



## Jeremy Sherbon-Cowan

June 8, 1980 - November 8, 2014

Celebration of Life for Jeremy Michael Sherbon "Cowan" will be held at 11:00 a.m. Tuesday, November 18, 2014 at East Cross United Methodist Church with Associate Pastor Chad Perceful officiating. Cremation arrangements are under the direction of Walker-Brown Funeral Home.

Jeremy Michael Sherbon "Cowan" was born June 8, 1980 in Ponca City, OK. Jeremy graduated from Bartlesville High School in 1999, and continued his education at Oklahoma State University in Stillwater graduating with a Bachelor of Science degree in Health in 2004. Since graduation Jeremy has worked in various positions including a health promotions position at INTEGRIS Baptist Medical Center. Jeremy is best remembered for his great personality and his contagious smile. He was kindhearted from early childhood until his last day. Jeremy was a good all around athlete, who was passionate about wrestling while competing in high school. He loved the outdoors. Jeremy wanted to pursue a life of helping others, which is why he chose a degree in Health Promotions. Even through all his struggles with addictions, Jeremy's goal in life was to reach out and help others. He is now at peace in the arms of Our Lord, free of pain and hurt.

Jeremy is survived by his parents Tim and Cathy (Clegg) Cowan and sister, Kaci Cowan all of Bartlesville, grandmother Dot Cowan and grandmother Pauline Sherbon both of Ponca City, aunt Beth Hammil and husband J.D. of

Frisco, TX, great-grandparents Beryl and Mel Harris of Pittsburg, KS, numerous aunts, uncles, cousins and many friends that loved him.

Jeremy was preceded in death by his maternal grandparents Ernie and Joyce Clegg and paternal grandfathers Ben Cowan and Jerry John Sherbon. Honorary Pall Bearers include his many friends that were like brothers and sisters to Jeremy. There are far too many to list.

In lieu of flowers, the family has requested donations to Alpha 2 (nonprofit), 1608 North Main Street, PO Box 369, Tonkawa, OK 74653 or Second Chance Sober Living [www.secondchancesoberliving.org](http://www.secondchancesoberliving.org). Both of these organizations loved and cared for Jeremy. The family would like to pay forward some of their kindness.

Honorary Casket Bearers are: Luke Collins, Chris Dum, Dave McPhillips, Kevin Cottom, Mickey Uphold, Grant Bonham, Danielle Alexandar Daniel, Jennifer Ringeisen Mickelson, Brandon Hastings, Adam Ppool.

# Tribute Wall



“ Posted by Jacee Harcourt from Oklahoma city, Oklahoma  
It's so difficult to discuss Jeremy in the past tense. I will miss him and his contagious smile. He is my older cousin and he always watched over me. When growing up we spent every other weekend together. Brian (the oldest cousin), Jeremy and myself were inseparable during his visit. Brian and I always hated when Sunday afternoon arrived and Jeremy had to leave. We would count the days until his next visit. Jeremy helped shape the person I am today. He instilled courage, compassion and love. Now that he is gone, I feel like a part of the little girl I was is gone. I miss him so much and have some peace to know he is sitting with our papa, Goob and the Heavenly Father. Xoxo  
11/18/2014 at 05:12am

Posted by Chad Love from Los Angeles, California  
I am so sorry to hear of Jeremy's passing. He had a great personality that everyone was drawn to. I have lots of good memories of him. My thoughts and prayers are with the family. May you rest in peace Jeremy. See you in the next life.  
11/18/2014 at 05:56am

Posted by Cara Ambler from Bartlesville, Oklahoma  
Continually praying for my second family. I will always remember Jeremy from the ski trip when he let me play the role of an annoying little sister all week long.. I'll never forget that Jeremy. Thank you for the unending support and love from all of you throughout our lives. Out of all the people in this world, we are so lucky to have met the Cowan family.  
11/18/2014 at 04:05pm

Posted by Mary Kinser from Oklahoma City, Oklahoma  
My heartfelt condolences on your loss. Your family is in my thoughts & prayers.  
11/18/2014 at 08:08pm

Posted by Lisa Beeman from Bartlesville, Oklahoma

*Tim and Cathy, I am so very sorry for your loss. I cannot imagine the pain you must feel. You are in my thoughts and prayers.*  
11/19/2014 at 05:10am

*Posted by Jeannie Gaines-Smith from Norman, Oklahoma*  
*I'm so sorry for your loss, your family is in my prayers. May loving memories bring you peace, comfort, and strength. I will always remember Jeremy having such a huge smile on his face!*  
11/19/2014 at 09:59pm

*Posted by Cathy Cowan from Bartlesville, Oklahoma*  
*Missing you desperately today. I love you son, with all of my heart.*  
*Mom*  
01/28/2016 at 02:39am

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**Carter Davis** - January 14, 2019 at 02:43 PM



“*Posted by Mark and Terr Abbott from Bartlesville, Oklahoma  
Cathy, Tim and Kaci, We are so sorry for your loss. Jeremy was a  
fun great neighbor; so enjoyed watching him grow up with his  
buddies around. Praying God's comfort for you.  
11/16/2014 at 05:02pm*

*Posted by Joann DesLauriers from Owasso, Oklahoma  
Cathy, Tim, and Kaci, I did not know Jeremy; I can tell, however,  
from the comments made by those who knew him that he was a  
kind and loving person. I am so saddened by your loss. I pray God's  
peace and comfort will fill you as you walk through this. "I go to  
prepare a place for you and where I go you shall be also." Jesus  
has just the perfect place for Jeremy. Much love to a dear family.  
Joann  
11/16/2014 at 07:24pm*

*Posted by Carole Henry from Bartlesville, Oklahoma  
Rest in peace Jeremy...your struggles are over and you are in a  
better place. Your smile and kind soul is how you will be  
remembered and never forgotten.  
11/16/2014 at 09:09pm*

*Posted by Mike Smith from Bartlesville, Oklahoma  
Our hearts go out to you. We pray for God's comfort and peach  
upon you knowing that Jeremy is home suffering no more. God  
bless you all. Mike and Carol  
11/17/2014 at 01:01am*

*Posted by Janis Dum/Webb from Branson, Missouri  
Cathy, I am so sorry for the loss of your most precious boy. My heart  
hurts for him and for your family. He truly did have such a good  
heart and you could not help but love him. I have so many  
memories of him with Chris and Jonathan doing what boys do,  
sports and girls! I last saw him at Chris' wedding and he looked so  
handsome. He is still a precious boy and will always be in our  
hearts. I hope you and your family will find peace and know that*

*through this tragedy Jeremy just might save another. Peace be with you Jeremy.*

*11/17/2014 at 01:05am*

*Posted by Suzanne Hashim Gehl from Chicago, Illinois*

*I am so sorry to hear about Jeremy's passing. I remember riding bikes and running around the neighborhood as kids. He was a genuinely nice kid and teenager and I remember his laugh and smile fondly. Rest in peace neighbor.*

*11/17/2014 at 03:12am*

*Posted by Marie Peterson from Hopkins, Minnesota*

*I loved Jeremy from knowing him in Oklahoma from 2001 to 2005. We met while he was a personal trainer at Bally's, and he visited me in Minnesota in late 2006. He always made me and others laugh and smile - was encouraging, fun, and happy. We had a lot of inside jokes, and I don't remember him ever being angry, unless play angry. I'm so very sorry to hear of his death and am thinking and praying for the family. God Bless and we will all miss him. I believe he's in Heaven. Positive memories - he encouraged me; invited me to Lifechurch and my roommate came and met her now husband; they have a beautiful family of five. When we were in Minnesota he joked and laughed with my family and we made up inside jokes about a gingerbread house - when he left he left an encouraging note under my pillow. I will remember him and his loving spirit; praying for his other friends and family in this difficult and hard time - for ease of pain, and to remember him and his life.*

*11/17/2014 at 04:49am*

*Posted by Barbara Oldham from Bartlesville, Oklahoma*

*Cathy and family, Farrell and I were deeply saddened to hear of Jeremy's passing. Know our thoughts and prayers are with you.*

*11/17/2014 at 04:22pm*

*Posted by Tammy Mathews from Ponca City, Oklahoma*

*Cathy, I am so sorry for you loss! You are in our thoughts and prayers. God Bless! Tammy and David*

*11/17/2014 at 08:09pm*

*Posted by Jana Timmons from Jenks, Oklahoma*

*I am so sorry to hear of your loss of Jeremy. I have been praying for your family and will continue to keep your family in my prayers.*

*11/18/2014 at 04:23am*

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**Carter Davis** - January 14, 2019 at 02:42 PM



“ Posted by Randall Braden from Hays, Kansas

*Dear Cathy, Tim and Kaci: You are in our thoughts and prayers. We love you, Randall and Mary Jesus said, "I am the resurrection and the life. He who believes in me, though he may die, he shall live. And whoever lives and believes in me shall never die." John 11:25-26*

*11/14/2014 at 06:40pm*

*Posted by Lou Braden from Pueblo, Colorado*

*Cathy, Tim and Kaci, I was very touched by your message Cathy. So sorry for your loss. Joanne and I are thinking of you and keeping you close in our hearts. Wishing you peace.*

*11/14/2014 at 08:00pm*

*Posted by Kevin & Amy McGee from Bella Vista, Arkansas*

*Cathy, Tim and Kaci, you are in our thoughts and prayers. Have been discussing great memories of our kids together on summer vacation. Jeremy was so much fun. His great personality was infectuous. We are very grateful for that time we were able to spend together. Our entire family wishes your family God's grace and peace.*

*11/14/2014 at 11:20pm*

*Posted by Eddie Ross from Tulsa, Oklahoma*

*thank you for all the laughs and smiles rest in peace my friend!!*

*11/15/2014 at 04:55am*

*Posted by Ashley La Rue from Washington dc, District Of Columbia*

*Jeremy you will be missed. I hope you have found peace. Prayers to your family. I have nothing but good memories of you. So fun and kind. Always smiling.*

*11/15/2014 at 09:06am*

*Posted by Meghan McGee from Chicago, Illinois*

*Mr. Tim, Mrs. Cathy & Kaci I am so sorry to hear of Jeremy's passing. I have so many wonderful memories of him from childhood*

*and all the summers our families spent together. Jeremy was always at the heart of the fun and the joy, quick with a joke and that great smile of his. He truly brought happiness to the moments he was in. I am sad and sorry that we lost touch over the years, but he will forever be a bright spot in my memory. He is an angel now and no doubt looking out for us all.*

*11/15/2014 at 03:30pm*

*Posted by Robert Hart from Dallas, Texas*

*Was always a great dude in HS. When working together in Tulsa if I was in a bad mood he could always make me laugh. Thoughts and prayers. Rest in peace brother.*

*11/15/2014 at 11:16pm*

*Posted by Freda Brown from Nowata, Oklahoma*

*Although I never got the chance to meet Jeremy, I have had the honor to meet his amazing parents. Just meeting the both of them I can only imagine how great of a person he was. My thoughts and prayers are with the whole Cowan family through this difficult time BC they definitely hold a special spot in my heart!!! Much love!*

*11/16/2014 at 02:00am*

*Posted by Aunt Sharon Shepard from Ponca city, Oklahoma*

*Dearest Nephew Jeremy, Words cannot express how much you are loved and how much you will be missed. You brought so much joy with your presence & that contagious smile. Our holidays will never be the same without you. What fun times we had together. Our times with you will never be forgotten. Jeremy, you are now free from the awful addiction you fought so hard to beat. Although addiction is beatable, it truly is a lifetime battle. It gives us comfort to know you are forever safe and at peace in the loving arms our Heavenly Father. Love you dearly and will forever miss you. Aunt Sharon "Sherbon" Shepard and family.*

*11/16/2014 at 03:09am*

*Posted by Brad Shoemaker from bartlesville, Oklahoma*

*Grandpa!!! I don't even know how to start this. You were my body*

*guard, you were my friend, you helped me through all of the bad things and you did it with a smile. Grandpa, you helped me through baseball, you helped me through wrestling, you helped me with life. You were the best friend I needed to help myself. you were always looking out for others and I want to continue your legacy. I love you Grandpa, pop those P's!!!! and stay pumped. Until we meet again, I love you Jeremy.*

*11/16/2014 at 08:36am*

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**Carter Davis** - January 14, 2019 at 02:42 PM



“ Posted by Jeanmarie Dancer from Toronto , Kansas  
Oh Jeremy, sweet sweet boy, I'm so sorry your path was such a hard one, but at the same time grateful that that part of your soul's journey is over. I hope you're feeling relief and are at peace. You are SO loved by family and friends on this side and the other. No one loved you as much or as deeply as your Mom. You'll always be her heart Light! Take care and blessings galore as the next phase for you continues. I love you, Jeremy. Your Great Aunt, Jeanmarie Cathy, Tim and Kaci, you're in my heart, thoughts and prayers.  
11/13/2014 at 11:18pm

Posted by Mike Gillman from Lawrence, Kansas  
My thoughts and prayers for the family! What a great friend to have and I will always cherish the memories I had with Jeremy! Will miss him greatly!  
11/13/2014 at 11:39pm

Posted by Scott Ambler from Bartlesville, Oklahoma  
Cathy, Tim and Kaci... I am sorry for the loss of your son and brother, but I am so thankful that his suffering is over. No matter how confused or lost he may have been, we know he was a Christian and that God will take care of him and restore him so that we can all be with him again one day. I am also thankful that your family can finally begin to put these last few years behind you. I look forward to the days when you can feel the joy in remembering the fun-loving goofy guy that we all knew and loved. Please take the time to comfort one another and heal as a family. We all love you and look forward to spending many more years together remembering the good times we have had with our best friends, Cathy, Tim, Kaci and Jeremy!  
11/13/2014 at 11:46pm

Posted by Kelsey Kliewer from Bartlesville, Oklahoma  
My Cowan family, You are all so special to me. I consider myself so blessed to have known Jeremy. He was a fun-loving and sweet guy with a very warm and friendly smile! He was fortunate to have such

*loving and caring people to call family. I'm so thankful for each of you & love you all!! Will continue to pray for healing for your family.*  
11/14/2014 at 01:44am

*Posted by Jill Edinger from Carrington, North Dakota  
Cathy and Tim, Sending hugs and sincere sympathy. Our thoughts and prayers are with you.*  
11/14/2014 at 05:04am

*Posted by Janice Kelley from Ogden, Utah  
Condolences to Tim, Cathy and Kaci, such sad news. I was particularly touched by your comments, Cathy, I'm sure he was deeply loved by his family and will be missed. I send you love, blessings and Light.*  
11/14/2014 at 05:12am

*Posted by Beth Tonquest Brandl from Broken arrow, Oklahoma  
Jeremy, I had do many fun times with you at SGU! Drinking natty light and just hanging out, listening to crazy stories! My favorite memory of us hanging out is of you 'styling' my hair. I wish I still had the pictures!!!! You were amazing!!! I know that you are in a much better place now. Please watch over our 'Pumped up little buddy', He needs it. I'm forever glad that I got to know you. Say hello to Heaven!!!*  
11/14/2014 at 06:27am

*Posted by Robi Davito from Bartlesville, Oklahoma  
Cathy and family....I'm so very sorry for the loss of Jeremy. You are all in my prayers.*  
11/14/2014 at 02:32pm

*Posted by Ben Hartsock from Chicago, Illinois  
Sending my prayers and thoughts. Rest in peace Jeremy.*  
11/14/2014 at 02:51pm

*Posted by Lou Braden from Pueblo, Colorado  
Cathy, so sorry to hear of your loss. Joanne and I are thinking of*

*you in this difficult time.*

*11/14/2014 at 03:54pm*

*Posted by Alan Nash from Houston, Texas*

*Wow, I just saw this. So sad that he's gone. Farewell old wrestling buddy :( He was the nicest guy.....*

*11/14/2014 at 04:13pm*

*Posted by Kim Birk from Hoboken, New Jersey*

*Cathy, Tim, & Kaci - I am so sorry for your loss. Sending lots of love to you all. Rest in peace, Jeremy.*

*11/14/2014 at 04:36pm*

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**Carter Davis** - January 14, 2019 at 02:40 PM



“ Posted by Michael Dennis from Bartlesville, Oklahoma  
Cathy and Tim My thoughts and prayers are with you and your family. I pray that you will have peace and God's love around you.  
11/13/2014 at 03:04pm

Posted by Jennifer filson from Alva, Oklahoma  
Praying for comfort an peace to all. I will never forget you! I will always remeber your gentle, kind, loving soul. Love always  
11/13/2014 at 03:09pm

Posted by Brett Henry from Spring, Texas  
Jeremy, I only grew up with you for a couple of years when we were in elementary school, but I will always remember you being extremely nice and soft spoken. You were such a good friend to me growing up and I'm sorry I lost touch with you over the years. I wish I could have helped in your battle and been there to listen. I will always remember you from Hoover Elementary and that's how I will keep remembering you buddy. Have fun bouncing up in the clouds good friend.  
11/13/2014 at 03:44pm

Posted by Shaye Matthews from Edmond, Oklahoma  
Love, Prayers, and Healing to Jeremy's family. I am so sorry for your loss. Rest in Peace, Jeremy.  
11/13/2014 at 04:41pm

Posted by Nikki Stephens from Bartlesville, Oklahoma  
My heart goes out to the family! I will always remember Jeremy for his kindness and that smile that he always wore! Keeping you all in my prayers!  
11/13/2014 at 05:14pm

Posted by Melissa Long from Rochester Hills, Michigan  
I will always remember you as the fun, happy, silly guy you were. You and your family are in my prayers.  
11/13/2014 at 06:21pm

*Posted by Debbie crockett-Osterhout from pearland, Texas  
I'm sorry for your loss and your family is in my prayers. Jeremy was a funny and sweet boy. We went to middle school together and I always enjoyed his company. I am glad he is at peace now and with the lord above. Once again I'm sorry for your loss. Prayers to your family*

*11/13/2014 at 06:26pm*

*Posted by Penny Zellers Johnsom from Bartlesville, Oklahoma  
I'm so sorry for your loss. I just wanted to tell you all I am thinking of you and know that a loss like this is hard to handle for the ones that loved him the most. I just wanted to say that moving here my senior year was a difficult change for me, but Jeremy was one of the nicest people I had ever met. Always asked how I was doing and always made me feel a part of the group. He was always so kind and he always made me feel welcome in all events I was ever at. He had a good heart and I will always remember how how extremely nice he was to me, there are few people in this world that talk from the heart and he was one of them. Rest in peace my friend.*

*11/13/2014 at 06:44pm*

*Posted by Jennifer Mickelson from Enid , Oklahoma  
Where to begin... First off I love this picture and the story behind it :) I love that you were so loved from so many people! We all had this amazing connection even after all these years! We have the best memories and every single one is you smiling,being kind and wanting the best for everyone. I have prayed for you all along,I know how bad you and your sweet mom wanted you to rejoice in being free of the addiction and even though it's not how we all wanted it to be.. You are finally free :) you get to enjoy eternity in peace,surrounded by nothing but goodness! Love you my sweet friend!*

*11/13/2014 at 09:41pm*

*Posted by Donna Sele from Toronto, Kansas  
So very sorry about your loss of Jeremy! Hopefully he is at peace now and free of all his afflictions. Prayers for strength and healing*

*as all of you go through this loss of a loved one.*  
*11/13/2014 at 11:08pm*

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**Carter Davis** - January 14, 2019 at 02:40 PM



“ Posted by Sandy Maxwell from Bartlesville, Oklahoma  
Praying for you Cathy, Tim & Kaci.

11/12/2014 at 05:18am

Posted by Cathy Cowan from Bartlesville, Oklahoma

*My son... I love you, I adore you, I ache for you to be here with me. My comfort is in knowing that you no longer have to fight the demons of your addiction and that you are in the arms of our Lord, free of pain and hurt. What a gift God gave me in you and the honor of being your mother here on earth. I promise to carry on your legacy to help others that suffer with addiction. Even as you fought your own battle, I watched you try to help others. You are my love, my hero, my heart. I love you forever and beyond. We will be together again and that is what I will hold on to until that time. Love, Love, Love you.... Mom.*

11/12/2014 at 05:31am

Posted by Janelle Bean from Bartlesville, Oklahoma

*Love to you all!*

11/12/2014 at 03:37pm

Posted by Janelle Bean from Bartlesville, Oklahoma

*I love you my friends. Rest in peace sweet Jeremy.*

11/12/2014 at 03:39pm

Posted by Nicole Carter from Muskogee, Oklahoma

*Cathy, Tim and Kaci, you are in my thoughts and prayers. Love you all. Rest in peace, Jeremy.*

11/12/2014 at 06:07pm

Posted by Jennifer Goad from Bartlesville, Oklahoma

*I don't know where to begin but I find peace in knowing you are the person I remember now. From mowing yards after school, church trips and being baptized together we had a time. I will never forget your love of life and silly smile. I fight my demons and addiction and I understand the Hell on Earth you went through, I wish I would have known so I could help you, talk to you, anything. I know we will*

*meet again my dear old friend. I pray that God wraps his arms around your family while they grieve and celebrate your life. May God bring them peace knowing you no longer fight or struggle everyday. Love to you all*

*11/12/2014 at 07:10pm*

*Posted by Sandy Maxwell from Bartlesville, Oklahoma*

*Not knowing Jeremy when he was young, I've really cherished the time looking at childhood pictures, seeing his high school wrestling gear, his collection of match box cars, and so many momentos of his life. Jeremy, I enjoyed the few times we talked and am so sorry you struggled with the addition. You always knew you had a family that loves you and they will miss you terribly. For the rest of their lives. The only thing keeping them going is knowing that you are at peace now. I'll continue praying for your family...and you too.*

*11/12/2014 at 07:14pm*

*Posted by Christy Wareham from Bartlesville, Oklahoma*

*My sweet, dear friends, I hope your days get brighter and your love grows stronger. Help each other as God will help you, in your journey. I am praying for each one of you and will check on you from time to time. Jeremy was delightful and such a handsome young man. I know you will love him forever and God will take care of him for you now. Love you all, C.*

*11/12/2014 at 11:43pm*

*Posted by Latanya Vaughn from Reynoldsburg, Ohio*

*I am so sorry to hear that you lost a loved one. I can see that Jeremy will be missed by his family and friends, but he will not be forgotten by our heavenly father Jehovah. We often wonder can the dead really live again. The Bible says there is going to be a resurrection (John 5:28,29). This means that Jeremy will be given a fresh new start with the prospect of living forever (Psalms 37:29). I hope this will bring comfort knowing that you have an opportunity to see him again to share more wonderful times together.*

*11/13/2014 at 12:15pm*

*Posted by Laura Heidbreder from Houston, Texas*  
*You and your family are in my prayers. Rest in Peace, Jeremy.*  
*11/13/2014 at 02:30pm*

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**Carter Davis** - January 14, 2019 at 02:39 PM