

# Heafey Hoffmann Dworak Cutler

MORTUARIES & CREMATORY

7805 W Center Road  
Omaha, NE 68124

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MARCH 2022

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Omaha, NE 68124

# THE Journey

## From The Heart

### Greetings, Dear Friends!

Up and down - around and around - at breath taking speed, even upside down at times! Does this sound scary or what? It is very fast - like a speeding bullet, and very short in overall duration of time. After waiting to experience it for many, many minutes, it is over in 2-3 minutes. Who would do such a thing? Well, me. I used to LOVE them! You may have guessed that I am describing a roller coaster.

I loved them growing up; I loved them with my own family. Now, well, I'm not as sure about how my mind and body will like the jerks, the bumps, the out of control feeling, and the unknown. With age comes wisdom, right?

I have often used the word picture of a roller coaster to describe a grief journey. Maybe you can relate...*the* ups and downs, *the* upside down, *the* out of control, *the* unknown, *the* can't get off, *the* when will this ever end??

But the ride of the roller coaster does end, and the riders survive the ride. While each grief journey is unique, if you allow yourself to feel through your grief in a healthy way, you will survive this grief journey. It may feel like you won't, but feelings aren't always reality. In fact, you will find new aspects to your grief journey that you hadn't expected. It's hard to believe at the very messy beginning steps of grief, but **acceptance and integration** of your grief lies ahead. There is hope!

How do you best learn things? I love to learn through illustrations, comparisons, and word pictures. It helps

me retain and remember. This month I will be sharing some very helpful word pictures that will help reveal the progressing aspects of a healthy grief journey. It will make a lot of sense as you relate it to your grief journey, no matter whether you are just beginning or further down the journey. I think it will give you hope when applied to your own journey.

Even though I am wiser than I used to be as a teenager, I can't promise you that I won't ever risk going on a roller coaster again. Some things in life are just worth it and worth the risk. You get to decide for yourself. What are you willing to risk to help you make progress on your grief journey? If you join in on one of our support groups, we can't promise a breath-taking ride. But you won't be alone and there are lots of fellow riders present. And I can almost guarantee you won't forget my word pictures I will share. You might even be one of the people who are part of the illustration. Do I have you curious yet?

Together helps... *(if the time is right for you!)*

Blessings,

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



### 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

## In This Issue:

### Integration

Does grief ever end? Good question! We'll talk through this question and what healthy grief looks like for you.

**Coronavirus Update:** All groups are meeting - details inside.

Check our website for latest information: [www.heafeyheafey.com/heafey-support-groups](http://www.heafeyheafey.com/heafey-support-groups).  
*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.*

### Aftercare Support Group

Topic: **INTEGRATION**

"Is it Goodbye or Something Else?"

March 13, 6:00 p.m.

All Topic Groups  
will meet at Heafey Hoffmann  
Mortuary, 7805 West Center Rd.

### Wednesday Luncheon\*

Every Wednesday  
11:30 a.m.

Garden Café in Rockbrook  
11040 Oak St.

(\*Open to those who are widowed only)

### Walking Through the Valley of Darkness

MARCH TOPICS

10:00-11:30 a.m.

- 8: Looking at and Developing a Support System
- 22: What Do I Need When I Am Grieving?

All Topic Groups  
will meet at Heafey Hoffmann  
Mortuary, 7805 West Center Rd.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon* 11:30 a.m.	3	4	5
6	7	8 10:00 a.m. Support System	9 Luncheon* 11:30 a.m.	10	11	12
13 6:00 p.m. INTEGRATION	14	15	16 Luncheon* 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. What Do I Need?	23 Luncheon* 11:30 a.m.	24	25	26
27	28	29	30 Luncheon* 11:30 a.m.	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



# Caring Thoughts

Life is an **opportunity**, *benefit from it.*

Life is **beauty**, *admire it.*

Life is a **dream**, *realize it.*

Life is a **challenge**, *meet it.*

Life is a **duty**, *complete it.*

Life is a **game**, *play it.*

Life is a **promise**, *fulfill it.*

Life is **sorrow**, *overcome it.*

Life is a **song**, *sing it.*

Life is a **struggle**, *accept it.*

Life is a **tragedy**, *confront it.*

Life is an **adventure**, *dare it.*

Life is **luck**, *make it.*

Life is too **precious**, *do not destroy it.*

Life is **life**, *fight for it.*

{Mother Teresa}



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

Only people who are capable of loving strongly can also suffer great sorrow, but this same necessity of loving serves to counteract their grief and heals them. ~Leo Tolstoy~

“It takes courage to push yourself to places that you have never been before...to test your limits...to break through barriers. And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom. ~Anaïs Nin~”

## Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, March 13, 2022

6:00 p.m.

**Topic: “Is it Goodbye or Something Else?” INTEGRATION**

Are you having a hard time accepting the reality of the death of your loved one? Does it seem impossible, even wrong to let go of your loss? We will explore these thoughts together and discuss ways to integrate your love for your loved one and find inner peace.

Facilitated by: Sharon Zehnder, Aftercare Director

This Support Group meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.

Peace

## Sneak Preview:

forgiveness

Next month: **Sunday, April 10, 2022** 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.

## 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:

8 Looking at and Developing a Support System

22 What Do I Need When I am Grieving?

Facilitated by: Jayne Gundrum, LMHP

This Support Group meets at Heafey Hoffmann  
Mortuary, 7805 West Center Rd.