



## Sarah "Sally" (Messina) Bowden

September 23, 1938 - October 1, 2025

Hampton – Sarah “Sally” (Messina) Bowden, 87, of Hampton, died on Wednesday, October 1, 2025. Sally lost her husband and love of her life, Hal Bowden, with whom she celebrated 50 years of marriage, in 2010.

She was born in Lynn, MA to Joseph & Alexandria (Ferguson) Messina on September 23, 1938 in the aftermath of the Great Hurricane. She lived much of her life in Lynn, and spent her last 20 plus years in Hampton. She graduated from Lynn Classical High in 1956, where she was Captain of Cheerleaders and Hal’s Queen at the Senior Prom. She then graduated from Salem State Teachers College. She was a very active member of St. Stephen’s Episcopal Church in Lynn all her life until she moved to Hampton in 2004, where she became a long time member of Trinity Episcopal Church.

She loved her family, and was very much loved by them, her friends, and anyone she came in contact with. She was famous for her meatballs & sauce. For years, she graciously hosted family gatherings on New Year’s Day, Easter, 4th of July, Christmas and many other occasions. She loved mystery series’, cooking shows, puzzles, visits to the ocean, orchids, roses, cats and colorful sunsets from her living room.

She leaves 4 sons; Jeff Bowden & his wife Christa Zuber of Rockland, ME and his children Matthew, Melissa & Mitchell; Scott Bowden and his partner Glenn

Sinclair, of Boston; Hal Bowden & daughter-in-law Karen of Newton, NH, and their children Abbigayle & Mary; and Tim Bowden of New Haven, CT. She also leaves her brother Joseph Messina & his wife Wilma of Melrose, MA; her sister Roberta Stead of North Hampton, and many nieces, nephews, cousins and sisters in law.

There will be no calling hours. A memorial service will be held to celebrate her life on Saturday, October 11, 2025 at 11:00 A.M., in Trinity Episcopal Church, 200 High St., Hampton, NH. In lieu of flowers, donations can be made to Trinity Episcopal Church, Hampton ([www.trinityhampton.org](http://www.trinityhampton.org)) or St. Stephens Episcopal Church, Lynn, MA ([www.ststephenslynn.org](http://www.ststephenslynn.org)).

# Previous Events

## Memorial Service

OCT **11**. 11:00 AM (ET)

Trinity Episcopal Church  
200 High Street  
Hampton, NH 03842

# Tribute Wall

TK

“ So sorry for your loss. Sally was a great person and loved to help many people. She will be sadly missed

tracy king - October 17, 2025 at 04:29 PM

BB

“ Upon reading the sad news of Sally's passing, my memories flooded back to many years ago when our children were in high school together, Sunday School together, and the many church functions that we shared. Her passing is a great loss for her family, but she and Hal will now be together for all time. May blessings be on her whole family as they send her on her way to Hal and the angels. Rest in peace,, Barbara Belliveau



Barbara Belliveau - October 12, 2025 at 07:06 PM

GW

“ I had only met her one time. Scott invited me. It was one of those 4th of July parties... or so I thought. I walked through the side door and was welcomed by everyone including the aunts and the grandmother I have never felt such a warmth glowing from a family Of course I met her beloved husband too, who eagerly brought me down to a room to share his glass frog collection! Not having my own family near me on that holiday, I felt completely welcomed and loved Huge plates of food and drinks were there... I left just feeling safe and cared about.. this woman and her husband are together in heaven... Rest in eternal peace angel...Gregory Wilde

Greg Wilde - October 11, 2025 at 03:39 PM

DJ

“ Dennis King and Mary Joyce planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sarah "Sally" (Messina) Bowden.

Dennis King and Mary Joyce - October 09, 2025 at 03:26 PM

DJ

“ Dennis King and Mary Joyce purchased the Crystal Cross Bouquet for the family of Sarah "Sally" (Messina) Bowden.



Dennis King and Mary Joyce - October 09, 2025 at 03:26 PM

LS

“ I am so sorry to hear of Sally's passing. I have many fond memories of camping and church functions. She was such a special lady

Linda Schickling - October 08, 2025 at 10:11 AM

MW

“ When Jeff called us to share the sad news of Sally's passing, our hearts ached for the loss, but then we felt the goodness and grace of knowing that she was greeted by her dear, sweet Hal, and together they are experiencing something we can't come close to grasping. Together they are wrapped in God's Light, free from pain, knowing they gave their all and gave their best. A very wise and insightful author must have had Sally and Hal in mind when she wrote: " For every life fully lived, it is not the dates of birth and of death that matter; it is the dash in between that really counts--that little line that represents every day spent on earth. Very few couples filled their individual and combined dashes like they did. To Sally and Hal, we say thank you for the honor and gift of knowing and loving you. And to their family, we say thank you for sharing them with us. What blessings!

MaryBeth and Stephen Wing - October 07, 2025 at 09:55 AM

AS

Hal and Sally were friends while I was the Organist over 25 years at Trinity. Hal was a superb Tenor in my choir. I loved his humor, his kindness, his being such a gentleman and loving husband. They were the "IDEAL" couple. Every year Hal made me my own plate of his famous Anise cookies. His frog collection on the arm of the Pew he sat in with the choir was amusing and sweet. The Sunday after the Saturday Hal died and he was not there for me to see was devastating...to all of us in the Choir. We could not believe he was gone. I still see him in my mind's eye and am so happy he and Sally are finally reunited. We "Raise you Up" Hal and Sally! 🙏❤️🙏

Anne Shumway-Rowe - October 07, 2025 at 06:50 PM

JD

“ Jean, Elayne and Deborah planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sarah "Sally" (Messina) Bowden.

Jean, Elayne and Deborah - October 06, 2025 at 08:57 PM

JD

“ Jean, Elayne and Deborah purchased the Joyful Memory for the family of Sarah "Sally" (Messina) Bowden.



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**Jean, Elayne and Deborah** - October 06, 2025 at 08:57 PM

E&

“ Eleni &. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sarah "Sally" (Messina) Bowden.

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**Eleni &.** - October 05, 2025 at 03:20 PM

JK

“ Dear all... when I heard of Sally's passing, all I could think of is that she and her beloved Hal are together again!!! No death in our Savior, Christ Jesus! My heart goes out to all who loved her so much. One fine day..... ❤️

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**Jane Kirk** - October 05, 2025 at 07:40 AM

AS

Lovely sentiment, Jane. How we all loved them both. Hal, my beloved Tenor in the Choir. Sally such the sweet person with the beautiful smile and laugh. ❤️

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**Anne Shumway-Rowe** - October 07, 2025 at 07:01 PM

NS

So sorry to learn of Sally's passing she was SUCH a sweet lady supportive of so many things, but I'm glad she is reunited with Hal. Hal was so supportive of my campaign - I still believe he made it happen. Prayers to the family as you have lost two wonderful people. So sorry I will be unable to attend Sally's service as I am out of state.

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**Nancy Stiles** - October 09, 2025 at 04:54 PM

SF

“ Sheryl, Bill and family. purchased the Emerald Garden Basket for the family of Sarah "Sally" (Messina) Bowden.



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**Sheryl, Bill and family.** - October 04, 2025 at 07:48 PM

MY

“ Mark Y. planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sarah "Sally" (Messina) Bowden.

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**Mark Y.** - October 04, 2025 at 05:36 PM

MY

“ Mark Y. purchased the Divine Peace Bouquet for the family of Sarah "Sally" (Messina) Bowden.



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**Mark Y.** - October 04, 2025 at 05:36 PM