

# Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

7805 W Center Road  
Omaha, NE 68124



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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

JULY 2020

## From The Heart

### Greetings, Dear Friends!

You know how some things just keep coming back around? If you don't deal with them the first time, you are sure to see them again. I think about things that fit into this category like weeds, growing hair, mold, and bacteria. While there are probably some good things that multiply quickly, most of what I'm thinking about are not good things. What other things would you add to this list?

I can think of one good thing that is coming back around though. We were going to do the topics of **forgiveness and guilt** in April, and guess what? Due to the pandemic we couldn't meet or talk about them. But the good thing is they are coming back around again this month. These topics are two that we don't want to miss discussing. And if you are able, we want to join safely to discuss them.

Ironically, guilt and unforgiveness fit into the things that just keep coming back around if you don't deal with them the first time. You are sure to see them again. Who wants to continually be struggling with guilt emotions, or be bound up with the horrible effects of choosing not to forgive?

I know, it is way easier said than done. I understand that. It is normal to struggle with these two areas on a grief journey. Have you noticed that the longer that you let them go, they seem like they multiply in your mind like growing

weeds, mold or bacteria? Good news! There are ways to lessen or eliminate their horrible effects.

A few months ago, you may have been dealing with the growing hair that I mentioned above. Your normal place to get your hair cut may have been closed. By now, you probably have been able to get your hair cut and styled again. The businesses opened, and you now have good results and a good look.

Join with others as we open this process to get your emotions of guilt and unforgiveness cleaned up. You may come with your newly styled haircut, but you may leave with options for letting go of your guilt and unforgiveness. You will feel so much better in the long run as you learn to identify and let go of the emotional load that keeps going around and around in your head.

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



**PLEASE NOTE:**  
All support groups during  
the month of July  
will be held at  
**Heafey Hoffmann Mortuary**  
at 7805 W. Center Rd.  
(No classes will be held at Crown  
Point Retirement Center)

### OPPORTUNITIES FOR

# July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Luncheon* 11:30 a.m. <i>Now open!</i>	2	3	4 4th of July
5	6	7	8 Luncheon* 11:30 a.m. <i>Now open!</i>	9	10	11
12 6:00 p.m. FORGIVENESS /GUILT	13	14 10:00 a.m. Grief Basics	15 Luncheon* 11:30 a.m. <i>Now open!</i>	16	17	18
19	20	21	22 Luncheon* 11:30 a.m. <i>Now open!</i>	23	24	25
26	27	28 10:00 a.m. My Story	29 Luncheon* 11:30 a.m. <i>Now open!</i>	30	31	

**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"**  
**July 12, 6:00 p.m.**

The July Aftercare Support Group  
will meet at Heafey Hoffmann  
7805 West Center Rd.

**Wednesday Luncheon\***  
**Every Wednesday at 11:30 a.m.**  
**Now open!**  
Garden Café in Rockbrook  
11040 Oak St.  
(\*Open to those who are widowed only)

**Walking Through the  
Valley of Darkness**  
**JULY TOPICS**  
**10:00-11:30 a.m.**

- 14:** What is This Thing Called Grief? Grief Basics
- 28:** My Story (Please bring a picture of the deceased)

The July support groups  
will meet at Heafey Hoffmann  
7805 West Center Rd.

## In This Issue:

**GROUPS MEETING?** *Coronavirus Update:* Check our website for latest information: <https://heafeyheafey.com/heafey-support-groups>

Please check our website or call us at 402-391-3900 for current status updates on the support groups as things can change quickly. We are happy to be meeting for support as directed by our governor's standards for safety. Please make your individual decisions about attending, keeping your health in mind as your first concern. Due to the pandemic, I have changed the order of some of our annual classes.

### 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



*This paragraph excerpt is taken from Dr. Alan Wolfelt's "Nurturing Yourself, The Emotional Realm"*

## ASK YOURSELF TWO QUESTIONS: What do I want? What is wanted of me?

### First, now that the person you loved is gone, what do you want?

What do you want to do with your time?

Where do you want to live?

With whom do you want to socialize?

Whom do you want to be near?

*These are big questions that may take  
some time for you to answer.*

### Second, what is wanted of you?

Who needs you? Who depends upon you?

What skills and experience can you bring to others?

What are you good at?

Why did God put you here on this earth?

While considering what you want is important, it alone does not make a complete life.

*Asking yourself these questions on a daily basis may help you focus on the here-and-now. What do I want from my life today? What is wanted of me today? **Living in the moment will help you better cope with your grief.***

*Reprinted with permission from:  
Grief Digest, Centering Corporation, Omaha, Nebraska (402) 553-1200*

## Healing Thoughts

“Forgiveness is the fragrance the violet sheds on the heel that has crushed it.”  
~ Mark Twain~

Sunday, July 12, 2020 • 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.

**Facilitated by: Sharon Zehnder, Aftercare Director**

The July Aftercare Support group will meet at  
Heafey Hoffmann Mortuary, 7805 West Center Rd.



## Sneak Preview:

Next Month: **Sunday, August 9, 2020 • 6:00 p.m.**

Topic: “Time for a Fill-Up” TAKING CARE OF ME

In the past we have gathered for our annual social time together where we eat. If the timing isn't right for our potluck this year, we will still be discussing ways to take good care of yourself while you are grieving. Whether we eat together, or share together, you will benefit. Looking forward to sharing either food or ideas. Watch next month for more details.

## 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**

**Now open!**

## 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.**

**July Topics:**

**14 What is This Thing Called Grief? Grief Basics**

**28 My Story (Please bring a picture of the deceased)**

Facilitated by: Jayne Gundrum, LMHP

The July support group sessions will meet at  
Heafey Hoffmann Mortuary, 7805 West Center Rd.