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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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7805 W Center Rd • Omaha, NE 68124

THE Journey

OCTOBER 2018

From The Heart

Greetings, Dear Friends!

Do you have any moles? Now I'm not talking about moles on the skin - I'm talking about moles in your soil. Thankfully my yard hasn't been the victim of them, but I remember my Dad dealing with them on our farm in Ohio when I grew up. Pesky little things... their tunneling work destroys grass roots so you can easily tell where they have been busy working. You can see the humped ridges in the ground and the quickly browning grass. I've read the most effective way to kill them is with a trap. My Dad got them in other ways too, which I won't go into detail.

Does it ever feel like anger might be making a separate tunnel through your grief process? **Anger** is a strong emotion that we deal with in normal life, let alone on a grief journey. It's a normal emotion. It comes up in life and in grief.

Dr. Robert Jeffress once said, "Going through grief is like going through a tunnel. The bad news is the tunnel is dark. The good news is that once you enter that tunnel, you are already on your way out." I bet you can relate to the darkness of grief. It certainly can be very confusing and scary at times.

Anger that comes up on a grief journey needs to be experienced and defused in a healthy way. Otherwise it can end up making a separate tunnel that can leave

you stuck and never finding your way out. But I like Dr. Jeffress' words when he says that you are already working your way out. I like this thinking. It leaves room for hope.

Examine your anger and make sure it doesn't take you down a separate tunnel of unhealthy anger that leaves you forever trapped. Not only does unhealthy anger trap you, but like grass roots that get destroyed by moles, unhealthy anger leaves a path of destruction for you or others in its trail.

Let's set our "anger traps" together so we can spot the side anger tunnels that might be forming or could catch you by surprise. You've already begun the hard work of entering this dark grief tunnel.

Keep going...grief healing and recovery exist ahead as you find your path into the light. There is hope to get through the anger.

Blessings,

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



hello october

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Luncheon* 11:30 a.m.	4	5	6
7	8	9 10:00 a.m. Tool Box for Grief	10 Luncheon* 11:30 a.m.	11	12	13
14 6:00 p.m. ANGER	15	16	17 Luncheon* 11:30 a.m.	18	19	20
21	22	23 10:00 a.m. Expectations: How to Handle Them	24 Luncheon* 11:30 a.m.	25	26	27
28	29	30	31 Luncheon* 11:30 a.m.			

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: ANGER
"This Isn't Fair!!"

October 14, 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

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

- 9:** Tool Box for Grief
- 23:** Expectations: How to Handle Them

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

In This Issue:

ANGER

Anger...Normal? Yes!! Good news!

Healthy or unhealthy? It depends... Come find out...

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 taken from

The Mourner's Code TEN SELF-COMPASSIONATE PRINCIPLES

by Dr. Alan Wolfelt, Ph.D.

1. You have the right to experience your own unique grief.
2. You have the right to talk about your grief.
3. You have the right to feel a multitude of emotions.

*Confusion, disorientation, fear, guilt and relief are just a few of the emotions you might feel as part of your grief journey. **Others may try to tell you, for example, that feeling angry is wrong.** Don't take these judgmental responses to heart. Instead, find listeners who will accept your feelings without conditions.*

4. You have the right to be tolerant of your physical and emotional limits.
5. You have the right to experience "griefbursts."
6. You have the right to make use of ritual.
7. You have the right to embrace your spirituality.
8. You have the right to search for meaning.
9. You have the right to treasure your memories.
10. You have the right to move toward your grief and heal.

be kind
to self

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Healing Thoughts

"I don't know why they call it heartbreak. It feels like every part of my body is broken too." ~Chloe Woodward~

"Anger is one letter short of danger." ~Eleanor Roosevelt~

**Sunday
October 14, 2018
6:00 p.m.**

**Topic:
"This Isn't Fair!" – ANGER**



Don't you just have those days –
"It isn't fair; no one seems to understand!... or even care!!"
THE ANGER JUST WELLS UP INSIDE!!!

We will be discussing how to deal with your anger in a healthy way. Anger can be used to your advantage to eventually ease the pain you are feeling. Come to this group meeting where we will be discussing how to deal with anger.

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, November 11, 2018
6:00 p.m.**

**Topic: "Changed Holidays"
– HOLIDAY COPING**

MARK YOUR CALENDARS!

Sunday, Dec. 2, 2018
Christmas Gathering

**Hold the date on your calendar, for this
seasonal time of fellowship.**

(starting at 4:00 pm and
ending by 7:30 pm)

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.**

October Topics:
9 **Building My Tool Box for Dealing with Grief**
23 **Expectations (Mine & Others): Strategies to Handle Them**

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