



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

# THE Journey

FEBRUARY 2020



## From The Heart

### Greetings, Dear Friends!

Remember taking tests in school? Most tests in high school consisted of four types: True or False; Essay, Multiple Choice or Fill in the Blank. This newsletter isn't long enough to do an essay answer, but how would you answer the following? You get to sample three of the methods.

#### A. Multiple Choice:

Navigating through the loss of a loved one is:

- something that is experienced in an orderly, set manner.
- harder when the deceased loved one is younger.
- unpredictable and challenging, like a roller coaster.
- all the above.

#### B. True or False:

\_\_\_\_ Many people don't really understand grief, so they tend to think you are doing better than you are.

#### C. Fill in the Blank:

Because grief has aspects of loneliness and tears, it is \_\_\_\_\_.

So how did you do? I bet you think I'm going to give you the answers. Nope. Not in the newsletter. Some of the answers will depend upon your unique situation. That is certainly true for the Fill in the Blank answer. You will have your own response that will differ from another person. Your response will be right for you.

I will give you a hint though. On A, the answer can't be d. because a. and c. are opposite of each other. So, you will have to decide what you think is the correct answer. Better yet, come to our Sunday night Support Group this month as we discuss the topic of **loneliness and tears**. You will be able to share your response. I would guess that there might be a few people that will have your similar shared answer too.

There is no better answer for loneliness than to be with others who understand. You will be able to navigate some grief aspects this month with others who will listen and accept. I promise there will be no test this month. Just sharing legitimate answers so that you feel cared for and supported.

True or False: \_\_\_\_ *You feel better after you leave this support group.*

Come and find out!

#### Blessings,

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



## OPPORTUNITIES FOR February

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. LONELINESS & TEARS	10	11 10:00 a.m. My Story	12 Luncheon * 11:30 a.m.	13	14	15
16	17	18	19 Luncheon * 11:30 a.m.	20	21	22
23	24	25 10:00 a.m. Nurturing Yourself & Needs	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: **LONELINESS & TEARS**  
"Down in the Valley"  
February 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

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

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

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

## In This Issue:

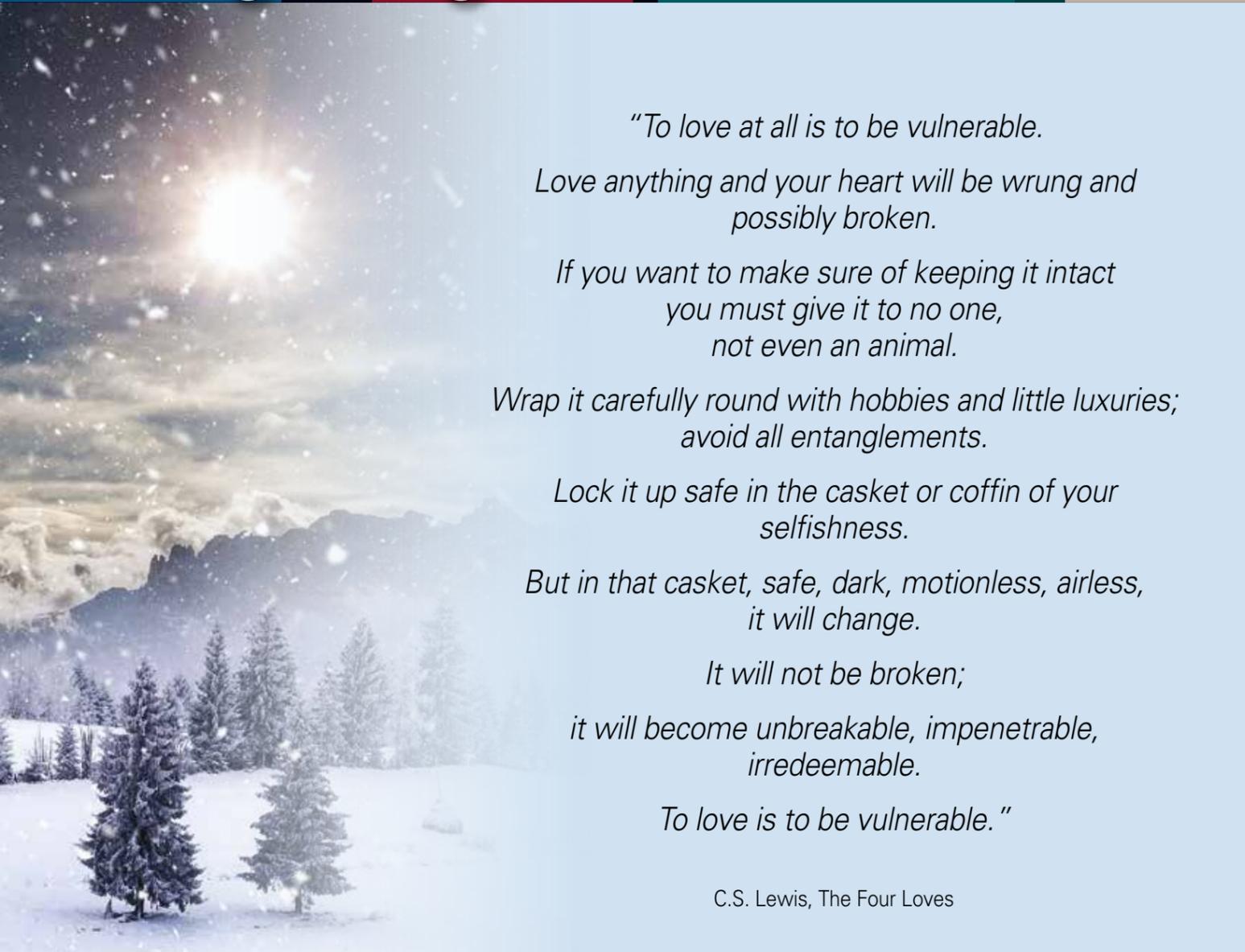
### Loneliness

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



*"To love at all is to be vulnerable.*

*Love anything and your heart will be wrung and possibly broken.*

*If you want to make sure of keeping it intact you must give it to no one, not even an animal.*

*Wrap it carefully round with hobbies and little luxuries; avoid all entanglements.*

*Lock it up safe in the casket or coffin of your selfishness.*

*But in that casket, safe, dark, motionless, airless, it will change.*

*It will not be broken;*

*it will become unbreakable, impenetrable, irredeemable.*

*To love is to be vulnerable."*

C.S. Lewis, The Four Loves

**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

"Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us."

~ Stephen Covey ~



**Sunday, February 9, 2020 • 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 8, 2020 at 6:00 p.m.**  
**Topic: "Is it Goodbye or Something Else?" INTEGRATION**



**MARK YOUR CALENDAR FOR MARCH 28, 2020**

## 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:**

**11 My Story (Please bring a picture of the Deceased)**  
**25 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