



# Mary Alma Frost

SEP 19, 1921 - OCT 1, 2015



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## **Mary Alma Frost**

SEP 19, 1921 - OCT 1, 2015

**M**ary Alma Nichols Frost departed this world and went quietly and peacefully to be with her Savior on October 1, 2015.

Mary Frost was born September 19, 1921 in Seymour, Texas. She contracted polio at the age of 9 months. None the less, she live a full and very productive life. In 1957, she married Dale (Jack) Frost and in 1959, they had their only child, Tim.

Mary was an avid traveler. In her life, she visited many parts world including Alaska (which she visited 6 times), Europe, and the Caribbean.

Until late in life, she would not allow her polio to hinder her. Her life verse was Philippians 4:13 "I can do all things through Christ who strengthens me." Her Christian faith will remain legendary.

She is survived by her husband Jack, son Tim and daughter-in-law Joanne, grandsons Dale and Patrick, and most recently, her granddaughter-in-law Bobbi. Her life was filled by her extended family including her surviving sisters Betty and Sue, and her special nieces Candy, Sharon, Cyndi, & Kathy.

A memorial service will be held at Hidden Valley Presbyterian Church on October 10 at 1:00 PM. (12883 S 1300 E, Draper, UT) Remembrances may be made in Mary's name to the Hidden Valley Presbyterian Church's Parking Lot Fund (a cause Mary championed) or to Hospice for Utah (to whom the family owes a debt that will never be repaid).



## Tribute Wall

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SO

**Star Orullian** posted:

Tim and Joanne, I am so sorry for your loss. Word are inadequate at a time of grieving, just know my thoughts and prayers are with you. Please let me know if there is anything you need. Star

October 6 at 10:06 AM

AB

**Ashley Beesley** posted:

Much love and many blessings to your wonderful family at this sad time.

October 5 at 6:00 AM

TA

**Tammy** posted:

So sorry to hear of your loss but know you are at peace knowing you will see her again and what a day that will be!! You and your family are in our prayers. Love, Tammy and Mike

October 5 at 4:31 AM

NC

**Nathan And Tracy Culberson** posted:

Moms can never be replaced in our lives. We know you will miss her. Our sympathies are with you. Love you.

October 4 at 9:38 AM

LN

**Lee & Nancy Netherton** posted:

Tim and Joanne: You and your family are in our thoughts and prayers. May God give you what He only can--comfort and peace. Love you. Lee and Nancy

October 4 at 8:32 AM

MG

**Mark Graves** posted:

We will miss "Tim's mom". The priceless advice given to us in our high school years has been beneficial in our lives. How much I loved being at her house and what a wonderful son she has. Rest in His arms.

October 3 at 7:05 AM



## **Memories only last if you share them**

Join us in honoring Mary by contributing to a collection of shared memories.



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