

Mary Lou Sweat Long

August 26, 1950 ~ January 10, 2024

Mary Lou Sweat Long, age 73, of Salt Lake City, Utah, passed away Wednesday morning, January 10, 2024, at St. Mark's Hospital in Salt Lake City.

She was born August 26, 1950, in Heber City, Utah, to Dean Lewis and E. LaRene Sweat. Mary Lou loved living in the very small "fifty-family town" of Center Creek, just outside of Heber. Her younger years were spent with close friends and many aunts, uncles and cousins.

Mary Lou attended and graduated from Wasatch High in Heber City. Among her activities there, she really enjoyed participating in and being a pep club leader. She learned to cook from her mom and to this day she made the best chocolate chip cookies which no one has been able to duplicate. She has always been generous and often made meals, cookies and other treats for friends and family.

Shortly after graduation, Mary Lou moved to Salt Lake City to continue her education. On September 7, 1973, she married David Long of Cozad, Nebraska, in the Salt Lake Temple. Mary Lou and Dave lived in the same house in Salt Lake City most of their married life. She often said she loved her "old" house and wanted to spend her life there.

Mary Lou and Dave have two boys, Robby and Randy, whom she loved totally and raised and taught through her example. One of her very favorite things to do was taking care of children. She seemed to always have children of friends and family at her house babysitting. She tended her sister's two children full time who were close to Robby and Randy in age. All four kids were like one family, and her niece and nephew considered Mary Lou their second mom. Taught by her Aunt Nelda, Mary Lou loved to sew and quilt, and sewed matching clothes for all four of the kids. Mary Lou and Dave were foster parents for multiple children and hosted an exchange student from Japan.

After the kids were in school, Mary Lou worked in the communications department at LDS Hospital, then helped set up and work in the communications department at the new IMC hospital.

All of her life, Mary Lou was very active in the LDS Church. She accepted all of her church callings, and fulfilled them with humility and joy. She especially loved serving in Primary, including her most recent calling as Primary music leader. Mary Lou and Dave served an inner city service mission in Salt Lake City. Mary Lou not only believed in her church, she totally lived all of its teachings.

In 2008, Mary Lou had a stroke. As a result, she was left with permanent paralysis on her right side. She spent her last 15 years in a wheelchair. Her husband Dave faithfully served as her caregiver. Mary Lou didn't complain, and it was truly amazing all the things she was able to do for herself from her wheelchair. She was a very private person and fiercely self-reliant. Most everyone who knew her commented on how quiet and sweet she was.

Mary Lou is survived by her husband Dave, sons Rob (Jen) and Randy (Linsey), grandchildren Morgan, Teagan and Keaton, and twins (boy/girl) expected in June. Survivors also include her sister LaDene Sellers (Ron), brothers Dennis and Kevin Sweat (Joby deceased), Dave’s brothers and sister, and several very close nieces and nephews. She was preceded in death by her parents, sister-in-law and two nieces.

Funeral services will be held on Saturday, January 20, at 11:00 a.m. at 860 Downington Avenue, Salt Lake City. A visitation will be held on Friday, January 19, from 6:00-7:30 p.m. at the same location and on Saturday from 10:00-10:45 a.m. prior to the service.

The funeral will be live streamed via Zoom and can be accessed by clicking the "Watch Services" button above.