

Helen Heslington Paramore

November 19, 1932 ~ November 26, 2023

Helen Heslington Paramore was born in Milford, UT on November 19, 1932, to Richard A. and Lucille Hanks Heslington. She is the oldest of four daughters. She passed away peacefully on November 26, 2023, in Murray, UT at the age of 91, surrounded by family.

Helen attended Provo High School, where she loved participating in many school programs and activities. She took pride in her expert typing and shorthand skills and excelled as a secretary in a law firm during her high school years and until her first child was born. Soon after graduation, she married James M. Paramore for time and all eternity in the Salt Lake Temple on December 7, 1951. They shared 70 wonderful years together until his death in March 2022.

Helen spent her early married years raising and nurturing her children and supporting Jim as he finished school and served in the Church of Jesus Christ of Latter-day Saints. Her children have many fond memories of the tender care she gave to each of them. Her family was her priority. She had a talent for decorating and made their homes places of peace and beauty. When they were first married, Helen could hardly boil water, but quickly developed exceptional cooking skills. She handed down many favorite family dishes to her children, including her secret Christmas recipe for Belgian fondue.

Jim and Helen were called to lead the Franco-Belgian Mission in 1966, when Helen was just 33. Their five children ranged in age from 2 to 13 and she was pregnant with their sixth when they arrived in Brussels. Six weeks later she gave birth to Paul, who they affectionately named their Brussels Sprout. Along with raising a large, young family, she faithfully supported Jim, served countless meals to the missionaries, and bore her testimony of the gospel of Jesus Christ often. They truly loved their missionaries and spoke of the wonderful experiences they shared with them throughout their life.

Church service took them back to Europe in 1980 where they lived in Frankfurt Germany for a year with their two youngest teenaged children. Helen learned to navigate the roads between multiple countries (without GPS assistance) and learned enough German to get by at the grocery store. Following Jim’s service as a General Authority, they were called to serve as the leaders of the Church Family History Mission from 1999 to 2002, which they greatly enjoyed.

Helen consecrated her life to her Heavenly Father and to the nurture and support of her children and husband. Her life was a beautiful tapestry, lovingly woven by countless threads of faith, devotion, grace, kindness, selfless service, and discipleship.

She is preceded in death by her parents, her parents-in-law, her husband, two sons (Richard and Paul), a grandson (Erik), a sister-in-law (Gloria), and four brothers-in-law (Keith Paramore, Brent Uibel, Bob Flygare, and Jack

Everson). She is survived by her four children: Jolene Paramore Reif (Gary), David Paramore, Christine Paramore (Steve), and Lisa Paramore Page (Greg); three sisters: Jo Ann Flygare (Bob), Marilyn Uibel (Brent), and Joyce Denys (Fred); in-laws Glen Paramore (Trisha), RuthAnn Everson, Dorothy Deaver, and Norma Paramore; 12 grandchildren: Brandon, Allison, Kiki, Lexie, Sterling, Marcel, Dallin, Lauren, Ryan, Megan, Maddi, and Char; and 12 great-grandchildren, with one more on the way.

The family expresses their deep gratitude and thanks for the loving healthcare professionals at Abbington Senior Living and Inspiration Home Health & Hospice.

Services will be held at Larkin Sunset Gardens located at 1950 E 10600 S in Sandy on Monday, December 4. A viewing will be held from 9:30 to 10:45 a.m. followed by funeral services at 11:00 a.m. Interment to follow the services at the Larkin Sunset Gardens Cemetery.

If you wish to attend the service virtually you may do so by clicking the "Watch Services" button at the top of Helen's obituary.

In lieu of flowers, donations can be made to the general Church Missionary Fund or The National Multiple Sclerosis Society, Utah Chapter.