



## Frances Ruth Stowman

October 24, 1934 - April 5, 2018

Frances Ruth Stowman, age 83, formerly of Bloomington, died peacefully at her home on April 5th. Fran is survived by loving children, Sheryl (Robert), Linda (Bart), Timothy (Merisue), and grandchildren Derek, Peter, Sean (Chloe), Alan and Rachel; along with many other extended family members. She is preceded in death by her husband Ronald.

Fran was the 11th of 14 children in the Ruhl household, growing up in the Brainerd Lakes area. After graduating from high school she moved to St. Paul, where she met Ronald Stowman while at work. They began their family and moved to Bloomington where she resided for 52 years. Whether she was offering her incredible hospitality, supporting others with her kind heart, or expressing her impassioned political beliefs, Fran lived fully and with courage. The hummingbird was her symbol and it captured the energy, beauty and enjoyment she embodied. She was able to live her final years in the Columbia Heights/St. Anthony communities where she made many friends and was closer to her children and siblings. Fran chose to address her cancer diagnosis with alternative medicine and hospice care, and in the end lived longer and with more gusto than any of us imagined.

Memorial service will be held on Tuesday, May 15th at 11:00 AM at United Church of Christ in New Brighton, 1000 Long Lake Road. Visitation at same location one hour prior to the service and from 6:00-8:00 PM on Monday, May

14th. Memorials preferred to: North Memorial Hospice or Human Rights Campaign Foundation.

# Previous Events

## Visitation

MAY 14. 6:00 PM - 8:00 PM (CT)

United Church of Christ  
1000 Long Lake Road  
New Brighton, MN 55112

## Visitation

MAY 15. 10:00 AM - 11:00 AM (CT)

United Church of Christ  
1000 Long Lake Road  
New Brighton, MN 55112

## Memorial Service

MAY 15. 11:00 AM (CT)

United Church of Christ  
1000 Long Lake Road  
New Brighton, MN 55112

# Tribute Wall

DZ

“ *Fran was a wonderland Aunt to me we had a lot of good times. I will miss her.*

*Denise Zipoy (dopkins)*

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**denise zipoy** - April 26, 2018 at 01:58 PM

KF

“ *Sheryl and Bob (and family),  
A hummingbird- such a joyful, playful and spirited soul. You are all  
in our hearts. Love, Kevin and Rise*

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**Kevin G. Thew Forrester** - April 12, 2018 at 09:13 PM

KK

“ *Dear Fran's family,  
Thinking of you and your loss. Fran was always fun and colorful,  
esp when she came sailing with us. What a gift she was to her  
world! Blessings, karen and stephan kistler*

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**karen kistler** - April 10, 2018 at 10:57 AM