



Sonia B. Canlas

October 28, 1946 - June 7, 2023

On June 7, 2023, Sonia Canlas Washick, loving wife, sister and aunt (affectionately known as "Tita Sonia") passed away peacefully at her home in Heathrow, Florida.

Sonia, one of eight siblings, was born in Quezon City, Philippines. While she spent her early years in Manila, graduating from the University of Santo Thomas, she was destined to become a citizen of the world. In the summer of 1971, she landed in New York City, a place where she thrived both personally and professionally. Sonia's generosity knew no bounds, and she memorably treated her family to Broadway shows, July 4th firework displays, and family vacations along Cape Cod and the Jersey Shore. She was a trailblazer in her field and broke down a number of barriers while pursuing a career as an actuarial analyst at Bristol-Myers. Due to her hard work, dedication, and fierce intellect, her company offered her the opportunity to earn her MBA at NYU Stern. Sonia completed her degree while simultaneously earning her associate actuary designation. She then pursued an international benefits consulting position that took her across the globe which led to an executive position at Mobil Oil Corporation. Eventually, she joined Arthur Andersen LLP, where she deftly handled the Saudi Aramco portfolio.

Sonia met her perfect match, Mr. Richard & "Dick" Washick, while at the US Benefits Delegation to China in 1994. She married him in 1996,

surrounded by the couple's closest friends and family. Sonia and Dick spent 20 lovely years together, living life fully in the Big Apple – dining at the Rainbow Room, attending performances at Lincoln Center and cheering on the Giants, before changing scenery and settling down in sunny Heathrow, Florida with their beloved dog, Champ.

In Heathrow, she not only found a new and welcoming home, but her spiritual family at Annunciation Catholic Church. It was here, where the Holy Spirit prompted her to create a new Parish ministry. For the past 12 years, Sonia dedicated her life to the Spiritual Exercises of St. Ignatius of Loyola and through Sacred Story which she introduced to so many, helped those seeking God to draw closer to him in prayer. Through the inspiration of Sacred Story, Sonia brought her faith community to have a closer relationship with our Lord. She taught us that prayer is much more than a conversation with God, it is an intimate and personal friendship that allows us to look more deeply into our own lives where God dwells and speaks gently to us.

Sonia was loved dearly by her family and parish community,. Sonia now joins her husband, Dick, her mother, Concepcion, her father, Cornelio, and her sisters, Aida, Nida, and Villa in heaven. She is survived by her siblings, Nita, Jolly, Eduardo, and Myrna.

Sonia always said, "When you say 'Yes' to the 'is-ness' of life, when you accept this moment as it is, you can feel a deep sense of inner peace, quiet joy, and contentment." She and her family wish that for all of you.

In lieu of flowers, a fund will be started at Annunciation Catholic Church to continue Sonia's legacy. For those of us close to her, we knew of her dedication, service and love to this endeavor. Please make donations to Annunciation Catholic Church and include "Sacred Story Fund in memory of Sonia Canlas" in the memo.

Previous Events

Graveside

JUN **16**. 11:00 AM (ET)

Queen of Angels Catholic Cemetery
1901 Queen of Angels Drive
Winter Park, FL 32792

Tribute Wall

SS

“ *Sonia's life is a beautiful example of what we should all strive to be. Her dedication to our Sacred Story community has brought so many closer to our Lord, our members and by extension our families. She will be dearly missed. Rest in peace my sweet friend in the arms of our Lord. ❤️*

Susan Slater - June 14, 2023 at 02:53 PM

GI

My heart felt condolences to Sonia's family and friends. Thank you Lord for the sweetest gift Sonia has been in our lives. Thank you for the time you allowed us with your beloved. Her humble obedience to bring sacred story ignatian path to Christ to our community and our Parish has forever changed our hearts and let so many to encounter deeply our living God. Sonia was always full of funny stories powerful testimonies a ton of wisdom you're sweet friendship and generous and loving kindness has touched our hearts deeply. You will be deeply missed love you forever my beautiful Sonia beloved of the Lord rest in peace in the loving arms of our Lord Jesus.

Giulianna - June 16, 2023 at 09:14 AM