

Cynthia Nelson Knight

April 11, 1963 ~ July 14, 2022

Our beautiful mother, grandmother, sister, aunt and friend returned to the arms of her loving Heavenly Father on July 14th, 2022 after a long battle with Lyme disease and chronic health struggles.

Cynthia Nelson Knight was born on April 11th, 1963, in Salt Lake City, UT. She was the third of five children born to Stanton and Marillyn Nelson. Cynthia had many hobbies and interests during her childhood that she excelled in such as cheerleading, gymnastics, dance, and the La Nichees drill team at Skyline High School. She got to be part of the drill team that traveled to Japan and won World and National championships.

Cynthia married Blair Knight in the Salt Lake Temple and they were blessed with four amazing children: Alex, Chelsey, Spencer and Nelson. Her greatest joys were watching her children grow and starting families of their own. She was extremely proud of her children and always took the opportunity to tell people about them. She was blessed with eight beautiful grandchildren who she adored and showered them with gifts, books, and personal letters on birthdays, holidays and often for no reason at all.

Later in life, as a single mother, she chose to pursue a lifelong goal of returning to the University of Utah, where she graduated with a bachelor's and master's degree in Social Work. The focus of her Master's Degree was juvenile criminal justice. She was a member of the Phi Alpha Social Work Honor Society. Shortly after receiving her Masters degree she began developing health symptoms that later led to being diagnosed with Lyme Disease. She valiantly fought against her ailments and hardships to try to regain her health and never lost faith that a miracle of healing would occur.

Cynthia loved the outdoors and found peace and solace in nature. Earlier in life she was very active and ran multiple marathons. She loved taking her kids on hikes and spending days at the lake watching her kids waterski and tube behind the boat. When her health made physical activity difficult later in life, she would take drives up Millcreek Canyon.

As a devout and faithful member of the Church of Jesus Christ of Latter-Day Saints, Cynthia ministered and touched the lives of those that she came into contact with. Even though she faced many trials, her faith in her Savior Jesus Christ never wavered. Some of her favorite callings were serving as Primary first counselor and Young Womens President. One of her greatest joys was having her three sons serve full-time missions. She was also very active in service in her community. While all four of her children were attending Crestview Elementary, she served as the PTA President. Later in life, while battling her own ailments she found the strength to serve and be the primary caretaker of her parents until the end of their lives.

Cynthia is survived by her four children: Alex (Emily) Knight, Chelsey (Corey) Neilson, Spencer (Abbie) Knight, and Nelson (Sadie) Knight; her grandchildren: Jackson, Garrett, Isla, Scarlett, Weston, Ivy, Owen, and Hudson; her

brothers: Brian (Mirin) Nelson, Lance Nelson, and Greg Nelson; brother-in-law Marv Procter and numerous nieces and nephews. She is preceded in death by her parents Stanton and Marillyn Nelson, her sister Denise Procter, and sister-in-law Janette Nelson.

Funeral services will be held Thursday, July 21, 2022 at 11:00 AM, at the Olympus 4th Ward, 2675 E. 4430 S., Holladay, Utah. A viewing will be held at the same location Wednesday, July 20, 2022 from 6:00 – 8:00 PM and on Thursday July 21, 2022 from 9:00 – 10:30 AM. Interment at Wasatch Lawn Memorial Park.

For those who wish to view the recording of the services may do so here: https://us02web.zoom.us/rec/share/jqX9iPzd2jSFufBSg0jkHrN6M4V8o4G680cgPZvrSCaS_B6Iu1r-mvAP4wdQ-I-e.eno_O Services can be viewed for 30 days.