



RETURN SERVICE REQUESTED

PRSR STD
US POSTAGE
PAID
OMAHA NE
PERMIT 1199

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



From The Heart

Greetings, Dear Friends!

Have you ever been in a country where they drive on the opposite side of the road? Boy, it is different! Years ago, our son was in the wedding party of a dear friend outside the US. We arrived and the taxi driver shows up sitting on the right-hand side. We leave the airport, on the opposite side of the road and soon approach a "roundabout." The normal US rules for a roundabout were different here. The rules were all shifted with right and left. If I would have had to navigate a car in this culture, I would have been an accident waiting to happen! My learned US driving habits would have been severely challenged, as well as the comfort and safety anyone in the car would have felt.

Have you ever felt like all the things you knew with your normal faith walk have been shaken up and changed now that you are walking through this loss? Like the roundabout that I talked about, it's all different now. The safety of understanding you knew with your faith may now be gone or feel so very different. Why, you may even wonder if you believe in anything anymore! Or perhaps you are on this new faith road, thinking about things that you never have before...with

lots of questions. It sure can feel scary to not be sure about some areas that were strong and secure before.

Or perhaps your faith is the only thing that feels safe now. The world is crumbling around you, but God seems closer than ever before. Family and friends are grieving and feel not as reliable at times, but God is always there. You feel His comfort.

Or you may not know what to think. You may just feel numb and unsure. All of this can be normal and healthy. For many, this important topic can bring new challenges. As you are navigating how your **faith**, or lack of it, is impacting your grief journey, we will look for road signs to help. If you are having some things go "roundabout" in your head regarding faith and grieving, come wind through it with others who are looking to make the right turn.

Blessings,

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



OPPORTUNITIES FOR

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon * 11:30 a.m.	3	4	5
6 6:00 p.m. FAITH	7	8 10:00 a.m. Expectations	9 Luncheon * 11:30 a.m.	10	11	12
13	14	15	16 Luncheon * 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. Emotions	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

Aftercare Support Group

Topic: FAITH (This is a First Sunday)
"God, Are You There?"
May 6, 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

MAY TOPICS
10:00-11:30 a.m.

- 8:** Expectations: How to Handle Them
- 22:** Emotions: Anxiety, Fear, Anger, and Guilt

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

In This Issue:

June Potluck- Coming Next Month!

Everyone loves a potluck? Start planning for our annual social time together where we "eat." You might be the winner this year and walk home with a nice prize. You don't have to be a "Betty Crocker" to win. You get to vote and judge...and on top of it all have fun with others! See inside for details.

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

...AND GOD SAID...

I said, "God, I hurt."
And God said, "I know."

I said, "God, I cry a lot."
And God said, "That is why I gave you tears."

I said, "God, I am so depressed."
And God said, "That is why I gave you sunshine."

I said, "God, life is so hard."
And God said, "That is why I gave you loved ones."

I said, "God, my loved one died."
And God said, "So did mine."

I said, "God, it is such a loss."
And God said, "I saw my Son nailed to a cross."

I said, "God, but your loved one lives."
And God said, "So does yours."

I said, "God where are they now?"
And God said, "Mine is on My right and yours is in the Light."

I said, "God, it hurts."
And God said, "I know."

Posted on the wall at the Oklahoma City bombing site
By K.C. and Myke Kuzmic, Stockton, CA



Sunday, May 6, 2018 at 6:00 p.m.

(This is
a first
Sunday)

Topic: "God, Are You There?" FAITH

Have you struggled with your faith walk since losing your loved one? Are your questions unanswered and it seems God doesn't even care? Do you just feel numb? Join us as we walk through and discuss the important relationship between grief and faith.

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, June 10, 2018 at 6:00 p.m.

Topic: "Time for a Fill-Up" Taking Care of Me

This night is unique...you've loved it and we keep doing it!! There's some talk, but this "fill-up" will have lots to do with filling your stomach with good food to eat.

We'll also be sharing your tips and ideas on what you have found is most helpful in eating well, especially if you are alone.

There's a prize for the best food shared. Bring your food and your appetite. Come ready to learn or ready to share, but most of all hungry. This will be light, practical and above all, delicious! For recipe sharing purposes afterwards, email me at: aftercare@heafeyheafey.com with your recipe.



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

Healing Thoughts

"We are not necessarily doubting that God will do the best for us; we are wondering how painful the best will turn out to be."

~C. S. Lewis~



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.

May Topics:

8 Expectations: How to Handle Them
22 Emotions: Anxiety, Fear, Anger, and Guilt

Facilitated by: Jayne Gundrum, LMHP
Meetings are held at:
Crown Pointe Retirement Center, Lower Level, Rec Room
2820 S 80th Street