



Alfreda McCray

June 26, 1954 - August 28, 2020

On Friday, August 28, 2020 Alfreda McCray went home to be with the Lord. Freda was born on June 27, 1954 to the late Christopher and Rena Clark. She was educated in the Portsmouth, Virginia school systems. She received her Bachelor's Degree from Norfolk State College. Freda worked most of her career at the Norfolk Naval Shipyard. She was the Federal Women Chairperson (FWP) for a number of years. She was a member of the NNSY Personal Partnership Excellence Program. This program was a mentoring program that the shipyard partner up with this encompasses shipyard workers volunteering their time to tutor students from elementary to high school in the surrounding neighborhood schools. She tutored elementary and junior high school students. Freda has three children, LaToya (Shawron) White; Carl (Tenisha) McCray; and TyRonn McCray; five grandchildren Taylor, Tyree, Camron, Carl Anthony and Sky. Freda attended New Mount Olivet church in Portsmouth, Virginia, Pastor Milton Blount. Freda is preceded in death by her Father, Christopher Columbus Clark; Mother, Rena Mae Cannon; brother Steve Clark; and brother Marvin Clark.

Cemetery Details

Woodlawn Memorial Gardens

6329 Virginia Beach Blvd.
Norfolk, VA

Previous Events

Visitation

SEP 4. 4:00 PM - 7:00 PM (ET)

J.T. Fisher Funeral Services
1248 N. George Washington Hwy.
Chesapeake, VA 23323
(757) 487-3700
info@jtfisherfuneralservices.com
<https://www.jtfisherfuneralservices.com>

Service

SEP 5. 12:00 PM (ET)

J.T. Fisher Funeral Services
1248 N. George Washington Hwy
Chesapeake, VA

Tribute Wall



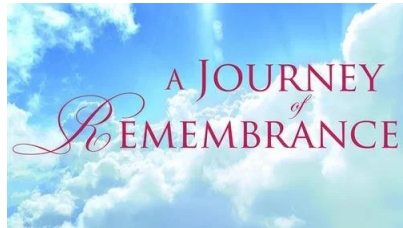
“ J.T. Fisher Funeral Services created a Webcast in memory of
Alfreda McCray

**CLICK HERE TO
VIEW SERVICE**

J. T. Fisher Funeral Services - September 05, 2020 at 11:49 AM



“ J.T. Fisher Funeral Services created a Tribute Video in memory of
Alfreda McCray



J. T. Fisher Funeral Services - September 03, 2020 at 08:04 PM

VR

This broke my heart this morning. Rest in heavenly peace Freda. My prayers and condolences to the family and friends.

Vanessa L Richardson - September 09, 2020 at 08:22 AM

JB

“ *Jamie Booker lit a candle in memory of
Alfreda McCray*



Jamie Booker - September 05, 2020 at 04:07 PM

LN

“ *"My deepest sympathy goes out to the family,
friends, colleagues and neighbors on the
passing of the beloved Alfreda. She is sorely
missed."*



Lamont Simmons, NNSY - September 05, 2020 at 03:42 PM

GW

“ *Geneva Powell White*



Geneva Powell White - September 05, 2020 at 10:00 AM

MG

“ Sending our heartfelt condolences to Alfreda "Frieda" McCray & family. Frieda was so many things to so many people. There are no words, that we can express, on the impact that Frieda left in all of our lives.

For years, at Norfolk Naval Ship, we had the distinct pleasure of working with Frieda. We worked many Federal Women's Program (FWP) projects together. Every program she coordinated, was done with preciseness, perfection and professionalism. Every project was a cut above the edge!. One of her notable assignment, was volunteering her time tutoring students once a week. Through the Personal Excellence Partnership Program (PEPP), Frieda was able to bring and speak life into the minds of her students. She embodied the art of teaching her students to work and study hard on their learning journey. She blazed the path for her apprentice students at TCC as well. Failure was truly not an option for Frieda. She spent many tireless hours staying over after shift, to assist a failing student with a subject. There were numerous community outreach projects that touched her heart as well. That was the spirit of our Frieda! She had a passion for helping others, regardless of their circumstances. We wholeheartedly thank God for allowing our paths to cross over 40 years ago. Long after retirement, she still was assisting her students whenever she could. What an unyielding sacrifice.

She truly left a legacy for all of us. We thank God for how she inspired us continue to go forth on running the race...

Rest on our sister Frieda, your work here on earth is done! Lord knows, you fought a good fight and you kept the faith. I will truly missed making your favorite vegetable and chicken noodle soup! Sheila will miss cooking your favorite greens, and all our lunch and birthday outings. Your memories will forever be imbedded our hearts.

Gone but not Forgotten,

*"Her girls" was our name
Marilyn Grant & Shelia Vines*

MARILYN D. GRANT - September 05, 2020 at 07:35 AM

TA

“ I was devastated to hear of Freda’s passing. I met Freda when I was 16, my very first job working at NNSY. She made work so much fun. She was there through my high school graduation, proms, college, child births, and my mom’s death. As I went through my apprenticeship she always encouraged me to keep pushing. Her office was my escape. She always was there to listen and give her input...lol. I’m going to miss that laugh. My prayers go out to the family. May God strengthen you through this time and the days ahead. Thank you for sharing her with so many. She will never be forgotten. My “shipyard momma”...Take your crown Diva👑. Love you always!

Tamika Dillard

*“Watch ye, therefore, you know not the day
When the Lord shall call your soul away
If you labor, strivin' for the right,
You shall wear a robe and crown.”*

Tamika - September 05, 2020 at 01:32 AM



“ Our condolences to the family and friends of Freda! We love and miss her already.

She has gained her wings and is singing with the angels, and that is GOOD NEWS! To God be the glory ...🙏🙏

Randy and Tiffany Cummings



Tiffany Cummings - September 04, 2020 at 06:34 PM

RS

“ Condolences to the family. We are sorry to learn of Alfreda's passing.. She worked for me many years ago at NNSY. She was a great person and worker. I am glad I got to know her and wish the family God's comfort and Blessing. RIP Alfreda.

Reginald Wall Sr. - September 04, 2020 at 09:20 AM

TW

“ To the Clark/McCray family: Prayers of comfort, peace and understanding. Our sincere condolences as your loved one has transitioned to reunite with our Lord and Savior as well as other loved ones. Thank you for loaning us such a wonderful soul. We will miss her unconditional love, her friendship and her presence. Take your rest Sister.

Love her sisters and daughters in Christ (as she affectionately called us), Tara, Deanna, Shaysha, Tracy, Angie, Desiree and Suki



Tara White - September 04, 2020 at 08:49 AM



Kenesha Hargrave

To the McCray Family: Prayers of Comfort and Peace during this time. I have been knowing this family for a very long time. LaToya and I were in the 4th grade together and Lil Mac and my brother grew up together. Momma McCray, as I called her was my girl, our conversations was always laughter and words of encouragement and praise. Through the years as we grew older, I saw Ms. McCray and we didnt skip a beat. Was always a dresser and again had the best conversations. I noticed her illness but she always spoke life over it and that's what I loved about her. God you have a stylish diva in your midst that loves you so much! Rest Easy Momma MCCray until we meet again! I love you

Kenesha Hargrave - September 05, 2020 at 07:53 AM

VF

“ Vanessa Moore and Family purchased the Simpl y Elegant Spathiphyllum for the family of Alfreda McCray.



Vanessa Moore and Family - September 04, 2020 at 08:04 AM

LL

“ My heart goes out to Freda McCray family. My prayer is that God will continue to bless and keep the family in His care. I recalled meeting Freda when I came to work in shop 72 during the year of 1987. That was thirty- three years ago. She was truly a sweet and warm lady, who was always willing to help anyone. She was genuinely a true friend. As years past, she became another “loving family member” to me and my entire family. She became my big sister! We shared so many memorable moments together. I was grateful for her support as a big sister, when I was experiencing some trying times. I will forever be thankful for her kindness, love and compassion during those uncertain days in my life. Before retirement, I observed how she became a driving force in and around the Norfolk Naval Shipyard. Freda was indeed a shipyard icon! She made a difference, as she became a positive influence, in the lives of many shipyard employees and managers. Her hands-on knowledge and leadership skills, with shipyard apprentices were not overlooked. She gave us all hope, that we could work and learn beyond our potential. I’m so proud to know she was a part of my life. My heart is heavy and tears are flowing; but God knows best. May God continue to bless and strengthen the family during this time.

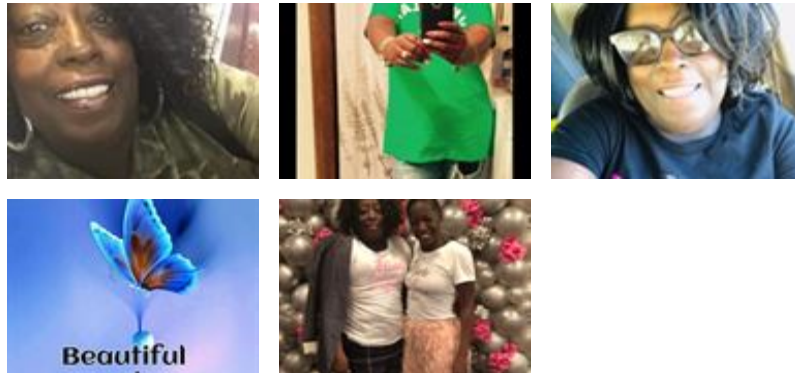
Love and prayers,

Lolita "Lo" Lea

Lolita Lea - September 03, 2020 at 11:42 PM



“ 45 files added to the album Life Tributes



J. T. Fisher Funeral Services - September 03, 2020 at 07:57 PM

KB

“ My condolences to Toya to all the family. She was very nice lady.
Keeping you all in prayer

Kesha Bailey - September 03, 2020 at 07:29 PM

DE

“ Deborah Revish Elliott lit a candle in memory
of Freda.



Deborah Elliott - September 03, 2020 at 01:38 PM



“ Simply Elegant Spathiphyllum was purchased for
the family of Alfreda McCray.



September 03, 2020 at 07:01 AM

DM

“ *Demeitra Marks lit a candle in memory of Alfreda McCray*



Demeitra Marks - September 02, 2020 at 10:46 PM

GJ

“ *Gail Jones lit a candle in memory of Alfreda McCray*



Gail Jones - September 02, 2020 at 09:25 PM

YB

“ *Yvette, Jasmine, Alexis, Kenedy and the boys purchased the Peaceful White Lilies Basket for the family of Alfreda McCray.*



Yvette, Jasmine, Alexis, Kenedy and the boys - September 02, 2020 at 06:08 PM

AB

“ *Avis Brown lit a candle in loving memory of Alfreda McCray*



Avis Brown - September 02, 2020 at 02:16 PM

AB

“ *The Lord is my Shepard we shall not want, God wanted Freda or Fred as we all called her from Cavalier Manor, Girl we are all gonna miss you. Words are hard, Hearts are broken ,Tears are heavy, but God knew best. To the family you all have our deepest and heartfelt condolences. May God Bless and comfort you all. Hold on to God's unchanging hands and he will be there to hold you. God Bless the Family.*

Love,Ms.Avis &Family

Avis Brown - September 02, 2020 at 02:13 PM

AB

“ *Avis Brown & Domonique Crenshaw Lit a Candle for Alfreda McCray, may god bless and keep LaToya, Lil Mac, Tyron, grandkids and family.*



avis brown - September 02, 2020 at 12:31 PM

BC

“ *Brenda Chandler lit a candle in memory of Alfreda McCray*



Brenda Chandler - September 02, 2020 at 11:45 AM

AF

“ Aunt Cynt and Family purchased the Simply Elegant Spathiphyllum for the family of Alfreda McCray.



Aunt Cynt and Family - September 02, 2020 at 09:48 AM

CB

“ Heartfelt condolences to the family of Alfreda McCray. May God give you strength and healing power during this loss of your loved one. Remember when someone we love becomes a memory, the memory becomes a treasure and that Gods you and so do I.

Aunt Cynt and Uncle Nate

Cynthia Brooks - September 02, 2020 at 09:11 AM

BG

“ Brenda Garris lit a candle in memory of Alfreda McCray



Brenda Garris - September 01, 2020 at 12:14 PM

TL

“ Terrie Lee lit a candle in memory of Alfreda McCray



Terrie Lee - August 31, 2020 at 09:45 PM

DE

“ *Deborah Revish Elliott lit a candle in memory of Alfreda McCray*



Deborah Revish Elliott - August 31, 2020 at 08:32 PM

VE

“ *My heart goes out to the McCray Family, may the Lord give you comfort at this time. Alfreda and I worked together at NNSY and together we shared many laughs. She has always been a true friend and I will forever miss her, but glad that our lives crossed in life. May the Lord give you peace family. Love, Virgie Elliott*

Virgie Elliott - August 31, 2020 at 08:21 PM

PF

“ *Phyllis Foreman lit a candle in memory of Alfreda McCray*



Phyllis Foreman - August 31, 2020 at 04:25 PM



“ *Beautiful in Blue was purchased for the family of Alfreda McCray.*



August 31, 2020 at 11:05 AM

SJ

“ Come unto me, all ye that labour and are heavy laden, and I will give you rest. Sleep on Sis Freda. Your work here on earth is complete. Sleep until the trumpet sounds.
Family; Be Strong in the Lord. Seek God while he is near. Draw nearer to him during this time of bereavement. He is your foundation, your love, your faith, your hope, your joy, and your peace and your life.
Comfort thee thy people God. Rejoice in the Lord and give him praise and honor. He will meet you right where you are in life. Let the strong help lift up the weak. Be encouraged and trust God in all situations. We thank God for the life he gave Freda. God has spoken; let the CHURCH say AMEN. Hallelujah

Love ❤️ Sis Jackson-Chia(Ms. Cupcake)

Selma Jackson-Chia - August 31, 2020 at 10:45 AM

JS

“ Joyce Smith lit a candle in memory of Alfreda McCray



Joyce Smith - August 31, 2020 at 07:46 AM

RB

“ Rita Brinkley lit a candle in memory of Alfreda McCray



Rita Brinkley - August 31, 2020 at 07:00 AM

AM

“ I would like to express my condolences to the family of Alfreda (Freada as I called her).
I met Freada around about 2005 at NNSY. We rode to work together in the van pool. Freada was a joy to be around. We often sang praise songs on the way to work. One of favorites was (Somebody Prayed for Me). She will always be remembered.

Alice M.Godley - August 30, 2020 at 08:59 PM

MN

“ Marion Mason - NNSY lit a candle in memory of Alfreda McCray



Marion Mason - NNSY - August 30, 2020 at 06:29 PM