

Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124



RETURN SERVICE REQUESTED

PRSRT STD
US POSTAGE
PAID
OMAHA NE
PERMIT 1199

Community service
program of caring for
individuals and families
who are grieving the death
of someone they love.

SPONSORED BY:
Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

THE Journey

April 2018

From The Heart

Greetings, Dear Friends!

"Don't turn the page!!!!" Grover keeps telling the reader this. Why? He's afraid that there is a monster at the end of the book, and every time that we, the reader, turn the page we are getting closer to the monster at the end of the book! Do you know this story? It was a favorite as we read it to our children, and now it's a favorite for our grandchildren too.

What happens at the end of the book? Well, if you don't know how the story ends, the monster at the end of the book is just lovable, furry old Grover, himself! He is trying to scare us as the reader. There is no monster! It is just silly Grover.

This story reminds me of one of the chapters in the book of our lives that we write as we grieve. We don't want to turn the page because we are dealing with the ugly and difficult chapter of **forgiveness and guilt**. Can you identify?

Most grieving people will navigate this topic at some point. It may look different too. The challenging emotion of guilt or the choice of unforgiveness can be directed at self or at others. Sometimes it's just easier, like Grover, to keep shouting out, "Don't turn the page!!!" Maybe pages that deal with things like:

- "Certain friends just don't call now that it is after the funeral. They want me to act the same. Why, I'm just not going to answer their calls...see how that hurts!"
- "Why didn't I do more? It's my fault he died. There

were signs. I should have insisted he go to the doctor!"

- "What do my family think? I should be 'over it' by now? They are clueless! Grief doesn't end after 6 months! I don't even know how to talk to them, let alone not be hurt by them!"

What lines might you include? Feelings are strained and life is so challenging to just exist on some days. How can we forgive others or even ourselves? How can we let go of the guilt that is killing us inside?

The answer, like with Grover, is you do have to do the scary work of turning the pages in your grief book. And like the book, as you turn the pages, you realize the monster that is at the end of the chapter when it comes to **forgiveness and guilt** is really just you. And there's lots of hope with that realization. **You can change yourself.**

It's not easy, tackling this monster. So whatever page you are on, I'm so glad that there are practical things you can do to get unstuck in this area of **forgiveness and guilt**. And there are things you can do to stay healthy in this area too. Let's gather as we turn pages going into this chapter and you reflect on your own story. Let's take the scariness away from this trapping monster. *Let's turn some pages!!!!*

Blessings,

Sharon Zehnder
Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



OPPORTUNITIES FOR

april

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Happy Easter	2	3	4 Luncheon * 11:30 a.m.	5	6	7
8 6:00 p.m. Forgiveness/ Guilt	9	10 10:00 a.m. Discussing the Spring Holidays	11 Luncheon * 11:30 a.m.	12	13	14 Services of Remembrance 11:00 a.m. and 3:00 p.m.
15	16	17	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24 10:00 a.m. Building My Grief Toolbox	25 Luncheon * 11:30 a.m.	26	27	28
29	30					

Heafey-Hoffmann-Dworak-Cutler
7805 W Center Rd • 402-391-3900
5108 F St, Omaha • 402-731-1234
2466 S 16th St, Omaha • 402-346-1144

Bellevue Chapel • 2202 Hancock St, Bellevue • 402-291-5000
Cutler-O'Neill Funeral Home
Bayliss Park Chapel • 545 Willow Ave, Council Bluffs • 712-322-7779
Walnut Hill Chapel • 1350 Pierce St, Council Bluffs • 712-322-7779

Aftercare Support Group

Topic: FORGIVENESS/GUILT
"Eraser Therapy"
April 8, 6:00 p.m.

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level - Recreation Room)

Wednesday Luncheon*
Every Wednesday
at 11:30 a.m.

Garden Café in Rockbrook
11040 Oak St.

(*Open to those who are widowed only)

Walking Through the Valley of Darkness

APRIL TOPICS
10:00-11:30 a.m.

10: Discussing the Spring
Holidays

24: Building My Grief Toolbox

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level - Recreation Room)

In This Issue:

Services of Remembrance

Every year we hold two "Services of Remembrance" to give you the chance to join with others recently bereaved. Please come as we offer this sensitive time to remember and give more care to you.

Mark Your Calendars

Save the date for monthly grief support groups: (see details inside)

- Aftercare Support Group
- Wednesday Luncheon
- Walking Through the Valley of Darkness
- Annual Services of Remembrances

I Give Myself Permission To Let Go

If you believe:

Your Affirmation is:

- | | |
|--|--|
| <ul style="list-style-type: none">• I'll never forgive them.• I don't have to forgive anyone. | <ul style="list-style-type: none">• This is a new moment. I am free to let go.• I refuse to limit myself. I am always willing to take the next step. |
| <ul style="list-style-type: none">• I should have done more and can't forgive myself. | <ul style="list-style-type: none">• No one is perfect. I am free to accept I did my best at the time under the conditions. |
| <ul style="list-style-type: none">• They ruined my life.• They did it on purpose. | <ul style="list-style-type: none">• I take responsibility for my own life. I am free.• They were doing the best they could with the knowledge, understanding and awareness that they had at the time. |
| <ul style="list-style-type: none">• I was so little and they hurt me so much. | <ul style="list-style-type: none">• I am grown up now and I take loving care of my inner child. |
| <ul style="list-style-type: none">• It is all my parents' fault. | <ul style="list-style-type: none">• My parents treated me the way they had been treated. I forgive them and their parents too. |
| <ul style="list-style-type: none">• They have to apologize first.• My resentment keeps me safe.• What they did to me was unforgivable. | <ul style="list-style-type: none">• My spiritual growth is not dependent on others.• I release myself from prison. I am safe and free. |
| <ul style="list-style-type: none">• They don't deserve to be forgiven.• Only weak people forgive. | <ul style="list-style-type: none">• I am willing to go beyond my limitations.• I forgive whether they deserve it or not.• It is strong to forgive and let go. |



IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:
If other community events are being cancelled, it is safe
to assume ours is too. If in doubt, call: 402-391-3900

Healing Thoughts

"Do as the heavens have done, forget your evil; With them forgive yourself."

~William Shakespeare~



Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, April 8, 2018 at 6:00 p.m.

Topic: "Eraser Therapy"
FORGIVENESS/GUILT

Sometimes we can be our own worst enemy! And we may not even know it!! At this meeting we will discuss the ways we can be forgiving of ourselves and others during this difficult time.

Aftercare Group Meetings are held at

Crown Pointe Retirement Center
2820 South 80th St.
(Lower Level, Rec Room)

Facilitated by: *Sharon Zehnder, Aftercare Director*



Sneak Preview

Next Month: Sunday, May 6, 2018 at 6:00 p.m.
Topic: "God, Are You There?" FAITH
****This is a first Sunday****



SATURDAY, APRIL 14, 2018

Heafey's Annual Services of Remembrance

Catholic Memorial Mass at 11:00 am

Christ the King Catholic Church, 654 S. 86th St.

Non-Denominational Memorial Service at 3:00 pm

Heafey, Hoffmann, Dworak & Cutler Mortuaries
West Center Chapel • 7805 West Center Road

In honor of our loved ones who have died in the past year or so.
Refreshments served following the services. No RSVP needed.

Wednesday Luncheon*

***Open to those who are widowed only.**

GREAT CONVERSATION!
GOOD FOOD! WONDERFUL PEOPLE!

Every Wednesday at 11:30 a.m.

Ask for the Heafey tables. Bring a friend or two!
No RSVP needed.

Meet us at:

Garden Café in Rockbrook
11040 Oak Street

Walking Through the Valley of Darkness

These support group sessions are adult education for people who have lost a loved one.

(Meets normally on the 2nd & 4th Tuesdays)
10:00-11:30 a.m.

April Topics:

10 Discussing the Spring Holidays
24 Building My Tool Box for Dealing with Grief

Facilitated by: Jayne Gundrum, LMHP

Meetings are held at:
Crown Pointe Retirement Center, Lower Level, Rec Room
2820 S 80th Street