



Helen James

April 25, 1951 - March 22, 2026

Helen James, age 74, of Clinton, Connecticut, passed away suddenly at her home on March 22, 2026. She was born on April 25, 1951, in Windsor, North Carolina, to the late Alma Ruth and Shady Smallwood.

Helen was a loving, caring, and kind woman whose beautiful smile and infectious laughter brought joy to everyone who knew her. She deeply loved her family and cherished her church family, holding them close to her heart throughout her life.

Helen leaves to cherish her memory her son, Donald Ray Outlaw (Melissa) of East Haven, Connecticut. She is also survived by her brothers, Nelson Smallwood of Hampton, Virginia; Jimmy Lee Smallwood (Debra) of Hamden, Connecticut; and Tommy Wayne Smallwood of Newport News, Virginia; and her sister, Evelyn Smallwood Ogonnaya of Hamden, Connecticut.

In addition, Helen leaves behind her beloved grandchildren, great-grandchildren, nieces, nephews, great-nieces, great-nephews, and a host of other relatives and friends.

She was predeceased by her parents, Shady and Alma Ruth Smallwood; her son, Jesse James III; three brothers, Roosevelt Smallwood, Shady Smallwood Jr., and Daniel Spencer; and her

sister, Marie Smallwood Spivey.

Previous Events

Calling Hour

APR 4. 10:00 AM - 11:00 AM (ET)

New Antioch Church Of God
1009 Main St
Branford, CT 06405

Funeral

APR 4. 11:00 AM (ET)

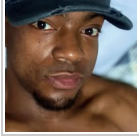
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Tribute Wall



“ *My sincere condolences, Ms. Helen was a good-good Friend of mine, we shared beautiful memories & lots of laughs, she holds a special place in my heart now & always, I will miss her dearly. My god bless her soul. 🙏*

Liz Jordan - April 05 at 09:39 PM



“ *Let us not allow grief to blind us to the love that still surrounds us, but through grace let the memories we share be a light that continues to guide and comfort us.* ”

I said I wouldn't do another funeral after my mother passed... but I know she would want me here. So today, I stand with love and gratitude to honor Ms. Helen—a true friend and confidant to my mother and a blessing to my family when we needed her most.

*Never without a compliment and of grace and gratitude Ms. Helen was love, strength, and joy... and yes, a little fire too. Those late nights at my mother's kitchen table (which I still have) made for a lot of great memories, especially over those heated spade games... I can still hear mother now say “Helen over there cheat'n”... Monica, Danielle, Kesha.... Ya'll know
But hat's how we'll remember her. And I'll cherish every last one.*

Thank you, Ms. Helen... for loving my mother, and for loving us.

And to the family, I know this pain is deep. But God has not left you. “Blessed are those who mourn, for they shall be comforted.” In time, those tears will fade into smiles and your whoas into laughter and you will find joy in the most random of moments as her memory lives on in each of you.

Continue to lean on and trust in God as my family and I hold you in our thoughts and prayers.

Willie Ward (Bell's Son) & Family

Lofton Jamez - April 04 at 02:08 PM

KF

“ MY CONDOLENCES TO DONALD AND THE SMALLWOOD FAMILY. MRS. HELEN WILL TRULY BE MISSED.



Kelvan Fitzpatrick - April 04 at 08:59 AM

PC

“ To Jimmy and Family,
I am sorry to hear of your sister's passing. I pray that God's grace will comfort and guide you and your family during this difficult time
🙏

Paula Curry - April 03 at 08:23 PM

EM

“ Sending Condolences to the Family
May the peace and comfort of God be with you all. 🙏



Estella Matthews - March 30 at 11:53 PM

RF

“ Randy Smallwood & family purchased the Simply Elegant Spathiphyllum for the family of Helen James.



Randy Smallwood & family - March 30 at 06:46 PM

LF

“ *Laura Kinney & Family purchased the Simply Elegant Spathiphyllum for the family of Helen James.*



Laura Kinney & Family - March 28 at 06:21 PM



“ *Arrive in Style was purchased for the family of Helen James.*



March 28 at 09:56 AM

MM

“ *Marie Matthews lit a candle in memory of Helen James*



Marie Matthews - March 27 at 04:04 PM

EC

May The Lord bless you family and keep you and give you peace. You have our prayers and condolences. Much love. Emmaline Carter and family.

Emmaline Carter - April 01 at 02:11 PM

PN

“ *Pastor Joseph Watson and The Church of God for All People, Windsor NC purchased the Peaceful White Lilies Basket for the family of Helen James.*



Pastor Joseph Watson and The Church of God for All People, Windsor NC - March 27 at 12:04 PM