



Sheila Renee Ashworth

JAN 13, 1985 - SEP 29, 2024



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Sheila Renee Ashworth

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Sheila Renee Ashworth, age 39, passed away after a battle with cancer on Sunday, September 29, 2024. She is survived by her husband, Yeshua, her four boys – Caden (16), Tye (14), Damien (11), and Ethan (9), her parents Clark and Kathryn Staiger and 6 siblings; sister, Gina Adams (Paul), sister, Doris Sonntag (Jeff), brother, Patrick Staiger (Michelle), brother, Gary Staiger, sister, Lisa Staiger, brother, Kevin Staiger (Courtney). She is a beloved wife, mother, daughter, sister, niece, aunt and friend. Her influence on her family and the world will be greatly missed.

Sheila was born in Enid, Oklahoma to a loving family that shaped and molded her into a kind and compassionate woman. Being the youngest of 7 children, Sheila spent a lot of time with her parents where she formed a strong bond and love that she carried with her into her adult life. After graduating from Enid High School in 2003, Sheila arrived in Provo, UT as an excited Freshman at BYU. She graduated with a degree in Psychology in 2007.

While at BYU, Sheila met and married the love of her life, Yeshua Ashworth (2006). Their life path took them to California, Kentucky, and back to Pleasant Grove, UT. Along the way, they had four amazing boys, and her guiding influence helped establish the foundation for their lives with honorable, Christlike values. As a devoted disciple of Jesus Christ, Sheila was a covenant-keeper and held fast to His promised blessings amidst the heavy trials that she faced in her life.

Sheila lived her life to the fullest and was a collector of memories along the way. She chose souvenirs of experiences, events, and moments that she shared with her family and friends – this was her way of keeping important memories alive. She was organized and had an eye for detail. Sheila's creativity gave her the ability to take something ordinary and turn it into a beautiful purpose.

Sheila's greatest gifts were her ability to listen and provide empathy for others even though she often faced physical challenges herself. She always looked for ways to put others first, so they



Obituary

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could feel special. It's no doubt that her family and friends will go on remembering her welcoming smile and how she cared and loved them – changing them forever.

Come anytime between the hours of 1-2 pm for a viewing and visitation as well as celebration of life on October 2, 2024. Held at the Church of Jesus Christ of Latter-Day Saints 1548 N. 900 W. Pleasant Grove, Utah 84062. Flowers or donations can be sent to 1264 West 1500 North Pleasant Grove, Utah 84062. Venmo Yesuha Ashworth @Yesh-Ashworth




Events


Sheila Renee Ashworth

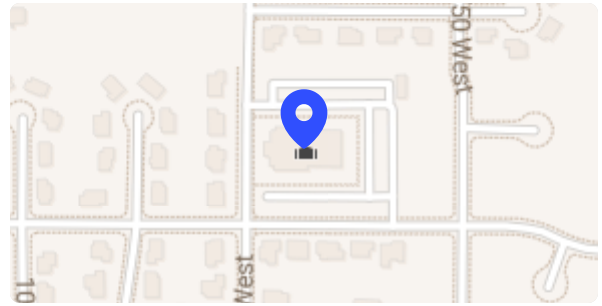
JAN 13, 1985 - SEP 29, 2024

Visitation

 **Wednesday**, October 2, 2024

 1:00 PM - 2:00 PM MT

 **Church of Jesus Christ of Latter Day Saints**
1548 North 900 West, Pleasant Grove UT





Tribute Wall

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Kele Dunlap lit a candle in honor of Sheila.

I met Sheila when my dad was stationed at Vance Airforce Base. We attended seminary, youth activities, dances, among other things together. We moved in 2000 to Wichita and we lost touch but were able to reconnect in 2002 for a few days. She was a wonderful person and I recall asking her what I could get her for her birthday and she said she loved pride and the prejudice. So I got that book for her. I am barely finding out about this passing. My condolences to her whole family. She will be missed by so many.



January 8 at 7:26 PM



Joan Sonntag. posted:

We met Sheila many years ago when her sister married our son. Her smile will always stay with me she could brighten up a room. We will miss her. Till we met again. Love the Sonntags.

October 6 at 11:22 AM



Lindsey Owoo posted:

Sheila Renee Ashworth and I met through our church in Lexington, Kentucky. She was my visiting teacher and it was during a time when she was experiencing trials with her health. I remember how she had such a calming, peaceful presence whenever I saw her. She was so faithful and diligent in her service to others and to me despite her own trials. I am in awe of the strength and faith she possessed and grateful for the Christ-like example she was to me. My heart mourns with those that loved her.

October 1 at 12:17 PM



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MN

Marissa Noe posted:

Sheila Staiger Ashworth has left me with the most beautiful memories to cherish. I have more photos of our kids together than of us... but in each of these photos are moments I'll never forget of times spent together laughing and creating and crying and all the things. I have a white chest in my bedroom with glass doors that Sheila gave me when she moved from Kentucky to Utah. It holds all of my most treasured books and collected things. I got that idea from her... she once filled that very chest with HER favorite collected things. She was a gatherer of beautiful memories. She was a creator of them too. I will forever put my favorite things in that chest. Sheila was so thoughtful. Even in her own hard moments, and she has definitely had some hard challenges, the comfort of others was at the forefront of her thoughts. I remember specifically when she told me about her cancer. She was so brave and courageous and full of faith. She gave me permission to be sad and ask questions. We made plans and talked about the hard things and shared our favorite memories together. We promised each other to never have regrets over anything in our friendship. I knew she loved me and she knew I loved her. She was full of faith and courage and strength. She lived life to its fullest and helped others live theirs too. Sheila was the best mother and wife. She shared with me often the projects she would make as gifts for her loved ones. So much thought and love went into each of them. Holidays were magic because of her. I have many of my holiday traditions because she inspired them. She had the best date night ideas - even if it meant staying at home. She made them extra special! Her and Yeshua Ashworth have the sweetest love and respect for each other and I loved being a witness to it. Her children were her world... and she made sure every special occasion was celebrated to its fullest. Some of the best parties I've ever been to were planned by Sheila. I loved taking her family pictures... so much love in this family. She is so adored. There's so much more I could say... and I will continue to relive these memories in heart as long as I live. And I'll miss our talks. I'll miss watching cheesy Hallmark movies with her. I'll miss sharing ideas with her. Sheila will always continue to inspire me. And I'll miss her so very deeply. I Love you Sheila, Yeshua, Caden, Tye, Ethan and Damien ♥

October 1 at 9:51 AM

JC

Julie Crossley posted:

I didn't know Sheila very well but she moved into the church ward I am in and I remember her smile. And friendliness. A memory I have of her creativity the last two Octobers are the Skeltons on her lawn that she changed up every few days doing various activities. I looked forward to seeing them. I can tell she is very talented. The Crossleys are very sorry for your loss ! We ache for your family. May God bless you with peace at this time.

October 1 at 10:53 AM



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Melea Bird posted:

My heart aches learning of this. I met Sheila in Kentucky in dental school and I believe she was there for podiatry school. I remember her big and beautiful smile! She was always smiling! And she always wore the cutest hats! One time she invited us over for dinner and we both had young kids. I remember being impressed with the feeling in her home. She decorated it beautifully and was always so crafty. I was aware then of some underlying health issues but she never complained. I know she lived her life to the fullest and her children will have many happy memories to carry with them throughout their lives. What a wonderful lady! Much love to yeshua and kids! Jeff and melea bird

October 1 at 9:51 AM



Memories only last if you share them

Join us in honoring Sheila by contributing to a collection of shared memories.



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