



## Helen Lucille Benson

April 24, 1920 - June 25, 2023

Helen Lucille Grams Benson, Age 103, passed away June 25, 2023. Helen was born on April 24, 1920. She was the second child of Henry and Minnie Grams. She grew up on a farm east of Zimmerman (now the site of Grams Regional Park). Helen attended District 41 grade school, spent 1-1/2 years at Zion Lutheran Church Parochial School while attending confirmation classes, and graduated from Elk River High School in 1938. After attending 1 year of normal training in Princeton, she taught four years (grades 1-8 in a one room school house) at local public schools. In 1943 she took a radio course and moved to Seattle to work for Northwest Airlines. She married Leonard Benson on June 30, 1945. They returned to Minnesota after he was discharged from the Air Force. They made their home in Northeast Minneapolis and were blessed with two sons, Gary and Dale. Helen's other employment included selling Avon door-to-door, sales/flower arranging at Bachmans Floral in the Dayton's downtown Minneapolis store, and as a tour guide at the Minneapolis Federal Reserve building

They joined St. Matthews Lutheran Church (Columbia Heights) in 1951. Helen served on various boards including Crestview Home, Lutheran Chaplaincy, LWML Ladies Guild. Helen sang in the church choir and served the children of St. Matthews as a Sunday School teacher for over 20 years. In addition to church activities, she loved getting together with family, gardening, travel, and being a friend to anyone who needed a friend.

Helen is survived by her sons Gary (Ann) Benson and Dale (Karen) Benson;

granddaughters Jessica Benson, Shannon Benson, Amanda Benson (Apollos Gladman) and Danielle Benson, 4 great grandchildren; Taliah, Talan, Aurora, and Nova Ann, and sisters-in-law; Lucille Grams, Helen Mae Grams and JoAnn Grams. Helen will be missed by her many nieces and nephews who have known her and loved her as the Grams family historian.

She is preceded in death by her husband Leonard, brothers Howard (Marvel), Kenneth, Merrill and Donald Grams; sisters Dorothy (Herman) Heath, Marjorie (Pete) Smith, Marian (Julius) Nemeth, Harriett (Erwin) Kish and Joyce (Elliott) Olene.

The family would like to thank the staff at Bel Rae Senior Living of Mounds View and the Grace Hospice team for their loving care of Helen.

Memorial service will be held Monday July 17 at 11:00 am at St. Matthews Lutheran Church, 4101 Washington St. N. E., Columbia Heights, MN.

Visitation one hour prior to the service.

# Cemetery Details

## Hillside Cemetery (Minneapolis)

2600 19th Ave NE  
Minneapolis, MN 55418

# Previous Events

## Visitation

JUL 17. 10:00 AM - 11:00 AM (CT)

St. Matthew Lutheran Church  
4101 Washington Street NE  
Columbia Heights, MN 55418

## Memorial Service

JUL 17. 11:00 AM - 12:00 PM (CT)

St. Matthew Lutheran Church  
4101 Washington Street NE  
Columbia Heights, MN 55418

## Graveside Service

JUL 17. 1:30 PM - 2:00 PM (CT)

Hillside Cemetery (Minneapolis)  
2600 19th Ave NE  
Minneapolis, MN 55418



# Tribute Wall

NL

“ I am so sorry I didn't know of Helen's passing. She was a good friend when I was a member at St Matthew. We were "shirt-tail relations" and Helen's always enjoyed talking about her extended family. She was always dressed so beautifully, even when I visited her at Bel Rae. She was a lively Christian woman and I was honored to be her friend

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**Nancy Lange** - December 05, 2025 at 03:11 PM

GE

“ Helen was a dear friend and neighbor for many years. She will be missed on this Earth by all who knew her. I love the thought of her being able to spend, with Leonard, their 78th anniversary which was on June 30. Rest in Peace, my dear friend, rest in peace.



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**Gemma** - July 03, 2023 at 02:32 PM