



Sheila Darlene Parks

March 8, 1959 - January 12, 2026

Sheila Darlene Parks, 66, entered eternal rest on January 12, 2026, in Statesville, North Carolina, the city where she was born and spent her life giving so much to others. Born on March 8, 1959, Sheila's journey was marked by unwavering compassion, fierce determination, and a boundless capacity for love.

Sheila was a selfless giver and an empathic caretaker whose strength and resilience inspired all who knew her. Her spitfire personality lit up every room she entered, while her kind heart made everyone feel seen and valued.

Whether offering a helping hand or simply lending an ear, Sheila had a rare gift for making people feel cared for. She lived her life with purpose and generosity, always putting the needs of others before her own.

Sheila's legacy is carried forward by her loving family. She leaves behind her brother Curtis Martin and five children: Angela Torrence (Torey), Willie J. Parks Jr. (Jackie), Edna Parks, Brandon Groce (Mikayle), and Joshua Groce. Her memory will also be cherished by her many grandchildren: Kaliyah Martin; TJ Torrence; Jessica Parks; Vince Booe (Nicole); Rashida Parks (Jerel); Rashad Booe; Tasheika Pauling (Corbin); Brittany Atwater (Lamont); Justin Shuford; Cameron Shuford (Jennifer); Damian Surrat; Willie J. Parks III; Jaquis Parks; Elliott Groce; and Kaylani-Alese Groce. Sheila was also blessed with fifteen great-grandchildren.

Her extended family includes nieces Amanda Martin, Misty McClain (Bobby), and Nicole Harrison (Gerald); nephews Lee Spiva (Lisa) and Andrew Spiva;

as well as a cherished loved one, Lonnie Waugh. Sheila also embraced chosen family Kent Brady (Felicia), Samantha Groce, Kathy Groce (Dotty), David Groce, and Scott Groce with open arms and an open heart. Sheila was preceded in death by the love of her life, Willie James Parks; two beloved sons, James Dean Harrelson, and Joshua Harrelson; her parents, Dora J. Martin, and William D. Martin; and her sister-in-law Karen Martin. Though their absence was deeply felt throughout her life, Sheila honored their memories through the love she continued to give to those around her. Among those who held a special place in Sheila's heart is LaKisha Craven, daughter-in-law formerly married to her late son James Harrelson. Known affectionately as a "road warrior," Sheila approached life with tireless energy-always moving forward with courage and conviction. Her strength of spirit never wavered even in the face of hardship. She gave freely of herself without expectation or hesitation-a true testament to the depth of her character.

Sheila will be remembered not only for what she did but for how she made people feel-loved, supported, & uplifted. Her legacy lives on in the countless lives she touched through acts both big and small.

May her memory bring comfort to those who knew and loved her-and may we all strive to carry forward the light she so generously shared with the world.

The family will receive friends from 4:00 PM - 6:00 PM on Friday, January 16, 2026, at Cavin-cook Funeral Home, Mooresville.

Cavin-Cook Funeral Home is proudly serving the Parks family.

Condolences may be made to the family at www.cavin-cook.com.

Cemetery Details

Cavin-Cook Funeral Home & Crematory

494 E. Plaza Drive
Mooresville, NC 28115

Previous Events

Receiving Friends

JAN **16**. 4:00 PM - 6:00 PM (ET)

Cavin-Cook Funeral Home
494 E. Plaza Drive
Mooresville, NC 28115

Tribute Wall



“ Mike & Khristy Boring purchased the Florist Choice Bouquet for the family of Sheila Darlene Parks.



Mike & Khristy Boring - January 15 at 11:31 PM



“ From the Moore family purchased the Enchanted Cottage for the family of Sheila Darlene Parks.



From the Moore family - January 15 at 05:02 PM



“ Beautiful in Blue was purchased for the family of Sheila Darlene Parks.



January 15 at 04:27 PM



“ Days of Sunshine Bouquet was purchased for the family of Sheila Darlene Parks.



January 15 at 04:04 PM



“ Your Friends at Growmentum planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sheila Darlene Parks.

Your Friends at Growmentum - January 15 at 04:04 PM



“ Liz Hay & Doris Hayden purchased the Pink Potpourri Bouquet for the family of Sheila Darlene Parks.



Liz Hay & Doris Hayden - January 15 at 11:14 AM



“ Forever Our Angel Bouquet was purchased for the family of Sheila Darlene Parks.



January 15 at 09:54 AM



“ Peaceful White Lilies Basket was purchased for the family of Sheila Darlene Parks.



January 15 at 09:47 AM

TF

“ The Klooster Greenhouse family planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sheila Darlene Parks.

The Klooster Greenhouse family - January 15 at 09:47 AM



“ Simply Elegant Spathiphyllum was purchased for the family of Sheila Darlene Parks.



January 15 at 09:37 AM

MP

“ McKenzie, Alex and Pöppelmann planted a [Memorial Tree](/store/Product.aspx?ProductId=4518) in honor of Sheila Darlene Parks.

McKenzie, Alex and Pöppelmann - January 15 at 09:37 AM



“ Florist Choice Bouquet was purchased for the family of Sheila Darlene Parks.



January 15 at 08:55 AM



“ *Peaceful White Lilies Basket was purchased for the family of Sheila Darlene Parks.*



January 15 at 08:37 AM



“ *Simply Elegant Spathiphyllum was purchased for the family of Sheila Darlene Parks.*



January 14 at 05:37 PM



“ *Sheila meant more to us than words could ever capture. We are going to miss our long phone calls, the late night movies, and the way she would just show up at our house for a sleepover because she needed it, and so did we. She brought laughter, comfort, and a sense of home wherever she was. Our hearts ache knowing those moments are now memories, but we will cherish them forever. We love you so much.*



Brandon & Mikayle Groce - January 14 at 10:54 AM

JW

“ I did not know Sheila, but to her family I must say, that after reading her obituary, I wish I could have known her. She had to be a lovely lady who Loved the Lord and followed his plan of LOVE. She shared her love with and for others. I am sorry for your loss but what a blessing heaven must be with her there. We need more people here on earth like her to share and spread LOVE. My heart was blessed by reading her obituary.

Jean Winkler - January 14 at 10:44 AM

JG

“ Shelia was my ride or die chick she never hesitated to come no matter what she was always there for me and I was always there for her I will never forget her I will feel like a part of me is gone because she loved me that much and I her at least now she's with Uncle Willie and Josh and James Dean she's home and no longer in pain I love you forever Shelia

Julie Gardner - January 14 at 10:38 AM

DW

“ Sheila and I were like sisters rather than cousins we were always getting in trouble as we get older we tend to branch in different ways I haven't seen Sheila in many years But I know she never changed she never was Los for words ,, until we met again tell my family I love them

Debbie Wallace - January 14 at 02:43 AM

AT

Thank you for your kind words. It truly means so much that she continues to touch lives even after she left this earth.
-Angela Torrence

Angela Torrence - January 14 at 12:53 PM

KM

“ My Grannymaw, my best friend, my favorite person to gossip with. There will never be another one like her. I could call her after every date, any drama at work/ school, for any advice on anything. Please believe she would be uncomfortably honest with me. My favorite memory of ours was shortly after my pawpaw Willie died. We were both sad but wanted to get out of the house. She got in my car and said “pick a direction and don’t stop.” We went to the Pisgah national forest and then went on to Tennessee. We talked about everything under the sun. How she met my grandpa, what music she listened to when she was a kid, what movies we should watch next week all of it. I’ll miss her forever but I’m so thankful she was mine.



Kaliyah Martin - January 13 at 06:52 PM

GS

“ Sheila was in my family. This was my son in law, James's mother. She was my friend, my nurse, my joy in the morning, my encouraging spirit. I will miss her every day but I know how sick she had been lately and now her sickness is through. She helped anybody and everybody. She was the greatest giver I know. Love you Sheila to the moon and back.

Glenda Souther - January 13 at 05:23 PM