

**Heafey Hoffmann  
Dworak Cutler**  
MORTUARIES & CREMATORY

The Caring Group  
7805 West Center Road  
Omaha, NE 68124

**RETURN SERVICE REQUESTED**



OPPORTUNITIES FOR

# April 2016

| Sun  | Mon | Tue  | Wed                            | Thu | Fri | Sat                          |
|--|-----|--|--------------------------------|-----|-----|------------------------------|
|  |     |  |                                |     | 1   | 2                            |
| 3  | 4   | 5  | 6<br>Luncheon *<br>11:30 a.m.  | 7   | 8   | 9<br>Services of Remembrance |
| 10<br>6:00 p.m.<br>Forgiveness/<br>Guilt "Eraser Therapy"" | 11  | 12<br>10:00 a.m.<br>"Discussing the Spring Holidays"             | 13<br>Luncheon *<br>11:30 a.m. | 14  | 15  | 16                           |
| 17   | 18  | 19   | 20<br>Luncheon *<br>11:30 a.m. | 21  | 22  | 23                           |
| 24   | 25  | 26<br>10:00 a.m.<br>"Building my Toolbox for Dealing with Grief" | 27<br>Luncheon *<br>11:30 a.m. | 28  | 29  | 30                           |

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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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April 2016



## From The Heart

### Greetings, Dear Friends!

"Go ahead, now what do you say?" says Mommy to her angry little boy. Little Johnnie replies reluctantly to his brother, through clenched teeth, with a scowl on his face, "I'm sorry."

Hmmmm! Is little Johnnie really sorry? I think we all would agree that if we could see his heart, the answer is probably –No! He's not sorry for his actions. But he may be sorry he got caught. Poor little Johnnie! He has a lot to learn about forgiveness ahead, doesn't he?

This thing called forgiveness is a life long struggle, isn't it? If it were easy, I think our world would be a lot less complicated place. It's hard to do life with a heart of being willing to look at our own issues and own them honestly. It's hard to want to forgive someone who has deeply hurt us too.

You add in the complications of navigating through forgiveness after the death of a loved one and now you have opened up a whole new can of worms for some people. And the faces that need to be forgiven can look very different from day to day. Shuffle through, you know what I mean. Some days it may be a dear friend who isn't calling like they used to call. Or

some days it may be the fight you got into with your own children. Or could it be the medical team who made a mistake? Could it even be YOU? Did you say something you really regret and wish you had just a moment to go back and do it over? Or do you regret what you could have said?

All of these, and many more are some of the things that can surface on a normal grief journey. Little Johnnie's heart may not have been in the right place, but he said the right words. There's a lot more for Johnnie to learn. We are going to work on the heart stuff and the importance of dealing with the real feelings. Sometimes simple can be profound. There's a lot to learn in this subject area of forgiveness that is life-changing. Let's do the hard work of heart work together.

Blessings,  
Sharon Zehnder, Aftercare Director  
[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com)  
402-391-3900



### Aftercare Support Group

**Topic:  
FORGIVENESS/GUILT  
"Eraser Therapy"  
April 10, 6:00 p.m.**

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

### Wednesday Luncheon

(\*Open to those who are widowed only)

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

Garden Café in Rockbrook  
11040 Oak St.

### Walking Through the Valley of Darkness

**April Topics  
10:00-11:30 a.m.**

**12 Discussing the Spring Holidays**

**26 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



## I Give Myself Permission To Let Go

**If you believe:**

| <b>Your Affirmation is:</b>                       |  |
|---|--|
| I'll never forgive them.                          | This is a new moment. I am free to let go.   |
| I don't have to forgive anyone.                   | I refuse to limit myself. I am always willing to take the next step.   |
| I should have done more and can't forgive myself. | No one is perfect. I am free to accept I did my best at the time under the conditions.                         |
| They ruined my life.                              | I take responsibility for my own life. I am free.  |
| They did it on purpose.                           | They were doing the best they could with the knowledge, understanding and awareness that they had at the time. |
| I was so little and they hurt me so much.         | I am grown up now and I take loving care of my inner child.  |
| It is all my parents' fault.                      | My parents treated me the way they had been treated. I forgive them and their parents too.                     |
| They have to apologize first.                     | My spiritual growth is not dependent on others.  |
| My resentment keeps me safe.                      | I release myself from prison. I am safe and free.  |
| What they did to me was unforgivable.             | I am willing to go beyond my limitations.  |
| They don't deserve to be forgiven.                | I forgive whether they deserve it or not.  |
| Only weak people forgive.                         | 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 Thought

“Forgiveness is the final form of love.”

~Reinhold Niebuhr~



**Sunday, April 10, 2016 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 15, 2016 at 6:00 p.m.**

**Topic: “God, Are You There? FAITH \*\*This is a third Sunday\*\***

**SATURDAY, APRIL 9, 2016**

## Heafey's Annual Services of Remembrance

**Catholic Memorial Mass** at 11:00 a.m.

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

**Non-Denominational Memorial Service** at 3:00 p.m.

Presbyterian Church of the Cross • 1517 S. 114th St.  
For closer entry, please park on the south side of the Sanctuary

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

## Walking Through the Valley of Darkness

These 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:**

- 12 • “Discussing the Spring Holidays”
- 26 • “My Tool Box for Dealing with Grief”

Facilitated by : Peggy Bonacci, LCMSW, CT  
Meetings are held at: Crown Pointe Retirement Center,  
2820 South 80th St. ~ Lower Level-Rec Room  
(off of West Center frontage road)

## 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