



## Annamirl Fos Heck

September 29, 1943 - March 9, 2019

Annamirl F. Heck was called to heaven peacefully at her home on March 9, 2019, in Slidell, LA at the age of 75. She was born on September 29, 1943, in New Orleans, LA and was the oldest of five children.

Annamirl was a very loving and generous woman who would do anything to help someone in need. She loved to talk and tell about all of her stories and always had an open door for her family, friends, and all of the adopted children she inherited as her children grew up and brought their friends over. She was Momma Mirl to so many.

In recent years, she could often be found at Waffle House bragging about her children and 7 grandchildren. She loved her munchkins and was so proud of all their accomplishments and she made sure the whole world knew it.

She is preceded in death by her parents, the late Edmund Sr. and Joyce Fos.

Devoted wife to the love of her life Roy A. Heck.

Devoted mother of Johnny and Tanya Heck.

Grandmother of Janie Heck, Emily Heck, Kasey Tilly, Sydney Carroll, Dana Heck, Rex Carroll and Lindsey Carroll.

Sister of Wayne Fos Sr., Louis Fos, Scherine Brecheen and the late Edmund Fos Jr.

She is survived by her nieces, nephews, great-nieces, and great-nephews.

A Memorial Mass will be held on Monday, March 18, 2019, at St Margaret Mary Church, 1050 Robert RD. Slidell, LA at 12:00pm with Visitation beginning at 10:00am.

# Comments

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“ Johnny, Tanya, and Family,

I am so sorry to hear about the loss of your mother. Please know that you all are in my thoughts and prayers.

Dolly Phillips

Dolly Phillips - March 18 at 09:55 AM

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“ Johnny,

Our prayers are with you and your family.

J. Favaloro and family

J. T. Favaloro - March 17 at 09:30 AM

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“ Simply Elegant Spathiphyllum was purchased for the family of Annamirl Fos Heck.



March 16 at 03:45 PM

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“ Tanya, Johnny & Family,

I am truly sorry to hear of the loss of your mother. I hope all the wonderful memories of her will bring you comfort during this hard time in your life. My heart and prayers go out to you and your family.

Debbie Carbone





“ Aunt Evelyn and family purchased the Crystal Cross Bouquet for the family of Annamirl Fos Heck.



Aunt Evelyn and family - March 16 at 12:46 PM

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“ Too many memories, but you always knew where you stood with her. If you were lucky it was on her good side , if not look out for the wooden spoons...LOL. You will be dearly missed my friend. Give Roy and Shirley a hug for me. Becky Gerdes

Becky Gerdes - March 15 at 08:12 PM

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“ So many memories to share that there is not enough space. I will forever remember her beautiful smile and her love for her family! Give Mr. Roy a huge hug and go enjoy his jokes.

jennifer - March 15 at 06:16 PM

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“ In commemorating the life of Annamirl Fos Heck, I cannot think of a more honest or befitting salutation than “Momma Mirl.” She was a mother to the motherless and a resource of wisdom, which embodied self discovery, personal trial, and keen observation. It was an honor to know her and to sit at her table and engage her intellect, her loving but firm heart, and her nurturing spirit.

I know that both Johnny and Tanya have suffered great loss with the separation from their Father, whose very presence represented a rock of strength to each of their families, but now the sudden departure of their loving and devoted Mother, whose words, encouragement, and never ending love shall be missed with broken spirit and profound reverence.

Still, Annamirl would never stand for an intermission to the play, a break in the song or an unfinished poem, as she would insist with great conviction that the story must be told. That is to say that the epilogue of her life live on through her family and friends - especially through the words and actions of her grandchildren, who she loved and cherished so.

Her love for life, for knowledge, and for learning were rivaled only by her love for her husband, her many children and family. Her maternal insight moved beyond her immediate bounds and spilled over and into the surrounding homes, neighborhoods, and the community as a whole, as her sense of responsibility was always prevalent.

While this physical end brings forth sorrow and pain, we can take comfort in a promised reunion, as knowing her was our privilege and gain. Heart felt sorrows to my dear friends, Johnny and Tanya, and to their children. My heart is broken.

~ with Love from Art Sevin and family

**Art Sevin** - March 15 at 09:03 AM

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“ I met Annamirl's 20 years ago when I married her nephew, Joe. I liked her immediately.

Being from North Carolina, the first thing I was surprised by was that her house was over water! Had never seen anything like that! She showed me in and the second thing to surprise me was how many BOOKS she had and I wondered how she even found time to read them all.

After talking with her, I immediately found how very intelligent she was...also very opinionated, with boundless energy, an ever positive attitude, one who would not tolerate whining, independent, loyal.

We visited her last two years ago when she showed us the Hurricane Katrina damage and the repairs she had done to the house...

I don't think I have ever met anyone like her....she was energy-in-motion...you all are a lucky family to have had her....

Ellen Heck, NC

**ellen heck** - March 15 at 05:41 AM