

Memorial Book



In Loving Memory of

Fred Abbasi
(May 8, 1985 - June 7, 2008)



"Death is more universal than life, everyone dies but not everyone lives." We are happy to know that Fred truly did LIVE, 24 hours a day, 7 days a week for the short years of life he was granted and the years we were blessed for having him with us <3

Ina Lillah wa Ina Elayhe Rajouun

***URGENT REQUEST FROM EVERYONE:** Fred Abbasi's case has not been solved yet so we kindly ask EVERYONE...if you have ANY information whatsoever, even if you do not think it is important, to PLEASE email me (sammyr25@yahoo.com) with it...I promise you this will 100% confidential, and will be directly reported soley to the detective....thank you for your cooperation in this matter *

Do not stand at my grave and weep

I am not there; I do not sleep

I am a thousand winds that blow,

I a the diamond glints on snow,

I am the sun on ripened grain,

I am the gentle autumn rain.

When you awaken in the morning's hush

I am the swift uplifting rush

Of quiet birds in circling flight

I am the soft starlight at night.

Do not stand at my grave and cry;

I am not there; I did not die.



♥ This is a favorite picture of the loved ones of Fred because we believe it shows his true beauty and peacefulness...our Fred really does look like an angel here ♥

"If tears could build a stairway and memories were a lane,
I would walk all the way to Heaven, to bring you home again

No farewell words were spoken,
no time to say good-bye
You were gone before we knew it, and
only God knows why
Our hearts ache in sadness, and secret tears will flow
What is meant to lose you, no one will ever know"



Fred and his mother had a very dear and close relationship.

Even though it is extremely difficult for her to live the rest of her life without his presence, she has his everlasting memories to hold on to. She always says how Fred was so good, and he truly was a perfect son.

"I believe that imagination is stronger than knowledge, that myth is more potent than history. I believe that dreams are more powerful than facts-- that hope always triumphs over experience-- that laughter is the only cure for grief. And I believe that love is stronger than death."

-The Crow Movie

To live in hearts we leave behind, is not to die.



Fred remains alive with every heartbeat, every step, every tear, and most importantly,

every smile 😊

Happy moments, praise God
Difficult moments, seek God
Quiet moments, worship God
Painful moments, trust God
Every moment, thank God



*I'm sorry I can't be with you today
When all the family's gathered in one place.
But I am with you in another way,*

*A current in the stream of what you say,
Alive within your consciousness of grace.
I'm sorry I can't be with you today*

*To share your happiness and touch the clay
That once it was my fortune to embrace.
But I am with you in another way,*

*An intimate that time cannot betray,
With you always, unconstrained by space.
I'm sorry I can't be with you today*

*To watch with you the slanting sunlight play,
Casting lovely shadows through the lace.
But I am with you in another way,*

*Waiting for you where the shadows lay
Their darkness soft across your gentle face.
I'm sorry I can't be with you today.
But I am with you in another way*



Fred, when I look above at the sky, I know you are the brightest star above.
You were a rockstar on Earth, and now a shining star in Heaven

Be strong now
Because things will get better
It might be stormy now
But it can't rain forever

حملهء دیگر بمیرم از بشر --- تا برآرم از ملایک بال و پر

وز ملک هم بایدم جستن ز جو --- کل شیء هالک الاوجهه

بار دیگر از ملک پران شوم --- آنچه اندر وهم ناید آن شوم

پس عدم گردم عدم چو ارغنون --- گویدم کانا الیه راجعون

i miss you quite terribly.



No words can ease the heartbreak,
no tears or memories can take
away the loss of one who's gone,
of one you've loved since he was born.

No one can help us while bereft
from grief that one we loved has left;
has travelled from where we could see
to where his heart and soul fly free.

So when we're able to, we dwell
on all the love we knew so well;

and know that God has taken home
the one He loaned us for so long.

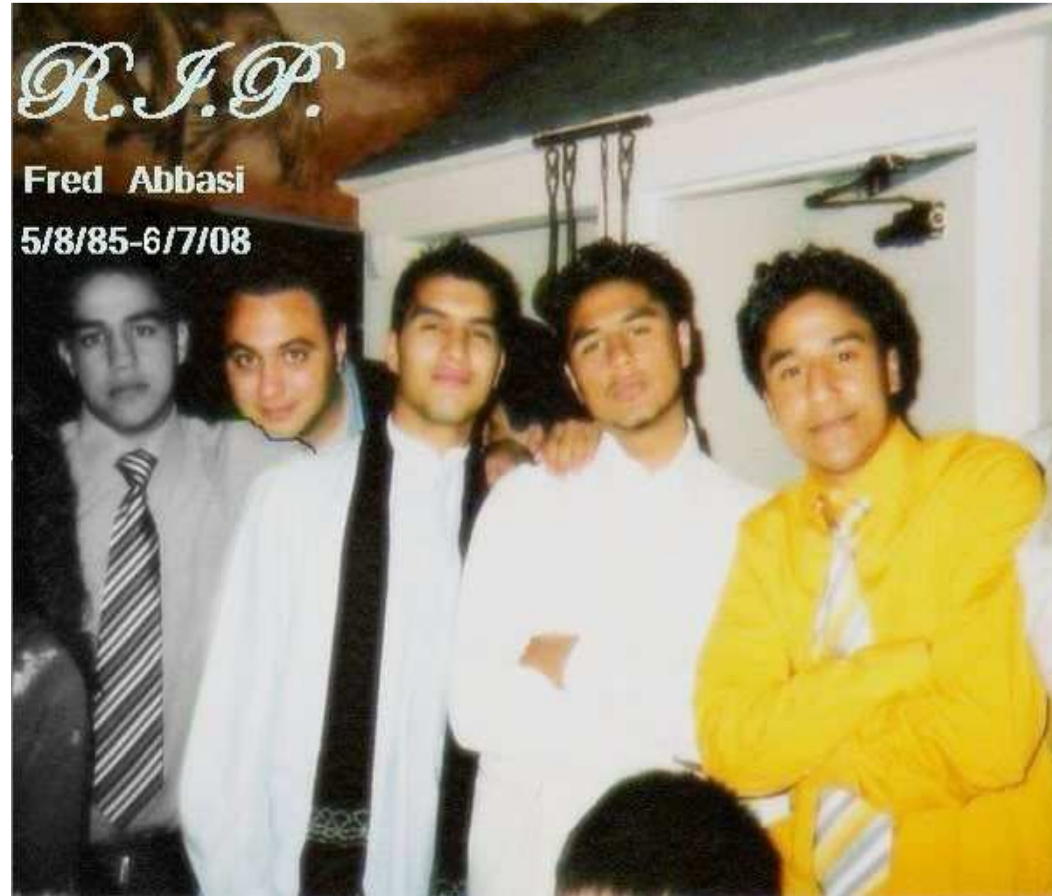
Some people only dream of angels...



This is a picture of Fred with his two elder sisters, Sharifa (left) and Zobaida (right). They constantly talk about what an angel their brother was, and how he always treated them with kindness and respect, a rare trait in a younger sibling. They have countless stories of how Fred was always there for them, and with the help of some wonderful dreams,

they have realized that Fred WILL always continue to be there for them and their family. He was too good for this Earth, and his spot is indeed in Heaven.

I wish you were here,
but you're not here,
you're there
And there doesn't know how lucky it is.



Here Fred is with his four best friends...they went everywhere together and they were family. The family says now every time they see this group of guys, their eyes are going to be searching for Fred...we know he is there in spirit though.

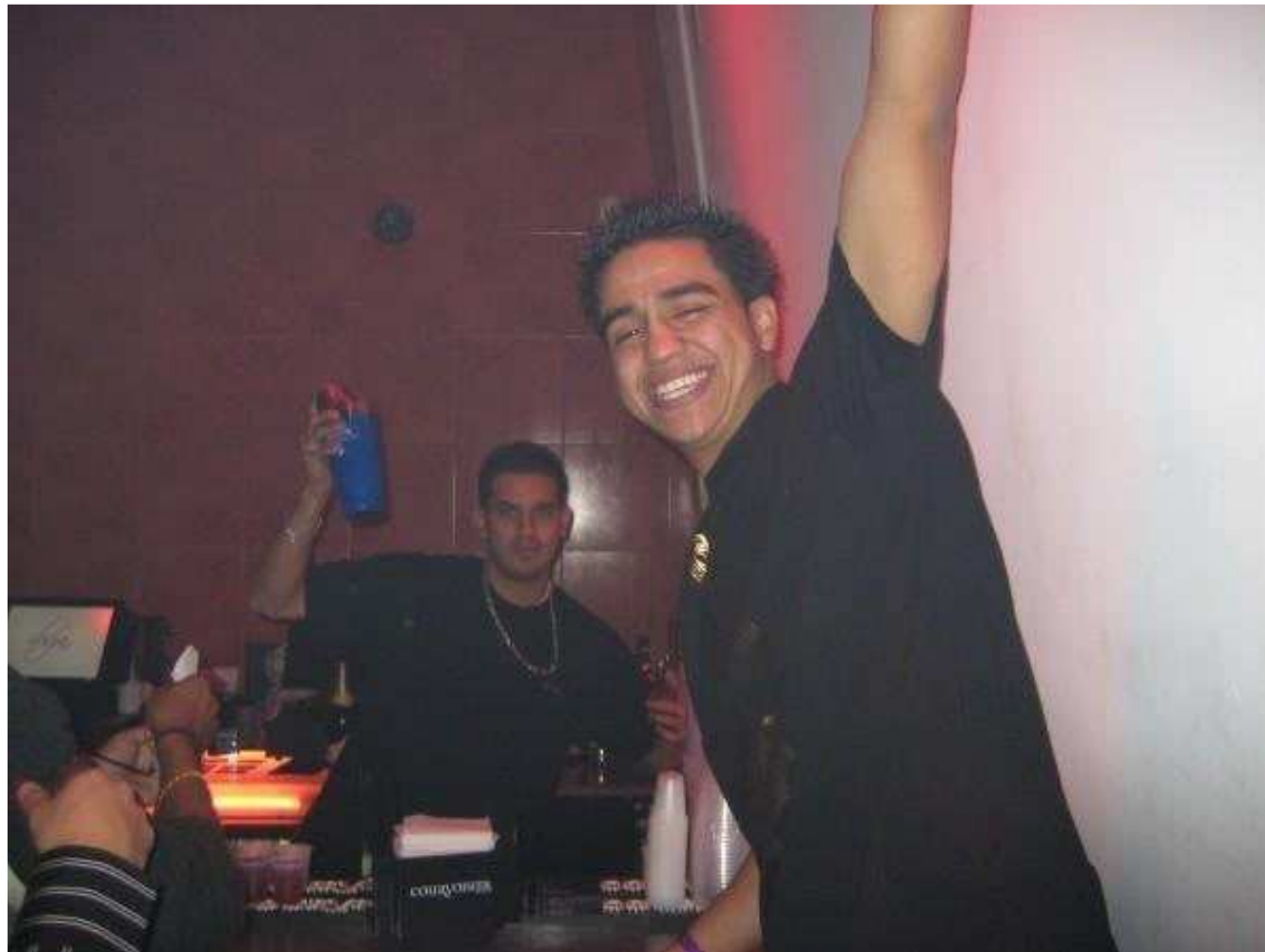
Someone asked me if I missed you.
I didn't answer. I just closed my
eyes and walked away. Then I
♥ whispered "so much."



There I am with my King....That was on March 25th, 2008...the night of my birthday where Fred surprised me countless times....Thank you Fred for giving me the best birthday of my life...it will be forever etched in my memories.

Faridullah Abbasi, you were and still are my king, my love, my heart, my soul, my other half, and what makes me whole. Not a second goes by that I do not think of you, and not a heartbeat passes that I do not ache for you. I will carry you with my every step, through all my destinations in life. I love you, and always will. Our love was waiting to spread its wings. Not only did those wings spread, but they soared to the skies, and now fly among the gates of heaven.

wherever you are,
that's where my
heart is ♡




one bullet shattered an entire lifetime...an entire family....an entire dream. What is left are the broken pieces, with no broom or dust pan sturdy enough to pick them up.

SNOWFLAKES
are kisses from heaven.



Here is Fred with his cousins after winning the trophy for soccer. Fred loved soccer and he played for two different teams before he passed away...Afghan United with

the Abbasi family and also on a co-ed soccer league with friends from his Lake Braddock days. Fred played football in highschool, and was good at basketball as well. He was not only extremely intelligent, but athletic as well...you couldn't ask for a better guy 



The suit Fred was wearing the night he passed away...if only we could hold you once more Fred,we would never let go...our hands would be gripping you so tightly that our fingers would turn white and our smiles would be so wide that they would reach our ears...and our eyes would be so shocked that they would never close again...

*ALL THE QUOTES IN THE
WORLD CAN NEVER
FULLY CAPTURE JUST
HOW MUCH IT HURTS.*



This is exactly where Fred was murdered, on his driveway in front of his Lorton home. He was going there after a long day at work one Saturday night, planning to take a relaxing

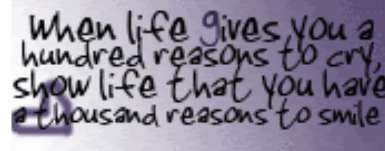
shower. For weeks after Fred passed away, his family and loved ones gathered at this very spot with several candlelight vigils, sharing their most precious memories with Fred...and with Fred, there was always many of them.



This was taken at one of the candlelight vigils in honor of Fred Abbasi. As shown in this picture, there were also countless t-shirts that Fred's family and loved ones made in honor of one of the greatest men they have ever known.



"The world will be even more of a worse place without him here, but it will never be a terrible place because of the love he spread while he was here."





KING of my life, KING of the world, and now KING of the heavens...continue to rule your throne in your rightful place and save us a spot until we are blessed to meet again...until then, it is in our hearts, memories, and smiles that we will keep you...RIP FRED ABBASI...you were and always will be the BEST

Here is a beautiful poem dedicated to Fred from his dear nephew,

Naimat Abbasi:

When I am gone, release me, let me go.
I have so many things to see and do,
You mustn't tie yourself to me with too many tears,
But be thankful we had so many good years.
I gave you my life, and you can only guess
How much you've given me in happiness.
I thank you for the love that you have shown,
But now it is time I traveled on alone.
So grieve for me a while, if grieve you must
Then let your grief be comforted by trust
That it is only for a while that we must part,
So treasure the memories within your heart.
I won't be far away for life goes on.
And if you need me, call and I will come.
Though you can't see or touch me, I will be near
And if you listen with your heart, you'll hear
All my love around you soft and clear
And then, when you come this way alone,
I'll greet you with a smile and a "Welcome Home".

We all know that he is in heaven waiting for us to come. R.I.P Kaka Fred..
OKAAAAY.....



*R.I.P. Fred Abbasi
5.8.85 - 6.7.08
We Love You*

* A Message to All Loved Ones Coping with the Tragic Loss of Fred Abbasi*

I understand the pain of losing someone you loved so dearly at such a young age. I understand the agony of knowing someone willingly took a life away, without stopping to think of the damage that would occur to their loved ones. I understand the difficulty of going through an entire 24 hour day without being able to contact someone you used to talk to every hour. I understand the hurt of knowing that that person will no longer attend any of the important events remaining in your life. I understand the anguish of accepting the fact that this person suffered their very last seconds alone even though you always promised to be by their side. Lastly, I understand the torment of facing reality and finally realizing that this has not been your worse nightmare, but in fact the truth.

Soon, you will experience truth through your pain...the truth of knowing Fred live a fulfilled life for the years he was alive, the truth of knowing he was a shaheed so that his place in Heaven is reserved, the truth of knowing that those who die young are the more fortunate ones who God chooses to save from this cruel world, and finally the truth that Fred will no longer suffer nor see any suffering from his eyes...he lives in eternal bliss where it is you and I who will suffer from hereon

I ask you to think of this. The Qur'an teaches you to love God, more than your own family, from the second you learn to realize what love is. The Qur'an commands you to respect God's decision and accept His plan for He is all-knowing, and everything truly does happen for a reason, sometimes reasons we may never know or come to find out in this world. Amazingly, we have such a strong love for God even though we cannot see him, or feel him, or touch, or even hear him. Still, God asks us to love Him more than anyone else as a good Muslim. I personally think this is because God is trying to teach us that you can love someone and they can always be there without you having to touch or see or hear them. All you have to do is close your eyes and they will be there, as close to you as the vein on your neck.

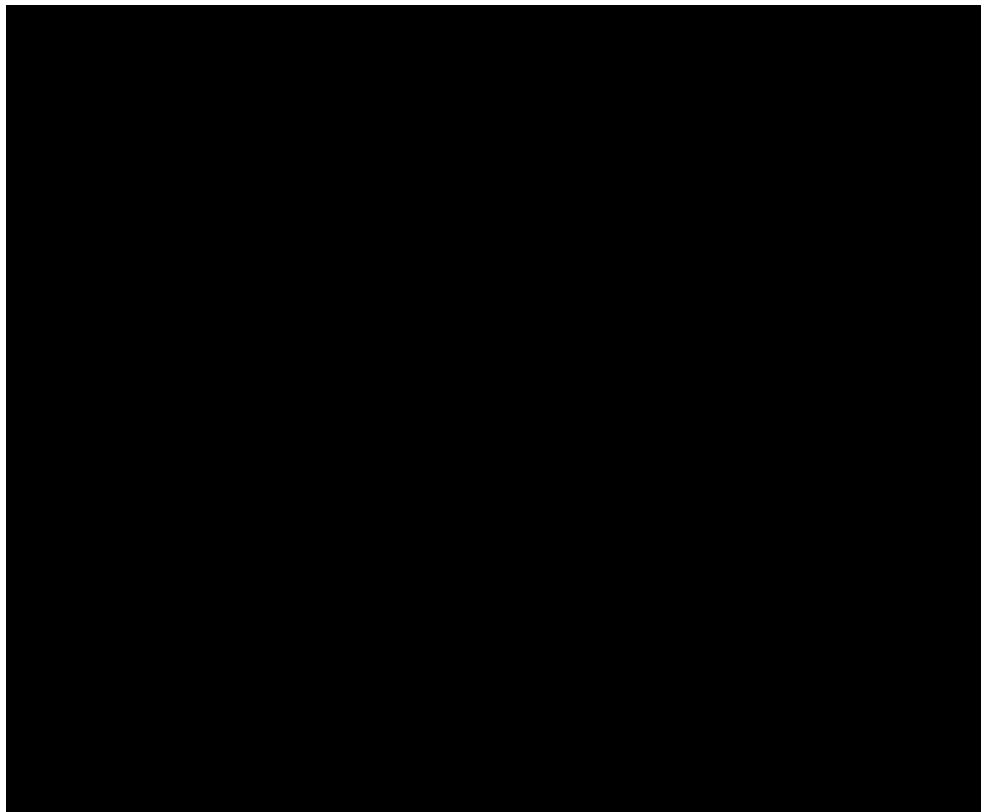
Tears will not bring our dear Fred back. I know if they could, you would never stop crying. Screaming will only bother his soul. Harming yourself in any way, this includes food and sleep, will not allow Fred to rest in peace. Praying is the only way you can reach out to Fred and benefit him. So every time you come to cry, scream, or harm yourself remember that by praying, you will be helping Fred far more.

With that said, I pray that Fred will rest in peace and that all of his loved ones will find sabr through this difficult time.



♥ We love you...forever in our hearts ♥





The background is a textured, light brown or beige color. In the upper right quadrant, there are two roses. The one on the left is smaller and more tightly closed, while the one on the right is larger and more open, showing its petals. The roses are rendered in a soft, painterly style, blending into the background.

Gallery Gallery

so sweet, so unforgettable...



freddy



love u



Picture 213



so handsome



Iran 107



us again





Picture 200



Picture 103



Picture 232

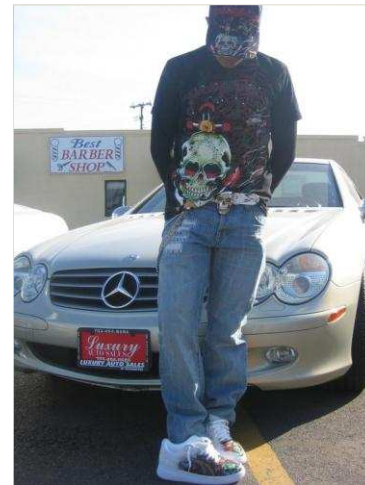




Picture 215



Copy of together





Picture 136



aw



love u so much



us4



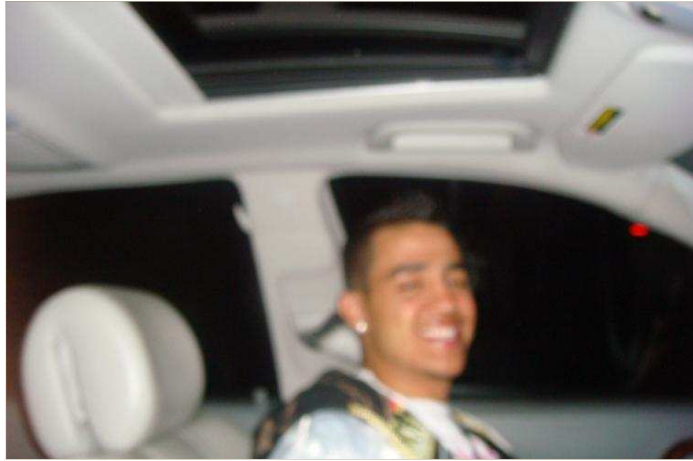
Copy of theres my fav smile



awww



Picture 046



Picture 015



Picture 061



fam



bueno



forever



Picture 086



Picture 053



he loved skiing



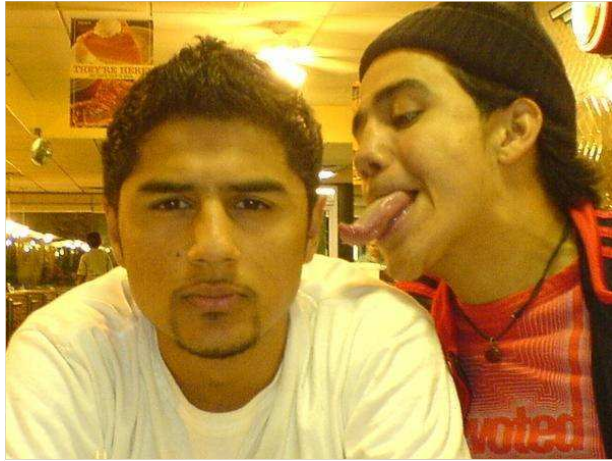
ifred



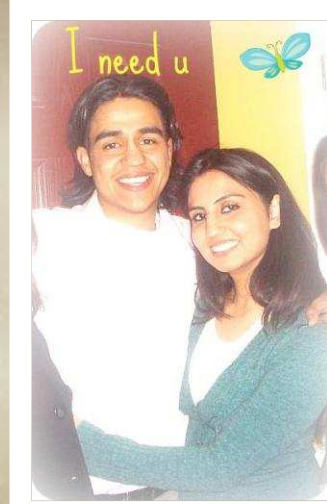
Picture 083



Sameer



your long tongue



The background is a textured, mottled olive-green color. In the upper right quadrant, there are two roses. The one on the left is smaller and more tightly closed, while the one on the right is larger and more open, showing its petals. The roses are rendered in a soft, slightly faded style, blending into the background.

Memorial Candles

our words, your light...

03/17/2010

Mishgan

*Thinking of you uncle fred
we miss you so much... love
you <3*

03/16/2010

i love you

*It been for every we have
tried to get thoughe and show
every one we stronge but
wnem we inter this page we
all let the tears go♥*

03/13/2010

farishta

*Misss you...the tears may
have stopped but the pain is
still here...*

02/27/2010

your sister

*I have stayed away from this
page because I can't stand
the pain of seeing it but
tonite I want to hurt.Miss
you :(*

02/08/2010

Idrees

*Miss you a lot Uncle Fred. I
still think of you every day,
nothing has changed. :/
R.I.P Uncle Fred, love you.*

02/04/2010

Surraya

*Miss you, i'm still in
denial..I'll never forget you,
love you*

01/29/2010

<3

Love and misss you fred !!!

01/23/2010

Anh

*Still thinking about you...
Miss you to death. I wish you
were still here...*

01/22/2010

123456789

*I miss u so mch i want u i
need u i love u*

12/17/2009

♥

*Wow its been forever!!!! but
seems like yesturday</3 ...
we miss you...♥ u too.*

11/23/2009

Sahar S

*Not a day goes by that I
don't think of you...but for
some reason I esp. think of
you on Thursdays... :- Miss u*

11/17/2009

MyName

*they tears may have stoped
but the pain will all ways be
there*

11/07/2009

tammy

*We have stop crying but we
will never go on with out we
WE♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥♥ U FRED*

10/27/2009

Raihana

*The tears may have stopped
for now but theres not a day
that goes by that i dont think
about you..love you*

10/13/2009

moska

*I still have to come to this
page to remind myself that
your really not here
anymore...You truely are
missed!*

10/09/2009

farishta

*Http://www.youtub
e.com/watch?v=HfVA
_6WRGbc...." ..come back to
me.."*

10/09/2009

farishta

RIP uncle fred miss ya :(

10/02/2009

Parwana

*Sallam uncle Fred wow its
been almost 1yr n 5month
tht ur above us... I really
miss u i wish this was a bad
dream..lots of love mu*

09/21/2009

Mati Abbasi

*Hey uncle fred? Happy Eid
we miss u <33333333333333
333*

09/10/2009

roo

I l sse u again in heven

09/08/2009

mom 2 Waylon Kitchens

*I pray you'll be our eyes,
And watch us where we go, I
pray we'll find your light,
And hold it in our hearts*

08/11/2009

#3

Yo we love you we miss you

08/10/2009

Sahar S

*Everything has changed
since youve left us. Not one
person is the same..It's sad....
Miss you agha Farid <3*

07/28/2009

popooooo

*Superrrstarr!! i miss you
dearly.... i LOVE U*

07/27/2009

bro 2 Waylon Kitchens

We must embrace pain and burn it as fuel for our journey. Our journey will end when we reunite with our angels!

07/16/2009

FRED THE 1 WE NEED

We love u we miss u we need u in are lives .♥♥♥♥♥

07/14/2009

MATI ABBASI

I miss u a lot i always pray foru to cum bk alive but i guess u cant so im here to say me and my fam luv u and i alway miss #3

07/14/2009

Asma H

Hey uncle fred miss u a lot i always see ur pics here n asf website n i cant stp missin ur smile

06/07/2009

simen h

*Nothing has ever been the same since that day you died you were finally coming home until that horrible accident took your life...
(can&*

06/07/2009

Melissa Eiler (Visitor)

Thinking of you Fred on your Angel Date today. May God forever Bless You & yours.

06/07/2009

Samira

RIP...can't believe it has been a year...you will always be missed and your memories will last a lifetime

06/07/2009

Mom to Angel Melissa Platt

I light this candle in memory of your beloved Fred on his Angel Day, God Bless you...

06/06/2009

missing u

Wow i cant belive its been a year tmro

06/05/2009

Farishta

Its almost a year in 2 days many some people are cherishing all the great memories they had wit u i miss you cant believe it luv u

06/01/2009

I miss you

Almost a year and every day it gets harder and harder. I light this candle with hope that you are peaceful and happy superstar. <3

05/26/2009

asma h.

Heyy uncle fred we just came bak frum nj and it was hard not to c u play and remember ur alway #3 and every 1 was thinking of u <3

05/20/2009

love u

Hey fred NJ is coming and the i know that ur not going to be on the filed hurts hart braks i feel like crying when i think of #3 u

05/09/2009

farishta

Happy birthday uncle freddy! it was hard to go to your grave and celebrate your 24th bday over there. we miss you love u forever!

05/09/2009

i luv u

Omg i miss u so much it has been to long since ive seen u and i wanna wish u a happy 24th birthday super star :)

05/08/2009

Raihana

Happy birthday Uncle Fred..I love you!!

05/08/2009

Mom to Angel Melissa Platt

I light this candle in memory of your beloved Fred on his birthday...

05/08/2009

Sadaf

Happy 24th Birthday uncle Fred. wish you were here to celebrate with us. missing you lots..

05/08/2009

PARWANA

Hey super star I miss u so so much i jst wanna wish u a Happy Birthday Muhh lots of love from ur Family.

05/08/2009

zohal

I miss you fred, i miss everything.thank you for bringing the sun out, now and bringing sunshine in our lives. happy birthday fred

05/08/2009

Mom to angel Charlie Collado

I light this candle for you Fred. Find my Charlie and take care of her:) May you rest in peace.

05/07/2009

Farishta

Rip superstar! 11 months went by quick and i still can not believe this. wow! see you 2morro happy early bday! live in the sky!

05/07/2009

tammy H

Hi fred tomrrow is the big day when u r going to 24 inet to ask 4 it not to be sad it is a happy day frd dose not went us to cry♥

05/07/2009

Sadaf

Today it has been 11 months...seems like it was yesterday.. missing you lots uncle fred.

05/04/2009

Sahar

Everyday hurts more and more Fred..Jan-May were amazing months for us...Now all I do is dread the days that come... Miss you

05/03/2009

farishta

Woow i cant believe it! in 5 days u r turning 24! u left @ a young age & u won't b here physically for ur big day 2 cele.

05/03/2009

farishta

*WHERE'd you go i miss you so seems like its been forever since you have been gone!
WE miss you superstar!*

04/29/2009

Sharifa

Why does it hurt more and more everyday?? I can't imagine anything as painful as this....please make the pain go away...

04/27/2009

Surraya

I love you always and forever

04/25/2009

WE ♥♥YOU

Dammmmm fred i can not believe that it is all most a year that u have left uswe miss u like crazy

04/23/2009

i miss you

Every one wents a have day with fred we all r haveing a day but you just don't one he is looking at every thing we do We love

04/20/2009

miss you!

Why can't we get all the people together in the world that we really like and then just stay together? I guess that wouldn't

04/20/2009

<3

I would do anything to see your wonderful smile.

04/19/2009

humza alexander abbasi

Hii mama fred i wuv u can i go with u to chuck e chese agin i want u to see me grow up so much but u guss???? i ma srry

04/19/2009

mahtab abbasi

I love u uncle fred u were the best uncle ever when i die and go to heaven let's go play soccer any time any day love u so much

04/16/2009

=(

Miss you so much! r.i.p love you <3

04/12/2009

Tina MD

I miss you so much and i wish the dreams were reality and reality was a nightmare and we soon would wake up.....

04/10/2009

farishta

Daammmmmmmmm its already been 10 months i remembered all this as though it was yesterday. can't believe it rip superstar

04/09/2009

Idrees A.

R.I.P Uncle Fred..we're missing you a lot down here...insh' Allah we'll all get to see you once again...R.I.P :(

04/08/2009

samira

I hate how you aren't here...the pain never goes away :(

04/08/2009

Mishgan

Wow 10 months already uncle Fred... missing you like crazy... R.I.P love u so much...

04/02/2009

tamana H.

Wow it is all most a year that u have left us..it feels just like a yesturday we love you uncl fred ..we miss u r.i.p

04/01/2009

:(

We miss so musch uncle fred that u do not even what the pain feels in all of are harts r.i.p

04/01/2009

Samira

The month of March was so hard without you...thank you for everything you did...I will always miss u <3

03/31/2009

Sadaf

Missing you ! i will do anything to see that beautiful face of urs one last time. =[

03/26/2009

PARWANA

Wow Almost a year gone. We all miss u Uncle Fred.

03/17/2009

<3 U FRED

It is almost is going to be a year that u have left us i just feel like it was the frist months...love u fred <3 r.i.p

03/16/2009

Sara

I can't believe it, 9 months. Miss you Freddy.

03/13/2009

farishta

Can not believe this happened to you!!!!!!! why? i dont kno why someone would do something like this to you! it's horrible

03/09/2009

:(
R.I.P FRED

03/08/2009

samira

9 months...its still unbelievable :/

03/08/2009

farishta a.

Dammmmmmmm cant believe it ahs been 9 months since seen u last! RIP miss you

03/07/2009

hanifa

9 months..fred you will always and forever be remembered <3

03/07/2009

Sahar S

9 months...Seems like a lifetime <3 RIP

02/24/2009

Parwana

Uncle Fred we all miss u so much everyday and every second im thinking about and I know ur in a better ploace then us Love u??

02/15/2009

Sepideh A.

You are in a great place, so I can't be sad. But I can't help it we lost a great person. You will always be in our though

02/10/2009

zahra

I didn't' know Fred that well but i know him as my great and loving unclethat i will love for the rests of my life =(

02/10/2009

tamana

Really did 8 month passed all that fast i wish this never happend to u =(

02/10/2009

Moska

8 Months...wow I still can't believe it. You are missed dearly!

02/08/2009

Samira R

Every time another month passes,i still can't believe it..8 months has passed and it still is unbelievable :/ miss u love u <3

02/07/2009

Raihana

*I Can't believe this..8 Months
May God bless your soul and
you rest in peace. Love you
always in my heart.*

02/07/2009

Sahar

*You were heaven sent..and
you have returned
home...rip love <3*

02/05/2009

farishta

*RIP i still can not believe it.
wish you were still
here!"ever since you have
been absent i've been so
lonely!"miss ya*

02/05/2009

zahra

*Even when i never fred
abbasi saw him still love
him as my great uncle R I P*

02/04/2009

madina

I miss u so so much kaka

02/04/2009

Idrees Abbasi

*Whassup Uncle Fred? it's
been a while since I been
here, but i just wanted to see
how my Uncle was
doin'...man, we miss u!*

01/08/2009

Sharifa

*7 months exactly on
Aushura...it will have a
totally new meaning this
year :(May you be in
comfort of Imam Husains
Arms..*

01/07/2009

Tina MD

*Cant believe its been 7
months.....miss you Fred :(*

01/04/2009

Sahar

*Happy New Year
Fred...What a bittersweet
new year it will be..*

12/30/2008

tamana

*God bless fred we all miss his
a lot and we never stop think
of his why him i keeping
asking and I do not get a
answer R.I.P*

12/24/2008

Sharifa

*I would do anything to have
just one last embrace...one
last smile..one last
touch..and one last word
from you :(miss you much*

12/19/2008

farishta

*Why is it called goodbye?
How come the good die?
Always wondering. RIP
uncle Fred*

12/15/2008

tamana

*6 months it hurts to know
you have been gone for for
that long can't believe it's
going be half a YEAR*

12/11/2008

farishta a.

*How come the good die?
<http://www.youtube.com/watch?v=TNhXc1qKc5U> ^^^^ dis is a rly
good song i dedicate this
song to FRED RIP*

12/08/2008

ramin

*U cant see how much pain u
leaft behind every morning i
look at my window and at ur
house i see you leaving to
work but no more 33*

12/08/2008

fahim

*Fred i miss u i hope i see u in
my dreams i love you i love
you i love you i love you i
love you i love you i love you
i love you*

12/08/2008

Lina H.

*A great person is one that
can touch lives even when
they are not here...What a
great person I knew and will
always remember! RIP*

12/07/2008

Anh

*Its been way too long since
i've seen your face. i kno
youre watching over us. i'd
give anything to see you
smile again <3*

12/07/2008

farishta a.

*Cant believe it has been six
months. can not wait to c
your beautiful face again.*

12/07/2008

Waheed A

*Its been too long that we
have lived with you!every
time i come to this page to
visit you, i shed tears like
there is no tomorrow*

12/07/2008

Samira R.

*6 months...it hurts to know
you have been gone for that
long...can't wait for the day
to see you again <3*

12/07/2008

Sahar S

*6 months...boy oh boy are
you missed <3 Love you and
will remember you
daily...This I promise...R.i.p*

12/03/2008

farishta a.

*CANT BELIEVE IT!!!! it is
going to be half a year since
you have seen you keep
thinking of you*

11/28/2008

Diana

Thinking of you...

11/27/2008

farishta a.

Never knew a family could get hurt like this. just cant believe i come and visit my youngest uncles page.goodby till we met again

11/24/2008

Sahar S

I dreamed of you the other night...and woke up with a smile <3 I know you're in a better place. Miss you so much Fred

11/22/2008

sokina abbasi

Its crazy how its been 5month already, you're always on my mind. i miss you so much!

11/20/2008

Sharifa

I have come here to ask for your help..Please help me.Please help me realize that life is worth living again and that I must go on

11/17/2008

Tina MD

Thanks for always being a gentleman and simply amazing...no one will ever compare.....miss you tons sir.

11/12/2008

farishta

... could have been other people but god chose FRED because he knew he will teach people many, like me.

11/12/2008

farishta abbasi

Sharifa in your earliest memory i do agree with you i kno wat u mean by that. i touched me alot and made me think it could have...

11/12/2008

farishta abbasi

Rest in peace cant believe its been 5 months !!! to long since i seen you last. in a much better place. miss ya . love u forever!

11/12/2008

Maria

It's really hard to believe that it's been 5 months. You are really missed. Rest In Peace

11/11/2008

Sharifa

So many things have happened and my mind always jumps back to you..I feel like you took all my hope and joy with you :(

11/11/2008

a.q (name doesnt matter)

He wasnt just an uncle, friend,son,boyfri end,etc...but hell always be ones role model <3 r.i.p fred

11/09/2008

Sahar S

Oh God how I missed you this weekend....I couldn't hold it in anymore... <3 But I know you're in a better place...

11/07/2008

samira

5 months, 5 months, 5 months...wow is an understatement ;(

11/07/2008

tamana

R.I.P fred abbasi i love u

11/06/2008

samira

So many things have happened lately and you have been the first person I wanted to call...it hurts to know I can't...miss u:/

11/02/2008

asma

Words can't express the pain that you have left behind... It's been too long since I last saw you =(R.I.P

11/02/2008

asma

Its been to long that we have lived without u and i dont think any of us likes that. we need u and we luv u alot okkkkkkk <3333333

11/01/2008

farishta abbsi

Man its hard to move on each day knowing ur not here. Never knew u would leave us first. ur place is still empty till this day RIP

11/01/2008

tamana H

The one we love The one we will remember till the day we die A mentor,tutor,uncle,brother,R.I.P love you for ever

11/01/2008

maysam

Hey UNCLE FRED I love R.I.P

10/28/2008

Sharifa

I luv you so much..and miss you more and more everyday..Never knew I could hurt like this :(

10/27/2008

Tamnan H

Words can't express the pain that you have left behind... It's been too long since I last saw you, Ilove you R.I.P....

10/26/2008

Asma

I went to the hospital 2 day and i was seeing u evreywere and Zoey was crying alot at the hospital she almost fainted we luv u = (

10/26/2008

Tamana Haidery

hey uncle fred we miss you when i go to your grave every Saturday some thing just hits me and tills me that stop crying am not there

10/20/2008

Idrees Abbasi

Miss you uncle Fred...About what Samira said, i've heard two songs kinda about death by T.I, Ready for Whatever and My Type <3

10/20/2008

Samira

TI dedicated a song to those who have passed away and we were all tears thinking about you ;(

10/20/2008

Sahar S

Life seems so gloomy without you...You were heaven sent, and you returned home...It's so hard without you... =(

10/18/2008

Anh

I came home for fall break last weekend, and hoped to see you, but i didn't. I still felt you w/me tho. I miss you <3

10/15/2008

Sharifa Abbasi

Mariam named a star in our name with the international star registry "Fred and Sharifa Abbasi"..Tog ether forever u and I..

10/15/2008

Sharifa

I had a dream about you last night..and All I remember is you smiling your beautiful smile and alot of light behind you :)

10/15/2008

simen H

Jayet khali ast... uncel fred i go to your grave every saturday come back we all miss you...

10/15/2008

Samira

I did my presentation on you in class yesterday and I was so nervous. Thank you for giving me the strength to get through it. <3

10/14/2008

Sharifa

Everywhere I go, my eyes search for you..jayet khali ast. no one can take your space on this earth or in our hearts. I miss so muc

10/13/2008

Tina MD

We missed you this weekend. Jaat kheyli khali bood....but i know you were watching down on us..u are always with us wherever we go

10/11/2008

me

Uncle Fredy it is very hard to be with out u . u the big man no one could take over u. u the man of the mans. ooooooookkkkkkkkk kkk

10/07/2008

Idrees "Stank" Abbasi

Fred, i miss you a lot bro...it's been four months since that bullet shattered the Abbasi family and many other loved ones....

10/07/2008

Sharifa Abbasi

4 months without you here...Life has been so cruel to us :(

10/07/2008

Tina MD

Cant believe its been 4 months.....miss you mister : (Hope you liked the flowers.....

10/07/2008

Sandra

We miss you dearly and truly think of you each and every single day.

10/02/2008

Sharifa Abbasi

I just wanted to wish you Eid Mubarak..Never will Eid or any other holiday be the same..you will always be my one wish

09/30/2008

wali

Mama fred u the best one just love u man it is hard now i cant belive ur gone dont belive it at all ur still in ur room playing #3

09/29/2008

Sharifa Abbasi

Arezomee ba tu basham...En dil-e-man kheli tanhast :(

09/25/2008

RAMIN abbasi

Hey UNCLE FRED i mostly go to ur grave everyday .And i now u watchen us im waiting 4 u to open the gate 4 me to come by u #3

09/25/2008

Parwana

Im lighting this candle for u unccle fred that u were the best uncel ever ur in my heart forever love u

09/25/2008

Parwana

I remeber that my first Halloween was with uncle Fred in 2000 he dressed me up like Mnm and took me to shoppers for trick or treat

09/20/2008

Moska Amarkhel

I come on this page about 3 times a week and read everything about you because I still can't believe it...I miss you so much!

09/20/2008

Khurshaid Anwari

You will be missed, but inshallah may Allah take you to the highest place of jannat inshallah and may you forever rest in peace

09/18/2008

Tina MD

It feels like its been years since i last saw you, but the hurt feels like you passed yesterday.....mis s u

09/18/2008

Juliet F.

Fred I can't tell you how much you are missed here, but I know that you are in a better place. RIP and may your memory live on

09/18/2008

Sharifa

100 days, Can't believe we've been able to live w/o u..Thinking of you every second..Miss you quite terribly :(

09/16/2008

Sharifa

Whenever I miss you to the point where I can't bear it anymore,I cum on here.and learn that your memories still keep you alive

09/12/2008

Samira Ramezan

Still, every time I hear your name, my heart skips a beat and the butterflies emerge...I love it when people talk about you <3

09/09/2008

Zohal

Its been too long Fred, reality is hitting me now and I miss you and love you, rest in peace our angel

09/09/2008

sharifa

Fred, they said it was supposed to get easier..but its not..it just gets harder and harder with you not here...:(

09/07/2008

Asma A

Can't believe it's been 90 days since you left this world. Not a day goes by that we don't think or talk about you.

09/03/2008

Sahar S.

I've been thinking of u a lot these past few days...I miss u terribly. Reality hasn't hit me yet..and I dread the day it does<3

09/02/2008

Diana Abbasi

Fred, I miss you so much. It's been too long. Words can't express the pain. But not a day goes by where we don't think about u.

09/02/2008

sam the man

I'm lighting this candle for the memory of uncel fred r.i.p. we love u... i am just saying ...

09/02/2008

Zak

*God bless him with lots of love----->>>M
ontreal Canada*

09/02/2008

Maryam Bashir

I'm sure you never took one single breath for granted. Hope you're happy & watching everyone from heaven. RIP FRED.

09/02/2008

Anh

I went to visit you before i left for college and asked you to watch over me, and i feel you everyday making sure i'm ok <3

09/02/2008

Samira Ramezan

Today, ZebA Magazine's issue came out with the article I wrote about you...never did I imagine having to do this...I <3 u

09/01/2008

Sharifa Abbasi

I can't stop thinking about you or stop seeing your face..That same face with that same radiant smile...oh how I pine for you

08/26/2008

Moska Amarkhel

For some reason I can't stop thinking about you today...miss you so much Fred and may you rest in peace!

08/22/2008

Samira Ramezan

Today is a really big day Fred...my sister is getting engaged and I know you will be in the crowd somewhere and I wont see you <3

08/21/2008

Diwa

Never forgotten, you are always in our hearts. I KNOW your in heaven, Fred, having the time of your life! love u:(((

08/20/2008

humza alexander

Kaka kaka kaka lv uuuu...kakaka. 7/11 time for u and me.

08/20/2008

dunyah (dunyah) abbasi

RIP. u are missed soo much. life is too boring and heartbroken without you..iam attending quran class, so i can pray for u. love u

08/20/2008

fahim abbasi

I miss you ma ma fred. i luv u too. RIP mama fred. im ur peesha dont forget that!! i always see you around. i want to hug u but???

08/20/2008

ali (rocky) abbasi

I miss you soo much uncle fredy. life is so depressing without you. i love you more then the whole world. ur favorite nephew!

08/20/2008

mahtab abbasi

I miss you uncle fred, you were the best uncle eva, god bless you, luv you uncle fred...:D

08/20/2008

ramin abbasi

I miss you alot, if you come back ill do anything for you, i just wanna see you one more time, i miss you uncle fred:D luv u

08/17/2008

Natalie D

May God Rest Your Soul and Grant Peace and Patience to Your Loved Ones

08/13/2008

Naz

I light this candle for you Fred. May you rest in Peace...God bless

08/13/2008

Rohina Abbasi

I'm lighting this candle to remind u that a day does not go by with out me thinkin about U RIP UNCLE FRED

08/12/2008

Mariam Abbasi

If tears could build a stairway, And memories a lane, I'd walk right up to Heaven And bring you home again.

08/11/2008

Mariam M.

"To live in hearts we live behind is not to die." You will always be remembered, Fred. May God bless your soul.

08/11/2008

moe mossavi

Me and uncle ferd werent that but one i remember is he never ever frownd and i do love him

08/09/2008

farishta "frank" a.

Candle is for my beloved uncle fred. that is always loved & never forgotten. we wish u were here 2day. but good die 1 R.I.P

08/09/2008

Idrees 'Stank' Abbasi

Uncle Fred, I miss you. I hope you still remember your nickname for me and the few memories that me and you shared...I love you

08/09/2008

samania abbasi

" I dropped a tear in the ocean. The day you find it is the day I will stop missing you." R.I.P Uncle Fred.

08/09/2008

Samaneh

This candle lites and illuminates your shining smile. I pray for you and hope you are doing the same for us...rest peacefully.

08/09/2008

Sharifa Abbasi

You were the best thing that happened to us. I love u and miss u so much. I'll be counting down the days till we meet again.

08/08/2008

tamana

I'm lighting this candle to keep the memories of Uncle Fred... OKAYYYY. .. R.I.P

08/08/2008

tamana

I'm lighting this candle to keep the memories of Uncle Fred... OKAYYYY. ..

08/08/2008

Simen H.

I'm lighting this candle for the memory of uncel fred r.i.p. we love u... i am just saying ...

08/08/2008

Simen H.

I'm lighting this candle for the memory of uncel fred r.i.p. we love u... i am just saying ...

08/08/2008

Marzie Hassanzadh

" I want to remember how you've made us laugh, and sometimes cry, and I never want to forget how special and different you w

08/08/2008

ASMA HABIZAI

Uncel fred was the best he would always do these cool tricks on the trampoline and i would never forget that god bless u!!! =(<3

08/08/2008

Sadaf Abbasi

I'm lighting this candle to keep your memory alive:) love you uncle fred and may u rest in peace.

08/08/2008

Naimat Abbasi

Farid jan you will always be in our hearts, And thank you for bringing the family alot closer than we were before. R.I.P Farid.

08/08/2008

Waheeda

This one is for you, forever in our hearts and always in our prayers..Hey Fredi save a spot for me in the Heavens.

08/08/2008

Brishna Abbasi

Uncle fred u will be always remain in our hearts. love you uncle fred.....

08/07/2008

Ayesha S.

A candle lit to remember your smile, how you enlightened people, & how your presence was always a blessing. Truly missed <3

08/07/2008

tina barzmehri

Sir, i light this candle to keep your memories shining and will remain to keep it lit til the day i join u in heaven enshallah....

08/07/2008

Maria O.

I'm lighting this candle in remembrance to your amazing smile, that will never be forgotten, Rest In Peace Farid jan.

08/07/2008

Asma Azimi

Thinking and praying for you Fred. Hope you are smiling and happy in Heaven. We'll always keep your memory alive.

08/07/2008

Diba Abbasi

It just occurred to me i haven't seen u in a while we should get together soon i really miss ur smile. God bless your soul.

08/07/2008

Zahra

When you are sorrowful look again in your heart, and you shall see that in truth you are weeping for that which has been your delight.

08/07/2008

Zoey Abbasi

Fred, the pain that you left us with is beyond what words can explain or describe, But you will always be in our hearts forever..

08/07/2008

Sahar S.

I light this candle in remembrance of a smile not only lit up the room but lit up our hearts...and continues to make me smile <3

08/07/2008

Beautiful Stranger

Uncle Fred, whenever you entered a room your smile brightened the place like this candle does when dark. :-)

08/07/2008

Anh

I light this candle not to mourn of your passing, but remember the way you lived and the way you lit up everyone's life. <3

08/07/2008

Dina E.

Farid, we think about you every single day, praying your soul is at ease now. We all love and miss you so much. Keep smiling 4 us.

08/07/2008

Zarwa Zarifi

A candle lit for every person's life you brightened and for every smile you brought upon faces during your presence..god bless

08/07/2008

Mishgan

Gone yet not forgotten, although we are apart, your memory lives within us, forever in our heart. LOVE U UNCLE FRED...

08/07/2008

Lina Hachwi

This candle is not to mourn your passing but to remind everyone of how bright your smile and heart were...They will forever shine!

08/07/2008

Myra

Lighting this candle and many more for you Uncle Fred..God bless your soul

08/07/2008

samira ramezan

*Fred, I light this candle, as I
have lit the others, in your
memory....the memory of
your kind heart and
everlasting smile <3*

The background of the image is a textured, mottled olive-green color. In the upper right quadrant, there are two roses. The one on the left is smaller and more tightly curled, while the one on the right is larger and more fully bloomed. The roses are rendered in a soft, painterly style, blending into the background.

Condolences

from the deepest of our hearts...

We miss you :(
Heres a poem I found
You look so peaceful lying there
With your hands folded upon your chest.
You look like you are sleeping
But you are at eternal rest.
So Long For Now.
Not a hair out of place,
A beautiful smile upon your lips
When someone special passes on
It does not mean they are gone,
Though they are no longer with us
Their memory still lives on.
It hurts so much to lose a friend,uncle -
Especially one that is trustworthy and kind.
FRED ABBASi, you were that special friend,
A rare and special find.
FRED ABBASi, you will always be with me
In spirit and in mind.
You will always have a special place in my heart
Forever until the end of time.
FRED ABBASI, I will not say "Good-bye".
This is not the end.
So I will just say, "So long..."
Until we meet again.

I hope you have a great birthday!!!!!!!!!!!!!! Now, you can celebrate it with everyone!!! I remember this time last year sooo well... Basira, Sokina and I would talk about ur bday in lunch..i remember the exact words we were saying... I miss you so muchh, I know your happy though<3

Myra

Happy Birthday!

May 8, 2009

Happy Birthday uncle Fred!! we miss you !

Tina MD

Missing you more and more

April 12, 2009

Fred, i miss you so much and wish that all of this wasn't true. It has been over 10 months since any of us have seen you and even if it seems that we all are doing better, there are days that its so hard to face the truth and sleeping and dreaming that you are hear is the only comfort that we can get. Seeing your name on the stone today broke my heart into a million pieces. I told everyone that it was my biggest fear to go visit you and see your name on that stone. It hit me so hard. We always miss you and please dont stop appearing in our dreams.....love you miss you always sir

Samira

Missing you

April 1, 2009

It has been so hard to go through March without Fred...every single day, I have been remembering things he used to do...Sahar did an amazing job explaining everything he went through to make my birthday absolutely perfect, and he did exactly that...I didn't want to do anything this year bc I just want the memory of last year to be fresh in my head...

I remembered how one day we were out and Samaneh wasn't feeling well so Fred when and got both of us roses....just the smallest things he would do that would mean the world to us

Another day, we were at a restaurant and my sister wanted to know what juices they had...so Fred got up

and went to the fridge and came back carrying 6 cans of juice just so she can pick from them

And then there were the times he would never forget about me...whenever we were meeting up, which was almost every day, Fred would always have something for me...usually it was Odwalla juice, sometimes it was chocolates or roses, but he never came empty handed....these were such small gestures that really meant the world

The list goes on and on, but I would rather come back and write about them as I think of them

Forever missing you Fred...I really felt you next to me on my birthday, and I really missed you at midnight...I remember last year he texted me the nicest thing right at midnight...saying how 21 years ago God created his angel and how he can't wait to spend many more birthdays with me...I know he won't be spending them with me physically, but I continue to feel him by my side <3

Love you always and forever, Farid Abbasi...may you rest in peace

Surraya Abbasi

I love you <3

March 18, 2009

It's been almost 10 months since you left us. I sometimes can't even remember the week of June 8... I feel as if it never came along, as if we took a pause in life for that week. I don't want to believe any of this, but I too, am guilty to say that it randomly hits me SO hard. Most of my teachers had Fred, and this one day in class, my english teacher had asked how Fred was doing. I looked at her and I wanted to tell her that he's doing good, I had totally forgotten that he was gone. But instead, I was confused, I didn't know what to say, something didn't feel right, I felt as if he were still alive but I just kept reminding myself what happened in the summer. My teacher later apologized, she felt bad, but I was fine because it showed me that not accepting his death helps you think he's just doing this thing when you don't see him. I LOVE you so much, Fred<3 and I want everyone to know that about a month and a half ago I had a long dream about him, but at one point Fred was sobbing and hugging me at the same time and he said "I want you all to know that I love you more than anything" They were tears of happiness. <3 I love you so much<3

So for my college english class we had to write a memoir, something that was a moment in our life that changed us. I wasn't planning on to write about this at first, but it was the right thing to write about. i hope you like it fred!! <3

“Yes, it’s true. One of the Abbasi’s is in the hospital. I have to go now, it’s really busy.” *Click.* Wasseem spat out those horrible words so fast I couldn’t even respond. I was in my car in the driveway, staring at the garage light. I didn’t know what to do; I had lost all bodily functions and couldn’t find any strength. I glanced at the digital clock on the dash, 12:45. My curfew was one, and I knew my mom was already worrying. I sucked in a deep breath and allowed life to my body again. I couldn’t deal with this tonight. I decided that I was going to wait till tomorrow afternoon to call Hanifa and check on if everything was ok.

I jolted out of a restless sleep with sweat running down the sides of my face and neck. It wasn’t a good night’s sleep at all. I went on to help my mom get ready for my graduation party on Saturday. I had to make fondant flowers for the cake and make finger food all morning. My mom noticed that I was extremely quiet.

“Is everything okay?” She quietly muttered the question as I rolled out the orange fondant ball. I didn’t want to tell her anything until I was sure.

“Yes, Mom. I’m done. I’m going to go wash my hands” I nervously put any extra fondant in plastic Ziploc bags and into a container to be put in the fridge. I stumbled up the stairs and sat down on my bed. Grabbing my phone, I took in a deep breath and tried to ease my nervous feelings. I knew something was wrong, I knew it, but I was scared to find out. Rolling the scroll down to Hanifa’s name, I pressed send and hesitantly placed the phone next to my ear.

“Hello?” Hanifa answered with a quivering sobbed up voice.

“Hanifa... what happened? Who is it?” I tried to comfort her with the innocence of my questions, but I knew it wouldn’t help.

“Anh, it is Fred. He is gone... he is dead. He got shot last night. He was only twenty-three!” She sputtered out the details that made me sink to the floor. She burst into a symphony of tears. “Anh, I don’t know what to do. Everyone is crying like there is no tomorrow. He didn’t deserve this.” Salty tears rushed down my face and I could no longer see. There was nothing that could be said or done to heal this family’s wound.

“Where are you?” I worked up the courage to ask the question. I needed to be where they were. I was part of the family. I went to high school with some of Fred’s nieces and I attended all of their birthday parties and knew many of their families.

“I’m at Tammi’s house. So is everyone else.”

“Alright, I’m coming over” I had to suck up my feelings to get through this conversation. I couldn’t sit on the phone crying with her; it would do no good to the situation. I hid my feelings from her for now.

“Pick up my sisters on the way please.” *Click.* As soon as the voice on the other faded out, I threw myself onto the floor and my whole world came falling down. I wasn’t part of my body any more. I just felt pain, immense amounts of pain and heartache. My voice was in control of itself. I heard my screams of torture and my sobbing of heartache. My tears come out at their own will, forming a large dark indigo circle on my towel. My hands formed tight clinched fist pounding the carpeted floor. I heard the echo of footsteps rushing up the stairs and the sudden opening of my door.

“Sweetie what is wrong? What happened?” My mother rushed to my side and struggled to pull my dead weight body onto her lap. She softly brushed my tear soaked hair from my face and hugged me into her chest.

“My friend died mom, he was shot.” I rambled out the words as I let myself fall apart in her arms.

“I’m so sorry sweetie.” She did her best to comfort me. Out of all the things she had taught me, she had never taught me how to deal with death. She had hoped that I would never have to deal unnatural deaths in the family or friends. She hoped that the first death I would have to deal with was a natural death of family member, so she would’ve been able to help me cope with it. But she didn’t know Fred and she didn’t know how to help because she has yet to experience a friend’s death.

I couldn’t stay in her arms all day. Fred was just a friend of mine, but he was an uncle, cousin, brother, boyfriend and best friend to some of my closest friend. I could only imagine what they felt and were going through. I struggled to pick myself up off of my mother and wipe the tears from my eyes. I made myself hold in the sobbing and gained control of my body again. “Mom, can you get one of my black shirts and my black scarf. I’m going to go wash my face and go to Hanifa’s cousin’s house.” Slowly, I stood up on my shaking legs and made my way to the bathroom. Lifting my head up, I took in the image of my face in the mirror. My hair was knotted and sticking out every side of my head. I had dried salty tears on my cheeks along with large puffy medium beige cushions under my eyes. I quickly washed my face and brushed my hair. I hastily got dressed and headed out the house.

Laila and Mariam sat in the car quietly while I drove to Tammi’s house. Both girls had dark blue circles under their eyes from a restless night. Each eyelid was swollen from the rough wiping away of tears. Mariam stared out the backseat window with a hopeless face. I could see tears make their way down her cheeks like a road map every time I looked in the rear-view mirror. I wouldn’t allow myself to start crying, my tears did clutter my vision every other minute only to be wiped out the next second. Each of us had our black scarves in our lap, ready to wrap around our heads as

hijabs. It was a Muslim tradition in the passing away of a loved one; every Muslim woman had to wear a hijab during the suffering, whether she had chosen to do so or not daily. After turning off the car, all of us simultaneously put our scarves on. First, around our heads covering our hair and tucking in over the ears, then around the neck and over the shoulder.

We stepped out the car, not yet quite prepared to see what was going on inside the house. Hanifa was slowly making her way towards me. Her hijab was loosening in the wind and she was wiping dry tears from her cheeks. As she got closer, my pace quickened in to a jog and she joined in on the rhythm of my steps. I embraced her into my arms and held her tight. She muttered incomprehensible words in my shoulder while I felt the tingle of her tears soak my shirt.

“It’s going to be okay Hanifa, insh-Allah. Fred is in a better place. He is watching over you.” I attempted to whisper these words in her ear with confidence, but the strength of my voice was overtaken by the sadness of my heart. It was going to be okay, just not now.

Hanifa escorted me to the house. Once I stepped foot it, it was a world of complete grief and sorrow. Every face I passed was covered with tears and red from anxiety. I saw familiar faces that were just taken over by indescribable emotions. The mothers, aunts, cousins, sisters, and grandmothers were just a sight I never wanted to see again. One of Fred’s sisters had fainted and his mother kept pleading for an answer for why her son had to die. I didn’t know how to deal with this death. And they didn’t either. No one had died in the family that was so young and close to everyone. Everything from that night became blurry. It became a mixture of sobbing, yelling, screaming and comforting. Later that night, I started to realize this had happened and Fred was really gone from our lives.

While driving home, I thought about the man Fred was and what he and this experience had taught me. Fred was one of the greatest. He was a very sincere, polite young man. He treated everyone with the up most respect and made sure everyone always had a good time. There wasn’t a time where I was around Fred and didn’t have a memorable experience. His smile brought a smile to everyone else’s face. His smile was a gift from the sun, something that no one else had. He had a very sentimental personality and found great meaning in every little thing. He lived his life one day and a time and never carried his troubles on his shoulders. Fred taught me to live as though there was really no tomorrow. I thought about all the people that meant the most to me. What would happen if they were gone? My family and Fred’s family were a lot alike. “I love you” wasn’t something that was said too often, or at all. It was just known that everyone loved each other because we were family, but never said. I realized I had never told my mother, my brother, my aunts and uncles, my little cousins, or my grandparents I loved them. That was going to change tonight.

I stepped into my house with a new feeling towards life. It was a sad day, but it made me realize a lot. I changed into my pajamas and silently walked into my mother’s room. She was getting ready for bed also.

“Is everything okay?” She asked longingly with very loving eyes.

“Everything is fine. I love you, Mom. Goodnight.” I whispered with great ease, tucked her into bed and walked to the door. She was taken back with what I had just expressed.

Before I could shut her door she whispered softly, "I love you, too."

Sahar

News flash..

February 24, 2009

I was going through my old pictures..and came across a picture of you...my entire body started aching with pain. It still hasn't phased me..I'm not sure when it'll happen but I just feel like you're on a super long vacation. I truly hope that reality never hits me. I live everyday thinking that you're still here. But in the back of my mind i know...and again my entire body aches...

I miss you Fred. Things are so different now that you're gone. And we all know that if you were here...everything would be **exactly** as they are supposed to be..

Love you beyond words, and miss you more than you can fathom.

Raihana

Happy New Years


January 1, 2009

I promised my self I wouldn't cry this year..but it was tough holding all the pain inside knowing that we wont be seeing you again..I wish you a Happy New Year in paradise..and may 2009 be a better year for all of US! I love you and miss you terribly <3.

Sahar S

My paper on you Fred...

December 9, 2008

So for my speech class, I have to write a speech on a subject that is important to me. I was given the option of writing on a major event that has impacted my life...So it seemed as clear as the sky that I would write about you Fred...So, here it is my speech on you 



It was the night of June 7th, 2008; I was at my cousin's 19th birthday party I had thrown for her in Bethesda, Maryland. It was about 1030 pm I had missed a call from a close girlfriend of mine, Zohal. I was going to ignore the call, but something told me to call her back, so I went to the bathroom and gave her a call. She then informed me, that my closest guy friend, Fred Abbasi had been shot. I fell to the ground and burst into tears. I wasn't sure what to do or say, but I ran back into the party room screamed for my friend Tina, and told her what had happened. We then went to the hospital that he was taken to, and met with my close friend Mex, who was Fred's nephew. He informed us that Fred was in surgery and had less than a 10% chance of living. About 30 minutes later we were informed that Fred was dead. The rest of the events of the night are all a blur to me, but all I could think of was "why Fred?" Fred was by far the best man I had ever come across. Such a gentleman in all aspects, and the man my best friend planned on spending the rest of her life with. My best friend Samira had been dating Fred for about six months, which is now how long it has been since Fred has passed. Although, to many this may seem like such a short amount of time, now that Fred is gone, I see that six months is a lifetime to many.

If I had learned anything from Fred when he was alive, it was to live everyday as if it were my last. He definitely lived by this motto; everyday with him was such an adventure, and the funnest of adventures. I had always taken everything for granted. Everyday was just another day, now I strive to live each day with a smile on my face. I no longer let the small things bother me, and make sure to tell the people around me that I love and care for them. I've learned that you should never take anything or anyone for granted. Fred made sure, that everyone from his closest friend, to the man behind the register was left with a smile on their face. Even if he was in pain or upset about something, he made sure to hide it as much as possible just so that the people around him weren't upset by his mood. He had the most radiant of smiles that could light up your heart as well as the darkest of rooms. He had the type of personality that you couldn't help but fall in love with. At the age of 23 he was a very hard working man, a wonderful son, brother, uncle, friend, and boyfriend.

Fred was shot at about 945 pm in front of his house. The details of his murder have yet to be discovered. Many speculations have been made, but regardless of the reasons, the fact that he is gone will never change. The hearts that have been broken because of his death will never be mended.

Fred Abbasi was a great man, he taught me lessons that not even the best teacher, mother, or father could teach someone. As hard as it is, life has to go on, and it does, without your consent and whether or not you're ready. So you have to live as if you were going to die tomorrow, because you never know...tomorrow could be your last.

I love you Fred...my heart **aches** for you

Lina H.

Time has flown by

December 8, 2008

Wow how the time does fly...6 months have gone by and still you continue to teach us of our strengths and weaknesses..What an honor to have known you and seen how great a person you are..You are still in everyone's hearts and minds as you will remain! Your presence is felt everyday and you are very much alive in each and everyone of us...Keep on smiling down at us! :)

Always missing you..

Idrees Abbasi

One of my favorite nasheeds that relates to death.

December 3, 2008

<http://www.youtube.com/watch?v=IIBs-xf01Zw&feature=related>

^^R.I.P Uncle Fred and Haji Agha
Miss you both alottt!

farishta abbasi

RIP

November 25, 2008

**this poem is dedicated to my uncle Fred who is always with me some how. RIP
You have left us all wondering what will happen next.
Can't wait until i see you, hopefully it will be soon**

poem: Never Alone
By: Rodney Belcher

*I feel you in the morning
When at first I awake
Your thought is with me
With each decision I make*

*You'd been around forever
Since the first breath I took
Now I have to go on alone
But for love, I need not look*

*Cause by what you bestowed
In our short time together
Will last in my heart
Forever and ever*

*Although you've left
And now walk above
I'm never alone
I'm wrapped in your love*

*Enjoy now your long waited reward
Feel peace that your love continues on
What was taught to me, will be taught to mine
Cause you live on in me even after you've gone*

Zahra Abbasu

Words to live by

October 30, 2008

We all lost someone very dear to us.
We may have lost kaka Farid in body, but not in heart. And not in soul.
And it is because of him, indirectly, that peopls's lives might have changed and takin a whole new path.

Take heart, have faith, and believe in yourself, because if you don't believe in yourself, the battle is already halfway lost.

Trust in you. Trust in your heart.

Hearts can hurt for a very long time. But hearts heal. They heal enough to make you strong again.

You have the pain, but if you don't gain some strength from that pain, then the pain is in vain.

Edress Qadiri

Smile

October 18, 2008

I didn't know Fred much but everytime I met him he always asked me about cell phones cuz he knew I worked at Sprint and how much I liked talking about new cell phones out lol He was a great man and always made me smile and laugh no matter what mood I was in. I can't wait to see him again in the afterlife and tell him about all the new phones that have come out. Miss you bro.

Diana A.

<3 miss you

October 18, 2008

Words can't express the pain that you have left behind... It's been too long since I last saw you, I wish then I took advantage of the opportunity I had, because now I don't know how long I have to wait for that chance to come around.
misssss youuu soooooo muchhhh <3

~~~Who you'd be Today~~~

"It ain't fair you died too young  
Like a story that had just begun  
The death tore the pages all away  
God knows how I miss you  
All the hell that I've been through  
Just knowing no one could take your place  
Sometimes I wonder who you'd be today"

-Kenny Chesney

**Shaan Taneja**

**Unknown**

**September 24, 2008**

My heart goes out to Fred's family,

Im sorry I never got a chance to meet him, but just seeing a person go before his time is very upsetting. I know that he and my cousin were really close, I hope we find out what happened to our dear friend.

RIP Fred

**Sahar Saeed**

**Amoo Farid**

**September 20, 2008**

I just can't believe your gone, still waitin' for mornin' to come, when I see if the sun will  
Rise, in the way that your by my side, ooo where we had so much in store, tell me what is it  
All reaching for, when were through building memories I'll hold yesterday in my heart, in my heart

[Chorus]

They can take tomorrow and the plans we made, they can take the music that we never played, all  
The broken dreams, take everything, just take it away, but they can never have yesterday, they  
Can take the future that we'll never know they can take the places that we said we would go, all  
The broken dreams take everything, just take it away, but they can never have yesterday

You always choose to stay, I should be thankful for everyday, heaven knows what the future  
Holds, or least where the story goes, I never believed until now, I know I'll see you again I'm  
Sure, no it's not selfish to ask for more, one more night one more day one more smile on your  
Face but they can't take yesterday,

[Chorus]

They can take tomorrow and the plans we made, they can take the music that we'll never play, all the  
Broken dreams take everything, just take it away, but they can never have yesterday, they can  
Take the future that we'll never know, they can take the places that we said we would go, all the  
Broken dreams, take everything, just take it away, but they can never have yesterday.

I thought our days would last forever, but it wasn't our destiny, coz in my mind we had so much  
Time, but I was so wrong, no I can believe me I can still find the strength in the moments we  
Made I'm lookin' back on yesterday

They can take tomorrow and the plans we made, they can take the music that we'll never play, all the  
Broken dreams, take everything, just take it away, but they can never have  
Yesterday, they can  
Take the future that we'll never know, they can take the places that we said  
We would go, all the  
Broken dreams,  
Take everything, just take it away, but they can never have  
Yesterday.

**My friend played this for me on our way home, after she saw her ex...**

**But right away it made me think of you, and a lot of the feelings so many of us are feeling...**

**MissyouFred**

**Not a second goes by.... <3**

"Here Without You"

By: 3 Doors Down

### **Here Without You lyrics**

A hundred days have made me older  
Since the last time that I saw your pretty face  
A thousand lies have made me colder  
And I don't think I can look at this the same  
But all the miles that separate  
Disappear now when I'm dreaming of your face


I'm here without you baby  
But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight it's only you and me

The miles just keep rollin'  
As the people leave their way to say hello  
I've heard this life is overrated  
But I hope that it gets better as we go

I'm here without you baby  
But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight girl its only you and me

Everything I know, and anywhere I go  
It gets hard but it won't take away my love  
And when the last one falls  
When it's all said and done  
It gets hard but it wont take away my love

I'm here without you baby  
But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight **Fred** its only you and me

Wow, can't believe it's already been 100 days since we have seen Fred's pretty face...and I know we can't wait until the day we get to see it again 

**Samira Ramezan**

***Fred has been gone for 100 days now :/***

**September 17, 2008**

Here Without You  
3 Doors Down

### **Here Without You lyrics**

A hundred days have made me older  
Since the last time that I saw your pretty face  
A thousand lies have made me colder  
And I don't think I can look at this the same  
But all the miles that separate  
Disappear now when I'm dreaming of your face

I'm here without you baby

But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight it's only you and me

The miles just keep rollin'  
As the people leave their way to say hello  
I've heard this life is overrated  
But I hope that it gets better as we go

I'm here without you baby  
But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight girl its only you and me

Everything I know, and anywhere I go  
It gets hard but it won't take away my love  
And when the last one falls  
When it's all said and done  
It gets hard but it wont take away my love

I'm here without you baby  
But you're still on my lonely mind  
I think about you baby  
And I dream about you all the time  
I'm here without you baby  
But you're still with me in my dreams  
And tonight **girl** its only you and me

Wow tina that song was absolutely beautiful Tina joon...I went and youtubed it...it's so true and so sad that life has to go on without him here...but he will **never** be forgotten...that is a promise ❤️

there was a persian proverb I came upon the other day that gives good advice to everyone dealing with grief:

"When fate throws a knife at you, you can either catch it by its blade or by the handle"

I'll always see your face  
The corner of your smile  
And all the little things that no one will ever know  
Like it was yesterday, won't ever fade away  
Goodbye is just a word that I will never say

You will never be forgotten  
A million days could pass us by  
But what is time but just a dream  
Oh I still feel you here with me

You're more than a memory  
Oh you will never be forgotten

I can't hold your hand  
Or look into your eyes  
And when I talk to you  
It just echoes in my mind  
But If hearts are made of dust  
And if we fell from the stars  
I look up tonight and know just where you are

And the world just keeps on going  
It has no way of knowing  
That you're gone

**Zohal**

***Missing you***

***September 9, 2008***

My heart goes out to the family, friends and Samira, we are still missing him everyday and always will. When you say it gets easier, it gets a little harder. Inshallah we will all see you one day. Rest in Peace, You will never ever be forgotten.

**myra**

***3 months!***

***September 6, 2008***

Wow, I cant believe its been 3 months ....

Everyone misses you so much and it is still unbelievable. God bless your soul . I am praying that they find the killer ASAP and punish him!!!!

**Kais**

**To Family and Friends of Fred**

**August 26, 2008**

Death leaves a heartache no one can heal, your love for Fred leaves a memory no one can steal.

**mariam zamani**

**ALLAH IS WITH YOU**

**August 11, 2008**

I REALY PRAY TO ALLAH (THE KING OF THE WORLD )TO GRANT YOU HEAVEN AMEEN...MAY YOU REST IN PEACE AMEEN ,AND HAVE A WONDERFULL PLACE THERE...MAY YOU BE THE HAPPIEEST PERSON THERE..ALLAH IS WITH HIM . HE IS NOT ALONE AT ALL!! AND MY ALLAH GIVE SABAR AND MAKE IT EASY FOR THE FAMILY AMEEN.

**saman**

**my dear uncle fred<3**

**August 7, 2008**

LOVE YOU UNCLE FRED<3

**Shirin**

**With Deep Sympathy**

**August 7, 2008**

Though I never had the pleasure of kowin Fred- I have many friends who were acquaintences of his.....It saddens me to think that I only had the opportunity to know what a wonderful person Fred was through the Tragedy of his death. I am giving my deepest sympathy to every1 who has lost their loved one.....As a Daughter,Sister,Friend, & Mother Myself- i cant imagine the strength one must have to endure such a pain!

God Bless & Stay Strong,

XOXOXO



Shirin\*

**Saman S.**

***rest in peace.***

***August 7, 2008***

Fred, I never knew you, but I have close friends who did. My condolences go out to Samira, and your friends and family.

Most people die unsatisfied; not having lived their life to the fullest. But that's not what I heard about you. Wherever you are, may you rest in peace, knowing you lived.

**Sonia**

***I'm so sorry...***

***August 7, 2008***

He was a GREAT guy. Words cannot describe him. I can sit here and go on and on about him. But everything I want to say is on the tip of my tongue and I guess you can call me selfish but just thinking about him not being among us anymore makes me feel as if I'm at the lowest point of my life.

Rest In Peace Uncle Fred

We're all waiting for the day where we can see you once more in Heaven.

My heart goes out to his family and Samira.

You have an angel watching over you now and I'm absolutely certain he's going to do a GREAT job!

**Ali Imdad**

**may God bless**

**August 7, 2008**

Even though unfortunately I never had the chance to meet Fred personally, I had heard wonderful things about his existence through Samira....may Allah have you open the gates of heaven for others and live forever in the heart beats of loved ones.

**Tina Murrlyland**

**Miss you**

**August 7, 2008**

I did not know Fred as long as some of you, but every memory that i did have with him with always remain in my heart. I met Fred through Samira and i remember the first time i saw him, the first thought i had was "wow, his style is sooo hott" and i would soon learn that everyone thought that of him. Fred's style and smile are two out of many parts of him that we will always remember and keep close to us. Even though it has been two months and time is supposed to heal wounds, there are still many times, especially when we all hang out, that all of us will stop talking and we all know we all are thinking the same thing....how much we miss u. I know you are watching over us, protecting us. Enshallah we all will come join you soon. Love you sir and miss you all the time.

I only knew Fred for about a year and i miss him so much. My heart goes out to his family and loved ones, but please know how lucky you are to have known him for so much longer than i did.

To his family, i am always here for you guys if you ever need anything.

Samira, i am so proud and amazed at how beautiful you made this site. I dont need to tell you that i am always and forever here for you, you already know that. Everytime you smile, my hearts rest a litte better. ❤️ u

**Sahar S.**

**I'm sorry...**

**August 7, 2008**

I don't even know where to start to explain how much my life has changed since Fred passed away... Every time I smile, every time I laugh it seems so fake...it seems just for the satisfaction of my friends and family...I wasn't his girlfriend, cousin, sister, mother, I was only his friend...I can't even begin to fathom what his family and loved ones are going through...My

heart goes out to you, I wish I could take the pain away...but the only thing that can soothe our hearts and our minds is the fact that we know our angel is now in heaven watching over every single one of us..and like many others have said, he will **NEVER** be forgotten

Miss you Amoo Farid <3

*Neelab Hakimzada*

*Precious Life Taken So Soon!*

*August 7, 2008*

I know losing a family member can be really hard, I can only imagine what his family is going through. Fred was a wonderful person with a clean heart. I wish this tragedy never happened; but unfortunately it did and we can't take it back, but what we can do is pray for him daily and always keep him in our hearts. He will definately be missed greatly! <3333333

*Beautiful Stranger*

*love you.*

*August 7, 2008*

when my coffin is being taken out; you must never think I am missing this world...don't shed any tears;  
don't lament or feel sorry  
I'm not falling into a monster's abyss.  
when you see my corpse is being carried...  
don't cry for my leaving.  
I'm not leaving; I'm arriving at eternal love.  
when you leave me in the grave; don't say goodbye  
remember a grave is only a curtain for the paradise behind.  
you'll only see me descending into a grave; now watch me rise  
how can there be an end when the sun sets or  
the moon goes down it looks like the end; it seems like a sunset  
but in reality it is a dawn.

when the grave locks you up; that is when your soul is freed

Have you ever seen a seed fallen to earth

not rise with a new life; why should you doubt the rise

of a seed named human

have you ever seen a bucket lowered into a well

coming back empty; why lament for a soul; when for the last time you close your mouth your words and  
and soul will be freed

RUMI

Rest in peace Uncle Fred. May you find eternal peace in the presence of the Prophets (peace be upon them)  
in Jannah. We love and truly miss you.

By the way great site Semira jaan..

*sk abbasi*

*condolences*

*August 7, 2008*

I hardly saw uncle Fred, only at family gatherings and what not. He was such a wonderful, thoughtful young man. Everyday I wish I had spent a day with him, just so i could have the memories everyone else had. I will never forget his dance though. Now that dance was one of a kind, noone could dance like him 😊. Everytime I think about his dance, It makes me smile.

uncle FRED you are in a much better place than we are. Not a day goes that i dont pray for you or think about you.. i love you and miss you way too much.

God bless your soul ❤️

*Lina Hachwi*

*To Fred a Great Man*

*August 7, 2008*

It really is so hard to deal with the passing of someone you cared about. So much can be said about not only Fred but his family as well. He was a great man who had the biggest heart of anyone I have ever met in my life. He was ALWAYS willing to help anyone out and that was my first and everlasting impression of him. His family raised a great man who touched so many people whether they just met Fred in passing or had known him for years everyone thought the same of him. A warm, generous, caring, and unique friend who truly cared for everyone around him. It is because of Fred I feel like I know his family b/c he must have been a reflection of them and how wonderful they are (and if you didn't know he made sure to tell you!!!). Like I have said so many times before Fred stays in all of our hearts for the many reasons he touched our heart to begin with. We love you and even though we all miss him dearly I think he has changed us all in some way which is so like Fred to not even have to be there and still be reminded of how great he was!!!

Fred thank you for how you opened the eyes and hearts of so many people!! I LOVE YOU!!!!!!! :)

*niece*

=(

**August 7, 2008**

it's been two months since that horrible night. I cant believe it has been two months already =( I still cant believe someone did this to you =(

We miss you and you are on everyone's mind everyday. I have been having dreams of you and your family the past few nights. I know you are happy where you are. God bless your soul uncle Fred. We are all praying for you.

**Roya Zaka**

***My Condolences..***

**August 7, 2008**

Even though I wasn't fully introduced to Fred, whenever I would see him I knew how great of a person he was. As everyone knew, his smile would light up a room of all people. My condolences go out to the family & friends of Fred.

I love you Samira Joon !

It is true when they say it's hard to adapt to a life trying to live with something you had before. That probably doesn't make sense. What I mean is that it's much harder for an alcoholic to stop drinking than someone who has never touched alcohol to never try it...and it's harder for a addictive smoker to never touch a cigarette again than for someone who has never touched one to begin with. But at least the alcoholic and the addictive smoker know that if necessary, they can just go to the grocery store and find what completes them. Therefore, I know it is impossible to find another Fred...so for all those who loved Fred: the Abbasi family, his coworkers, schoolmates, friends...I give you my condolences...I know it so much more difficult to live life without Fred now....because since we have tasted Fred, and filled our plate with him, it is so hard to know that not one grocery store in this world can supply us with what we have lost...nothing can bring Fred back....however his life has not ended...his memories and his everlasting love will prevail and he shall forever be with us



*Memories*

*all the gray you turned into colors...*

## ***Idrees Abbasi***

I still haven't come to the realization of Fred not being here. I get so excited each night when I go to sleep and dream of him. But then it hurts when I wake up and know he's not here. Every morning when I wake up for school, I sit on my bed and hold his R.I.P shirt and just think to myself about the times me and him had. I may be able to hide it on the outside, but the pain is killing me inside. I smile each time I see his picture, knowing that all he wants is for me is to succeed in life and not be stricken by his absence. I love you so much Uncle Fred, and can't wait to be reunified with you again. <3

P.S. I can't wait for June 18th. I'm praying that when I step onto the platform to receive my diploma at Fairfax High, you'll be somewhere in the stands clapping for me.

## ***Sharifa Abbasi***

I have struggled and fought myself to stay away from this page for a very long time because I just cannot bear the pain when I'm on here....This page is torture...it's a constant reminder that you REALLY gone...I don't want to believe that you're gone so I spend my days tricking and fooling myself into actually believing that you're not really gone...I don't know...I guess it's some kind of therapy or maybe it's just my way of avoiding the pain...it's easier when you can pretend it never happened. However, tonight was just one of those nights. I came home and I used our house computer after a very long time. I was too lazy to plug my laptop in so I just decided to go into the library and use our computer. While I was on the computer, I started looking through some of the files on there and coincidentally I stumbled upon a folder which was labeled "Fred". Immediately, I felt that sharp pain in my chest and I wanted to just shut down the computer and leave the room. However, I could not help but open the folder. Deep in my heart I knew it was a bad idea because I knew I was in for some heart ache. Needless to say, my instincts were true. I opened the folder, and there it was! Pictures of you that you had taken with your iPhone and had uploaded on the computer. These were pictures of yourself that YOU actually took and that YOU actually uploaded on our computer. Oh my god...it's sooo painful. I wanted to die...it hurt so bad. I never imagined I would have to endure something so painful. I just don't understand. Why did people tell me it would get easier? IT NEVER GETS EASIER. Why do I miss you so much? Why would I give anything just to hold you once more....you're my brother...why is all this too much to ask for? Ever since you have left I have witnessed so much evil, greed, corruption and betrayal in this world. Kind of sad but sometimes I get jealous that you



don't have to live with this stuff anymore. Yet still...I would experience any of these things a million times if it means I could have you back. My heart broke in half when you left me but yet even that wasn't enough. I guess God really wants it to break into peices. but what the hell...If losing you didn't kill me then these other things sure as hell aren't. I have lost faith in everything and everyone. My sole purpose in life is to do good so that one day I can achieve my ultimate goal....to be reunited with you in heaven.

### ***Tina Murryland***

Just dropping by to say that you still are always in our hearts. Even though so much has changed since that awful summer, one thing none of us will ever forget is all our memories.

Last night i had a dream, and even though i can't recall much of it, i remember you being in it. We miss you so much Fred and may you continue to be all of our guardian angel. Love you sir!

### ***Rafhat***

The day I meet Fred was the day I was introduced to the Abbassi family. I was very young but the team/family welcomed me with open arms. We played soccer together, we ate together and we partied together.

Fred left a lasting impression on me in which will never be forgotten. From sneaking out of the hotels in Jersey and Cali to do out thang to tearing it up on the soccer field, I never could perdict what was to come but I always knew that no matter what the mood or atmosphere Fred would be smiling. Being the same age allowed us to better understand each other in addition to knowing what to expect from each other. As time progressed the time we spent together was fewer and more dymanic. Even though I can honestly say Fred was light years ahead of me in terms of maturity and attitude, he still had the patience and respect for me that would be expected from a family member in which he truely was. People of Fred's caliber are increasingly difficult to find and his spirit will never be matched.