



Michael Lawrence Parran

November 16, 1956 - May 14, 2022

On May 14, 2022, Michael Lawrence Parran was called home to be with his Lord and Savior, Jesus Christ. He was born on November 16, 1956, in Washington, DC, the second child born to the late Shirley and Lawrence W. Parran, Jr.

Mike attended DC public school Merrit Elementary, Holy Name Catholic school, and later Moten Elementary school when his family moved from Northeast Washington, DC, to Southeast, DC, in 1968. He was referred to then Lt. Joseph P. Kennedy Institute when he was diagnosed with an intellectual disability. He enrolled in what is now, the Kennedy School in 1969. Kennedy is a private day school that educates youth and young adults who have a primary diagnoses of an intellectual disability who are ages 5 to 22. While at Kennedy Institute Mike enjoyed bowling with the school's league and played on the boys basketball team. He excelled in both sports, earning many awards for his performance. Mike was only 5'4" but had a terrific jump shot. He graduated from Kennedy in 1976.

He worked 42 years and 6 months with the Federal Government. He worked at the Government Printing Office (GPO) for 2 years and completed the remainder of his service at the National Institute of Health (NIH) where he worked as a Mail Clerk. He endured his long commute by public transportation from Southeast to Rockville, Maryland, by bus and Metrorail. Michael was a

dedicated employee who was very dependable and rarely missed a day of work. He continued to excel in bowling joining the NIH Early Bird team where he competed with other bowlers until his fingers became contracted as a result of Parkinson's Disease. He was first diagnosed with Parkinson's Disease in 2016. He retired in 2018.

Mike loved his local sports teams. He enjoyed cheering for his Washington Commanders football team and attending the game on Sunday's at Fedex Field. He liked WWF wrestling and playing hand held video game devices. He enjoyed going on cruises with his NIH co-workers and family members. He looked forward to annual family vacations.

Mike was a kind and generous person and fiercely independent. He never thought of himself as a disabled person and he didn't want you to think of him as a disabled person. He appeared shy with people he did not know well. He could be stubborn, determined and mean at times but was quick to apologize. He was well-liked and loved by those who knew him.

Mike is survived by his 3 loving sisters; Michelle Jones, Maxine Crowder, and Monica Parran, Brothers-in-Law; Norman Jones, Jr, Ronald Crowder, and Brian Douglas. 3 nephews; Norman Jones, III, Kouy Grey, and Stephen Douglas. 2 Nieces; Nichelle Jones-West (Jason), and Maria Grey. 4 Grand Nieces; Zahra Jones, Mila Taylor, Joy Lett-Grey, Jachelle West. 4 Grand Nephews; Aban Jones, Hassan Jones, Nikolai West, Jahir West, and a host of other relatives and friends.

Acknowledgements

The entire Parran, Crowder, and Jones families sincerely thank all of you for your prayers, comfort, love and support. Your many acts of kindness and expressions of sympathy have been a blessing to us. We acknowledge the unwavering support we have received from Dianna DeCrossman his private home care aide who cared for and respected Mike. We also acknowledge his

cousin Belinda Frazier and friend Edith Davis who looked out for Mike's well-being when he traveled with them on cruises. Thanks to Mr. Larry Franklin, Personal Trainer and friend, who developed a bond with Mike while he struggled to keep moving and strengthen his muscles fighting against the debilitating effects of Parkinson's Disease. The time with Larry and "Big Mike" was special. It became the highlight of Mike's day. May the Lord Jesus Christ bless and keep you in perfect peace!

The family thanks the From the Heart Church Ministries Family for its love, support and ministerial counseling. You have assisted us in a very difficult and emotional time in our lives and we are forever grateful.

Services Entrusted to Marshall March Funeral Home in Suitland Maryland

Cemetery Details

National Harmony Memorial Park

7101 Sheriff Rd
Landover, MD 20785

Previous Events

Wake

MAY **24**. 10:00 AM - 11:00 AM (ET)

From the Heart Ministries
4949 Allentown Road
Suitland, MD 20746

Service

MAY **31**. 11:00 AM - 12:30 PM (ET)

From the Heart Ministries
4949 Allentown Road
Suitland, MD 20746

Tribute Wall



“ *Michael Lawrence Parran*

October 23, 2023 at 08:15 AM



“ *3 files added to the tribute wall*



Monica Parran - May 29, 2022 at 04:57 PM



“ *We the March Family and Marshall-March 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.*

Marshall-March Funeral Homes - May 24, 2022 at 01:23 PM