



Elizabeth Gulas Constantine

January 3, 1934 - February 8, 2022

Elizabeth Despina Gulas Constantine, known to many as Boula, passed away peacefully at her home on February 8, 2022, at the age of 88. She was surrounded by her loving family and friends. Boula was preceded in death by her parents John and Caliope Gulas; one sister, Georgia Sarris; and five older brothers, Gus, George, Pete, Nick and Chris Gulas. She was the youngest of 24 first cousins.

She will be lovingly remembered by her four children: Tom Constantine (Suzanne) of Birmingham, Greg Constantine (LeAnne) of Nashville, TN, Eric Constantine (Rosanne) of Murfreesboro, TN and Elaine Lyda (Larry) of Birmingham.

She was blessed with twelve beautiful grandchildren: Taylor, Cia, George, Bryant (Beth), Nolan (Shelby), Lizzy, Madeleine, Nicklaus, Luke, Mattigan, Grace Ann, and Zane, as well as 2 great grandchildren, John and James. She was a proud aunt to 25 loving nieces and nephews. She lived a selfless life, devoted to her church and family.

Born in Birmingham, AL, Boula and her family moved to Mobile in 1939, and opened Gulas Restaurant, which remains an iconic Mobile landmark to this day. At the age of 13, after the death of her mother, Boula returned to Birmingham to live with her sister Georgia Sarris and her family. Georgia raised Boula as one of her own children and gave her a happy home. Boula went on to graduate from Shades Valley High School. Boula was selected to be the Queen of the Mystics of Time for the 1955 Mobile Mardi Gras Ball and

was escorted by her brother Gus Gulas who was the King.

Boula drew her strength in life from her faith, family and friends and these things filled her with joy. She was a life long active member of the Greek Orthodox Church and loved her faith. Boula consistently gave of her time, talents and treasures. She taught Sunday School and was a Youth Advisor in GOYA (Greek Orthodox Youth Association). One of her favorite ministries was visiting any of the church family who were sick and elderly, in their homes or in the hospital. She could always put a smile on the face of the sick and lonely, bringing them joy and friendship.

Boula was an active member of the Ladies Philoptochos Society for over 50 years and was also one of the founding members of the Birmingham Greek Food Festival which was started in 1973.

She worked in the Rheumatology Department of UAB for over 20 years and loved her work. She made long lasting friendships and many memories. Boula opened her home to all; a hot meal, a hug and lots of laughter could always be found there. In the words of a family friend, Boula “faithfully served her family, community and our Lord Jesus well”.

In a letter to her family, Boula writes, “To my children: I love each and every one of you very much. To my precious grandchildren~you are the apple of my eye and I have loved each one of you very, very much. Remember me once and awhile with a little prayer. May the good Lord bestow upon you all a long and happy life and above all, good health and to always have laughter~ All my love~ mom”

The family wishes to give a very special thank you to Boula’s exceptional caregiver Jamemika Golson for her loving care of our mother.

Visitation and funeral will be held at the Holy Trinity – Holy Cross Greek Orthodox Cathedral located at 307 19th St South, Birmingham Al 35233 on February 12, 2022. Visitation is 10am-11:30am. Funeral service begins at 11:30 am. Immediately following the funeral will be the burial at Elmwood Cemetery. A Makaria meal will be served in the church banquet hall after the burial for the celebration of her life.

In lieu of flowers, the family asks that donations be made to the Greek Orthodox Ladies Philoptochos Society on behalf of Boula Constantine. Please mail to Holy-Trinity Holy-Cross Greek Orthodox Cathedral at 307 19th Street South in Birmingham, Alabama.
May her memory be eternal!

Tribute Wall

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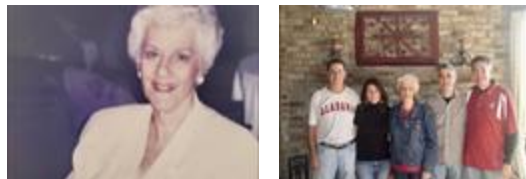
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Elaine Lyda - June 03, 2022 at 03:58 PM

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Elaine - February 10, 2022 at 12:56 PM

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