



**RETURN SERVICE REQUESTED**

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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

**FEBRUARY 2019**

# THE Journey



## From The Heart

### **Greetings, Dear Friends!**

Deal or No Deal? Do you remember that show hosted by Howie Mandel, back in 2005 – 2009? As I'm writing this newsletter, I hear it may be coming back. So by the time you read this, you may have seen the December holiday showing. If you happened to see the original show back about a decade ago, you remember that the contestant had different briefcases to choose from. Their hope was that they would choose the right one that held the \$1 million inside. But periodically "The Banker" would present a "deal" to take a set cash amount to quit the game immediately. Throughout the show, until the very last two cases, the contestant could choose to trade their first case, in hopes of choosing one with higher money, or even the \$1 million. Did anyone ever win the \$1 million? Yes, of course, they did. But most went home with far less varying degrees of money, taking chances to the very end.

Do you ever feel like life handed you a "deal" that you never asked for? Does the death of your loved one feel like you have been left with no options? If only someone could present you with a deal of options for one last conversation with your loved one or reliving some long gone moments. How easy it would be to take that "deal" and live life from a different perspective.

Instead, none of those deals exists. Some days the grief

can be very severe and intense. It can feel like you are trapped. But I want to tell you that navigating the **loneliness and tears** that accompany a grief journey doesn't have to feel like you have been given a raw deal. You have quite a few options available to you to help you through this time. With some facts and knowledge shared and learned, you could have the option to choose a better deal toward a healthy grieving pathway.

I'm not The Banker in Deal or No Deal, but I will offer you some practical info to help you choose ways to navigate this common aspect of loneliness. In fact, many of you may share these choices together. It's so much better to take chances with others who understand. It helps with the loneliness too. It's risky to take a chance, but the deal offered will change your perspective. Deal or No Deal? What do you have to lose? I bet your grief pain loses, as you find you have so much to gain in hope!

### **Blessings,**

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



## OPPORTUNITIES FOR *February*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 Luncheon * 11:30 a.m.	7	8	9
10 6:00 p.m. LONELINESS & TEARS	11	12 10:00 a.m. My Story	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24	25	26 10:00 a.m. Nurturing Yourself & Needs	27 Luncheon * 11:30 a.m.	28		

**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: LONELINESS & TEARS**  
"Down in the Valley"

**February 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

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

- 12:** My Story (Please bring a picture of the Deceased)
- 26:** Nurturing Yourself & Identifying Your Needs

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

## In This Issue:

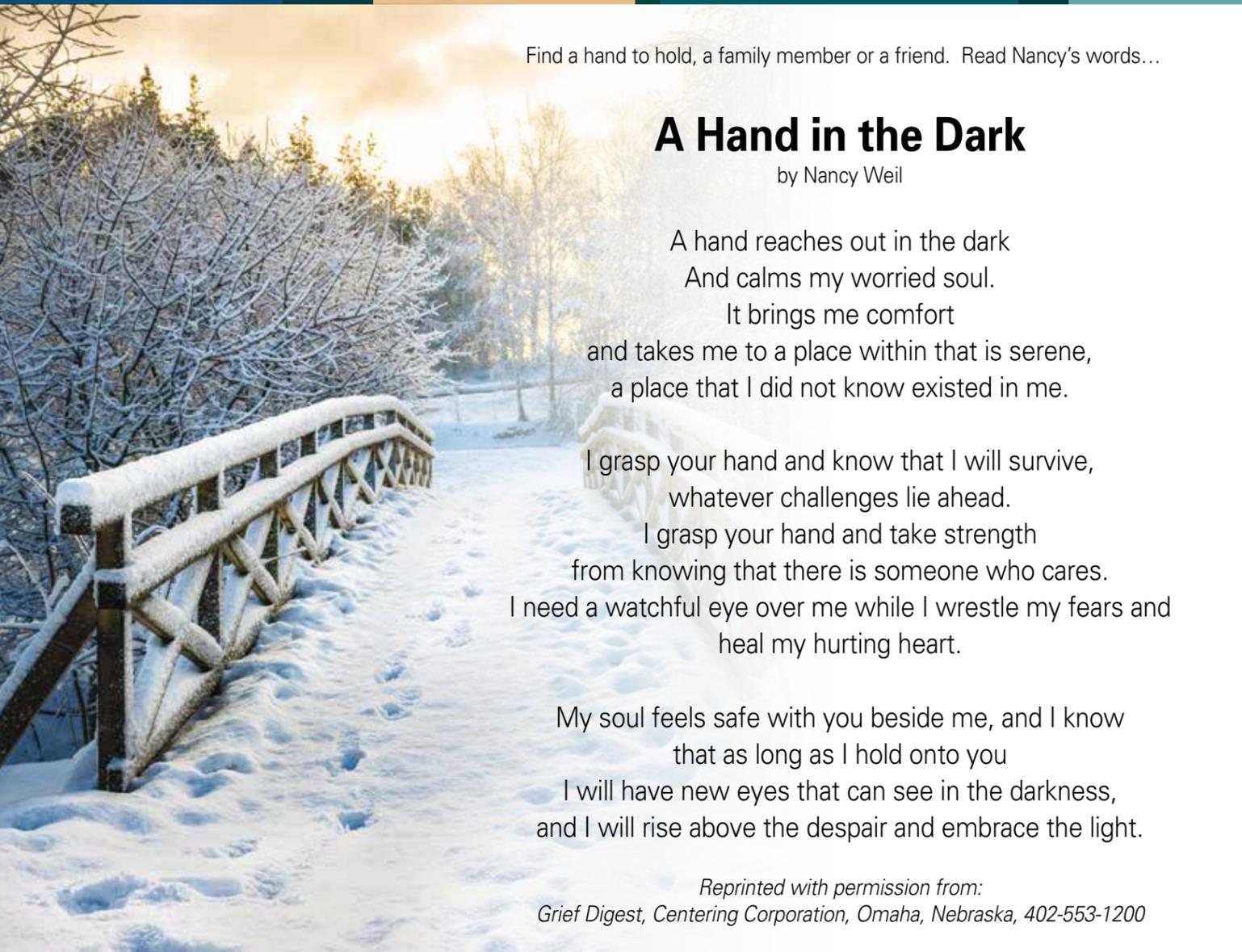
### Loneliness

Support systems can change. Intense emotions of loneliness are felt. Where are all those who you thought really cared? Instead of focusing on who isn't there, focus on who IS there for you. In this issue, be encouraged to move from loneliness to new support.

### 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



Find a hand to hold, a family member or a friend. Read Nancy's words...

## A Hand in the Dark

by Nancy Weil

A hand reaches out in the dark  
And calms my worried soul.

It brings me comfort  
and takes me to a place within that is serene,  
a place that I did not know existed in me.

I grasp your hand and know that I will survive,  
whatever challenges lie ahead.

I grasp your hand and take strength  
from knowing that there is someone who cares.

I need a watchful eye over me while I wrestle my fears and  
heal my hurting heart.

My soul feels safe with you beside me, and I know  
that as long as I hold onto you  
I will have new eyes that can see in the darkness,  
and I will rise above the despair and embrace the light.

*Reprinted with permission from:  
Grief Digest, Centering Corporation, Omaha, Nebraska, 402-553-1200*

**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

*"A wound that goes  
unacknowledged and unwept is  
a wound that cannot heal."*

*~John Eldredge~*



**Sunday, February 10, 2019 • 6:00 p.m.**

**Topic: "Down in the Valley" LONELINESS & TEARS**

Ever feel like the world goes on and you are sinking ever deeper into a pit of loneliness and no one seems to notice? Do you ever feel like you are drowning in your tears? . . . Or perhaps wish you could let some come out?!!! You are normal and not alone! If you find yourself wondering if you can ever survive this feeling of loneliness, we will share thoughts and ideas to help overcome this alone feeling and to learn the "blessing" of tears.

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, March 10, 2019 at 6:00 p.m.**

**Topic: "Is it Goodbye or Something Else?" INTEGRATION**



**MARK YOUR CALENDAR FOR APRIL 6, 2019**

## Heafey's Annual Services of Remembrance

Catholic Memorial Mass at 11:00 a.m. or  
Non-Denominational Memorial Service at 3:00 p.m.

**(Complete info will be in the March newsletter.)**

## 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.**

**February Topics:**

**12 My Story (Please bring a picture of the Deceased)  
26 Nurturing Yourself & Identifying Your Needs**

Facilitated by: Jayne Gundrum, LMHP

Meetings are held at:  
Crown Pointe Retirement Center, Lower Level, Rec Room  
2820 S 80th Street