



James Lynn Poston

March 12, 1940 - October 11, 2024

James Lynn Poston, 84, of Cape Girardeau, passed away October 11, 2024, at the local Missouri Veteran's Home.

Jim was a beloved husband, father, grandfather, brother, son and friend whose warmth and charm touched everyone he met. To know him was to love him; his quick wit and laughter lit up every room he entered.

Jim was born March 12, 1940, in Cape Girardeau, Missouri, to Lynn and Virginia Poston. Jim's childhood was spent with his family on West Rodney Lane in Cape, where he shared an attic bedroom with his four brothers. He graduated from Notre Dame High School in 1958, and attended college before serving as a proud, active duty member of the United States Air Force beginning in 1961. He received military training at Greenville AFB in Mississippi and was deployed to Germany during the Cold War. Once he completed reserve duty, Jim was honorably discharged. He married Sandra Sheppard in 1965 and the couple had two children, Tracy and Sean Poston. Following his divorce, Jim remained a devoted father, offering unconditional love and actively engaging with his children throughout his entire life.

Jim found love again and married Marilyn Volkerding at St. Mary's Cathedral in Cape Girardeau on September 14, 1990. He embraced Marilyn's children, Juli Cook and Stacy Volkerding, as his own. Jim cherished dancing with his

wife, trips to the Pacific Ocean, and creating memories at cozy bed and breakfasts. He found joy in spending time with his beloved grandchildren. Jim's weekday afternoons might be filled with paint by numbers, reading one of his many newspapers or a suspense novel, watching westerns or a college football game, hobbies that made him happy. Sundays were for drives after Mass, which he greatly enjoyed. His spirit will be deeply missed by all who had the privilege of knowing him.

Survivors include his wife, Marilyn Poston; four brothers, John Poston, Tom (Jane) Poston, Larry (Sharon) Poston, Dave Poston; daughter, Tracy (Terry) Shows; son, Sean (Cindy) Poston; step-daughter, Juli (Alan) Cook; step-daughter in law, Millie Volkerding; and seven grandchildren, Austin and Mason Cook, Hannah, Grace and Nicholas Shows, and Glenn and Heather Volkerding.

He was preceded in death by his parents, Lynn and Virginia Poston, and stepson, Stacy Volkerding.

Funeral Mass will be held at 10:00 a.m. on Saturday, November 16, 2024, at Old St. Vincent's Catholic Church, 131 S. Main Street, Cape Girardeau, Missouri 63703. Father Allan Saunders will officiate.

Streaming of Funeral Mass will be available at: [https://youtube.com/live/822N
ESk4gEI?feature=share](https://youtube.com/live/822NESk4gEI?feature=share)

Military honors and interment will be at Cape County Memorial Park Cemetery, Cape Girardeau, Missouri, following the service.

Donations may be made to Cape Girardeau Veterans Home Foundation, c/o Missouri Veterans Home - Cape Girardeau, 2400 Veterans Memorial Drive, Cape Girardeau, Missouri, 63701, or online at <https://capevetshomefoundatio>

n.com/pages/donations.

Online condolences may be made at www.fordandsonsfuneralhome.com.

Ford & Sons Funeral Home - Mt. Auburn is in charge of arrangements.

Previous Events

Funeral Mass

NOV **16**. 10:00 AM (CT)

Old St. Vincent's Catholic Church
C/O St. Mary Cathedral
Cape Girardeau, MO 63703

Tribute Wall



“ *Divine Peace Bouquet was purchased for the family of James Lynn Poston.*



November 13, 2024 at 09:30 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of James Lynn Poston.

November 13, 2024 at 09:30 PM



“ *Peaceful White Lilies Basket was purchased for the family of James Lynn Poston.*



November 12, 2024 at 01:36 AM



“ *Ocean Breeze Spray was purchased for the family of James Lynn Poston.*



November 11, 2024 at 09:09 PM

BE

“ We are truly sorry to hear of your loss, Mr. Poston always had a story and friendly smile to share during his trips to the store. Our thoughts and prayers are with his family and friends. The Book Rack staff

Becky - November 11, 2024 at 03:04 PM

YF

“ Your EDJ External & Reg Family purchased the Forever Our Angel Bouquet for the family of James Lynn Poston.



Your EDJ External & Reg Family - November 11, 2024 at 12:15 PM



“ Sentiments of Serenity Spray was purchased for the family of James Lynn Poston.



November 10, 2024 at 02:58 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of James Lynn Poston.

November 10, 2024 at 02:58 PM

WL

“ With love! purchased the Divine Peace Bouquet for the family of James Lynn Poston.



With love! - November 10, 2024 at 01:49 PM

WL

“ With love! planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of James Lynn Poston.

With love! - November 10, 2024 at 01:49 PM



“ Divine Peace Bouquet was purchased for the family of James Lynn Poston.



November 08, 2024 at 02:46 PM



“ A [Memorial Tree](/store/Product.aspx?ProductId=4518) was planted in honor of James Lynn Poston.

November 08, 2024 at 02:46 PM