

**RETURN SERVICE REQUESTED**

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

December 2017

## From The Heart

### Greetings, Dear Friends!

*What if?* "What ifs" are a part of our daily lives. We all do it, whether you realize it or not. We think ahead and plan, anticipating the "what ifs." "What if...then...." For example: *What if* the weather outside is snowing, *then* I should probably allow extra traveling time to get to my destination. *What if* the milk is low in the refrigerator, *then* I will stop at the grocery store and get more.

*What ifs* help us plan ahead. We don't know what may happen so we speculate. We want to plan ahead and cover ourselves with the possibilities that can happen. But *what ifs* can also blow us away. *What ifs* can trap us in fear and paralyze stepping forward in courage.

So this month as we are continuing the celebration of holidays and special family times, the *what ifs* can loom large for the bereaved. I encourage you to instead take courage and challenge yourself to take the negative "what ifs" that surface and place them behind you, and instead focus on the positive "what ifs." As you remember your loved one this month, and as we **concentrate on remembering them with love**, *what if* you found a creative way to celebrate their life this month? It can be as simple as a prayer of thanks offered at the holiday table for

the love you shared with your bereaved, to a creatively planned time of everyone hanging a special ornament on the tree that reminds you of your loved one.

*What if* you engaged the grief you feel and actively plan to talk about it for ten minutes and feel through it with your family? How might you do this? *What if* you remember together the blessings of the character of the person you miss with those who love you and celebrate the essence of who they are? *What if* you gave to an organization in memory of your loved one so that others can be blessed? You can plan ahead and do this.

*What if* you came together with others who are walking through this challenging holiday season? ...*then* you might receive more hope and encouragement as you wade through your feelings. ...*then* you might receive direction on how to navigate the scary parts of grief. It's ok. You are normal. *What if* you felt care and love? ...*then* it may change the trajectory of your grief for the better. *What if* you never regret this decision? ...*then*...

### Blessings,

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



OPPORTUNITIES FOR

## December 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 4:00 p.m. CHRISTMAS LIGHTS TOUR	4	5	6 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. REMEMBERING WITH LOVE	11	12 10:00 a.m. Discussion of Belongings	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24 31	25 CHRISTMAS	26 10:00 a.m. A New Normal	27 Luncheon * 11:30 a.m.	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 Memorial Chapel** • 2202 Hancock St, Bellevue • 402-291-5000  
**Cutler-O'Neil 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: REMEMBERING WITH LOVE "Precious Moments" December 10, 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

December Topics  
10:00-11:30 a.m.

- 12:** What Should I Do With All The Stuff? Discussion of Belongings  
**26:** A New Normal/My Goals

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

## In This Issue:

### LIGHTS TOUR

Reminder for Pre-Registered Only  
December 3 at 4:00 PM

Call Sharon at 402-391-3900 if you are unsure if you are pre-registered or need to change your plans. (More info inside)

### 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 Christmas Gathering

## Excerpt from: **Holiday Grief and the Lessons from Tangled Christmas Lights** By Jan Borgman

*A reflection from Jan Borgman, as she sought to untangle her Christmas lights:*

And as I gazed upon the lights, I realized that each of the colors represent a part of my grief. The red lights remind me of the love I shared. I recalled the happy times and the wonderful memories I hold in my heart. The red lights also remind me of the things I need to stop doing such as denying my feelings and blaming myself.

The blue lights represent my sadness. There are times when I feel "blue" or sad. Once I own my feelings of being down they are easier to accept because I'm embracing my pain instead of denying it. Admitting that I was sad made it easier to reach out and ask for help or to find things to distract me.

The yellow lights represent the brightness in my life as I smile at all the memories I hold. I found myself laughing at some of the past holiday experiences and the things we did or shared. I realize how full my life is because of the life we shared. The brightness truly outshines the sadness.

The orange lights remind me that the warmth of our love will always shine upon me because of the life we shared. I hold so many memories and I have been blessed to know the gift of love.

And the green lights represent my hope for the future. Hope gives me permission to move forward

with my life as I learn to live with my loss. Learning to live with loss doesn't mean forgetting the person who died but being able to create new memories to compliment the memories already held.

As I finally got the last of the lights untangled, I felt a sense of accomplishment that I stayed with the task and didn't give up. When I plugged them in, I noticed that some of the bulbs were burnt out but the strand of lights were still lit. It reminded me that even though those we love may no longer be with us, they are still part of our lives. Just as the other lights stayed lit, when someone we love dies, it doesn't mean that we have to stop living.

Alone, the colors would not be as bright but together they provide a soft, comforting glow. The lights represent aspects of my life and my grief. The red, blue, yellow, orange and green lights represent my love, my sadness, my memories, my joy and my hope. I have the opportunity to keep the love glowing through my memories and the life I live.

I never imagined that those tangled Christmas lights would help me find meaning in my grief and strength to face the holidays.

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**Sunday, December 10, 2017 at 6:00 p.m.**

**Topic: "Precious Moments" – REMEMBERING WITH LOVE**

The death of your loved one can be so extremely painful...let alone all the memories that follow!!

Did you ever imagine they could sometimes feel almost as painful as the death? Hiding the hurt or avoiding the pain connected with these memories won't make it go away. It is good to talk about the person you love and miss.

Memories shared can be your gift to the one you love and his/her never-ending gift to the world. Especially during the holidays, there is a healthy need to navigate what old and new Christmas memories will look like. Let's explore together! Join us.

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, January 14, 2018**  
**at 6:00 p.m.**

**Topic: "What's  
Happening to Me?" –  
SCHOOL OF GRIEF**

## Reminder for those who registered:

**Sunday, December 3, 2017**

### Christmas Lights Tour

4:00 PM at The DC Centre  
11830 Stonegate Circle  
Several blocks south of 120th and Maple

**Call Sharon at 402-391-3900 if you are  
unsure if you are pre-registered.**

**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

"Remembering the person I have loved allows me to slowly heal. Healing does not mean I will forget. Actually, it means I will remember. Gently, I will move forward, never forgetting my past."

*~Alan Wolfelt~*



## 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 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.**

**December Topics:**

**12 What Should I Do With All the Stuff? Discussion of Belongings**  
**26 Looking at a New Normal: My Goals**

Facilitated by: **Jayne Gundrum, LMHP**

Meetings are held at:

**Crown Pointe Retirement Center, Lower Level, Rec Room**