



## Mary Pitts Helms

March 4, 1938 - December 23, 2019

Mary Pitts Helms, age 81 of Rehoboth Beach, DE, passed away peacefully on December 23, 2019 at her home. She was born on March 4, 1938 in Richmond, VA, daughter of the late Francis and Thelma Pitts of Sparta, VA.

Mary received her bachelor's degree in Sociology from George Mason University and her master's degree in Human Resource Management from American University. Her professional career spanned more than 35 years, during which she was a life and career coach, executive search consultant, business owner, and human resource leader. Mary was extensively involved in a number of philanthropic endeavors, serving as trustee, board vice president, and committee chair for the Children's Beach House in Lewes, Delaware since 2004. She also served as a Stephen Minister and lay leader for Epworth United Methodist Church in Rehoboth Beach, Delaware and was instrumental in the funding and construction of the current house of worship. Mary's faith was core to her being, with strong connections to many systems of belief and worship. She was co-founder of the Thomas Merton Interfaith Chapter of Southern Delaware. Mary was an author and poet, publishing two books of poetry after ALS took her speaking voice. She often said that ALS saved her life by helping her find her inner voice. Mary was married to Robert Helms of Newport, VA from 1958 until 1979 and with him had four children. She was a loving and devoted mother, grandmother, sister, aunt, and friend who will be deeply missed by all who knew her.

In addition to her parents, Mary was preceded in death by her sister, Anne Bonchu. She is survived by her partner, George Beckerman; her sons: Alan (Denise), Robert (Tanja) and William (Christy); her daughter, Catherine; her grandchildren: Katherine, Christine, Daniel, Christopher, Tanner, Phillip, Caroline, Eva, and Althea; her sister, Jane McAllister (John); her many cousins, nieces, and nephews; and her diverse community family of Rehoboth Beach.

A memorial service will be held on Saturday, January 4, 2020 at 1:00 PM at St. Peters Episcopal Church, 2nd Street, Lewes, DE. A celebration of life and interment will take

place in the spring at Salem Baptist Church in Sparta, VA.

In lieu of flowers, the family suggests contributions made in Mary's memory to the Children's Beach House, 1800 Bay Avenue, Lewes, DE 19958, or to the ALS Association, Greater Philadelphia Chapter, 321 Norristown Road, #260, Ambler, PA.

# Events

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**JAN**   **Memorial Service**   01:00PM

**4**

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St. Peters Episcopal Church  
2nd & Market Streets, Lewes, DE, US

# Comments

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“What a gift to all of us. I was so privileged to be able to read some of her poetry to her and to experience the depth of spirit and love that surrounds her. When watching “The Pieces I Am”. She reacted precisely at the same lovely and powerful words as did I. Truly a bride married to amazement.

**janet meenehan point** - January 04 at 04:53 PM

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“Mary was a wonderful friend to me, in good and difficult times, I miss our conversations, her curiosity, her questions, our get-togethers in RB and in VA

With love,  
Margit

**Margit Zimmern** - January 03 at 11:07 PM

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“Mary was an extraordinary woman. We will always remember Mary for her genuine smile and beautiful poems that inspired so many people. Our thoughts and prayers are with the family and friends. May she rest in peace.  
Marianne and Julia from Griswold Home Care

**julia kneller** - January 03 at 04:14 PM

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“I’ll miss my aunt Mary dearly. Since I can remember, I always loved visiting my cousins and spending time with Mary. We traveled to Tanzania together around 2002 and had so much fun. she was truly a warm kind person.  
John McAllister

**john mcallister** - January 03 at 01:43 PM

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“Mary embraced life, squeezing every luscious moment out of all that came her way. I am so grateful that I was her friend. The world will seem empty without her.

**Deborah Dilts** - January 02 at 05:09 PM

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“ I have known Mary since 1971 when we were neighbors in Warrenton---probably longer than most except for her family. I have yet to meet her equal. Heaven is now an even better place. Love to all her family, Kathy Oneal

**Kathy Oneal** - January 01 at 03:46 PM

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“ The world lost a beautiful soul when Mary departed. Mary was a great friend and mentor. She always knew the best thing to say that was encouraging, optimistic, and yet realistic. She embodied such wisdom, strength, and compassion... as well as humor, evident in this picture taken at our wedding in 1995. We will miss her terribly. Sending love and condolences to her family.  
With love,  
Linda and Ed Broenniman



**Linda Broenniman** - December 31, 2019 at 03:57 PM

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“ Maria Rico purchased the Love's Journey for the family of Mary Pitts Helms.



**Maria Rico** - December 31, 2019 at 03:17 PM

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“ I lost my first wife of 48 years to ALS. When I moved to Rehoboth full time I met Mary. We had many church and family experiences in common. She helped me to see life much more optimistically.

One should read her beautiful poetry to better understand the outlook of an ALS victim who is not giving up the fight.

I shall always cherish her memory.

**John H Gauger** - December 30, 2019 at 11:18 PM

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“ Brilliant, thoughtful, creative, dynamic, loving, caring, tender, tough, challenging - and I mean that in the best possible way. Mary challenged herself, constantly adapting and changing and growing. And in so doing she challenged you to change and grow. Grateful to have shared the journey with you Mary if only for a little while!!! Rest In Peace good and faithful one!!! Blessings and love for your family.

**Rev Dr Pat Loughlin** - December 30, 2019 at 08:00 PM

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“ Mary was among the finest and the most genuinely Christian people I have ever known. She had a great loving spirit filled with good will and kindness. She will bring joy to heaven.

Elliott Wright

**Elliott Wright** - December 30, 2019 at 06:57 PM

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“ Mary was a warrior in so many ways, and was a delight to be around and talk to. She was so smart and sharp and clever and accomplished. I have missed her as ALS robbed her of so much, and will miss her going forward. Well done good and faithful servant. Hallelujah!

**Cathy Benson, Rehoboth** - December 30, 2019 at 12:05 PM



“ From Cathy Benson

**Cathy Benson, Reh** - December 30, 2019 at 12:06 PM

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“ A woman of valor, Mary chose to lead in a modest way, leaving a large imprint on many. May her memory remain a blessing to all who knew her  
Marsha Davis

**marsha davis** - December 29, 2019 at 01:24 PM

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“ All my love to a grandma who knew the right way to eat a birthday cake (by licking the frosting off the candles first, of course).



**Katherine Helms** - December 27, 2019 at 02:27 PM