



Dr. Mark Alan Wilstrup

June 17, 1955 - July 27, 2013

On July 27, 2013 Mark Alan Wilstrup went to his Heavenly Home. His life began on June 17, 1955 in Portsmouth, Virginia. As the second son of John and Miriam (Jack and Jerry) Wilstrup he completed their family. After two years, the family moved to Houston, Texas and then to St. Petersburg, Florida where his parents still reside. High school years in St. Petersburg prepared Mark for scaling to heights that he did not dream of at the time. Three years at Emory University (he was always in a hurry to move on-but he did meet his lifelong best friend Tom Lacy there) and then four at Baylor College of Medicine provided him the education he required to practice medicine. He stayed a fourth year at Baylor to wed the love of his life Lisa Grace Troy (one of many graces in his life) and enjoy their initial year of what was to be their 34 together. He completed his residency training in Obstetrics/Gynecology in Richmond, Virginia spending four years and making lifelong relationships. Mark and Lisa relocated to Orlando in 1984 for him to join Don Diebel and Arnie Lazar in an Obstetrics and Gynecology medical practice on Clay Street in Winter Park. He considered them mentors, partners, role models but mostly friends. Their practice grew and Mark contributed to the growth as his talents allowed him.

Soon afterward Mark and Lisa adopted Alexandra Grace and later Jacqueline Grace. (The daughters that he cherished and lived for) As he raised his daughters he tried to instill in them the values that he considered most important - Faith, Family, Charity, and Love - but the greatest of these is love.

Mark's earthly accomplishments are numerous-many times being selected on the Top Doctor list by Orlando magazine, obtaining an additional master's degree in recent years, hosting his own television show, delivering over 5000 babies in thirty years of practice, hitting a couple holes in one, completing many bike races, marathons, and even finishing in the top third of his age group in his last Ironman at the age of 55, - but hopefully overshadowed by the footprint that he left spiritually. Whether teaching Sunday School classes or Bible studies at his church, going on medical mission trips to Panama and Ecuador or maybe just sharing his message on a one to one basis, Mark's faith was the most important thing to him and it was a faith that was both cerebral and action based. He studied scriptures exhaustively and read theological texts intensely to find truths and God's Will in his life. His challenge was then to implement his lessons on a daily basis.

At the end of the film "Saving Private Ryan", James Ryan kneels in the cemetery on Normandy and ponders whether his life was worth the sacrifices that had been made in June of 1944 to save his life. The elder Ryan turns to his family and asks "Was I a good man?" That is what Mark wanted to be in this life - a "good man."

Mark is survived by his parents who were the best anyone could ask for - providing for him and teaching him every important lesson in life. He is also survived by his brother, Steve Wilstrup, and the closest person to him on this earth. Steve served as support from the moment of his diagnosis of pancreatic cancer in March 2012, through his surgery, radiation, chemotherapy and was always there when needed. Steve's wife Rhonda - cancer survivor extraordinaire - served as his surrogate sister since high school and also survives him. His wife and the love of his life, Lisa, survives him and will rise to fulfill the needs of his daughters in all that they need from both parents during their lives. Finally, and of course most in need at this time are his two daughters (Alex and Jackie) who will need someone to shelter them, listen to them, attend all those dad/daughter events and of course walk them down that aisle when the time comes. Mark left this life with the knowledge that the

cloud of loving friends and family that carried him through this journey will make sure his daughters are supported during the difficult days ahead. That knowledge allowed him to depart with a peace which passes all understanding.

In lieu of flowers, please make donations to the Dr. Mark Wilstrup Fine Arts Legacy Fund at the Orangewood Christian School 1300 W. Maitland Blvd. Maitland, FL 32751.

Previous Events

Service

AUG 3. 10:00 AM - 11:00 AM (ET)

Orangewood Presbyterian Church
1300 W. Maitland Boulevard
Maitland, FL 32751

Tribute Wall

AM

“ I was a patient of Dr. Wilstrup's for many years and just found out today that he passed away. He was a very compassionate doctor and a great man. My deepest sympathy to the family.

Anne Michalak - May 16, 2014 at 02:18 PM

JN

“ My wife called the other day to schedule an appointment with Dr. Wilstrup and found out he had passed away. He delivered my twin boys in 2006. He was a great doctor and person. Would see him on Sunday afternoons on his stationary bike at the downtown Y and would always point him out to my boys as the doctor who brought them into the world. Photos of my twins still grace the walls at his medical office. Condolences to his family and friends.

James W. Nuebel - September 05, 2013 at 03:29 PM

BE

“ I met Dr. Wilstrup in 1984 when he first joined Ob & Gyn Specialist. He helped me through a difficult loss of pregnancy with great compassion. He was a wonderful and kind person and he will be sorely missed. My condolences to his family.

Beth - August 23, 2013 at 02:28 PM

AN

“ Dr. Wilstrup delivered my daughter in 2008 and he helped me decide to give her the middle name Grace. He told me about his daughters who shared the name and his kind spirit guided me through a rough delivery. I am deeply sorry for your loss. He was a very special man. God bless.

andrea - August 22, 2013 at 03:46 PM

LE

“ Eleven years ago Dr. Wilstrup was the first doctor to see me after I found out I was pregnant. I was absolutely terrified, having just told my parents that my boyfriend and I were pregnant outside of wedlock. Dr. Wilstrup could see the pain on my mother's and I's faces when he talked with us about the situation and as he tried to determine a due date. He did something I have never seen another doctor do - he offered to pray with us. We all held hands in that little room and he prayed a beautiful prayer over my unborn baby that I won't ever forget. The angels are rejoicing now that he's in greater company! See you someday Dr. Wilstrup - thank you for everything.

Leslie - August 22, 2013 at 02:14 PM

DM

“ Dr. Wilstrup delivered my goddaughter and I was so impressed by him as a doctor and a human being, that he became my OB and delivered my first daughter in 1993. I was shocked and deeply saddened by the news of his sudden passing. My deepest sympathy to his family and all who's lives were touched by Dr. Wilstrup.

Donna Masluk - August 16, 2013 at 08:49 PM

RH

“ Dr. Wilstrup delivered my first born, Nov 1989. I will always remember his kind words. When my daughter was born he told me she was beautiful and would never have to wear makeup because her eyes were so pretty. That is something that has always stuck in my memory. I had my last appt with him July 11, 2013 and was scheduled to see him on July 29th for a procedure. I was so very saddened to hear of his passing. What a wonderful man he was. So sorry to his family.....God's peace be with ya'll at this time.
~Robin Huss

Robin Huss - August 12, 2013 at 07:16 PM

RL

“ I worked for Dr. Wilstrup for 4 wonderful years! I loved that man. He always had a smile on his face and could tell a great joke! And he loved his hazel nut coffee! I was also one of his patients. I trusted him with my life. He had informed me that my pregnancy would not continue but 2 days later results said otherwise...he said he had only seen it one other time and that was also one of his nurses who was a patient. It might sound strange, but I feel my son came through because it was Dr. Wilstrup who took care of us. My son is my miracle baby & Dr. Wilstrup my miracle doc! Thanks for the care & memories, Dr. Wilstrup! And God bless his family! You are in my prayers.
~Rebecca LaCrone Long, CMA/MT



Rebecca LaCrone Long - August 04, 2013 at 05:21 PM

KC

“ Dr. Wilstrup delivered my two boys. I can remember going in a few years after my second son was born and he asked how things were going. I was so frustrated that day about the kids not sharing something and one child taking something from the other one's room. Dr. Wilstrup said, well I can remember my two girls arguing and one taking something from the other's room, so I told the other one to go into her sister's room and she was allowed to take anything of her sister's that she wanted and keep it for 24hrs or something along those lines. That was one of the best bits of advice ever and I still use that one, it created instant respect for a sibling's privacy and property.

I have always been so thankful for his opinion/advice because he genuinely cared what was happening and truly wanted to make whatever it was that was hard or painful better. I always smiled when I saw his name listed (yet again) as a top physician, knowing personally how true that was. I am thankful that I was blessed with such an amazing doctor, as are so many others too.

Katie Crawford - August 04, 2013 at 12:44 AM

CA

“ Truly saddened to hear the news. I was patient of Dr Wilstrup for over 20 yrs. He was such a wonderful, thoughtful, caring man and doctor. The date of his death has special meaning to our family as it was 21 years ago on July 27, 1992 that Dr Wilstrup delivered our only child.



Orlando and the medical society has lost a truly remarkable man. My deepest condolences to his family, friends and associates. God Bless...

Cherie Aultman - August 03, 2013 at 08:26 PM

SF

“ *Susanne Fette lit a candle in memory of Dr. Mark Alan Wilstrup*



Susanne Fette - August 03, 2013 at 06:31 PM

CD

“ *Chris Day lit a candle in memory of Dr. Mark Alan Wilstrup*



Chris Day - August 02, 2013 at 02:58 PM

 Amy Meckes

“ *Amy Meckes lit a candle in memory of Dr. Mark Alan Wilstrup*



Amy Meckes - August 02, 2013 at 09:52 AM

SD

“ It was the luck of the draw when I became a patient of Dr. Wilstrup's 28 years ago. He delivered my first child, which was no easy feat! He was always kind, caring, calm, and treated his patients with respect and concern. I feel blessed to have known such a wonderful man who loved his God, family, and life so much. I'll always remember his greeting when he entered the room; "Hey, kiddo"! Rest in peace, Mark. You will be greatly missed. My sincere condolences and prayers for the Wilstrup family.

Sharon Dayhoff

Sharon Dayhoff - July 31, 2013 at 03:00 PM

OS

“ I have not known a person more faithful and honest with his religious belief. Mark was extremely bright, colorful, witty and wonderful human being. His beautiful family has the greatest loss, so is his church and his friends, especially the Open Door Class on Sunday. We will miss you terribly Mark. God rest your soul in peace.

Olga Shearer-Asbury Church

Olga Shearer - July 31, 2013 at 02:18 PM

KM

“ Dr. Wilstrup was one of the kindest doctors I have ever know. He delivered 3 of my 4 babies...all high risk...all beautiful healthy full term babies. My life has been blessed having known him. I will never forget his kindness and care. He will be missed!

Karen Marvich

Karen Marvich - July 30, 2013 at 08:53 PM

KM

“ *Karen Marvich lit a candle in memory of Dr. Mark Alan Wilstrup*



Karen Marvich - July 30, 2013 at 08:50 PM

CH

“ *So sorry to hear of his passing. I was friends with him at Seminole High School. Saw him last at the 30th reunion. So, so sad. Carol McPherson Hemmingsen*

Carol Hemmingsen - July 30, 2013 at 04:23 PM

RG

“ *I was fortunate to have had Dr Wilstrup as my gyn doctor for the last 16 years. He was kind and caring and very helpful during a scary period. He will be greatly missed.*

Robin Greiner - July 30, 2013 at 02:28 PM

BW

“ *I was lucky enough to have Dr. Wilstrup as my gyn doctor for many years. I was always appreciative of his kind and gentle manner. A true gentle-man, he will be terribly missed. Barbara Wetzler*

Barbara Wetzler - July 29, 2013 at 10:39 PM

CB

“ I was extremely sad to hear today that Dr Wilstrup had passed away. He was my Dr. for 10 years, through 4 high risk pregnancies. He was one of the kindest, gentlest souls I have ever met. He was a phenomenal Doctor who always made me feel comforted even during worrisome times. Dr. Wilstrup will forever hold a special place in our family.

Charlotte, Jeff, Cameron, Sammy, Zoey-Mae and Zachary Badgley

Charlotte Badgley - July 29, 2013 at 10:00 PM

JW

“ Dr. Wilstrup was an amazing person and doctor who took exceptional care of me through my high risk pregnancy. I delivered a very healthy and happy daughter due to his care. I will always remember his warm smile and wonderful spirit. My thoughts and prayers go out to his family. God Bless....

Jodi White

Jodi White - July 29, 2013 at 09:14 PM



 Connie Meckes

“ Connie Meckes lit a candle in memory of Dr. Mark Alan Wilstrup



Connie Meckes - July 29, 2013 at 02:48 PM

 Connie Meckes

“ My daughter and I met Dr Wilstrup when he became my daughters OB Dr in the last few months. She had transferred to him and was a high risk pregnancy. Monday 7/19/13 office visit he said he would see us next week :(what a SHOCK to hear of his sudden passing! We didn't even know he was sick although I noticed he seemed very thin. It never dampened his spirits or deep concern for my daughter. He was always wearing a smile when he came in a room. I'm happy that our paths crossed in life and I consider it an honor to have him as her Dr. God bless you Dr Wilstrup now and forever you'll be greatly missed by your patients. Rest in peace. Connie and Amy Meckes, Orlando, fl.

Connie Meckes - July 29, 2013 at 02:47 PM

KH

“ I have been a patient of Dr. Mark Wilstrup for many years. In fact, I just saw him two weeks ago. I feel great sadness for the loss of such a great man and physician. It was a blessing to have him as my doctor. He was brave and fought the battle. May he rest in peace and the love of his savior. He will be deeply missed. Our prayers and condolences go out to his family, friends and all those that have loved him.

Katy and George Hahn

Katy and George Hahn - July 29, 2013 at 12:54 AM

GV

“ Mark was a prince of a guy! I'm so glad I got to see him and meet one of his beautiful daughters at our 30th Baylor College of Medicine class reunion just 3 years ago. We had such fun times in Houston, which is where we all got to know Lisa as well. The softball team...luxury living in Favrot Hall...crazy drives to the brown lot...studying for finals on the beach at Galveston...margaritas & then pizza on Fridays. Lisa, I know you have wonderful memories, but I'm so sorry for the lost of this good man. -Gail Vanderlee

Gail Vanderlee - July 28, 2013 at 05:02 PM

KC

It was Christmas Eve, 1987, when I called Dr. Wilstrup. My water broke, and I was in a panic. He almost beat us to ORMC where he stayed all night until we delivered my beautiful baby, Rachel. What an amazing man!!! Each time I visited the office for the next 25 years, he would remind me that I had a Christmas baby and a blessing. Often we talked about his daughters whom he cherished. I am so sad. The world is a sadder place today, but the stars in the heavens are shining brightly. My love and prayers to the family. Kay Carpenter

Kay B. Carpenter - July 31, 2013 at 04:30 PM