



## Meta Lou McCarty Pow

May 29, 1924 - March 4, 2021

Saluda, SC

Meta Lou McCarty Pow

"Live well, laugh often, and love much" characterized the 96 years of Meta Lou McCarty Pow, wife of the late Frank Pow of Saluda, SC. When she entered her heavenly home on March 4, 2021, her family smiles to think that she may have asked Jesus, "what can I do to help you?", because she lived her life with an unselfish, kind, and compassionate concern for others. She was loved dearly by her children, grandchildren, and great-grandchildren and had friends of all ages, color, and from all walks of life.

She is survived by her four children: Jerry Pow (Brenda); Jeanita Forrest (Danny); Sallie Quattlebaum (Russell); and Mary Alice Quattlebaum (Floyd). Her 10 grandchildren were the highlight of her later years and their memories of her also tell the story of a light-hearted, witty, caring, and resilient woman. She was blessed with 11 great-grandchildren who will be a continuous living legacy of her well lived life.

Meta was the last living member of her family of origin. She was born on May 29, 1924 to Mark and Mittie Mae McCarty of the Sardis community and was pre-deceased by siblings James McCarty, Helen Corley, Dorothy Merchant, and Yevonne Lorick.

A graveside service will be held 3p.m., Monday, March 8, 2021 at Sardis Baptist Church Cemetery with Rev. Dennis Campbell, Rev. Burton Campbell and Minister Chris Bosket officiating.

Memorials may be made to Hospice and Palliative Care of The Piedmont, 408 West Alexander Avenue, Greenwood, SC 29646

# Cemetery Details

## Sardis Baptist Church Cemetery

204 Sardis Road  
Saluda, SC 29138

# Previous Events

## Graveside Service

MAR 8. 3:00 PM (ET)

Sardis Baptist Church Cemetery  
204 Sardis Road  
Saluda, SC 29138

# Tribute Wall

TA

“ To the Pow Family: Sympathy goes out to all of You. Prayers to heal your hearts. Meta Lou was a true light. Funny, Happy, Pretty and more. I know you all have great memories. She has seen God. Tammy & Duane

Tammy - March 16, 2021 at 12:27 PM

AH

“ We send our heartfelt condolences to each of Ms. Meta Lou's children and grandchildren and ask God to comfort you all in the days ahead.  
Sincerely,  
AliceDawn and Grig Herlong

AliceDawn Herlong - March 09, 2021 at 05:17 PM

Charity  
Neal

“ I remember being in high school with her grand-daughter, Jennifer. One day after school, Jennifer had to “swing” by her grandmothers for just a moment. I was invited in by this sweet lady. They were eating a late lunch and she insisted I join in. I wasn't prepared to eat, but, how could I resist that sweet invitation. Jennifer, I don't know if you remember that or not, but I do. It's the little things in life that you'll always carry with you! I remember thinking that she sounded just like my grandmother. If you're eating, you always insist your guest eat too. Such a precious lady. I will be praying for her family.

Charity Neal - March 08, 2021 at 10:01 AM



“ Floor Plant for Sympathy was purchased for the family of Meta Lou McCarty Pow.



March 07, 2021 at 02:26 PM



“ Plants-A-Plenty was purchased for the family of Meta Lou McCarty Pow.



March 07, 2021 at 01:30 PM

JB

“ *Janice Schmieding And Sylvia Berry lit a candle in memory of Meta Lou McCarty Pow*



Janice Schmieding and Sylvia Berry - March 07, 2021 at 07:33 AM

MF

“ *We are so sorry for y'all's loss. Y'all are in our thoughts a d prayers.*

Mose & Robin Salters & family - March 07, 2021 at 02:01 AM

MF

“ *Mose & Robin Salters & Family lit a candle in memory of Meta Lou McCarty Pow*



Mose & Robin Salters & family - March 07, 2021 at 01:59 AM

WG

“ *William And Naomi Goodman lit a candle in memory of Meta Lou McCarty Pow*



William and Naomi Goodman - March 07, 2021 at 12:16 AM

RC

“ *Our prayers are with all the family of Mrs. Meta, We love her so much, and will never forget her love and smile, and her wonderful way of grace and peace. One day we will see her again on the other side of Jordan, in that land that is fairer than day. God bless you all and comfort your hearts, She will live on in our memory as one of God's great creations , Love, Rev. D.R. Campbell*

Rev. D.R. Campbell - March 06, 2021 at 06:16 PM

TV

“ So sorry for your loss. Meta Lou worked for us at The Tree House on Main Street and I wouldn't take anything for the time I spent with her. She was so funny and full of a joyful spirit.

Tina Vance - March 06, 2021 at 10:24 AM

JH

“ My prayers continue to be with you in the days ahead. Mrs. Meta brought so much joy to so many. Her infectious laughter may be silenced on this Earth but will now be heard for eternity in Heaven. Love to each of you.

Joy Hyler - March 06, 2021 at 10:09 AM

PC

“ To the Pow Family:  
Mrs. Meta was such a dear, always out and about. She always reached out to chat whenever we would run in to each other. I remember our long conversations several years past at the swimming pool. She remembered our early childhood/school days when she would have a bunch of us girls over to her house to spend the night with Sallie. We had so much fun....and she remembered the details!! We would just laugh out loud with each other. I enjoyed her so much!! I know you love her and will miss her.  
Pam Cromer

Pam Cromer - March 05, 2021 at 08:20 PM

JW

So sorry for your loss. The whole family is in my prayers. May you find peace and comfort at this difficult time.

Joanna Wertz - March 06, 2021 at 10:07 AM

JS

Wish I had known your mother better. I know you all will miss her. May God comfort you all during this sad and difficult time.

Jewell Scott - March 06, 2021 at 03:26 PM

AB

“ To Meta's family, so sorry for your loss. She was full of life and will be missed terribly! Our hearts and prayers will be with you as you face this difficult time. May God give you strength in the coming days, weeks, months ahead. Love to all.



Ann & Robert Bowles - March 05, 2021 at 06:57 PM

LY

“ I am so sorry for your loss! I loved Ms Meta dearly! I will miss her laughter and smile! We had so many fun times together!! Love and prayers to you all! Love,  
Lisa Yarbrough

---

**Lisa Yarbrough** - March 05, 2021 at 05:17 PM

SH

“ Jerry and family, I am so sorry for your loss. Your Mom lived a full life, but I know that you all will miss her greatly. Love to all, Sethalene Huff

---

**Sethalene Huff** - March 05, 2021 at 01:34 PM