

BLESSED is the one who remains
 STEADFAST UNDER TRIAL
 for when you have stood the test,
 you will receive the
 CROWN OF LIFE,
 which God has promised to those who
 LOVE HIM
 James 1:12

Tara Michelle Paul

"Tamale Lady" - "Tamale Tara"

Born to Benjamin & Patricia Lowe

April 17, 1974 ~ Denver, Colorado

Returned to Her Heavenly Father

December 29, 2022 ~ Bismarck, North Dakota

Celebration of Life

Saturday, January 7, 2023 at 2:00 PM

Watford City Assembly of God

Watford City, North Dakota

Officiating

Pastor Mark Honstein & Pastor John Brady

Ushers

Shawn Michael Paul & Brett Allen Paul



Music

"Thank You" ~ Katinas

"I Can Only Imagine" ~ MercyMe

"The River" & "The Dance" ~ Garth Brooks

"Go Rest High On That Mountain" ~ Vince Gill

The DUH Rock Church Video

Military Rites

American Legion Carl E. Rogen Post #29

Navy Funeral Honors

Arrangements By

Fulkerson Stevenson Funeral Home

Watford City, North Dakota

Celebration of Life



Tara Michelle Paul

April 17, 1974 - December 29, 2022

*"You Know That You
 Know That You Know"*



Tara was born and raised in the Denver, Colorado area where she played football and swam for Gateway High School. While attending, she held the women's Rhino Lift record for 3 consecutive years as well as holding competitive time records for her swim team.

After completing High School in 1994, Tara enlisted in the Navy as an Aviation Electrician and served from February 1994 to July 1998. She earned the Navy's Good Conduct Medal, National Defense Medal, Expert Pistol Shot, and Navy Battle Efficiency award. Tara was the 5th woman ever to be selected as an US Navy Air Crew Rescue Swimmer.

During her tenure in the Navy, Tara gave birth to her three beautiful children: Shelby, Brett, and Shawn. After faithfully serving five years, Tara chose to be Honorably Discharged to concentrate on her new family and the unexpected journey the Lord had set out for her. Once she had accepted God into her heart, her and her family had made it their mission to give; give back to the community, to the church, and to anyone in need.

Tara began looking for inspiration through the miracles she viewed before her, through the gospel, and through the motivation of her children. She wanted to give back and though she "Doesn't Do Trash", the Lord laughed and had her start the DUH Ministry at the ROCK Church in San Diego, CA, in 2008. Her vision took every-day recyclables and transformed them into treasure for those in need; Desperate, Underprivileged, Hungry communities living in third world countries. Her dedication once a week had raised over \$350,000 in just 5 years.

When Mike retired in 2012, her and her family moved to Aurora Co. This is where she focused on guiding her children through High School and in just four short years all three had successfully graduated and pursued well balanced careers. Shortly after graduation Tara, Mike, and her two boys moved to the Watford City area in 2019. The urge to give back to the community began once again but she didn't have a clue where to start. In 2020 Covid-19 spread like wild fire, leaving thousands of families without jobs, money or food. The Lord spoke again and eager to provide, she was given the chance to work her culinary magic. With the help of her son's wife's family on Christmas of 2020, she developed her own recipes for tamales and became what Watford knows her today as the "Tamale Lady" or "Tamale Tara".

Though she was not an American Legion member, she did care about helping the local Veterans by offering money, shelter, and home cooked meals to any names given by her personnel Pastor Mark and through Veteran Services.

Tara has moved the souls of everyone she has come into contact with and in turn she was treasured, loved, and respected. She was the most creative, intelligent, inspiring, understanding, insightful, passionate, courageous, committed, and reliable woman you could ever had the pleasure of meeting. Spreading the Word of God was important to her but what came effortlessly was the smiles and laughter followed from her peers, friends, and family. Her sense of humor was so playful and inviting, you would find yourself gravitating towards her presence and captivated by her stories, wisdom, and knowledge.

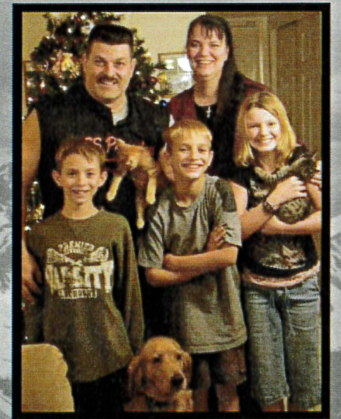
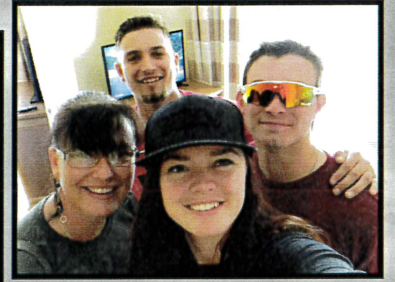
Shelby's Memory: "My mom was never one for touch, she was better with her words but I remember a moment in time where she put all that aside. We had just gotten word that we were moving to Colorado and that the basketball game I was getting ready to play would be my last. There I played my heart out and saw everyone in the stands rooting for me. My mom was right there next to my friends shouting at the top of her lungs every time I held the ball or took a shot. On the drive home we went across the street to our neighbor's house and I was so distraught about saying my goodbyes to all my friends that it was the first time my mom swooped me into her lap, cradled me in her arms, and held me till the tears ran dry. She didn't know what to say at the time but she knew just what I needed. - I love you momma."

Brett's Memory: "My mom has always made me feel safe and protected; there was a time where we were out on Mission Bay Beach in Coronado, CA, where she took the time to teach me how to skin board by holding my hand and no matter how many times I screwed up, she always caught me and gave me the courage to try again. I even remember when I gave mom a hand grenade that I found in the bushes by our house. The moment I gave it to her, she assured us that everything was going to be fine and for us to get to safety. There was a sense of relief that came over me like my mom knew all along that it was just a really realistic cigarette lighter. Even to this day I still think she was so cool for doing that and we all ended up laughing about the situation and commended her for always wanting to protect us."

Shawn's Memory: "When my wife Leilani, my son Malahkai, my mom and I all visited Lake Sakakawea, we were all just sitting down fishing. I remember the moment my mom got a bite; she was pulling hard and had gotten to her feet.

Man, she was so excited because with the amount of force this fish was exerting she believed it was going to be a really big one this time. In the end as she reeled it out of the water the poor guy was no bigger than the size of my palm. My mom couldn't help but laugh which lead to an uproar of laughter from all of us. Even though the outcome wasn't what she had expected she was satisfied with being able to share that moment with my family and her first grandson."

Tara is survived by her father, Benny; older brother, Ben Jr. and her three children, Shelby, Brett and Shawn. She is preceded in death by her mother, Patricia (Tory) Michelle Lowe-Green.



**GREATER
LOVE
HAS NO ONE
THAN THIS
TO LAY DOWN
ONE'S LIFE
FOR
ONE'S FRIENDS**

JOHN 15:13

