

In Loving Memory



I can do all things through Christ who strengthens me..
Philippians 4:13



Sheila Jane Henry, 75, passed away in Leesburg VA on Thursday March 19th 2020. After a long and courageous battle with Multiple Myeloma Sheila passed away peacefully, surrounded by her loving family at the home of her daughter Liz and son in-law Ron.

Sheila was born on August 21st 1944 in Siparia Trinidad, the fifth child of her late parents Edward & Eusebia Stewart. Sheila was a member of the Open Bible Church in Trinidad & the Worship Center Assembly of God in VA, and was a passionate and devoted follower of Jesus Christ. She served Jesus Christ and her community with precision, and exhibited

her faith daily by continuously praising God on her death bed. She constantly assisted those in need, supporting family & friends often without being asked. Sheila loved and adored her 8 siblings and formed a close and unique bond with each of them. She spoke of humble beginnings growing up, yet living a life filled with cherished and unforgettable memories of family bonding, unity and an unbreakable support for each other; family events like holidays and celebrations were truly memorable. Sheila relished in the unity that a close knit family brought to her life and strongly believed that a personal connection to the ones she loved and cared about was most valuable. Sheila raised her own family with the same valuable beliefs she was taught and loved.

Sheila had several close friends, coworkers and extended family members and cultivated those relationships with the utmost passion. She lived a life consumed by a relentless devotion to God, her family and to making friends everywhere she went.

Sheila was married on June 19th 1967 and is survived by her husband, Vernon Henry of 52 years. In the early years of her career, she worked as a postal worker in Trinidad but had a deep passion for helping others and eventually transitioned into public health. Working with a local doctor in her hometown she gained years of experience in public health, which then later propelled her to concentrate in the area of venereal diseases. She retired from government service in Trinidad as the acting head of the department of venereal disease infections. After migrating to the US Sheila resided in Leesburg Virginia, then Haymarket Virginia and continued her passion for caring by starting her own business as a home health aid. Each patient was cared for in her home and became an extension of her own family. She retired her career in the US only after her health affected her ability to continue her passion.

Sheila is survived by her husband Vernon, her daughter Elizabeth and son in-law Ronnie, her son Rodney and daughter in-law Dykestra; her son Robert and daughter in-law Loverne. Sheila was a devoted, loving and caring grandmother to her 5 grandchildren Nkosi, Taye & Adia Davis; Christi & Zoe Henry.



The Lord is my shepherd; I shall not want.

He maketh me to lie down in green pastures: he leadeth me beside the still waters.

He restoreth my soul: he leadeth me in the paths of righteousness for his name's sake.

Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.

Thou preparast a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord for ever.