



## Sheena Ann Cruse

August 30, 1982 - May 12, 2026

Sheena Goans Cruse (43) passed away tragically of cardiac arrest at her home in Greensboro on May 12, 2026.

She was born in Wake County, N.C. August 30, 1982, to her parents, James Richard Goans and Connie Pruitt Goans. She was the youngest of three children with two older brothers, Randy Shirley and James Goans. Her dad proudly served in the Air Force moving their family from North Carolina to California to Japan and finally retiring in Mooresville, North Carolina where she graduated from Mooresville Senior High School.

She battled with opiate addiction for several years then entered Freedom House where she met Jesus in a personal way and was delivered into a clean and sober life. Hannah's Haven was a big part of her spiritual journey and a place of encouragement in her ongoing growth and maturity. She began working at Friendly Pet Store eventually becoming a store manager and serving as a helping mother figure to the younger employees at the store.

During this time she was raising her daughter Savannah when she began to build a relationship and later married Shaun Cruse on November 23, 2019 at Grace Community Church. They welcomed their daughter Paisley Kathleen Cruse on October 4, 2021. Their nephew, Chase came to live with them as

part of their family. Sheena was an amazing mom, wife, sister, aunt, cousin and friend, and she leaves behind so many people whose lives are better because they knew her. She loved to swim, loved to help people and was a champion for the underdog. She had a great sense of humor, a beautiful smile and was always making others laugh. She loved her communities at Grace Church, Hannah's Haven and Freedom House.

She was preceded in death by her parents, Jim and Connie Goans and her brother, James Goans (Rebecca). She is survived by her husband, Shaun their two daughters, Savannah and Paisley and her uncle and aunt, Bill and Joann Goans and extended family. We are all heart-broken but know she is whole, healed and rejoicing in heaven. What a reunion she is having with her family and Jesus.

A celebration of life service, officiated by Will Dungee and Bill Goans will be held May 30 th at 10:30 a.m. at Grace Community Church with reception to follow in the Eagle's Nest. In lieu of flowers donations may be made to either:

Freedom House at this link: <https://www.helpfreedomhouse.org/donate> or mail a check to: PO Box 23, Summerfield NC 27358 and put in memory of Sheena Goans in the memo line. or to Hannah's Haven at this link <https://giving.myamplify.io//app/giving/ncs-3989> or mail a check to: Hannah's Haven P O Box 14724 Greensboro, NC 27415 and put in memory of Sheena Goans on the memo line.

Cavin-Cook Funeral Home, Mooresville, is serving the Cruse family. Condolences may be made to the family at [www.cavin-cook.com](http://www.cavin-cook.com).

# Cemetery Details

## Cavin-Cook Funeral Home & Crematory

494 E. Plaza Drive  
Mooresville, NC 28115

# Previous Events

## Celebration of Life

MAY 30. 10:30 AM - 11:30 AM (ET)

Grace Community Church  
643 W Gate City Blvd  
Greensboro, NC 27403

# Tribute Wall



“ *Beautiful in Blue* was purchased for the family of Sheena Ann Cruse.



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May 26 at 08:58 AM



“ *So many prayers for everyone during this time. Sheena was such a beautiful and sweet friend, mother and wife to her family and will be missed deeply. Thinking of the girls and Shaun along with her family during this difficult time.*



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**Dana Grady** - May 18 at 06:26 AM

BC

“*Sheena I never in a million years I would be writing this. You were the type of best friend people wished they had. When we met at Freedom House you were my first roommate. If you would have asked me then that we would have an incredible friendship I wouldn't had believed you. You met me when I was broken and helped me turn into the person I am today. I can't imagine spending the rest of my life without but at least I still have memories to look back on and laugh about. Thank you for always sticking by my side, never judging me and loving me unconditionally. Until we meet again best friend. As I promised you before I will look after the girls first you*



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**Becky Cannon** - May 17 at 09:46 PM

HB

“*You were the best friend I could have ever asked for. I love you and miss you so much!! My life was so much better because you were in it, I was so blessed to have a friend like you. Savannah and Paisley, I love you girls and want you to always remember how much your mama loved you both. She was so proud of y'all.*

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**Haley Burdette** - May 17 at 03:33 AM

BO

“ *There are never words in times like these. I just want you to know Sean, that I'm praying for you, your babies and your family. I pray that our Heavenly Father comforts you in the coming days. You are very dear to me and my family. We are here if you need anything . We are so very sorry. Love and prayers.*



*Beth Morgan and Family* 🙏

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**Beth O'renick** - May 14 at 09:47 PM