



Burial and Memorial Service

For the Late

Kwasi Opoku
FREMPONG

— 1963-2020 —

on Saturday 31st October, 2020 at 11:00am at
TRANSITIONS, Haatso (Kwabenya Road) - Accra

Officiating Ministers

Rev. Osei Nyame

Rev. Dr. Antwi

Rev. Frank Boadi

Order of Service

PART 1: PRE-BURIAL SERVICE

Procession

Opening Hymn-MHB 80

Hymns – MHB 608, MHB 50, MHB 653

Filing Past Hymns -

MHB 511, MHB 89, MHB 110, MHB 427, MHB 425

Tributes

Covering of Casket

Songs – Choir

Offertory

Hymn – MHB 830

Service of Commemoration and commendation

Concluding Prayers and the Lord's Prayer – MHB 420

Announcements

Vote of Thanks

Closing Hymn – Supplementary Hymn No. 70 (Almighty Maker of my Frame)

Benediction

Recession

PART 2: BURIAL SERVICE

Hymn – MHB 110

Prayers

Hymn – MHB 564

Biography

Tributes

Scripture readings: Rev. Mrs. Joana Arthur

Hymn – MHB 602

Sermon

Apostle's Creed

Anthem by the Choir

PART 3: AT THE GRAVESIDE

Hymn – MHB 976

Committal

Prayers – MHB 489

Vote of Thanks

Hymn – MHB 948

Benediction

Biography

Kwasi Opoku Frempong

1963-2020

On Sunday 3 November 1963, Kwasi Opoku Frempong was born at the Oda Government Hospital to Mrs Selina Frempong (aka Auntie Selina) and Mr Gottfried Adarkwa Frempong of blessed memory (Rest In Peace Daddy).

Kwasi had his primary education at the well-known HECTA International School at Oda, where Daddy's good friend Mr G. W. A Tsegah was the owner and proprietor. He completed the primary education and passed the then Common Entrance Examination from HECTA and was accepted to then Ofori Panin Secondary School (now called Ofori Panin Senior High School) OPASS; a co-educational boarding school located at New Tafo, Eastern Region, Ghana. That was young Kwasi's first adventure away from home and the start of his teenage years. However he was in good hands at OPASS as Daddy's good friend, Mr Twum-Danso was then Headmaster of OPASS and Tafo was close enough to Daddy's hometown of Akyem Asafo where Uncle Ntiamoah of blessed memory and other relatives could keep an eye on young Kwasi and take care or visit him regularly.

Kwasi spent 5 years at OPASS and successfully passed his then General Certificate of Education (GCE) Ordinary Level and was accepted to then Ghana Secondary School (now Ghana Senior High School), popularly known as GHANASS at Koforidua for his Advanced Level (A Level) education. Kwasi spent 2 years at GHANASS and completed his A Level education in Arts. After 1-year mandatory post-secondary school National Service also at GHANASS, Kwasi was accepted to University of Ghana, Legon where he obtained his Bachelor of Arts. B.A. majoring in English. At Legon, due to a close resemblance to the great American Olympic sprinter of the 80's, Carl Lewis, Kwasi came to be nicknamed Carl Lewis. Most of his friends and mates from Legon still refer to him as Carl Lewis. Whilst at Legon, Kwasi developed an interest in the Eckankar movement and remained a staunch follower.

Kwasi by nature had a seeker personality and had an eye for adventure and different perspective of issues. As a seeker, Kwasi was a free thinker who preferred understanding as much as they can about their chosen interests and the wider world. He usually wished to get to the big picture, not by sticking to set theories or approaches, but by letting himself experience and play with concepts, exploring and gathering insight; characteristics that sometimes got him into trouble with Daddy Frempong, a strict educationist and disciplinarian.

After completing University of Ghana, Legon. Kwasi later left for Hannover, Germany to join his then partner Rose. Kwasi returned to Ghana for a while but as the seeker he was, he left for London, UK but returned to Ghana after a short stay. Kwasi met and married Nancy while back in Ghana and later joined her in Columbus, Ohio, USA.

Kwasi spent several years in Columbus, USA until he joined his mother, Auntie Selina Frempong in 2010 in northern South Africa to help her run a primary school. It was while in South Africa that Kwasi our son, brother, father, and friend was called to glory after a short illness on 12 June 2020.

Kwasi (Carl Lewis) was survived by six (6) children.

Farewell Kwasi. Rest in Peace.

Tribute by Children

"For none of us lives for ourselves alone and none of us dies for ourselves alone. If we live, we live for the Lord; and if we die, we die for the Lord. So, whether we live or die, we belong to the Lord. Romans 14:7-8

When the Mirror is broken you no longer see your image.

On that dreadful day, 12th of June 2020, daddy departed this world to join the saints, it has not been the same again for us.

Daddy, you have always been there for us. You did everything possible in your power to make life comfortable and meaningful for us.

Even when we were young and things weren't easy, you never gave up but rather you worked hard and did your best just to make us happy.

You are honest, unporchable, kind and loving. We all miss you terribly. we miss you more terribly and we will forever cherish you so much dad.

Daddy, you will forever linger in our hearts and nothing can erase it.

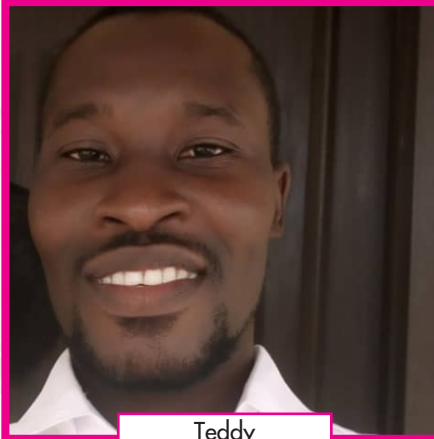
We love you so much!!

Rest in Peace our Hero

Till we meet again



Viola



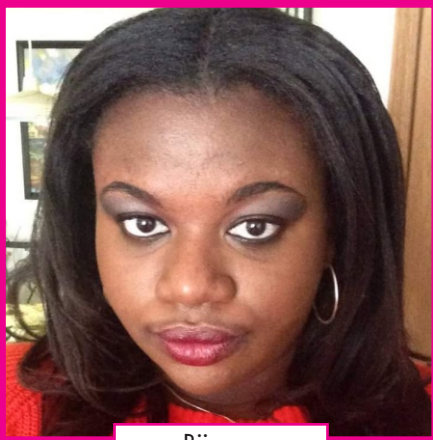
Teddy



Lillian



Bridget



Bijoux



Ronald

Tribute by Mother

(Auntie Selina Frempong)

In loving memory of my dear first-born son, who I usually called Kwasi.

Kwasi why have you left me so soon? It is difficult for me to stay and live on without you. I am in my old age and expected rather to die earlier, so you, your brothers, sisters and friends would bury me and bid me farewell. Mothers are not expected to be burying their children.

I am grieving and in sorrow Kwasi. When I heard you were sick and visited you at your home, there were no signs you were going to pass on so soon. Yes, you were not well, but we talked and made up and forgave each other and I was expecting you to get better.

I never thought this will ever happen in my lifetime.

Farewell my dear son! Greet Daddy, my dear husband. I know you have met him in the next world, and he would welcome you home.

Rest in perfect peace Kwasi.

Your dear mother,
Selina.

Tribute by Siblings

“You don't choose your family. They are God's gift to you, as you are to them.” – Desmond Tutu.

Sadly, a Frempong has fallen. We gather to celebrate the life and mourn the passing of our brother Kwasi Opoku Frempong and to bid him farewell and eternal rest in peace.

Life and death are part of the natural cycle; one thread, the same line viewed from different sides. As natural as the passing of a loved one is, it is difficult to accept and understand whenever it happens. We still cannot comprehend that you are no longer with us. Your passing came as a big surprise to us all, and far too soon.

We cherish the memories growing up together as siblings, especially when we all gathered at home during vacations. You were already then, a free thinker, not always sticking to set theories or approaches but had your own ideas and ways of doing things. We remember your run-ins with our dear Daddy (May he rest in peace). We remember the lively discussions and arguments among us siblings on any topic, from sports, politics, religion, which school was best etc. You always had an argument ready, teasing and a joke and smile. We will forever keep the best memories, remember the good and fun times, your good qualities and use the less favourable as life lessons and teaching moments. It is what made you unique. We are forever grateful to God for giving you to us as a brother and to be part of our family. While we grieve your passing, we are comforted in the hope that you are at peace. Greetings to our beloved sister, Nana Yaa and to our dear Daddy GAF.

Farewell Kwasi. Rest in Peace. We will miss you!





"By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return." - Genesis 3:19.

"... earth to earth, ashes to ashes, dust to dust; in sure and certain hope of the resurrection to eternal life." - from the Burial Service in the Book of Common Prayer.

From The Frempong siblings:

Yaw, Stella, Joana, Mark, Efe, William & Kwadwo.

Tribute by William (Kwasi Tsegah)

“You don't choose your family. They are God's gift to you, as you are to them.” – Desmond Tutu.

It was with much sadness and shock that I received news of your passing on 12 June 2020.

Being the next youngest sibling, I have had the privilege to be looked after and guided by my older brothers, sisters, cousins and other extended family. I have looked up to you all and learned from you all. Bro Kwasi, you were one of the older brothers I looked up to when growing up.

I fondly remember when I received my GCE O' Level results, you were so proud you lifted me up on to your shoulders. Days later you surprised me with a gift – 2 pairs of sports shoes.

I will never forget your timely support during my early years in Sweden as a poor struggling student. You were then in Hannover, Germany. During some harsh winter months, you sent me money even though you did not have much yourself. That was a lifesaver as I was close to giving up sometimes, but you encouraged me to keep going and stay focused. I am happy I often got to tell you while you were alive, how much I appreciated that support.

You did things your way and sometimes controversially. Even though I was 7 years younger, you usually listened to me and I used to sometimes mediate in my own small way. I appreciate that we always kept a line of communication and stayed in touch.

Our mum, Auntie will usually tell me: “You speak to your brother Kwasi. He listens to you”. And you will sometimes send me text with same message: “You speak to Auntie. She will listen to you” or “You

“speak to Daddy. He will listen to you”. It is funny now, but I sometimes felt caught in the middle, but I appreciate we could keep that contact.

I wish you had told me how sick you were, but I assume being the big brother, you wanted to protect me from the pain and sorrow, especially as I could not travel to see you due to the coronavirus lockdown. I spoke to you in the last days and even though you could not speak clearly you said: “I love you William”. That was our last conversation.

I was glad to hear from Auntie that you finally made peace with her and settled your differences. I will remember the positive influences and experiences from your life and use them as life lessons. Greetings to Sister Nana Yaa and the big man, Daddy. We miss you all.

Farewell big brother Kwasi. Rest in Peace. I love you too and will miss you!

“Death ends a life, not a relationship” – Mitch Albom

Hymns

MHB80

1. Thee will I praise with all my heart,
And tell to all how good Thou art,
How marvellous Thy works of grace;
Thy name I will in songs record,
And joy and glory in my Lord,
Extolled above all thanks and praise.

2. The Lord will save His people here;
In times of need their help is near
To all by sin and hell oppressed;
And they that know Thy name will trust
In Thee, who, to Thy promise just,
Hast never left a soul distressed.

4. A helpless soul that looks to Thee
Is sure at last Thy face to see,
And all Thy goodness to partake;
The sinner who for Thee doth grieve,
And longs, and labours to believe,
Thou never, never wilt forsake.

MBH608

1. Captain of Israel's host, and Guide
Of all who seek the land above,
Beneath Thy shadow we abide,
The cloud of Thy protecting love;
Our strength, Thy grace, our rule, Thy
Word;
Our end, the glory of the Lord.

2. By Thine unerring Spirit led,
We shall not in the desert stray
We shall not full direction need
Nor miss our providential way;
As far from danger as from fear,
While Love, almighty Love, is near.

3. We've no abiding city here,
but seek a city out of sight;
thither our steady course we steer,
aspiring to the plains of light;
Jerusalem the saints' abode,
whose founder is the living God.

MHB50

1. The Lord's my Shepherd, I'll not
want;
He makes me down to lie
In pastures green; He leadeth me
The quiet waters by.

2. My soul He doth restore again,
And me to walk doth make
Within the paths of righteousness,
E'en for His own name's sake.

5. Goodness and mercy all my life
Shall surely follow me,
And in God's house for evermore
My dwelling place shall be.
William Whittingham, 1524-79;
Francis Rous, 1579-1659;
Revised by Westminster Assembly
Divines, 1650.

MHB511

1. BEGONE, unbelief; my Saviour Is
near,
And for my relief will surely appear :
By prayer let me wrestle, and Ha will
perform;
With Christ in the vessel, I smile at the
storm, ,

Hymns

2. Though dark be my way, since He is
my Guide,
Tis mine to obey, 'tis His to provide;
Though cisterns be broken and
creatures all fall,
The word He hath spoken shall surely
prevail.

5. Since all that I meet shall work for
my good,
The bitter is sweet, the medicine food;
Though painful at present, 'twill cease
before long;
And then, O how pleasant the
conqueror's song

MHB89

1. A charge to keep I have,
A God to glorify,
Who gave His Son my soul to save,
And fit it for the sky.

2. To serve the present age,
By calling to fulfill;
O may it all by powers engage
To do my Master's will.

3. Arm me with jealous care,
As in Thy sight to live;
And O Thy servant, Lord, prepare
A strict account to give.

4. Help me to watch and pray,
and on thyself rely;

assured, if I my trust betray,
I shall forever die.

MHB110

1. Jesus, lover of my soul,
Let me to Thy bosom fly,
While the nearer waters roll,
While the tempest still is high:
Hide me, O my Savior, hide,
Till the storm of life is past;
Safe into the haven guide;
O receive my soul at last.

2. Other refuge have I none,
Hangs my helpless soul on Thee;
Leave, oh, leave me not alone,
Still support and comfort me.
All my trust on Thee is stayed,
All my help from Thee I bring;
Cover my defenseless head
With the shadow of Thy wing.

4. Plenteous grace with Thee is found,
Grace to cover all my sin;
Let the healing streams abound;
Make and keep me pure within.
Thou of life the fountain art,
Freely let me take of Thee;
Spring Thou up within my heart,
Rise to all eternity.

MHB427

1. Through all the changing scenes of
life,

Hymns

In trouble and in joy,
The praises of my God shall still
My heart and tongue employ.

2. Oh, magnify the Lord with me,
With me exalt His name;
When in distress to Him I called,
He to my rescue came.

5. Fear Him, ye saints, and you will
then
Have nothing else to fear;
Make you His service your delight,
Your wants shall be His care.

MHB425

1. Abide with me: fast falls the
eventide;
The darkness deepens: Lord, with me
abide;
When other helpers fail, and comforts
flee,
Help of the helpless, O abide with me.

2. Swift to its close ebbs out life's little
day;
Earth's joys grow dim, its glories pass
away;
Change and decay in all around I see:
O Thou who changest not, abide with
me.

3. I need Thy presence every passing
hour;
What but Thy grace can foil the
tempter's power?

Who like Thyself my guide and stay can
be?

Through cloud and sunshine, O abide
with me.

MHB830

1. Hark! the sound of holy voices,
chanting at the crystal sea,
Alleluia! Alleluia! Alleluia! Lord, to
Thee;
Multitude, which none can number, like
the stars in glory stand
Clothed in white apparel, holding
palms of victory in their hand.

2. Patriarch, and holy prophet, who
prepared the way of Christ
King, apostle, saint, confessor, martyr
and evangelist;
Saintly maiden, godly matron, widows
who have watched to prayer
Joined in holy concert, singing to the
Lord of all, are there.

3. They have come from tribulation,
and have washed their robes in blood,
Washed them in the blood of Jesus;
tried they were, and firm they stood;
Mocked, imprisoned, stoned,
tormented, sawn asunder, slain with
sword;
They have conquered death and Satan
by the might of Christ the Lord.

Hymns

MHB420

1. Breathe on me, Breath of God,
fill me with life anew,
that I may love what thou dost love,
and do what thou wouldst do.
2. Breathe on me, Breath of God,
until my heart is pure,
until with thee I will one will,
to do and to endure.
3. Breathe on me, Breath of God,
till I am wholly thine,
till all this earthly part of me
glows with thy fire divine.

MHB70

1. I am so glad that
our Father in Heav'n
Tells of His love
in the Book He has giv'n;
Wonderful things
in the Bible I see,
This is the dearest,
that Jesus loves me.

Chorus: I am so glad that Jesus loves
me,

Jesus loves me, Jesus loves me.

I am so glad that Jesus loves me,
Jesus loves even me.

2. Though I forget Him,
and wander away,
Still He doth love me
wherever I stray;
Back to His dear
loving arms I do flee,
When I remember

that Jesus loves me.

3. Oh, if there's only
one song I can sing,
When in His beauty
I see the great King,
This shall my song
through eternity be,
"Oh, what a wonder
that Jesus loves me!"

MHB564

1. FATHER, I dare believe
Thee merciful and true:
Thou wilt my guilty soul forgive,
My fallen soul renew.
2. Come then for Jesu's sake,
And bid my heart be clean;
An end of all my troubles make,
An end of all my sin.
3. I will, through grace, I will,
I do, return to Thee;
Take, empty it, O Lord, and fill
My heart with purity.

MHB602

1. FATHER, I know that all my life
Is portioned out for me,
And the changes that are sure to come
I do not fear to see;
But I ask thee for a present mind,
Intent on pleasing thee.
2. I ask thee for a thoughtful love,
Through constant watching wise,

Hymns

To meet the glad with joyful smiles,
And wipe the weeping eyes;
And a heart at leisure from itself,
To soothe and sympathize.

3. I would not have the restless will
That hurries to and fro,
Seeking for some great thing to do
Or secret thing to know;
I would be treated as a child,
And guided where I go.

MHB976

1. Now the laborer's task is o'er;
Now the battle day is past;
Now upon the farther shore
Lands the voyager at last.

Chorus: Father, in Thy gracious keeping
Leave we now Thy servant sleeping.

2. There the tears of earth are dried;
There its hidden things are clear;
There the work of life is tried
By a juster Judge than here.
3. There the Shepherd, bringing home
Many a lamb forlorn and strayed,
Shelters each, no more to roam,
Where the wolf can ne'er invade.

MHB489

1. Help us to help each other, Lord,
each other's cross to share;
let each our friendly aid afford
and feel each other's care.
2. Up into thee, our living Head,
let us in all things grow,

and by thy let sacrifice be led
the fruits of love to show.

3. Drawn by the magnet of thy love
let all our hearts agree,
and ever to each other move,
and ever nearer thee.

MHB948

1. Abide with me: fast falls the eventide;
The darkness deepens: Lord, with me
abide;
When other helpers fail, and comforts
flee,
Help of the helpless, O abide with me.
2. Swift to its close ebbs out life's little
day;
Earth's joys grow dim, its glories pass
away;
Change and decay in all around I see:
O Thou who changest not, abide with
me.
3. I need Thy presence every passing
hour;
What but Thy grace can foil the
tempter's power?
Who like Thyself my guide and stay can
be?
Through cloud and sunshine, O abide
with me.

