasn't shy about starting the dancing if the music moved her! Many would say she was the "life of the party".

The Annual Dream Cruise and the Auto Show were highlights every year for her, especially attending with her son and grandchildren. Cars were a passion of Aloma's.

Aloma had a deep spiritual connection with God and felt the need to connect with others with similar beliefs. It lead her to many people in different walks of life and found herself being active in three different churches. Each offering a

piece of what made her whole.

She will be deeply and sincerely missed by all that knew her.

A memorial service will take place on Monday, October 11, at 2:00 p.m. (visitation 1:30) at Royal Oak First United Methodist Church, 320 W. 7th Street, downtown Royal Oak. A livestream of the service will be accessible at <https://youtu.be/Zzf9DyZloxl>.

In lieu of flowers, please consider donating to one of the following:

Make a Wish Foundation, Michigan Chapter – www.wish.org/michigan/ways-help-us

Royal Oak First United Methodist Church – 320 W. 7th Street, Royal Oak, MI 48067 – www.rofum.org

Unity Church of Royal Oak – 2500 Crooks Road, Royal Oak, MI 48073 – www.unityroyaloak.org

Center of Enlightenment – 2724 Goodrich Street, Ferndale, MI 48220 – www.oechurch.com

Share a memory at www.SullivanFuneralDirectors.com.

Previous Events

Memorial Visitation

OCT 11. 1:30 PM - 2:00 PM (ET)

First United Methodist Church of Royal Oak
320 W. Seventh Street
Royal Oak, MI 48067

Livestream of Service

OCT 11. 2:00 PM.

<https://youtu.be/Zzf9DyZloxl>.

Memorial Service

OCT 11. 2:00 PM (ET)

First United Methodist Church of Royal Oak
320 W. Seventh Street
Royal Oak, MI 48067

Tribute Wall

LR

“ *Aloma is safe in the arms of Jesus. Thank God for the precious memories you shared with her - those joyous and those from which you have learnt a lesson. May her soul rest in peace. Blessed in the embrace of the Lord, may the Holy Spirit comfort the family in this time of loss.*

*Aramalaya Golden Years Fellowship
AGYF, Trinidad.*

Linda Ramroop - October 11, 2021 at 12:03 PM

TD

“ Dear Karen, Kirby and families: There are no words to adequately convey and express how sorry Tom and I are that our beautiful Aunt Aloma has left you, us, and this life. She was special to us and a remarkable woman. We will miss her kind and gentle ways every day. We will keep her spirit within us always.

GENUINE – sincere and honest; truly what someone is said to be

SASSY – Lively, bold, and full of spirit

Those are the two words that best describe my Aunt Aloma for me. I must have learned this from my parents, John and Ruth Mirjah, who thought she was a princess in that every time they saw her, she was given gifts of fine brandy and jewelry. They cared so much for her, were so happy to spend time and talk with her. Aunt Aloma felt the same for them as well.

Although together times with my Aunt Aloma were few and far in between, we spoke frequently in good deep conversations. She always inquired how everything was going, how was Tom (of course), asked about family and friends. She was genuinely interested in what I said, listened intently, and was accepting to any craziness I shared with her. She never judged or imparted her opinion upon me unless asked. Maybe only one time she suggested that I just might be a little crazy! We were always planning for her visit back to New Jersey.

Once she told me she was running errands and she felt very uncomfortable all that day. When she got home, she realized she had her underwear on backwards. Since then, whenever I must turn my underwear around, I think of her.

One July evening, when she was training to be a Reiki master, she gave my friend (visiting from Switzerland) and me a treatment at her apartment on Long Island. While Aunt Aloma was at church the next morning, Pia and I discussed if we felt anything from our treatments.

Well, to our surprise, we both broke out in sweats for most of the night, tossing and turning. We agreed that toxins were being released from our bodies and Aunt Aloma truly had the power. When we told her our story, she almost fell over in laughter. Apparently, she had turned the heat on instead of the air conditioning before going to bed that hot July night. Needless to say, we laughed for hours and couldn't wait to share this story with others.

In 2015, my mom came to NJ for family reunion. Aunt Aloma was my co-driver when we drove mom back to Florida. We had so much fun on that trip. I could not have done it without her. I will never forget it.

When my mom passed in 2017, Aunt Aloma came to stay with us in NJ for five days. She gave Tom and I great emotional support. It's just the way she was. She gave without taking, never expecting anything in return.

I can go on and on about what a great woman my Aunt Aloma was. What I have learned is that I want to embrace life, every sunrise, and every sunset the way she did. With open eyes, open arms and a heart filled with love and acceptance for everyone. I know I want to grow up to be just like my Aunt Aloma. We are blessed to have had her in our lives

With all our love, Tom and Tara d'Elia

Tara and Tom d'Elia - October 11, 2021 at 08:20 AM

RG

“ I had the pleasure of being a coworker to Aloma when she worked for jans earth angels with me taking care of a mutual client. Then I had the pleasure to take over the company into compassionate hands home care taking care of the same client and aloma was always so loving and amazing of a woman. I’m so sad to hear of her passing. I am praying for the family. She had a beautiful soul and blessed the people’s lives she was in.

rosemarie gassam - October 10, 2021 at 08:48 PM



“ Enchanted Cottage was purchased for the family of Aloma R. Mirjah.



October 10, 2021 at 02:27 AM

EL

“ With just a few moments reminiscing with my sisters and brothers, Aloma becomes present, seemingly a part of the group as we share times with her gone bye. Her quiet dignity, gentle nature, a smile that seems always to decorate her face, one cannot help but remember her embracing personality.
The beauty of a life well-lived never leaves us. It continues to inspire us all.....

Earle LaTouche on behalf of the family of Alford/Doris LaTouche

Earle LaTouche - October 09, 2021 at 08:17 PM

CT

“ *Children of Alford and Doris La Touche purchased the Sweetest Sunrise Bouquet for the family of Aloma R. Mirjah.*



Children of Alford and Doris La Touche - October 09, 2021 at
07:05 PM

GG

“ A mutual fb friend of Aloma’s and mine posted this today, and of course she came to my mind right away. She would want us to celebrate her life and our lives and share the love that she so freely gave to all of us. Rest In Peace dear friend. Memory Eternal 🙏💜

Living with a Broken Heart

Remember what the Tin Man said in the “Wizard of Oz” after he finally got a heart....

“Now I know I've got a heart because it's breaking.”

If someone you love died, your heart is probably broken. So how do you live with a broken heart? The answer isn't how you fix it or move beyond it. The skill is learning to live with your grief as an ongoing way of being in the world. It's the way you honor that which you love.

What I'm proposing is that, with enough healing, living with heartbreak can become natural, and very normal.

From my personal and professional experience, I can tell you that as you embark on your healing journey, you'll start crying a whole lot more. Not just to clear pain, but for the simplest of everyday reasons, and out of nowhere. You'll cry when you see a bird, a can of paint, an apple, or even the shape of a cloud.

Random things will make you cry.

The heart is designed to grieve, it wants to grieve.....it has to grieve!

Especially when it's broken.

This is the price you pay for love. The loss of the life you thought you had, the life you once knew and held so dear. Loss of a dream

you believed was true.

But you can also find and feel grief in opening your heart. Opening it to love and to new possibilities. Opening it to what the future holds.

Isn't that what life is all about? Endings and beginnings, closings and openings? The heart was designed to navigate you through this forever winding adventure called life. But you have to be willing to feel.....and to live with a broken heart.

Here's the thing.....you can learn to live with your broken heart by befriending your grief.

You can discover the love that still exists around you.....and share that love with others who are also living with a broken heart.

Gary Sturgis - "Surviving Grief"

Georgina Gray - October 09, 2021 at 02:40 PM

BT

“ ,Aloma has been such a close friend in 1,000 ways: holiday greetings without fail, phone calls sharing all the daily details, massage and reiki, favors exchanged, singing together, morning meditation and prayers, meals shared and friends in common. More, so much more! In all an extraordinary woman, an extraordinary friend!!

Bonnie Tout - October 09, 2021 at 12:01 PM

BS

“ *Bernice Sayers lit a candle in memory of Aloma R. Mirjah*



Bernice Sayers - October 09, 2021 at 09:55 AM

CM

“ *Christine Martin lit a candle in memory of Aloma R. Mirjah*



Christine Martin - October 09, 2021 at 09:54 AM

TR

“ *I will always remember Aloma's warm and loving smile, great conversations, and dancing. She was a true blessing.*

Tracey - October 09, 2021 at 08:16 AM

OJ

“ *O'Connell and Jean purchased the Peaceful White Lilies Basket for the family of Aloma R. Mirjah.*



O'Connell and Jean - October 08, 2021 at 09:40 PM



“ *Beautiful in Blue was purchased for the family of Aloma R. Mirjah.*



October 08, 2021 at 09:30 PM



“ *Peaceful White Lilies Basket was purchased for the family of Aloma R. Mirjah.*



October 08, 2021 at 07:09 PM



“ *Tom and Tara d'Elia purchased the Lavender Reflections Spray for the family of Aloma R. Mirjah.*



Tom and Tara d'Elia - October 08, 2021 at 06:48 PM

TW

“ Aloma was such a dear, sweet soul who's love and passion for life was always inspiring. At the last drum circle we shared she sang the most beautiful song for the group.

Sending so much love and supportive energy to her family and all who loved her. Enjoy this very short video of her beating her drum.



Teri Williams - October 08, 2021 at 04:42 PM

PB

Aloma was my best friend my other sister. So many memories from years ago of this amazing woman Mom and Grandma. Family vacations, family weekend camping, family dinners and barbecues, family nights just visiting, dancing recitals and costume making for our daughters, teaching me about Caribbean foods and how to make roti and curried chicken, dancing and music, our telephone talks about our families, how she wanted to come to visit Calgary again (always next year we would say). Aloma was the most amazing Mom Grandma and friend to all. She was so proud of her family: Karen, Brian, Sabrina and Kirby, Gina, Daniella, Frankie, Gia, and Vincent. She will live in through all of you. I will miss you Aloma more than words can say

Pam,David, Jodi and family and Scott.

Pam Beaton - October 08, 2021 at 06:48 PM



“ Arrive in Style was purchased for the family of Aloma R. Mirjah.



October 08, 2021 at 02:47 PM



“ *Sentiments of Serenity Spray* was purchased for the family of Aloma R. Mirjah.



October 08, 2021 at 12:30 PM