



## Sara Ann Foret

December 16, 1977 - November 27, 2015

### Sara Ann Foret

Sara was born on December 16th 1977 at Florida Hospital and died on November 27th 2015 just 19 days before her 38th birthday. When Sara came home from the hospital she was immediately the Queen of the neighborhood, being the only little girl among several boys. Growing up with the boys, including her brother Brian, taught her the ways of the world. She would follow them into the wooded areas around the house and play for hours upon hours.

She learned to play soccer with her brother and went on to play on a girls' team from the time she turned 6 thru the age of 17. Her mother, Dot, would pick up and drive a bunch of the team to the game locations around the area. Sara also became a certified soccer referee to earn some extra spending money. She, her dad, and her brother spent many a Saturday refereeing soccer matches from early morning to late afternoon.

Sara attended St. Mary Magdalen Catholic School where she learned to be a giving and loving person. She still has many friends from these early grades. Upon completion of 8th grade we asked her to if she would like to attend Bishop Moore Catholic High School but she said it would be too much of a burden on the family, having to drive her to school every day. She choose to attend Lyman High School where she finished in the top 1% of her class with

several scholarships, Bright Futures, 21st Century Woman, and a UCF Academic Scholarship. With the Florida prepaid college program she had enough money to complete her BS degree in accounting with some left over. She lived on campus for a semester met several girls and decided to move into an apartment sharing expenses.

Just prior to completing her degree she got an internship with Lockheed Martin on the east side of Orlando. Upon graduation Lockheed suggested she go with a temp agency and remain in the same job but with pay, which sounded good to her. After a period of time Lockheed offered her a permanent job and she gladly took it as she enjoyed the work and the friends she had made. Within the first few years of employment Lockheed offered to send her to Rollins College Crummer Graduate School of Business all-expenses paid to obtain her MBA degree. She accepted and graduated May 1st 2004.

Sara purchased a 3 bed room condominium during this time frame and lived in it for 6 years. She needed companionship so she showed her loving side by adopting a Bichon puppy that had a broken leg. Sara could have chosen any of the other dogs in the litter but Gracie won her heart at first sight.

Sara has overcome many hurdles in her short life. When she was 25 she was diagnosed with Multiple Sclerosis which is an auto immune disease that attacks the myelin covering of nerve fibers and is a very painful. She tried traditional treatments, but found out later she was allergic to all the current medicines being used. Other types of treatments caused excessive weight gain. She never complained and was always smiling.

At work she was promoted and moved to the Missiles and Fire Control plant on the west side of Orlando. The drive became long so, she purchased a wooded lot in Winter Garden, FL and had house built on it in 2012.

On her giving side, she had a friend that had dropped out of high school. She encouraged him to first get a GED and attend college. He did and graduated in pre-med and later became a Doctor. Sara generously loaned them money at no interest to help with expenses during schooling.

Sara always liked to give back. She worked the Festival at St. Mary Magdalen assigning her hour to the Knights of Columbus for several years in the Jamaican food booth and the past 2 years in the Hamburger/Steak booth. This past October she worked Friday until closing and then again on Saturday from 11:00 am until 11:00 pm. She apologized for not working on Sunday but said she had to rest to go to work on Monday.

Sara is survived by her parents: David and Dorothy Foret (Hidalgo): her brother Brian and wife Elizabeth (Durham): 2 nephews Dylan and Brandon Foret.

Donations in Sara's name can be made to the charity of your choice, St. Mary Magdalen Church, or Hospice of the Comforter.

May God rest her soul and all the souls of the faithful departed.

Visitation will be Saturday, December 19, 2015, 12:30 PM at St. Mary Magdalen Catholic Church. A Memorial Mass will be held at 1:00 PM with a reception immediately following at St. Mary Magdalen Annex Center.

# Previous Events

## Visitation for Family and Friends

DEC 19. 12:30 PM - 1:00 PM (ET)

St Mary Magdalen Catholic Church  
861 Maitland Avenue  
Altamonte Springs, FL 32701  
(407) 831-1212  
<http://www.stmarymagdalen.org>

## Memorial Mass

DEC 19. 1:00 PM - 2:00 PM (ET)

St. Mary Magdalen Catholic Church  
861 Maitland Ave  
Altamonte Springs, FL 32701

## Reception

DEC 19. 2:00 PM (ET)

St Mary Magdalen Catholic Church  
861 Maitland Avenue  
Altamonte Springs, FL 32701  
(407) 831-1212  
<http://www.stmarymagdalen.org>

# Tribute Wall

SA

“ So sorry to hear of Sara's passing. My first memory of Sara is coming to get her haircut after school in her St. Mary Magdalen uniform and her beautiful smile. My thoughts & prayers are with you Dot, Dave, Brian & family. Shirley Ault

Shirley Ault - December 19, 2015 at 07:18 AM



“ Healing Tears - All White was purchased for the family of Sara Ann Foret.



December 19, 2015 at 05:39 AM



“ Florist Choice Bouquet was purchased for the family of Sara Ann Foret.



December 18, 2015 at 07:05 PM



“ Sympathy fireside Basket in Christmas Colors was purchased for the family of Sara Ann Foret.



December 16, 2015 at 01:13 PM

PR

“ *Dave and Dot, my heart and prayers have been with you as they will be in the days ahead. With our son deceased only three years ago in the prime of his life, we can certainly share your pain and the terrible void you feel. Please, if there is anything I can do, please ask. Peggy Rasch*

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**Peggy Rasch** - December 10, 2015 at 03:28 PM

MW

“ *Dave, Dot, Brian- You have all been on my mind and heart since I heard the news of Sara's passing. My memories of her are nearly all of her smiling, offering her quick wit and laughing. The weekends we spent at the soccer fields refereeing...Sara always had a positive outlook that was contagious. She will be missed*

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**Monica Mosler Ward** - December 05, 2015 at 06:56 PM

CS

“ *Sara and I attended Lyman High School together. I remember her as a very kind, positive person, with a great sense of humor. I'm so sorry to hear about her passing and wish your family much comfort during this time.*

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**Catherine Krupa Salerno** - December 03, 2015 at 02:38 PM



“ *Cherished Memories - All White was purchased for the family of Sara Ann Foret.*



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December 03, 2015 at 09:27 AM

MJ

“ I have memories of Sara and Brian during their time at St. Mary Magdalen School. Sara went on to become an involved and caring woman. My thoughts and prayers go out to you and your family as you celebrate Sara's life and accomplishments. May God comfort you. Mary Jo Finnerty

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**Mary Jo** - December 03, 2015 at 09:20 AM

JS

“ Sara always brought a smile into every room. Her positive outlook and sweet disposition will truly be missed. Our thoughts and prayers are with the friends and family.

*With deep sympathy*  
*Joel Sawyer*

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**Joel Sawyer** - December 03, 2015 at 07:31 AM

BC

“ I remember Sara and her brother, Brian, from her days at SMM where I was a teacher and Assistant Principal. I know both of her parents from SMM Church as well. It is sad to know that such a talented and giving person as Sara was has left us this soon. She contributed much in her short life and I am sure that Heaven has welcomed her into the loving arms of Jesus and that her earthly pains are over. My thoughts and prayers are with her family.

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**Betsy Carpenter** - December 03, 2015 at 07:26 AM

EF

“ Dear Dot and David,  
So very sorry for your heartbreaking loss. I wish I had the words to carry you through this. I can only keep you in my prayers.

*Ellen Foret Freeman.*

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**Ellen Foret Freeman** - December 03, 2015 at 06:49 AM

SB

“ Ruth and Foret family,  
So sorry for the passing of Sara. She seemed to be a very caring young woman. You are in my prayers.



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**Shannon Barousse** - December 02, 2015 at 11:06 PM

ML

“ David & Dot,  
We are very sorry for your loss.  
Mark & Mary Lawrence

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**Mark Lawrence** - December 02, 2015 at 06:13 PM