



## Sheila Summerhays

January 21, 1948 - January 24, 2025

St. George, UT - Sheila Summerhays, mother, daughter, sister, grandmother, aunt, passed away on January 24, 2025 at her home in St. George. She was born January 21, 1948, in Salt Lake City, to Hyrum and Colleen (Hanley) Summerhays, the second of five children. Sheila was married to Barry Woods. They had three daughters and were later divorced.

Her family lived in Bountiful until Sheila was 10 and then moved to Salt Lake City. Sheila attended Highland High School. After high school, she attended the University of Utah, BYU, and finally graduated from Arizona State University with her teaching degree. She later completed her Master's of Education from the University of Nebraska. Sheila loved teaching and was a dedicated educator. She taught junior high and high school for many years and loved serving her community through education. Even during the years that she wasn't teaching at a school, she was still teaching through church service and holistic medicine practices.

She was a caring person to people in need. She provided a home to multiple teens and young adults that needed a stable and nurturing environment to thrive when their own families could not provide the support at home.

Sheila is survived by her daughters Michelle (Richard) Kuhn, Janna Woods and Elizabeth Woods; grandchildren Connor, Jacob and Caden Kuhn, Kanoa

and Leilani Woods; siblings Briant Summerhays, Laurel Summerhays and Lani (Roger) Firmage; and numerous nieces, nephews, great-nieces and great-nephews.

Sheila was preceded in death by her parents and brother Scott Summerhays.

Sheila's daughters would like to thank Hailee and Cheyenne of Choice Hospice, Karen, Rosmeri and the many friends and associates in St. George and Cedar City who helped care for her.

Sheila chose to donate her body to the University of Utah Body Donor program. Through this act, she will continue to teach medical students in the future. In lieu of flowers, please consider a donation to the University of Utah Body Donor program on Sheila's behalf.

A memorial service will be held in St. George, Utah on February 8, 2025 at 1:00 pm at the LDS Chapel on 912 South 1740 East, St George, UT (please note this is a new location). A Celebration of Life will be held in Salt Lake City later this spring. If you would like information about the celebration of life, please send your email and/or a phone number that accepts texts to [CelebrateSheila1948@gmail.com](mailto:CelebrateSheila1948@gmail.com).

Family and friends are invited to share tributes at [www.SerenityStG.com](http://www.SerenityStG.com).

# Previous Events

## Memorial Service

FEB 8. 1:00 PM (MT)

The Church of Jesus Christ of Latter Day Saints  
912 South 1740 East  
St. George  
St. George, UT 84790

# Tribute Wall

ME

“*Sheila Summerhays was a radiant light in this world, a person of incomparable kindness and a heart full of love. With her unwavering faith and charisma, she taught me not only the value of unconditional love, but also the importance of patience and the joy of sharing knowledge. Sheila not only provided me with a job, she was an angel and a healing balm in my spiritual life, opening the doors to a circle of friends full of light and spirituality. Together we learned, laughed and shared dreams. She taught me English with such patience, while I taught her Spanish, creating an unbreakable bond between us.*

*I always wondered if there was a person with so many virtues, someone who could be a true example of what it means to live with purpose and faith. And God, in his infinite wisdom, gave me the answer by putting me on the path of Sheila and her friends. I found in her the life teacher I had dreamed of finding, someone who reflected everything I was looking for in a human being: love, kindness and a deep faith that guided her.*

*Today, although she is practically no longer with us, her legacy of love, faith and dedication will live on in each of us who had the honor of knowing her. Thank you, Sheila, for everything you gave us, for your friendship, for your unwavering faith and for being the light that illuminated us on the path of learning about this beautiful life. I will always carry you in my heart.*

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meryros2012 - June 04, 2025 at 12:24 AM

RK

“ *She was a caring and genuine soul. I'll never forget meeting her for the first time and she acted like I was a long time, long lost friend. Condolences to her family, friends and doTERRA family. The world as lost a beautiful soul and heaven has gained one.*

Rae Nell Krusen - March 22, 2025 at 02:41 PM

WF

“ *With Love, Meacham & Silver Family purchased the Rose Remembrance for the family of Sheila Summerhays.*



With Love, Meacham & Silver Family - January 29, 2025 at 08:14 PM



“ *1 file added to the album Picture of Sheila*



Serenity Funeral Home of Southern Utah - January 27, 2025 at 01:34 PM