



Barbara Lynn Flint Sowards

April 17, 1949 - November 13, 2025

Barbara Lynn Flint Sowards, 76, of Huntington, West Virginia, passed away on Thursday, November 13, 2025, at the Emogene Dolin Jones Hospice House in Huntington. She was born on April 17, 1949, in Charleston, West Virginia, the daughter of the late Fred and Ruby Price Flint. In addition to her parents, she was preceded in death by her daughter, Natalie Sowards, and two sisters, Lila Flint and Jill Topp. Barbara was retired from Developmental Therapy and held both a Master's Degree special education and early childhood education. She was devoted to her family and will be remembered for her kindness, strength, and dedication to helping others. She is survived by her loving husband of fifty-two years, Ferrell Sowards, of Huntington; one son, Neal Sowards (Jessica) of Huntington; and one sister, Gail Flint of Hurricane, West Virginia. Funeral services will be conducted at 1:00 PM on Wednesday, November 19, 2025, at Henson and Kitchen Mortuary and Cremation Services, 1592 East Pea Ridge Road, Huntington, WV (near Barboursville), with burial to follow in White Chapel Memorial Gardens, Barboursville, WV. The family will receive friends from 12:00 noon until 1:00 PM, service time on Wednesday, at the mortuary. Online condolences and memories may be shared with the family by visiting www.hensonandkitchen.com

Cemetery Details

White Chapel Memorial Gardens

Route 60 East
Barboursville, WV 25504

Previous Events

Visitation

NOV 19. 12:00 PM - 1:00 PM (ET)

Henson and Kitchen Mortuary and Cremation Services
1592 East Pea Ridge Road
Huntington, WV 25705
(304) 736-8986
fredkitchen@hensonmortuary.com
<https://www.hensonandkitchen.com>

Funeral Service

NOV 19. 1:00 PM (ET)

Henson and Kitchen Mortuary and Cremation Services
1592 East Pea Ridge Road
Huntington, WV 25705
(304) 736-8986
fredkitchen@hensonmortuary.com
<https://www.hensonandkitchen.com>

Tribute Wall



“ *Henson & Kitchen Mortuary created a Tribute Video in memory of Barbara Lynn Flint Sowards*



Henson and Kitchen Mortuary and Cremation Services - November 17, 2025 at 02:26 PM



Jerry and I are so sad to learn of BL's passing. Our deepest sympathies to Ferrell and Neal. We have such happy memories of our Huntington years and the great friendship we had with you all. I recognize so many of these photos, and they bring to mind countless more snapshots in my mind. I can hear her voice in each of them. She was a ray of sunshine.

I hope you can find peace and solace after your loss,

Tam and Jerry Phipps

Tamara George - November 20, 2025 at 01:16 AM

DR

“ *Ferrell, so sorry to hear of your wife's passing.*
David Reed

David Reed - November 24, 2025 at 10:58 PM

BL

“ I'm so sorry to hear about the loss of Barbara 💔 I did her hair for several years, she was one of the nicest people I've ever met, so easy to talk to and so pleasant. Brenda from Hair Biz

Brenda Linville - November 20, 2025 at 11:15 PM

RB

“ Randy and Martha Brooks purchased the Simply Elegant Spathiphyllum for the family of Barbara Lynn Flint Sowards.



Randy and Martha Brooks - November 18, 2025 at 11:41 AM



“ 40 files added to the album Life Tributes



Henson and Kitchen Mortuary and Cremation Services - November 17, 2025 at 02:21 PM

HP

“ Hudson Forensic Psychology purchased the Emerald Garden Basket for the family of Barbara Lynn Flint Sowards.



Hudson Forensic Psychology - November 17, 2025 at 09:39 AM

AW

“ Barbara was one of the best people I know. She was loving, kind and caring! I have so many wonderful memories of her. I feel so blessed to have had her in my life. I will miss her so much!!
Love you Barbara!!

Antonia Wilkes - November 16, 2025 at 06:45 PM

MH

“ I met Barbara in 1970. We had a 55 year friendship. She was a wonderful friend. Too many memories to relate.

Mary Earl Harker - November 16, 2025 at 04:45 PM