



Sheila Irene Harold

October 8, 1950 - November 5, 2025

Sheila Irene Harold, 75, went home on November 05, 2025 at her home in Carroll County, Maryland.

Born and raised in Washington, DC, Sheila graduated c/o 1970 from Cardozo High School in Washington DC. She met Charles W. Harold (1949-2016), and soon married. Then she accepted employment at the State Department.

Sheila and Charles had two daughters, Selene and Sendy Harold. It was then she began another career as a stay at home mom when her children were of age she returned to work and worked for the USDA, as a Radiological Specialist. In 1995, Sheila retired from the government.

She enjoy spending time hanging out, shopping and playing cards games at gatherings with her family. She was a great cook, home maker, and mother. She often volunteered in her church during Sunday service, babysat for church members, and worked odd jobs just to past the time.

Sheila leaves behind many siblings. In order from oldest to youngest are:

Remaining siblings are Gladys Hill, Loretta Proctor, Dorothy Muse, Norma Ruffner, Geraldine Paige. Oldest brother John Ruffner (Johnny), younger brother Garrett Avond (Boo) and youngest brother Louis C. Ruffner (Billy). Sheila joins her deceased siblings Harriett Williams and Barbara Johnson.

Sheila also leaves behind (2) daughters Selene and Sendy, (3) grandchildren, Brian Harold, 34, Irylun Harold, 19, and Israel Harold 18, 16 nieces and nephews, 14 great nieces and nephews.

Tribute Wall

BD

“ Mrs Harold was a strong beautiful woman who's smile and laughter would light up a room . She always welcomed me with open arms into her house and treated me like family. She will definitely be missed. Sendy and Selene my thoughts and prayers are with you. Love ya

Becky Delatos - November 11, 2025 at 09:24 PM

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“ To my mother. You meant everything to me but I don't think you even knew it. You gave us a heck of a ride out of life and lived it your way, I couldn't ask for anything more. Thank for the unforgettable memories and thank you for being my mother! Till we meet again. 💖

Selene H. - November 10, 2025 at 05:20 PM

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“ Sheila's emotional support dog Bella. She will miss her mom dearly.



Selene H. - November 10, 2025 at 05:03 PM

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“ *Selene H. sent a virtual gift in memory of Sheila Harold*



Selene H. - November 10, 2025 at 03:05 PM

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“ *Ma, you were the light in my life that only God can put out. As I sit in darkness and cry about your passing, I laugh and smile and celebrate your life. You have been instrumental in shaping me, caring for me and loving me beyond my faults. You are irreplaceable. Thank you Lord for the time you allowed us to share. Until that day when I see you again. I love you immensely.*

Sendy Harold - November 10, 2025 at 02:40 PM