Good Night, Good Morning

When comes to the weary a blessed relief.
When upward we pass to His kingdom of peace
When free from the woes that on Earth we must bear
We'll say goodnight here, but good morning there.
When fadeth the day and dark shadows draw nigh
With Christ close at hand it's not death to die.
He wipes every tear, rolls away every care
And we'll say goodnight here and good morning there.
When home lights we see shining brightly above.
Where we shall be soon through His wonderful love.
We'll praise Him who calls us His heaven to share
We'll say goodnight here and good morning there.
Good morning up there when Christ is the light.
Good morning up there where cometh no night.
When we step from this Earth to God's heaven so fair,
We'll say goodnight here, good morning there.

Acknowledgments

Our family wishes to extend our profound and sincere gratitude for the outpouring of love, support, and prayers during this difficult time. Through our cherished memories, **PHYLLIS** will live on in our hearts forever. May we continue to celebrate her life by living freely and with gratitude every single day that we have the ability to take a breath.

Arrangements Entrusted to:

BENTA'S
Funeral Home, Inc.

630 St. Nicholas Avenue
New York, NY 10030
Phone: (212) 281-8850
Fax: (212) 234-3600

In Loving Memory of



Phyllis Marjorie Cooke

Sunrise: November 8, 1932 - Sunset: October 16, 2026

Funeral Mass

Wednesday, November 4, 2026 • 10:00 A.M.

CHURCH OF THE HOLY NAME OF JESUS – ST. GREGORY THE GREAT
207 West 96th Street • New York, NY 10025
Fr. Carlos Limongi, *Officiant*

Dissolution

WOODLAWN CEMETERY
Bronx, New York

Order of Service

Processional Hymn

Opening Prayer

Scripture Readings

Responsorial Psalm 23

Gospel Acclamation

Gospel Reading

Homily

Preparation of the Altar

Preface Dialogue

Sanctus

Eucharistic Prayer

Our Father

Sharing of Peace

Agnus Dei

Holy Communion

Closing Prayers and Commendation

Closing Hymn

Obituary

Phyllis, was a beloved matriarch and cherished friend, peacefully departed this world on October 16, 2026, at the age of 93. Born on November 8, 1932, in the warm and vibrant land of Jamaica, WI, Phyllis was a beacon of love, kindness, and resilience, whose legacy will be treasured by all who had the privilege of knowing her.

Phyllis was the cherished daughter of Record (Rex) Cooke and Alice Mary Suckoo Cooke. She was preceded in death by her loving parents and her dear sisters, Mary Graham and Barbara Nash. Her heart remained full with the memories and bonds she shared with her family.

Phyllis is survived by a devoted family who will continue to honor her memory. Her brother, Major Richard Cooke, and her sisters, Marjorie Dixon, Sharon Barrett, and Dr. Jacqueline C. Rivers, were a constant source of joy and companionship. She leaves behind her loving son, Sean Andrew Alexander, and his wife, Diana Lallave. Phyllis's love extended to her grandchildren, Julie Rodriguez and Sean Michael Alexander, and her great-granddaughter, Kaylani Rodriguez Brown, who brought her untold happiness.

Her home was a sanctuary, opening its doors to family, friends, and those she considered sons, providing them with the support and encouragement to pursue their dreams. Her warmth and generosity were hallmarks of her character, leaving an indelible mark on all who crossed her threshold.

Phyllis dedicated five decades of her life to Mount Sinai Hospital, where she began her career in 1962 and faithfully served until her retirement in 2012. Her colleagues remember her as a dedicated and compassionate professional, whose contributions were invaluable.

A devout member of her community, Phyllis was a Secular Franciscan at Holy Name of Jesus Church in Manhattan and an active participant in Toastmasters, where she shared her wisdom and wit. Her faith and commitment to service were guiding lights in her life.

Traveling to religious sites nourished her soul, and the delight of watching her grandson play soccer brought her immense joy. These moments were cherished, reflecting her deep appreciation for life's simple pleasures.

In lieu of flowers, the family kindly suggests that donations be made to a charity of one's choice, as a tribute to Phyllis's generous spirit and love for helping others.
The family extends heartfelt gratitude to her caregivers and friends, whose support and love were invaluable throughout the years.

Phyllis's life was a testament to the power of love, faith, and family. Her memory will forever be a blessing, and her spirit will continue to guide and inspire those she leaves behind.