



## Elizabeth Kay Fast

August 7, 1965 - June 27, 2021

Elizabeth "Liz" Kay Fast of Lansing passed away on June 27th, 2021. Elizabeth was born on August 7, 1965 in Lansing, MI to Rodney and Constance (Shaw) Fast. Many of her family and childhood friends knew her as "Betsy," however, later in life she preferred to be called "Liz." After graduating from Charlotte High School in 1983 Liz, joined the Navy and served her country. From Childhood on she attended the Trinity Episcopal Church.

Liz was a warm, generous and kind hearted soul. She sought work where she made a difference. First, she used her abilities to help troubled children at St. Vincent DePaul. She had a natural ability to identify and help redirect the youth in a positive direction. Later she worked at Fabiano Candy shop and finally became an advocate and volunteer at the Capital Area Humane Society helping animals find a better home.

Liz enjoyed fishing, riding horses, playing with her dogs and spending time with friends and family. She was an avid reader and enjoyed writing poetry. Her poetry would often reflect her deep thoughts and perspective on life. Liz had a crazy sense of humor and would tend to laugh at things that many would not find humorous. Her laugh will always be remembered.

Liz is survived by her mother, Constance Fast of Lansing, MI; sisters, Kellene Fast of Charlotte, MI and Deborah (Jason) Terzis of Charlotte, NC; nieces,

Madison and Jillian Terzis; and her dog, Daisy. She was preceded in death by her father, Rodney Fast.

Friends are encouraged to support Elizabeth's family by attending services or sharing memories on her Tribute Page at [www.prayfuneral.com](http://www.prayfuneral.com). Visitation is on Thursday, July 1, 2021 at 11:30 am at the Trinity Episcopal Church in Grand Ledge, with her funeral service following at 12:00 noon at Trinity Episcopal Church. She will be interred in Gresham Cemetery following the service. In lieu of flowers, the family suggests memorial contributions to the Capital Area Humane Society or American Cancer Society. The family is in the care of Pray Funeral Home, Charlotte.

# Cemetery Details

## Gresham Cemetery

4100 Mulliken Rd  
Charlotte, MI 48813

# Previous Events

## Visitation

JUL 1. 11:30 AM - 12:00 PM.

Trinity Episcopal Church

## Funeral Ceremony

JUL 1. 12:00 PM.

Trinity Episcopal Church

# Tribute Wall



“ *Pray Funeral Home, Inc created a Webcast in memory of Elizabeth Kay Fast*



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**Pray Funeral Home, Inc.** - July 01, 2021 at 10:47 AM



“ *Pray Funeral Home, Inc created a Tribute Video in memory of Elizabeth Kay Fast*



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**Pray Funeral Home, Inc.** - June 30, 2021 at 01:21 PM



“ *Kelly, so sorry for your loss sending thoughts and prayers your way Dave and Elaine Martin*

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**Elaine Martin** - July 02, 2021 at 06:55 AM

AM

“ *Connie, Kelly, and Deborah, condolences on your loss. May she rest in peace and be happy.*

*Aaron*

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**Aaron Maurer** - July 01, 2021 at 04:07 PM



“ *39 files added to the album Life Tributes*



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**Pray Funeral Home, Inc.** - June 30, 2021 at 01:05 PM

CG

“ *Connie, so sorry for your loss, so remember Betsy in 4 H and what a great young gal she was. Nice to be around and always respectful. Many Hugs to you all. Chuck & Sandy*

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**Chuck & Sandy Garrison** - June 30, 2021 at 01:00 PM

ML

“ I did not know Liz but think that we are related although distantly. My father was raised in the Mulliken/Sunfield area and he was a Fast and I know that we had some distant cousins left in the area. I wish to offer my condolences to her family. It sounds like she was a good person and had a good heart. Remember the good times and know that she is in a better place. God be with you and may Liz rest in peace.

Mary (Fast) Lowe - June 29, 2021 at 08:24 PM

PN

“ Dear Connie, Although I didn't know Liz personally I am sorry for your loss. She sounds like a lovely person who could be a lot of fun to be with, not unlike her mother. I will keep you in my prayers.

Peggy Nichols

Peggy Nichols - June 29, 2021 at 10:21 AM

CW

“ Chad & Carol Walker lit a candle in memory of Elizabeth Kay Fast



Chad & Carol Walker - June 29, 2021 at 09:07 AM



“ Full Of Love Bouquet was purchased for the family of Elizabeth Kay Fast.



June 28, 2021 at 08:09 PM



“ *Guiding Light Bouquet was purchased for the family of Elizabeth Kay Fast.*



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June 28, 2021 at 03:49 PM



“ *Beautiful Heart Bouquet was purchased for the family of Elizabeth Kay Fast.*



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June 28, 2021 at 03:21 PM



“ *Liz and I have enjoyed many outings together and had many laughs. Bless her soul and prayers for her family!*

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**Linda** - June 28, 2021 at 12:51 PM