

Sonya Arrowood Carpenter

Feb. 26, 1963 - Feb. 3, 2024

Sonya Arrowood Carpenter, 60, of Morganton, NC, passed away unexpectedly on Saturday, February 3, 2024 after a brief illness.

Born in Burke County, NC on February 26, 1963, she is the daughter of Frankie "Peggy" Caraway Herd and the late Ernest Luther Arrowood, Jr.

Sonya was a devoted wife and mother who had unending love for her family. She enjoyed and was passionate about being a substitute teacher, and she took great pride in seeing her students succeed. Sonya had a warm and welcoming personality. To know her was to love her, and she seldom met a stranger. She could strike up a conversation with someone she met during her travels, and before they parted, would often be friends on social media. Sonya was a festive person who enjoyed decorating for all occasions and loved spending time with her family.

Mrs. Carpenter is survived by husband, William E. Carpenter, Jr.; sons, Blake Carpenter (Kelsey) and Chase Carpenter (Hannah); sister, Angela Arrowood Williams; nieces, Bailey Rose Smith (Kelly) and Hannah Williams; nephew, Eli Williams; and a great-niece, Adaline Hart.

In addition to her father, Sonya was preceded in death by her step-father, Thomas Herd.

The family will receive friends from 12 to 2 p.m., Saturday, February 10, 2024 at Burkemont Baptist Church. The memorial service will follow at 2 p.m. in the church with Rev. Dr. Eddy Bunton officiating. The service will be live-streamed by the church on the [church website](#) or [Facebook page](#).


Memorial contributions may be made to St. Jude Children's Research Hospital (stjude.org).

Sossoman Funeral Home and Crematory Center is assisting the family with the arrangements.

Tribute Wall


I knew Sonya from High School . She was always very sweet and nice. I always remember her smiling and being happy . She was always kind and nice to everyone. I was so very sorry to hear about her passing. Prayers for all of her family.

—Karen Erwin

Burgundy Candle

So sorry for your loss. Sending prayers! Love y'all.

—Norma Smithson

Beige Candle

So sorry for your loss .Sonya was a sweet person who always met you with a smile. Our thoughts and prayers are with you all .

—Tammy,Tommy&Emma


—Pat Deal

My condolences to this entire family. I especially want to send my prayers and love to her mother, Frankie. I am heartbroken for your extreme loss

—Maretta Hamrick

My heart felt condolences for a beautiful lady

—Kim Suttle

Beige Candle

Sonya was truly an amazing soul. Even through dark clouds, she always seemed to smile. Getting to volunteer with her at Salem, and then later on, her being a Substitute teacher in my son's class. She taught my son to tie his shoes and helped him learn his ABCs. And for these things, amongst others, I will FOREVER be grateful for her. I love you Sonya and you will forever be missed. Fly high sweet Angel. Your boys will be okay
Prayers to Bill, Blake, and Chase

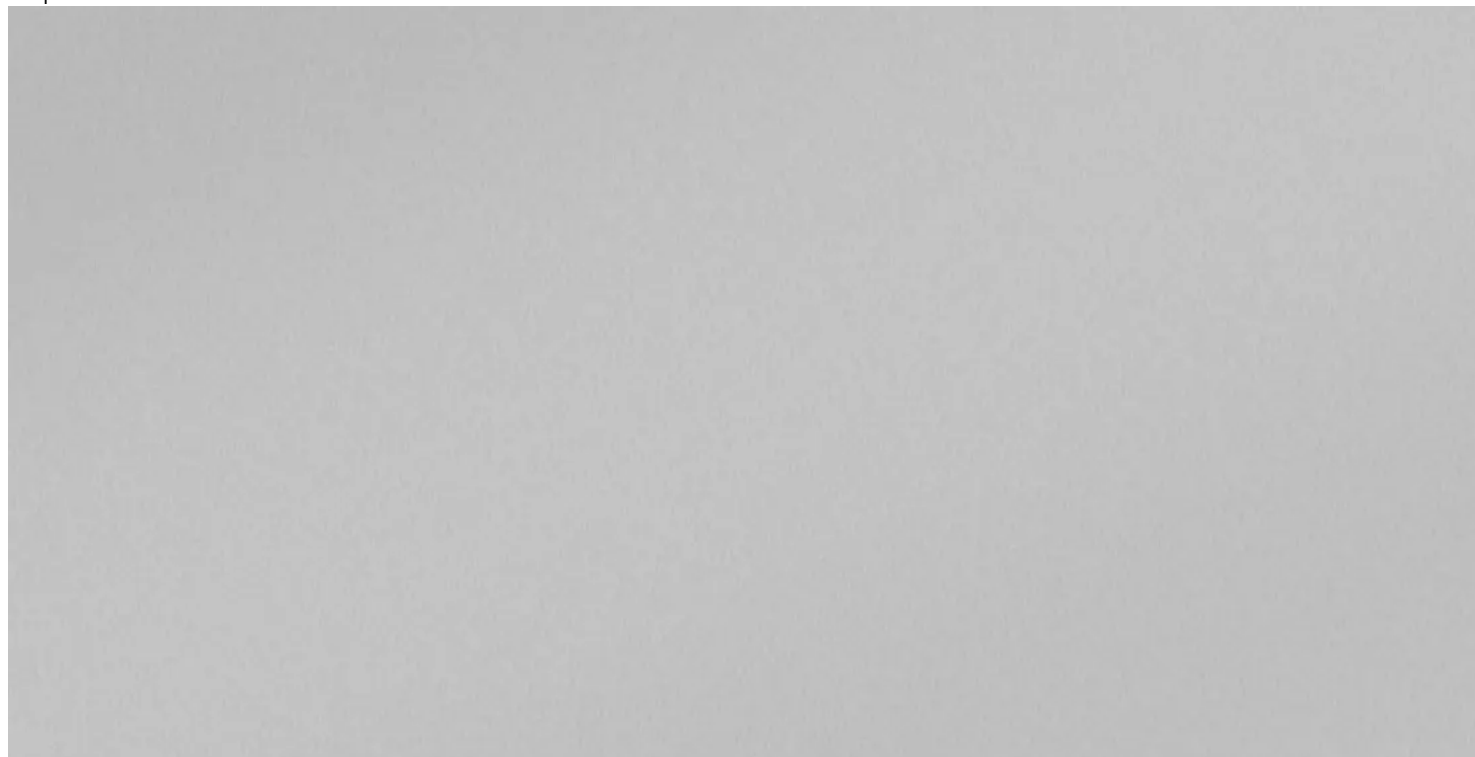
—Brittany Powell

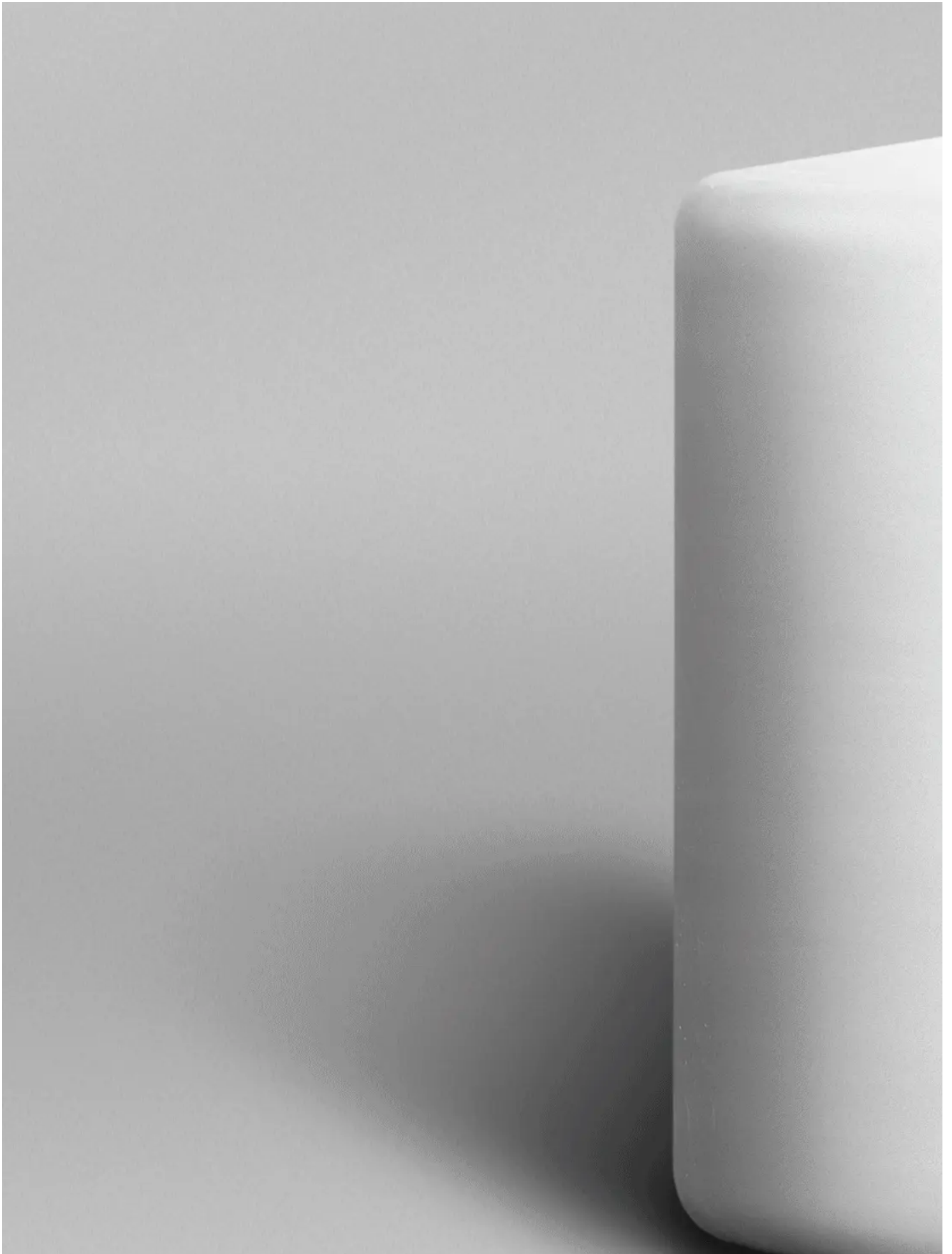
Bill. Very sorry for your loss sir...

—Brad Leonhardt

Taken way too soon cuz! I still can't believe you're gone, it seems unreal. I watch the videos from your 60th birthday party last year & you were so full of life & us acting Crazy as we always have & I just cry. I'm going to miss your laugh & your beautiful blue eyes & our crazy times. RIP sweet lady & we'll see each other again one day. I love you & will miss you.

—April Arrowood Henderson







I am so blessed to have been one of the Lucky Ones to meet Sonya which she was vacationing in Nashville with Bill, Blake, and Chase. They came into George Jones and we just connected, and we stayed connected. She had a beautiful soul full of love for her husband and her boys. It was an honor to have met her. Your family is heavy on my heart, and my mind, as I know this is a tragic loss. My Love and prayers to all of you.

—Chelsey Tallant





Sonya had many admirable qualities. She loved her family dearly, was fair and honest to a fault and enjoyed helping her students to develop self esteem and succeed in life. She raised two fine sons, filled her home with love and brought comfort to many. She was a loving caregiver to her mother as was her sister. The most important thing in her life was her family, expressing her love for them and spending quality time with them as evident by the many smiling family pictures left on Facebook. She will be missed but not forgotten.

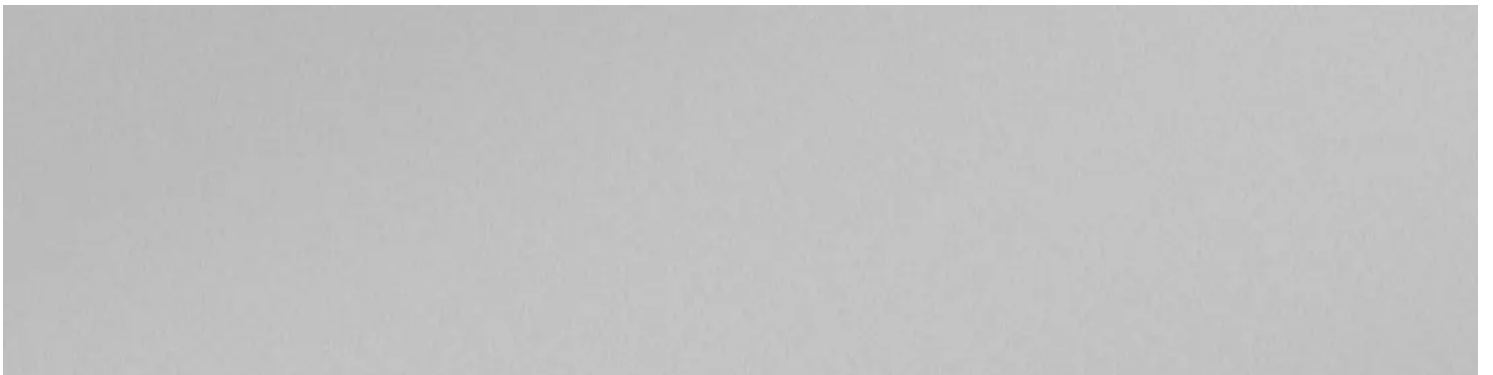
—Debra Barnes





Sending prayers and good vibes to you and your family.

—Lizzie



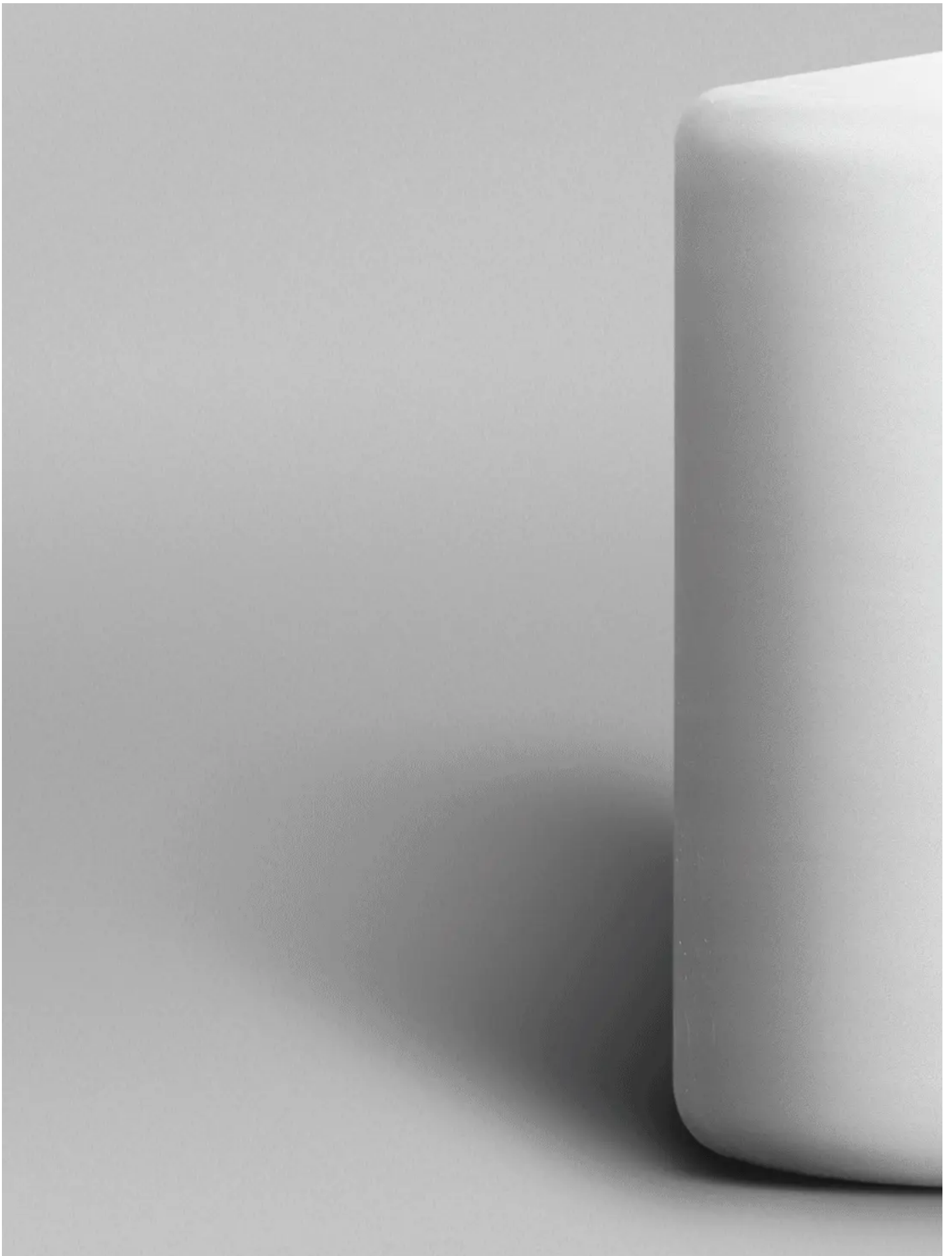





Sonya has always been such a precious soul since school. I always enjoyed seeing her & we spoke as if no time ever came in between us. I loved seeing her @ Salem School for years when Landon was there. She will most definitely be missed. My sincere condolences & prayers are with each of you.

—PamColeman







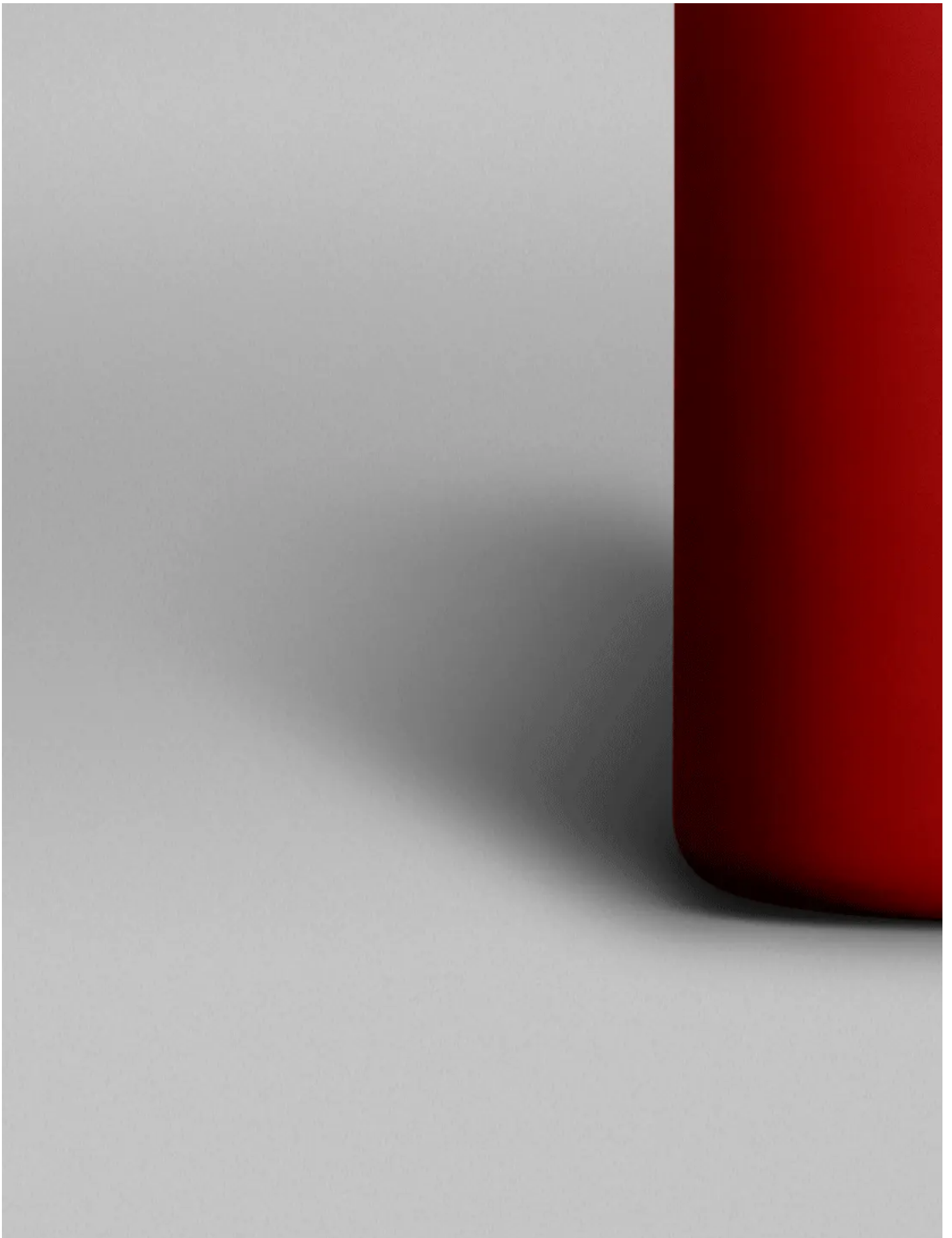
I met Sonya working at Harbor Inn with Frankie years ago. She was always the sweetest soul! I am so so sorry for her family's loss. She will definitely be missed!

—Brittney Ruddy

I'm sorry for your loss. Sonya was a great and kind person. She had my grandson in her class and she always made everyone feel very special. She will be greatly missed.

—Wanda Holcombe





Words can't express the hurt I feel for you guys during this time. I pray God will give you peace to get through the days ahead. Sonya and I go back to high school. She was always the same, she always had a smile on her face and love in her heart. We loved doing things with and for our kids; from school activities to Halloween parties. She will greatly be missed. I will forever cherish the memories made with Sonya. Until we meet again my friend! Continued prayers for her precious family. Sending love and hugs to you guys!

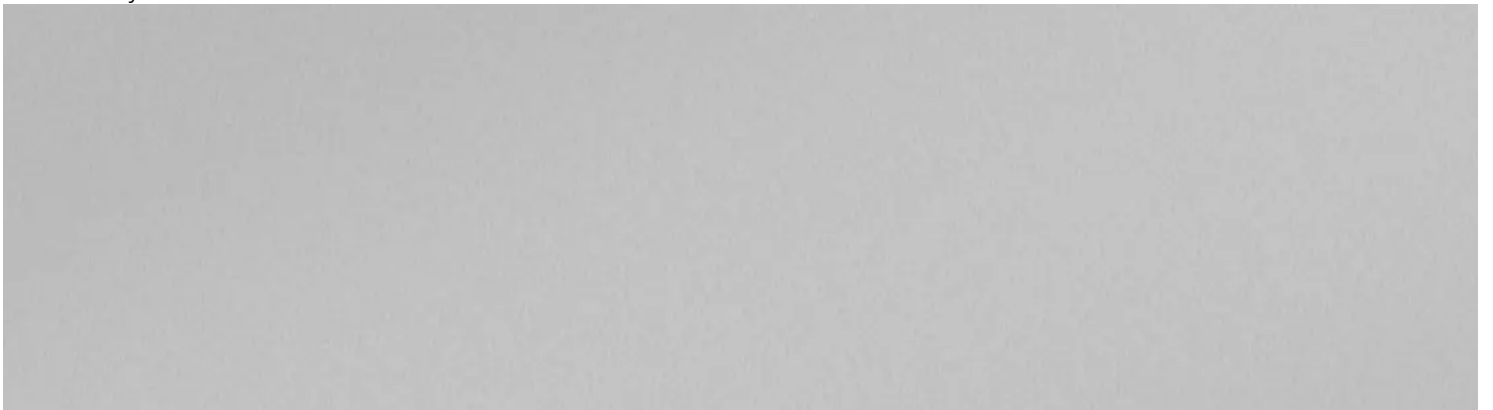
—Veda Walker





Sending love and prayers to each of you during this difficult time.

—Lisa Moxley








—Edna Suttles







My deepest condolences to the whole Carpenter family. I think lighting a candle in her honor is fitting as she was the light of peoples lives. Her smile and personality shinned and warmed everyone she met. I've never met such a welcoming, encouraging, and happy person as Sonya, (and that's from me only knowing her from a brief encounter.) I'll be thinking and praying for you all during this time.


—Chelsea

Chase and Hannah and the family I'm so very sorry for your loss I know she was a beautiful woman and great wife and mother and my dad and our family we are sending prayers and lots of hugs and love to you all . Love Vera and Uncle Jake

—Vera Palmerc

So sorry for your loss. Praying for your family.

—Pat Deal





I'm so saddened by the passing of my friend..We had a great friendship and fun times during our subbing and PTO days at Salem .She never missed an opportunity to talk about her boys and the love for them was so evident in the smile on her face..I rejoice in the fact of seeing her again one day... Prayers for Bill,the boys and her family...God Bless.

—Christine Sawyer

Thoughts and prayers to the family. Sonya will be missed.

—Laura McCoy

We are loss for words... our hearts are broken to . But we know that Sonja is smiling down and saying “ Don't Worry .. live life and love big “! We will always remember how happy she seem to be all the time.. Steve loved her like a little sister .. and we love y'all .. she already knows how each of your lives are going to be and she already knows if Gods got plans for those precious Grandbabies .. and she will always be with you .. in your hearts forever.. May Gods loving arms comfort you at this time and days ahead .. love and hugs Steve Diane

—Diane Rhodes

I loved Sonya !!!

—Gail Rhyne Draper





My thoughts and prayers are with all of the family during this difficult time. Sonya was such a ray of sunshine wherever she was. She's definitely going to be missed. May the Lord give you the strength and peace that you need today and in the days ahead.

—Vickie Icard

Sonya was one of a kind, she was contagious with her love, caring, and kindness, she was a hoot to be around, she could make anyone smile, she will be missed but by no means will she ever be forgotten, the memories she left behind for all of us to cherish, I'm telling you all you have to do is start saying do you remember Sonya, and trust me you will start smiling, thank you for the memories until we meet again. , Ronnie, Wanda, Becky, junior, Ann, Amanda, and all our fur babies, we love you guys, and we will keep you all in our prayers.

—Wanda Fulbright





—Vickie Vance








I'm so sorry to hear her passing she was a wonderful lady always brighten up the classroom when she walks in. She will be very missed!

—Ashley







—Laura S. Crawley

My heart goes out to your family and you, I know it's a hell of a loss but you will make it through it. Tell the kids if they need anything I'll be there if you need anything, I'll be there just give me a holler. Take care.

—David Wesson