



John B. Conroy Jr.

January 16, 1958 - November 12, 2025

John B. Conroy Jr., 67 of Eatontown, NJ passed away at his home on November 12, 2025. He was born in Jersey City, NJ to the late John B. Conroy Sr. and Ethel Saling Conroy.

An avid reader, John especially loved non-fiction and history books. He found great comfort and curiosity in learning about the world, often sharing interesting facts or stories he had discovered in his latest read. He had a special place in his heart for dogs, who were his constant and loyal companions throughout life. Above all, John's family was the center of his world. Whether gathered around the table, enjoying quiet evenings or celebrating life's milestones, John found his greatest happiness in those precious moments together.

He is predeceased by his brother, Paul H. Conroy.

He is survived by his sister, Ethel M. Conroy, his nephews Frederic Gilmore and John Paul Covin, his nieces Maria Conroy-Covin, Jessica Conroy and Emily Conroy, his 3 grandnieces and 1 grandnephew. Also, surviving are countless cousins and extended family members.

A visitation will be held at St. Dorothea's RC Church on Tuesday November 25, 2025, from 9:30am to 10am with a Funeral Mass to begin at 10am. Interment will follow at Holy Cross Cemetery in North Arlington.

In lieu of flowers, memorial donations may be sent in John's memory to Monmouth County SPCA, 260 Wall Street, Eatontown, NJ 07724. (monmouthcountyspca.org)

Previous Events

Visitation

NOV 25. 9:30 AM - 10:00 AM (ET)

Saint Dorothea's Church
240 Broad Street
Eatontown, NJ

Mass of Christian Burial

NOV 25. 10:00 AM - 11:00 AM (ET)

Saint Dorothea's Church
240 Broad Street
Eatontown, NJ

Burial Service

NOV 25. 12:30 PM - 1:00 PM (ET)

Holy Cross Cemetery
340 Ridge Rd
North Arlington, NJ

Tribute Wall

XC

“ So saddened to have lost a great human. Rest in peace my friend. I will cherish many great memories in my heart. We worked together, evacuated during a hurricane together, saved pets,, laughed endlessly with Alida, went to the shooting range, talked history (well mainly you, I listened), and many other memories that I will think of often and smile. You loved your family and loved mine. My deepest condolences to family and friends. 🙏🙏🙏❤️

Ximena Cavazos - January 03 at 09:46 PM

BM

“ Cherry and I were saddened to hear of John's death. He was a great guy, Cherry had the honor of working with him in Customs, and as her husband I got to know him. To his family, please accept our most sincere condolences.

Brodie and Cherry Mack - November 29, 2025 at 04:23 PM

BH

“ Bongarzone Funeral Home lit a candle in memory of John B. Conroy Jr.



Bongarzone Funeral Home - November 19, 2025 at 09:31 AM

“ Today, I want to honor a man who shaped me in more ways than most people will ever understand. My Uncle John — my God Father, father figure, mentor, and one of the most selfless men I’ve ever known. The man who would stop everything he was doing if I needed him. The man people often misjudged, but I always knew his true heart.

He made sure I had everything I needed...and honestly, everything I wanted. He spoiled me, showed up for camping trips, bought me sports gear, took me to the movies, and was the man my mother called when I needed guidance from someone other than my dad. He was that steady presence — the one who could talk sense into me, calm me down, and teach me lessons I still carry today.

Losing him has been one of the hardest things I’ve dealt with in a very long time. A few years ago, I lost my Uncle Paul — a completely different man, but equally important in my life. One was a protector and one was a teacher. Losing both feels like losing two pillars I grew up leaning on. But this one... this loss hit different.

Uncle John was a gem in my world. We didn’t always see eye to eye, and there were times I had to check him on his beliefs, but even in those moments, the love he had for me never wavered. As a young boy, he was my whole world. When life got rough, I knew he was only a phone call away.

He taught me so much:

- *How to respect people*
- *How to shoot and clean almost any small arms weapon*
- *What civil service truly meant*
- *How to wear a uniform with pride*
- *What selflessness looks like*
- *To always think of my grandmother*
- *To calm down, especially when I was upset with my mom*
- *To respect my mother no matter what*
- *How to camp*
- *How to shoot archery*
- *And even though he wasn’t the most athletic — that was Uncle Paul’s territory — he always tried his best*

He knew history like no other (even if he added his own twist sometimes).

He was God-fearing.

A true 2nd Amendment guru.

And he was always so unbelievably proud of me.

He was a major reason why I went into the service.

Uncle John didn’t just carry the title of God Father... he lived it. He ran with it like nobody else could.

Thank you, Uncle John, for loving me, guiding me, teaching me, and showing up for me — every single time. Your impact will never fade. I pray you're at peace, and I hope you know how much you meant to me.

Rest easy, Uncle John. You'll always be with me. 🤍🕊️

Hug Grandma and Uncle Paul for me. Forever 333 Broad Street.

I'm not okay, but I know I will be.

*Love,
Your God Son, Nephew, Son- Freddyo*



Frederic Gilmore - November 18, 2025 at 09:27 AM

FG

Sorrow for your loss —John was true to his beliefs whether you believe him or not, he stood still and gave more documentary to his story so to your exhaustion!! until you say okay John! I'll miss those long phone conversations whenever they came about...

Big Fred

Fred Gilmore - November 19, 2025 at 11:39 AM

FG

Thanks Dad.

Frederic Gilmore - November 19, 2025 at 05:54 PM