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**RETURN SERVICE REQUESTED**

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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7805 W Center Rd • Omaha, NE 68124

# THE Journey

SEPTEMBER 2018

## From The Heart

### Greetings, Dear Friends!

They start appearing in certain parts of the country as we enter the fall season. Have you ever done one? I'm talking about a corn maze. It's a common Octoberfest activity - like an outdoor puzzle walk.

It's been awhile, but I did one a few years ago while visiting my grandchildren. What surprised me about this maze is that it was extremely easy to get lost if you weren't paying attention. Even if you were paying attention, it was easy to get lost! And corn gets pretty high! Especially when you are short and only a little over five feet tall. Without parents or grandparents, I can only imagine how fearful it could get for three or four feet tall little tykes.

I was thankful that along the way they had "helps." There were places to check in and do something (especially for kids) and these check in spots helped one to see if you had been at this same spot before, or if you truly had moved to a new spot within the maze. It was also encouraging to see other fellow maze travelers. We were not alone on this scary but fun adventure.

Like a maze, a labyrinth is a type of puzzle walk too. The poem on the next page talks about a labyrinth. It's a Labyrinth of Grief. We may relate to this poem, either experiencing it as our current reality, or recognizing parts of this labyrinth that we have already journeyed.

**Fear** would tell us that we will forever be stuck in this maze of grief. The emotions that make up fear can be real; they can be so real that they take over. **Fear** can blind us to being able to take the next potential step needed to further progress through our grief.

When we are in the maze or labyrinth of grief, it can feel impossible to ever reach a clear opening. This can feel sad, discouraging and painful. But there are clues along the way. Like the corn maze, there are other fellow travelers. We can gain encouragement and support as we see others move through their grief. We don't have to feel trapped or stuck. There are places to check in for support as we journey. Come join with others as we dispel some of the common trappings connected with **fear**. Let's look for some positive next steps as we conquer fear together and get moving.

**Blessings,**  
**Sharon Zehnder**  
Aftercare Director  
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### OPPORTUNITIES FOR

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Luncheon * 11:30 a.m.	6	7	8
9 6:00 p.m. FEAR	10	11 10:00 a.m. Developing a Support System	12 Luncheon * 11:30 a.m.	13	14	15
16	17	18	19 Luncheon * 11:30 a.m.	20	21	22
23 30	24	25 10:00 a.m. The Needs of Grief	26 Luncheon * 11:30 a.m.	27	28	29

**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: FEAR**  
**"False Evidence Appearing Real"**  
**September 9, 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

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

- 11:** Looking at and Developing a Support System
- 25:** The Needs of Grief

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

## In This Issue:

### FEAR!!

*Some fear has a real basis, but a lot of fear is "made up" or rooted in false realities. Healthy grief involves understanding the difference.*

### 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

## “The Labyrinth of Grief”

by Mary Friedel-Hunt

Walking through grief is like walking a labyrinth.  
Those who grieve wind back and forth,  
In and out, day after day as the labyrinth winds  
Back upon itself and then out again around its  
edge  
And back to where the path began.

How long does it take to get to the heart of  
grief?  
How many times do we turn and feel as  
If we are back where we began,  
Or that we have walked through those feelings  
once before?

And what is it that is in the center?  
Just where am I on this long circuitous path?  
So difficult to know.

This labyrinth so often feels like a maze  
With dead ends that trap me, leaving only one  
recourse -  
To go back, to retrace my steps.  
But there is no turning back as we grieve.

I must draw on my wisdom, that inner voice  
reminding me  
That what seems familiar is just an illusion.  
I must honor the wisdom that tells me  
That I can keep going, that what appears to be  
a wall  
Is not a wall or a dead end.

How much pain can one soul handle?  
What am I to learn from this grief teacher  
That has invaded my life?  
Where am I going? Who am I?  
How broken I am? How lost! How empty!  
How sad!  
As I walk this labyrinth of grief.

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## Healing Thoughts

*“When one door closes another door opens; but we so often look so long and so regretfully upon the closed door, that we do not see the ones which open for us.”*

~Alexander Graham Bell~

**Sunday, September 9, 2018**  
**6:00 p.m.**

**Topic: “False Evidence Appearing Real” - FEAR**

Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings.

Fears can be overcome by replacing them with understanding and courage. Hope to see you!

Aftercare Group Meetings are held at:

**Crown Pointe Retirement Center • 2820 South 80th St. • (Lower Level, Rec Room)**

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

# fear



## 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.**

September Topics:

- 11 Looking at and Developing a Support System**
- 25 What Do I Need When I Am Grieving?**

Facilitated by: Jayne Gundrum, LMHP

Meetings are held at:

**Crown Pointe Retirement Center, Lower Level, Rec Room**  
**2820 S 80th Street**