



## Lauren Catherine Sampson

December 13, 1980 - September 16, 2014

How do we sum up a life in a few paragraphs? It's very difficult. How do we sum up the love we all felt for Lauren Sampson... It's impossible.

Lauren Catherine Sampson, age 33, passed away peacefully on Tuesday, September 16th at her parent's home in Tallahassee, after battling Leukemia for 18 months.

Lauren was born in Atlanta, GA, and moved to Tallahassee, FL when she was quite small. Days in grade school were all spent in Florida's capital city. After graduating from Leon High School in 1999, Lauren went on to spend her undergraduate years at The University of Richmond in Virginia, and then attended graduate school at her parent's alma mater, The University of Florida. Lauren's Specialist degree in school psychology allowed her to embark on the journey that would lead to, perhaps, her greatest achievement -- helping children. The rewards for Lauren in the Florida public school system where she worked were abundant. She would tell us amazing stories of the children in her care, what they were going through, and how she was able to make a difference in their lives. I know that helping them brought her great joy and satisfaction. She was proud to be a school psychologist.

Lauren's friends in Tampa and St. Petersburg, FL filled her life with fun and happiness, and continued to support her throughout her illness. They formed

a team for a charity run in Lauren's name to raise money for Moffitt Cancer Center.

Being diagnosed with AML Leukemia at just 32 years of age was a tough blow, but as you can see here in a message Lauren wrote to her friends, she handled it with grace and strength --

"There were a couple times on this journey when I wondered, why is this happening to me? But I didn't let that get me down, and I went about making it my business to ensure that my struggle with cancer could ultimately be used to help others someday. I participated in clinical trials and phase 1 studies both in Tampa at Moffitt Cancer Center, and at the Fred Hutchinson Cancer Research Center in Seattle, Washington. Knowing that the information the doctors were able to gain from my disease will be used to help others, well, that's a pretty satisfying feeling."

Ever the counselor, ever the teacher, Lauren had some advice for us as well: "There is one thing I want to share with you that I learned during my own experience, and while watching others. Whatever you are waiting to do, do it now. Not only do we not know how long we have in this world, but life is a richer and fuller experience when, rather than waiting for things to happen to us, we make things happen. So whatever it is that you're waiting to do, do it now. You'll thank me. Big shout out to Mom, Dad, and Matt for helping me to do all the things I wanted to do."

Dearest Lauren, we wish we had more time with you to continue our journeys, our adventures around the world. We saw some fabulous places together. We trotted the globe. But, the journeys we took with you were not only navigable by plane or by boat. You took us on journeys of love and laughter. Journeys that taught tolerance, patience, kindness, and support. The things you taught your friends and family will live on in them. Your light will shine through them.

Your spirit will continue to guide them. We love you Lauren, and someday we'll be together.

Lauren is survived by her parents Jim and Sandy Sampson, her brother Matt Sampson, her uncle and aunt Rob and Joanne Swetman, and their children, and her uncle Ronald Sampson. Lauren was predeceased by her grandparents Jim and Oriena Sampson, and Norman and Ludie Swetman.

A funeral service will be held for Lauren at St. Stephen Lutheran Church (2198 N Meridian Rd, Tallahassee, FL 32303) on Sunday, September 21st at 3pm. In lieu of flowers, Lauren requested that donations be made to The Moffitt Cancer Center (PO Box 23827, Tampa, FL 33623-3827) or The Fred Hutchinson Cancer Research Center (1100 Fairview Ave. N., P.O. Box 19024, Seattle, WA 98109-1024.)

# Previous Events

## Celebration of Life

SEP 21. 3:00 PM (ET)

St. Stephen Lutheran Church  
2198 North Meridian Road  
Tallahassee, FL 32308

# Tribute Wall

JR

“ Think about you every day Lauren, but especially today. My thoughts are often of you and your family. We all miss you. <3

Jen Ramsey - September 16, 2015 at 02:11 PM

CH

“ Lauren, I will miss you so much. You were such an inspiration to me and I will never forget you. You were always so positive and strong. I will cherish our friendship and our time working side by side at Anclote Elementary School. I could not have done my job with out you as my teammate. You had such a brilliant mind and made such an impact of the lives of those children. You are forever in my heart!

Cybil Holland - September 19, 2014 at 07:45 PM

AT

“ I am sorry to hear of your loss. The death of a loved one is one of the most devastating experiences a human can face. At times, the loss can seem unbearable. The Bible promises; "God is near to the brokenhearted." It also says: "Throw your burden on God and he will sustain you." (Psalms 34;18 and 55:22) I hope this message will help you cope with the loss of your loved one.

Ashley T - September 19, 2014 at 07:45 AM

CD

“ Mr. and Mrs. Sampson and Matt - I'm both inspired by Lauren's words and life, and heartbroken for each of you. Sending you our love and prayers. The Doolin Family

Christian Doolin - September 18, 2014 at 01:19 PM