Sossoman
Funeral Home & Crematory Center
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Helen Smith White

April 21, 1947 - March 21, 2023

Helen Smith White of Morganton, NC, passed away peacefully Tuesday, March 22, 2023, after a long, bravely fought battle with cancer.

Helen was a strong woman who faced every challenge in her life with courage and dignity, and she instilled in others the importance of family, hard work and doing what is right. Those who knew her often commented on her positive outlook and that her joyous smile would light up a room.

Born in Morganton, NC to the late Ray Smith and Dorothy Lane Smith, she graduated from Salem High School in 1965 and Western Piedmont Community College with an Associate's degree in Food Service Management. She worked in food service for over 25 years, retiring in 2009. In her retired years, she often said she "didn't care if she ever saw a kitchen again."

A defining part of her life was her unwavering faith in God. She devotedly read the Bible and was a lifetime member of Missionary Ridge Baptist Church.

She was passionate about traveling and enjoyed visiting nearly 20 countries. Her love for travel culminated with a trip to the Holy Land in 2014 where she walked some of the roads that Jesus traveled.

Helen was a selfless daughter and sister who always put the needs of her family before her own. Over a period of more than 30 years, she cared for her paternal grandmother, mother and father prior to their deaths, and then became the primary caregiver of her sister, Rebekah.

Helen is survived by her daughter, Bella Sessoms (Mac); three beloved grandchildren, Jackson, Colin and McKenna; brother, Michael Smith; husband, Willard; sister, Rebekah Smith; and niece, Brenda Moser (Greg).

In addition to her parents, Helen was preceded in death by a sister-in-law Sandra Lane Smith.

Helen had a strong desire to maintain her independence and was able to remain at home with the support of her immediate family and loving friend and caregiver, Diane Johnson.

The funeral will be held at 1 p.m., Friday, March 24, 2023 at Missionary Ridge Baptist Church with Dr. Darren Browning officiating. Burial will follow in the church cemetery.

In lieu of flowers, memorial contributions may be made to The SECU Family House - Winston Salem.

Sossoman Funeral Home and Crematory Center is assisting the family with the arrangements.

Tribute Wall



I know Helen White from my years at Freedom High School in Morganton north Carolina I had help her out in the cafeteria at FHS 2001-2005

—Jonathan Kirk



—Lisa

Sorry to hear about Helen's passing. She was my cousin. -Belva Suttle Fender

—Belva Suttle Fender

Helen was a wonderful person who will be missed by everyone who knew her. She had a smile that would light up any room. We both worked at Foothills Correctional. I occasionally would pass by her there and that smile would make me feel better. I know where Helen is now with her family and friends that have gone before her. We will see each other again. May God wrap his arms around her family and give you peace Sandy Mosteller Miller

—Sandy Miller

Bella and family, May it ease your pain knowing that your precious mother is with Jesus and is no longer suffering. May the Lord give you comfort and peace.

—Phyllis Wilson

Helen was an amazing lady, and we feel privileged to have known her. We know you will miss her deeply. We will be keeping your family in our thoughts and prayers.” May God wrap his arms around you during this time of loss. - Rodney & Crystal Riles I have memories of going to visit Helen as a child with my parents, I’ll cherish those memories. Helen was always so sweet to me, always sharing that beautiful smile that would light up a room, & a kind word. - Crystal Pearson-Riles

—Rodney & Crystal Riles

helen always a good lady always feed us good when we went to hillcrest for lunch or working in the lunchroom rip

—albert deal



Helen and I went through school and graduated together. We loved each other and she will be greatly missed. I am thankful she will not have to suffer anymore.

—Shirley McDaniels



So sorry to hear of Helen passing...Worked with her and known her for many years .. My thoughts and prayers for Willard and her daughter and grandchildren.....

—Kim Freeman oliver

You and your family are in my thoughts and prayers. She was such a special lady. I love you .

–Darlene M. Gaynor



So Sorry for your Loss

–Tony White



–Anonymous



My sincere condolences to Helen's family. I worked with her at Hillcrest Elementary School. She always had a positive attitude and she loved to laugh. May God bless each of you during this most difficult time in your lives. You remain in my sincere thoughts and prayers.

–Diann Tate

So sorry for your loss. I worked with Helen for several years.She was a very sweet person.

–Linda Michaels

Many thoughts and prayers to you all. Helen was a wonderful soul to all she met. She will be truly missed by our family. May you have much peace and happiness knowing she has a new body and no more suffering in the days ahead. We send our Love and Support each and every one are in our prayers! Blaine, Dusty, Brody & Blake Wyrick

—Teresa Wyrick

I have lost a previous friend . I have know her for 67 years. She was a joy to know. She will be missed.

—Judy Pearson

What beautiful words to describe our special Helen. She will be missed each day. Being with her always lightened our day and inspired both Mike and I to be better people.

—Michael and Carolyn White



—Beth Sessoms