



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

# THE Journey

## From The Heart

### Greetings, Dear Friends!

How are you at dancing? Do you have that natural built in rhythm that makes you the Fred Astaire or Judy Garland of the dance floor? Or do you not know your left foot from your right? Or do you desire to be good at dancing, but the desire in your mind and your body's actions don't match? There's lots of you-tube videos of the latter two to bring you laughs.

Well, I'm one of these, but I'm not telling you which one. How about you? I'm convinced dancing is something some people have a more innate knack for than others. And some have no knack for it, and they never will have. And some can learn and become quite adept at dancing. Just watch a portion of a show like "Dancing with the Stars." You will see all three types in a show.

This month we are talking about **faith**. I know I'm stretching a bit in my comparison, but like dancing, some of you were just born into a family of faith where belief was important. It has been very natural for you to come to a personal belief in God. Some of you had no religious upbringing and it isn't of any interest to you now. Some of you learned about God and faith later in life and it is something of great interest to you now, as you are growing and learning.

When discussing grief, the subject of **faith** is an area of great importance to many people. Whether you grew up

with a faith understanding about God, or came to that belief later in life, what you believe will impact your grief journey. That grief struggle with faith can vary from being an area of struggle and anger with God to the other side of feeling God's providence of great comfort and strength.

If in dancing you thought you knew the steps, but the feet weren't working, it would be very frustrating. If you thought you knew the steps for faith and grief, and it's not working, it can be very frustrating.

We will dance through this important personal topic together for those who would like to have clarity. Since faith often brings tentative steps at times, the dance of grief can be quite challenging. But stepping together with others and learning together can bring encouragement and hope. I've got a poem about dancing that I'm guessing will change your perspective. Who's up for the next dance as we learn some steps for grief?

### Blessings,

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



## OPPORTUNITIES FOR *May*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Luncheon* 11:30 a.m.	2	3	4
5 6:00 p.m. FAITH	6	7	8 Luncheon* 11:30 a.m.	9	10	11
12	13	14 10:00 a.m. Expectations	15 Luncheon* 11:30 a.m.	16	17	18
19	20	21	22 Luncheon* 11:30 a.m.	23	24	25
26	27	28 10:00 a.m. Emotions	29 Luncheon* 11:30 a.m.	30	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**  
**"God, Are You There"**

**May 5, 6:00 p.m.**

**THIS IS A FIRST SUNDAY**

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.

- 14:** Expectations: How to Handle Them
- 28:** Emotions: Anxiety, Fear, Anger & 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

## God's Positives for Our Negatives

(Christian Help from the Bible)

Our Negative	God's Positive
"I feel all alone."	I will never leave you or forsake you. (Hebrews 13:5)
"I am not able."	I am able. (2 Corinthians 9:8)
"It's impossible."	All things are possible. (Luke 18:27)
"I'm afraid."	I have not given you a spirit of fear. (2 Timothy 1:7)
"I don't have enough faith."	I've given everyone a measure of faith. (Romans 12:3)
"It's not worth it."	I will be worth it. (Romans 8:28)
"I can't forgive myself."	I forgive you. (1 John 1:9; Romans 8:1)
"I'm always worried and frustrated."	Cast all your cares on Me. (1 Peter 4:7)
"I'm too tired."	I will give you rest. (Matthew 11:28-30)
"I can't figure things out."	I will direct your steps. (Proverbs 3:5-6)
"Nobody really loves me."	I love you. (John 3:16; John 13:34)
"I can't do it."	You can do all things. (Philippians 4:13)
"I can't manage."	I will supply all your needs. (Philippians 4:19)
"I can't go on."	My grace is sufficient for you. (2 Corinthians 12:9; Psalm 91:15)

**Sunday, May 5, 2019 • 6:00 p.m.**

**Topic: "God, Are You There?"**

**FAITH \*\*This is a first Sunday\*\***

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 9, 2019 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](mailto:aftercare@heafeyheafey.com) with your recipe.



## Healing Thoughts

Happy moments, PRAISE GOD. Difficult moments, SEEK GOD.

Quiet moments, WORSHIP GOD. Painful moments, TRUST GOD.

Every moment, THANK GOD.

"Hope is hearing the music of the future. Faith is to dance to it."

~Rubem Alves~



## 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.

May Topics:

14 EXPECTATIONS: How to Handle Them

23 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