



Bangor - John Thomas "Tommy" McGrath Jr., 75, sadly left us January 19, 2024, surrounded by his loving family after a brief battle with a rare cancer. He was born October 3, 1948, in Bangor, ME, the son of John and Helen (Carroll) McGrath.

Tommy was a 1967 graduate of Bangor High School, joining the Navy reserves after graduation. He was then drafted to the Vietnam War aboard the USS Boston CAG-1. Though a conscientious objector, he served his country proudly.

After discharge from the military, he worked for the U.S. Postal Service, retiring after 35 years. Retirement was not for Tommy, so he went on to work "the best job he ever had," driving for Portland Air Freight.

Tommy was an avid model railroad enthusiast and long-time member of the Eastern Maine Model Railroad Club, traveling throughout New England to various railroad shows

Tommy is survived by his beloved wife, Denise (Hosmer) McGrath; children, Michael McGrath and his wife, Marcia, Holly Freeman and her husband, Russell, Carrie Norris and her husband, Jason, Jessica Owen and her husband, Daniel; his brother, Carroll and his wife, Sandy; sister-in-law, Becky Hunter and her husband, Tom; and niece and nephews, Megan Monroe, Nick Hunter, Christopher, Jeff and Dennis McGrath.

He additionally leaves behind his adoring grandchildren, Miranda Tilton, Amber Mason, Emma and Julia Freeman, Wyatt Wing and Spencer Owen; and his great-grandchildren, Liam and Abel Mason, to whom he will always be a star in the night sky.

Tommy also leaves behind special friends, Roger Brown, Steve Hathaway and Pete Day; as well as dozens of extended family members who adored him as an anchor in the family.

Words cannot express the loss we all feel. In honor of Tommy, who was so proud of his Irish heritage, please raise a glass. "May your glass be ever full. May the roof over your head be always strong. And may you be in Heaven half an hour before the devil knows you're dead. Slainte."