



Sarah J. (Gower) LaMountain

April 23, 1968 - April 6, 2020

STERLING - Sarah J. (Gower) LaMountain, passed away on Monday, April 6, 2020 at Brigham Women's Hospital in Boston after a courageous battle with cancer. She was 51.

Sarah was born and raised in Concord and was a graduate of Concord Carlisle High School, class of 1986. After graduating high school, Sarah attended Providence College.

She owned a bridal boutique for several years in Warwick, Rhode Island with her co-pilot, the love of her life, Mike LaMountain. After a three year courtship, the couple married at St. Marks Church in Warwick, Rhode Island. They moved to Fitchburg where they started a family and lived for several years before building their forever dream home in Sterling.

Sarah embraced her new community and volunteered her time as a Girl Scout troop leader in Sterling. She was former president of the Houghton Elementary School's Parent Teacher Organization, and most recently served on the Wachusett Regional School Committee. She was a stay-at home mom while her daughter Lilly was growing up. They traveled all over together. She was a dedicated mom to her daughter. She went back to work in the year of 2015, where she found a job with Keller Williams working for Leal Realty Group. She was proud of her Irish heritage.

Sarah will be lovingly remembered and missed by her beloved husband of 26 years, Michael J. LaMountain; her daughter, Lillian "Lilly" M. LaMountain of Sterling; her parents, George D. and Leeann (Mara) Gower of Leominster; a brother, Leo Gower and his wife, Kim of Leominster; and several nephews and nieces. Sarah's family will be honoring her life privately at Miles-Sterling Funeral and Tribute Center in Sterling. She will be laid to rest at Hillside Cemetery in Sterling. In lieu of flowers, memorial contributions may be made to https://www.gofundme.com/f/sarah039s-fight-stage-4-esophageal-cancer?utm_source=customer&utm_medium=copy_link-Cp&utm_campaign=p_cp+share-sheet

To share a memory or offer an online condolence, please visit the "Tribute Wall" on this page.

Cemetery

Hillside Cemetery

Clinton Road, Rt. 62

Sterling, MA,

Comments



“ Lilly,

I am so sorry to hear of your mom's passing. Please find comfort in the wonderful memories of the bond you shared with her and in knowing how much you were truly the light of her life. There wasn't anything she wouldn't have done for you. She will remain in your heart forever and those memories of the unique mother daughter bond you shared will give you strength. My prayers and thoughts are with you and your dad during this difficult time.

Nancy Fournier

Nancy Fournier - April 13 at 09:01 AM



“ We are very sad to hear of Sarah's passing and sorry for your loss. She has such a fun personality and I remember ditching our dates at the senior prom to drive around Boston all night. She made things fun and life was always full with her. It's hard to imagine she is gone but we will remember her infectious laugh (giggle) and that twinkle in her eye. Rest In Peace dear Sarah and take care of Lilly and Michael. Love, Alyssa Chong

Alyssa Chong - April 09 at 10:22 PM



“ Lilly,

Your mom was a strong advocate for you and other families in our district. She will be greatly missed by many. I am thinking about you often, during this challenging time, and hope you will find some peace in your new reality over years to come. With Love, Stacey Duffy.

Stacey Duffy - April 09 at 03:59 PM



“ Dear Michael & Lilly, we are deeply saddened by your loss. I will always remember her kindness and caring ways and always doing for others. I will always remember her cheerful spirit and her infectious laugh. But most of all, I will always remember how she fought her final battle with strength, dignity and grace. Sarah, may you now find peace and rest in His loving arms. Lottie & Joe Adshade

Lottie Adshade - April 09 at 03:53 PM



“ Dear Michael and Lilly,
You are both in our thoughts and prayers during this difficult time. We shared a lot of happy memories from years ago. Sarah was a dear friend and a devoted wife and mother. We are very saddened to hear of your loss and send our love and hugs to you and your family. God bless you and Sarah. John, Gigi & Nicole Heroux



Virginia Heroux - April 09 at 11:05 AM



“ So very sorry to hear of Sarah's passing. She was such a strong woman who fought valiantly to stay as long as she could with the daughter and husband she loved so much. We are thinking of you both at this very difficult time.

The Akerson family - April 09 at 10:13 AM



“ The Akerson family
The Akersons - April 09 at 10:14 AM



“ Mike & Lilly,
So sorry for your loss. Sarah was a wonderful person. She will be missed forever. Our thoughts and prayers are with you both at this most difficult time. May she rest in peace.
Much Love to you both. Uncle Ernie & Aunt Kathy



Ernie & Kathy Heroux - April 08 at 05:44 PM