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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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**Heafey Hoffmann  
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MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

# THE Journey

MARCH 2020



## From The Heart

### Greetings, Dear Friends!

I have a yardstick in my home. I used it not too long ago, but not for measuring. I used it to swipe under and get a small toy piece that the grandkids had pushed under the refrigerator beyond our reach. It worked. That flat stick was just skinny enough to snag the missing piece we needed. Yet it also brought out a lot of other dust and hidden junk. I wonder if whoever created the yardstick envisioned it would be used for such a different purpose than measuring. But measure, it does.

If I had such a thing as a grief yardstick, how do you think it would measure how you are doing? Have you grown a few inches – then maybe shrunk an inch? It's kind of an impossible thing to imagine isn't it? Grief isn't just a straight thing that you can easily measure. Instead a grief journey is filled with twists and turns, with what feels like progress one day, then have the next day feel like you have slipped farther than you had imagined. It's just very slippery and hard to measure how you are doing. Some days can feel more normal and that can be comforting.

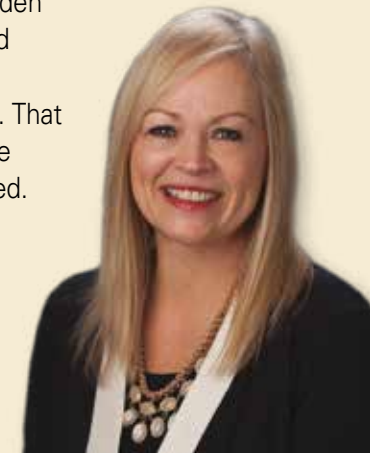
This month at our Sunday night support group, we are discussing the topic of **Grief Integration**. This is a normal and healthy part of the grief journey that you usually start to experience after you have worked through more of the slippery and twisting seasons. You are realizing you are

becoming a new person, even while you continue to love and hold dear memories of your loved one. You are getting closer and closer to a place of accepting the reality of the death. You are feeling more and more HOPE!

Since hope doesn't happen overnight, in the beginning it can feel like an emotion way too far off – with a huge mountain to climb to get to it. But you will get there. Hope happens as you make those progressive steps, little by little, and inch by inch. We will be talking about some beneficial "yardsticks" to help you recognize how you are doing with your grief. We can rejoice that every measured distance of progress is valuable, even though a grief yardstick can help us see a lot of hidden junk we don't like along the way too. Remember I found dust and hidden junk, but I got what I wanted! I found what I was looking for – the missing piece. That's what matters the most. That you get what you are looking for - the integration and hope that is so desired.

### Blessings,

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



### Aftercare Support Group

**Topic: INTEGRATION**  
**"Is It Goodbye or Something Else?"**  
**March 8, 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

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

- 10:** Looking at and Developing a Support System
- 24:** What Do I Need When I am Grieving?

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

## OPPORTUNITIES FOR *March*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon * 11:30 a.m.	5	6	7
8 6:00 p.m. INTEGRATION	9	10 10:00 a.m. Support System	11 Luncheon * 11:30 a.m.	12	13	14
15	16	17	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24 10:00 a.m. What Do I Need?	25 Luncheon * 11:30 a.m.	26	27	28 Services of Remembrance 11:00 AM and 3:00 PM
29	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

## In This Issue:

### Integration

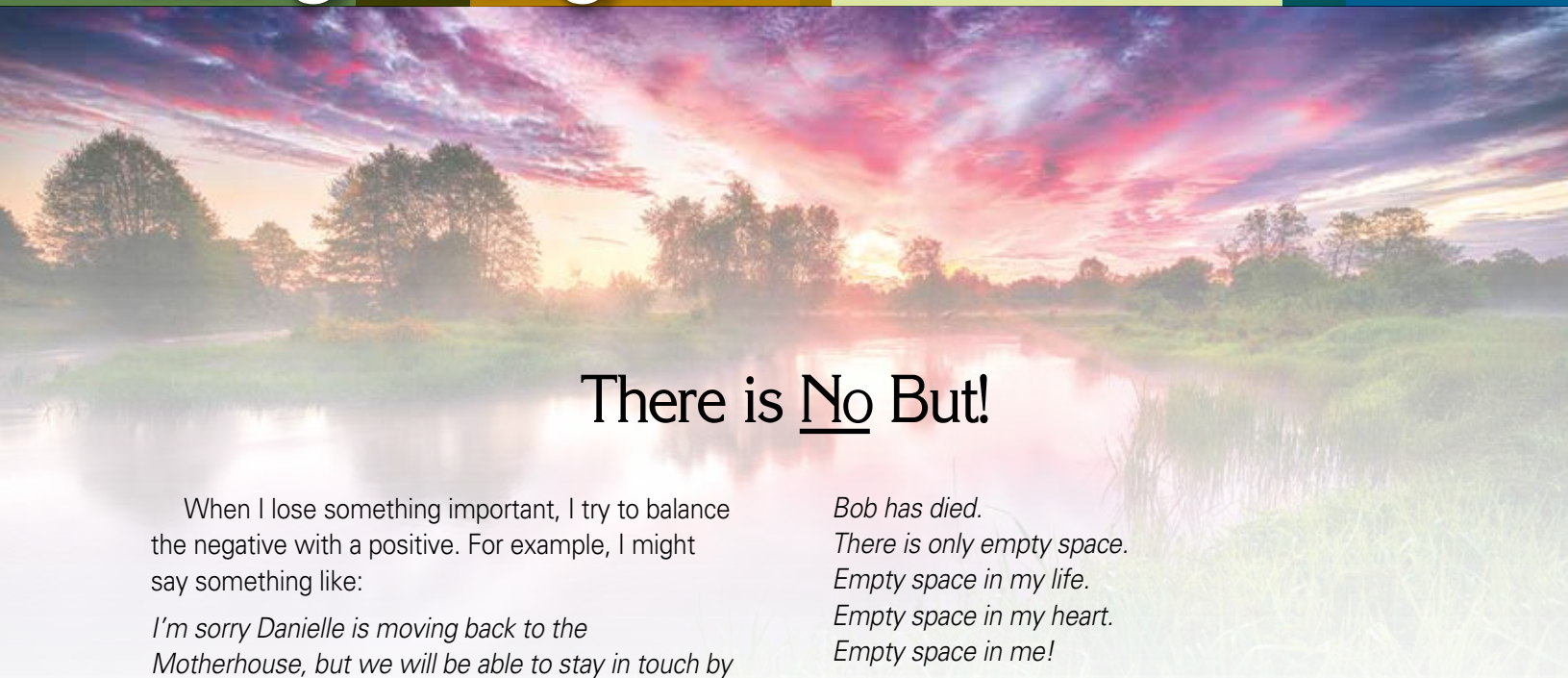
Does grief ever end? Good question! We'll talk through this question and what healthy grief looks like for you.

### 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 Services of Remembrances





## There is No But!

When I lose something important, I try to balance the negative with a positive. For example, I might say something like:

*I'm sorry Danielle is moving back to the Motherhouse, but we will be able to stay in touch by phone.*

*I'm glad to do that, I think it helps me to be a positive person.*

*I'm learning that when you have lost someone so important to you, that your whole world revolves around him, there is no BUT.*

*Bob has died but I still have family.*

*Bob has died but luckily I have a lot of friends.*

Even though these statements are true they are nowhere near equal. There is nothing to balance the statement:

*Bob has died.*

*There is only empty space.*

*Empty space in my life.*

*Empty space in my heart.*

*Empty space in me!*

*I'm just beginning to realize that:*

*I'm not going to find another him in busyness - even though I must keep busy.*

*I won't find him in the house -*

*even though I find the surroundings comfortable.*

*I don't even find him in prayer—*

*even though I do sense God is very much with me when I mourn.*

While I love my family and friends, it has taken me some time to realize and begin to accept, there never will be a BUT.

*by Colleen Curnyn Ramsey, Omaha, Nebraska*

*From "Bob Doesn't Live Here Anymore" - but now, it's not the first thing I think of when I wake up! (used with permission)*

Sunday, March 8, 2020 • 6:00 p.m.

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

Are you having a hard time accepting the reality of the death of your loved one? Does it seem impossible, even wrong to let go of your loss? We will explore these thoughts together and discuss ways to integrate your love for your loved one and find inner peace.

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, April 5, 2020** at 6:00 p.m. **\*\*This is a first Sunday\*\***  
Topic: **"Eraser Therapy"** FORGIVENESS / GUILT



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

## Heafey's Annual Services of Remembrance

**Catholic Memorial Mass at 11:00 am**

Christ the King Catholic Church, 654 S. 86th St.

**Non-Denominational Memorial Service at 3:00 pm**

Heafey, Hoffmann, Dworak & Cutler Mortuaries

West Center Chapel • 7805 West Center Road

In honor of our loved ones who have died in the past year or so.  
Refreshments served following the services. No RSVP needed.

**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

"If we try to see something positive in everything we do, life won't necessarily become easier but it becomes more valuable."

~ Author Unknown ~

## 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.**

**March Topics:**

**10 Looking at and Developing a Support System**

**24 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