Sossoman
Funeral Home & Crematory Center
5th Generation Family Owned & Operated Since 1949.

Ms. Carolyn Ann Cook Woods

March 25, 1940 - Aug. 28, 2026

Ms. Carolyn Ann Cook Woods, 86 of Morganton, NC was born on March 25, 1940, in Lenoir, NC and died on August 28, 2026.

She was the daughter of the late Ben E. and Pearl Bowman Cook. Carolyn attended Lenoir High School and graduated in 1957. She loved the outdoors, enjoyed sitting on her porch while watching the birds and other animals that had made their way into her yard, and enjoyed working in her flower beds around the house.

Carolyn attended Zion Baptist Church until her declining health caused her not to be able to attend. At church she was an active member, helping with the meals and being part of the Nita Group.

In addition to her parents, Carolyn was preceded in death by two sisters, Miss Shirley Christine Cook and Mrs. Mary Frances Cook Pilcher (J.T.) and two brothers, Mr. Edward Clifton “Bud” Cook and Mr. Robert “Bob” Cook.

She is survived by her daughter, Janet Houk (Rev. Henry); two grandsons, Matthew Houk (Alisha) and Hank Houk (Carrie); four great-grandsons and one great-great-granddaughter.

The family will receive friends from 10 to 11 a.m., Wednesday, September 2, 2026, at

Sossoman Funeral Home. The funeral will be held at 11 a.m. in the Colonial Chapel of the funeral home officiated by Rev. Keith Rose and Rev. Henry Houk. Burial will follow at 1:15p.m. in Blue Ridge Memorial Park, Lenoir, NC.

In lieu of flowers, memorial contributions may be made to VIA Health Partners.

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

Tribute Wall

Loved my dear friend, she was a treasure. Prayers foryour family.

–Nancy Ollis

I am so sorry to hear the news, but I am glad she is meeting her Father in Heaven. No more suffering. No more pain, but I will continue to pray for your family, Janet. As you are in pain. I love you.

–Mindy

So sorry to hear of Carolyn's passing, she was a special person that I was Blessed to have known .

–JANET WATERS

Sweet Janet. So so sorry for your loss. Praying for comfort for you and your family. Love you.

–Lisa White