

Heafey Hoffmann Dworak & Cutler

MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124



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RETURN SERVICE REQUESTED

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

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**Heafey Hoffmann
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THE Journey

APRIL 2019

From The Heart

Greetings, Dear Friends!

My grandkids have these special markers. You fill them with water. And with the swish of the marker on the paper, a once plain piece of paper with a black drawing soon becomes filled with myriads of colors. Who knew? You'd think the markers were special, but actually it's the paper that is special. Those unseen colors on the magical paper just need a little water to bring them to their vibrancy and artful design.

Now what's even more special is when the papers dry, they go back to plain pieces of paper again. How cool is that?! These grandkids can marker these pages over and over, as long as they let them fully dry out.

I wish we could have special markers and magical papers we could use for grief journeys so that when we need to choose forgiveness, we could just let the paper dry out and voila! – no need to have a do-over or forgive or feel guilt. It just never happened in the first place. Wouldn't that be so much easier? Just have this whole grief thing gone and the death never have happened!

Well, that's not reality. Reality is that oftentimes once the hurt has happened, we just bury it and pretend and go on. "Avoid the pain. Don't deal with the hurt," we think. Or we dwell so much on the "if only's" that we can't even

function. We are so tied up with regrets and guilt that it is hard to function.

I don't have special water filled markers, nor do I have magical papers, but I can help you turn some pages in this area that can encumber many grieving people – the trap of **forgiveness and guilt**. It's a trap that can be easy to fall into, but once it is recognized as a place to get stuck, getting free is just a few steps away. It is a choice -and getting information will help you get closer to being free. What can feel like a dark, dismal and extremely difficult area of grief can become an area of hope and freedom.

I might even bring my grandkids' markers and paper as a reminder that you can change the appearance of your grief journey by exposing the areas underneath. It's just using the right tools to bring out what is buried and hidden to change the look of your grief. I've got tools. Who is coming?

Blessings,

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



OPPORTUNITIES FOR

April

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

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 14, 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.

- 9:** Discussing the Spring Holidays
23: Building My Tool Box for Dealing with Grief

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**

Excerpt from "The Spiritual Path to Healing, Part 4"
by Dr. Alan Wolfelt

Forgive

- You may be harboring some spiteful feelings about the death of someone loved. Perhaps you are angry at a medical caregiver. Maybe you're upset at friends and family who haven't been there for you in your time of need. Maybe you are mad at the person who died.
- Forgiveness is an act of surrender. If you surrender your resentment, you are freeing yourself of a very heavy load. You are surrendering your human feelings of judgment to the only One who is truly in a position to judge. Don't go to your own grave angry.
- Write letters of forgiveness if this will help you unburden yourself, even if you never send the letters.
- And while you are at it, don't forget to forgive yourself. Self-recrimination is negative energy. If you did something wrong, acknowledge, apologize and forgive.

This idea calls to mind a poem by William Arthur Ward, an American pastor and teacher:

**Before you speak, listen.
Before you write, think.
Before you spend, earn.
Before you invest, investigate.
Before you criticize, wait.
Before you pray, forgive.
Before you quit, try.
Before you retire, save.
Before you die, give.**

Carpe Diem. Today, call or stop by to visit someone you've been holding a grudge against. Tell this person you've missed her company and would like to catch up.

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**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

*"Never forget the three powerful resources
you always have available to you: love,
prayer, and forgiveness."*

~H. Jackson Brown, Jr.~



Sunday, April 14, 2019 • 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 5, 2019 at 6:00 p.m.

Topic: "God, Are You There?" FAITH **This is a first Sunday**

SATURDAY, APRIL 6, 2019

*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.**

March Topics:

9 Discussing the Spring Holidays

23 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**