



## Matthew Bennett Grist

March 11, 1960 - October 28, 2022

Matthew Bennett Grist, 62, of Centreville, Virginia, passed away on October 28, 2022. He was born on March 11, 1960, in Virginia to Margaret and Delford Grist. Matt loved his family. He also loved his dog Buddy. Buddy brought much joy to his life. Matt enjoyed being with his friends. He also like to philosophize and talk politics. He will be greatly missed.

Matthew joins his parents, Margaret and Delford, and his brother, Delford Grist. He is survived by his siblings, Mary Grist, Steve Grist (Susan), John Grist (Karen), Jennifer Ball (Dan), and Anthony Grist; Nieces and nephews, Delford Grist, Evelyn Grist, Daniel Grist, Rachel Grist, Dan Ball and Ryan Ball and an uncle-William Cunningham.

The Grist family will greet friends in the foyer of the church for 45 minutes prior to Matthew's Mass of Christian Burial, which will be held at 10:30 AM on Tuesday, November 8, 2022 at Holy Trinity Catholic Church, 8213 Linton Hall Road, Gainesville, Virginia 20155. Burial will follow after mass at 12:00 PM at Stonewall Memory Gardens, 12004 Lee Highway, Manassas, Virginia 20109.

# Previous Events

## Mass of Christian Burial

NOV 8. 10:30 AM (ET)

Holy Trinity Catholic Church  
8213 Linton Hall Rd  
Gainesville, VA 20155-2997  
(703) 753-6700

## Burial

NOV 8. 12:00 PM (ET)

Stonewall Memory Gardens  
12004 Lee Highway  
Manassas, VA 20109  
<http://www.stonewallmemorygardens.com>

# Tribute Wall

TD

“ *May God always bless Matt! I got to know him when I worked at PSC. Everyone loved him! I pray for his family and his loved ones.* ”

Tom Donegan - November 07, 2022 at 02:40 PM



“ *Simply Elegant Spathiphyllum was purchased for the family of Matthew Bennett Grist.* ”



November 07, 2022 at 01:11 PM



“ *Days of Sunshine Bouquet was purchased for the family of Matthew Bennett Grist.* ”



November 07, 2022 at 11:47 AM

JM

“ *Vegas trip with Matt, Sam, and Cabbie Jack  
Either 2005 or 2006* ”



Jen Miller - November 06, 2022 at 07:27 AM

JM

“ Matt, Cabbie Jack, Sam, Big Mike, and I were out in Vegas for a long weekend. Maybe 2006. I don't remember who came up with the idea of leaving our Rio casino for the Paris casino. Big Mike wasn't leaving so Matt, Sam, Jack and I set out ON FOOT. We found a random back door out of the hotel and off we went. Looks can be deceiving. That hotel WAS NOT close and it was HOT! Oh my gosh , all the comments, I found myself doubling over laughing at times. Needless to say, we did not walk back. TWO MILES! I had to document so the picture of their backs is when we first took off from the Rio. Notice the Eiffel Tower in the background. Yeah, doesn't look like it's two miles away. LOVED this trip!



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**Jen Miller** - November 06, 2022 at 07:24 AM

OP

“ My deepest condolences on the passing of Matt.  
We were co-workers for more than 17 years.  
He was a true American Patriot whose accomplishments directly contributed to our nation's defense.



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**Orville Pratt** - November 05, 2022 at 12:35 PM



“ *Beautiful in Blue was purchased for the family of Matthew Bennett Grist.*



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November 04, 2022 at 10:21 PM



“ *Jeff & Linda Caton purchased the Basket Full of Wishes for the family of Matthew Bennett Grist.*



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**Jeff & Linda Caton** - November 04, 2022 at 06:16 PM



“ *Matt was one in a million. Smart, witty, kind, and loyal. I'll always have fond memories of crazy and stupid times from high school--cracking puns in class, wrestlin' with Coach K, playing poker, and camp outs in the wild areas around Nokesville and Greenwich VA. I wish I had kept in touch better over the years; I saw Matt only a few weeks ago in Manassas and was looking forward to a poker game and reunion in the near future. Guess you'll have to deal me in when I get to heaven, my friend, because I know that you will be there. And until we meet again, may God hold you in the palm of His hand.*

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**Jeff Caton** - November 04, 2022 at 06:06 PM

JM

“ 2 files added to the tribute wall



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**Jim Mosesso** - November 03, 2022 at 12:09 PM

UC

“ Uncle Bill & Aunt Cile purchased the Country Basket Blooms for the family of Matthew Bennett Grist.



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**Uncle Bill & Aunt Cile** - November 03, 2022 at 10:37 AM

JM

“ Matt and I had many conversations about food and recipes. A recent one, he had mastered a shrimp scampi dish. Said he would make it for me one day and I was so looking forward to it. We had many discussions about his home cooked from scratch chicken soup. Years ago, we had a lasagna cook off. Him and Mike Sibley. Head to head. A full on battle of the lasagnas. Matt told me in great detail all the preparations he went into creating his masterful lasagna. It's a fond dear memory. I believe Sibley took home the prize tasting night. (In my memory Matt won the reheat challenge the next day but that was not the basis of the challenge).

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**Jen Miller** - November 02, 2022 at 09:58 PM

JQ

“ They say that grief is just another expression of how we loved someone. I believe that’s true. I have been trying for days to post something about my dear friend for over 10 years my roommate for the last five years. It has not been easy, as the tears have not all yet fallen and his untimely passing not quite set in. Matt’s generosity and kindness and quit wit will not ever be forgotten. He was always quick with a joke or a song in his head from the day. He was hilarious. He was honest, like it or not. He was a critical thinker and a Patriot. Oh how he loved to share stories from when he was growing up in the family home. The laughs and chaos of growing up in a large Catholic Family. He loved his family and spoke fondly about you often. The countless laughs and tears we shared. I could always relate to him and come to him for advice like a big brother. I did often and I’m a better man for having him come into my life. I believe God puts everyone into our lives for a reason. I’m glad He put Matty in my life. I’ll miss you dearly. Save a room in Heaven for me buddy.

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**Joseph Quinn** - November 02, 2022 at 06:20 PM

JM

“ 1 file added to the tribute wall



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**Jen Miller** - November 02, 2022 at 02:28 PM

SG

“ "Turtle soup, and make it snappy!" Miss him terribly..

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**Sharon Gisolfi** - November 02, 2022 at 11:42 AM

JM

“ Matt was the best friend anyone could ever have! We met about 20 years ago and became fast friends. His sarcasm, humor, quick wit, infectious laugh, willingness to belt out a show tune when one was perfect for a random conversation being had, his love for his family, meeting his mom every week, his nonjudgmental attitude to pretty much everyone that was around him. He was one in a million! We met up almost everyday and watched football together every Sunday for many many years. Him and I would play Lucky One on the ole juke box at Otooles and we went to go see her at the Patriot Center once. We often talked about that concert. He said recently that it was one of his favorites and knowing how much he loved that meant and means the world to me. He was to be my 2nd dance at my wedding, to Lucky One of course. Well, true Matt fashion, he bailed before our dance. To be fair, I didn't give him a heads up. It was my surprise to him. I always gave him crap for that. We DID have our dance a couple months ago. Not to Lucky One, but still Alison Krauss. My last day with Matt, I told him we were celebrating our 16th anniversary of him leaving me alone on the dance floor. Oh, how we laughed. Every time we were together, even during some hard life moments, we'd still find something to laugh at. Then a little tear would fall from his eyes if it was a difficult life moment. He had such a good heart and I'm going to miss him dearly. Those darn stupid but funny as hell jokes. The show tunes. OMG - the songs!!! His fully body laughs. His smile. His "well, I gotta go" when he's decided he's leaving. That darn hat, which was just so fitting for him. I hated that hat, but I loved it because it was him. Our hello and goodbye hugs and kisses. I loved him so. My sincerest condolences to the entire Grist family. If there is anything I can do to assist, please let me know.

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Jen Miller - October 31, 2022 at 10:56 PM

RW

*My condolences to his family and friends. I went to school with Matthew and he was a great person then too. May he see the face of God in Heaven. Rita Rollins White*

Rita White - November 01, 2022 at 12:42 PM

CB

*I am so very sad to read that Matt is gone. We went to school together. Although we didn't stay in touch frequently, when we did talk, we just picked up where we left off. He was a great friend, very bright and his sense of humor was wonderful. God bless you Matthew, you will be missed.*

Cindy Plummer Burke - November 01, 2022 at 01:29 PM

KA

*I am so sorry to here this news. Matt was always very nice to me and a good friend to Jack. He would always say Hi Kat and I would say Hi Matt and then we would hug. He was like a teddy bear. He will be missed. My thoughts are with his family and extended family and friends.*

Kat - November 03, 2022 at 11:44 AM

JA

“ 1 file added to the tribute wall



Jamie A - October 31, 2022 at 10:34 PM

JA

“ *Matt was a wonderful friend and beautiful soul. He will be greatly missed by so many. He was loved by his friends. I will greatly miss his big smile and our laughs we had together. (Jamie A)*

Jamie A - October 31, 2022 at 10:28 PM