



# Helena C Sousa-Frey

February 15, 1954 - March 5, 2024

Maria Helena Carvalho de Sousa Frey

Maria Helena Carvalho de Sousa Frey, age 70, was born on February 15, 1954, in the city of Angra do Heroismo, on the beautiful island of Terceira, in the Azores archipelago, Portugal. After a long and bravely fought battle with cancer, she was led away peacefully and hand in hand with her Lord on Tuesday, March 5, 2024, at her residence in the loving arms of her devoted husband of 30 years, Timothy Frey.

Helena came to the United States in 1975, traveling the country extensively visiting almost every state, seeing all the natural and manmade wonders of this country. She fell in love with the United States and became a proud citizen in 2012. Helena was the kindest of souls and had the warmest of hearts. She was a loving mother, grandmother and sister, a committed and adorning wife, an accomplished artist and prolific crafter, not to mention a fantastic cook, animal lover and sharer of faith. She was everything to her family, and she will never be forgotten.

Helena was preceded in death by her parents and a brother-in-law. She is survived by her husband, Timothy Frey; daughter Jennifer Lynn Fisher and husband James of Prince George, Virginia; son, Thomas Kent Weatherford and wife Heather and granddaughter, Rilynn Elena of Roanoke, Virginia; sisters Anna Ballard of Corpus Christi, Texas and Fernanda Sousa of Toronto, Canada; and an ever-growing army of nieces and nephews. A funeral service will be conducted at 2 p.m. on Sunday, March 17th, 2024 at the West chapel of Roberts of Ocala, Funeral Home with Father Patrick Sheedy and Heather Vandegejuchte (celebrant) officiating. Interment will be at the Florida National Cemetery, in Bushnell, FL on Monday, March 18th, 2024. Ceremony and procession will commence at 11:30 a.m.

In lieu of flowers, the family suggests memorial gifts to the American Lung Association, Disabled American Veterans, The Humane Society of Marion County <<https://thehsmc.org/>> and Make a Wish <<https://wish.org/>>

# Cemetery Details

## Florida National Cemetery

6502 SW 102nd Avenue  
Bushnell, FL 33513

# Previous Events

## Funeral Service

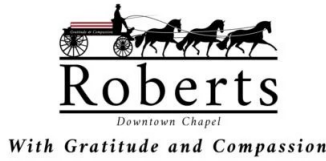
MAR 17. 2:00 PM - 4:00 PM (ET)

Roberts of Ocala West Chapel  
6241 SW SR 200  
Ocala, FL 34476

# Tribute Wall



“ *Roberts of Ocala Funerals and Cremations created a Webcast in memory of Helena C Sousa-Frey*



Roberts of Ocala Funerals and Cremations - March 17, 2024 at 12:43 PM

HS

*Has stopped working*

Heather J Smith - March 17, 2024 at 02:32 PM

ND

“ *Aunt Helena taught me how to make the best spaghetti! She was an amazing cook. My favorite memories include touring Washington DC, and our trip to Disney World. I love you Auntie!*



Nicole Diaz - March 17, 2024 at 08:25 PM

DN

“ *I have a lot of great memories with my Auntie. She taught me lots of words in Portuguese. Going to the beach and walking around on the rocks. I loved her very much. She will be missed.*



Daniel Nelson - March 17, 2024 at 02:04 PM

JR

“ *I'll never forget the first time I met aunt Helena at our family reunion in Sedona, AZ. We had a campfire and she had never had roasted marshmallows before. I don't know how many she had that night. But it was a lot and we loved roasting them for her.*

Jennifer Robinson - March 17, 2024 at 11:24 AM

CL

“ Helena will be dearly missed. Always such a strong person, and so in love with life!



Christin

Christin LaPram - March 17, 2024 at 11:07 AM

CF

“ Craig Frey lit a candle in memory of Helena C Sousa-Frey



Craig Frey - March 16, 2024 at 11:56 AM

CF

Helena was such a strong and vibrant person, her loss will be felt for the rest of our lives. Rest in Peace.

Craig Frey - March 16, 2024 at 12:00 PM

HS

“ I could not have asked for a more kind, fun, and loving sister-in-law. I have many fond memories of Helena and our adventures together.

Heather J Smith - March 16, 2024 at 10:37 AM

HW

“ Heather Weatherford lit a candle in memory of Helena C Sousa-Frey



Heather Weatherford - March 15, 2024 at 12:34 PM

HW

“ Heather Weatherford lit a candle in memory of Helena C Sousa-Frey



Heather Weatherford - March 15, 2024 at 12:41 AM

JF

“ Jennifer & Jim Fisher purchased the Rainbow Of Remembrance Spray for the family of Helena C Sousa-Frey.



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**Jennifer & Jim Fisher** - March 14, 2024 at 03:55 PM

JF

“ Jennifer Fisher lit a candle in memory of Helena C Sousa-Frey



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**Jennifer Fisher** - March 13, 2024 at 10:38 AM

JF

“ A piece of my heart will be forever missing.....



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**Jennifer Fisher** - March 13, 2024 at 10:36 AM