

**NOTE:** Remembrance Services scheduled for March 28, 11:00 a.m. at Christ the King Catholic Church and 3:00 p.m. at Heafey Hoffmann Dworak & Cutler Mortuaries are postponed and will be rescheduled at a later date.

**RETURN SERVICE REQUESTED**



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

APRIL 2020

## From The Heart

**PLEASE NOTE:**  
All meetings during the month of April will be held at the Heafey Hoffman Mortuary at 7805 W. Center Rd.  
(No meetings will be held at Crown Point Retirement Center)

### Greetings, Dear Friends!

Just recently I bought one of my grandchildren a “Slinky.” You remember it, right? What a fun toy! I remember getting one as a child and playing over and over with it as it would “slink” down steps and from one surface to another. But I have another memory – a vivid memory of it getting bent too. Once there was a “dent” or pull in one of the spherical metal rings, it just didn’t work quite the same anymore. What once was a fun toy, became a source of frustration.

The twin topics we are covering this month, **forgiveness and guilt**, remind me of that broken Slinky. You may have had a life going along as you expected and suddenly the diagnosis of illness hits or a sudden catastrophe happens. And then death happens at some point. You are reeling in trying to figure out what to do. What just happened? Even managing daily life skills is a challenge.

Forgiveness and guilt can be areas that cause some people to become “dented” like that Slinky. While these are normal emotions that many bereaved people will process, they can become permanent “dents” that get to be a part of some people’s grief journey. Rather than processing through these emotions, it is easy to become stuck in them. The dent in the Slinky can make it broken; the dent of forgiveness and guilt (not appropriately processed) can delay or stop

grief healing. Perhaps you know of someone who will not forgive someone else, or even themselves, and it is interfering with the healing process. Is that someone even you?

The good news is that there are tools to help you forgive and process guilt so that any “dents” you are feeling can be worked out. They don’t have to be permanent. You aren’t forever broken and hopeless in repeating circular thought patterns. Now the Slinky with its circular rings – once it’s “dented” and pulled out of shape – will not ever work quite the same again. It eventually will end up in a scrap pile – trashed – because it won’t happily slink down steps. We can’t fix Slinkys, but we can support you as we tackle the circular patterns of **forgiveness and guilt** thoughts.

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



## OPPORTUNITIES FOR April

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Luncheon * 11:30 a.m.	2	3	4
5 6:00 p.m. FORGIVENESS/ GUILT	6	7	8 Luncheon * 11:30 a.m.	9	10	11
12 <i>Easter</i>	13	14 10:00 a.m. Discussing the Spring Holidays	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. Building My Box for Dealing with Grief	29 Luncheon * 11:30 a.m.	30		

**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: FORGIVENESS/GUILT**  
“Eraser Therapy” **\*\*This is a First Sunday\*\***  
**April 5, 6:00 p.m.**

To be held at 7805 W. Center Rd.  
(No meetings will be held at Crown Point Retirement Center during April.)

**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**  
APRIL TOPICS  
10:00-11:30 a.m.

**14:** Discussing the Spring Holidays  
**28:** Building My Box for Dealing with Grief

To be held at 7805 W. Center Rd.  
(No meetings will be held at Crown Point Retirement Center during April.)

## In This Issue: Forgiveness/Guilt

These strong emotions require some strong loving care. Whether the care is self-care or directed to another, we will discuss these emotions that are normal for many, yet so very complicated.

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### 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

Sunday, April 5, 2020 • 6:00 p.m.

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

**Topic: "Eraser Therapy" FORGIVENESS/GUILT**

Forgive  
♡

Sometimes we can be our own worst enemy! And we may not even know it!! At this meeting we will discuss the ways we can be forgiving of ourselves and others during this difficult time.

April Aftercare Group Meeting will be held at:

**Heafey Hoffman Mortuary at 7805 W. Center Rd.  
(No meetings will be held at Crown Point Retirement Center during April.)**

**Facilitated by: Sharon Zehnder, Aftercare Director**

Excerpt from:

## "10 New Year's Resolutions for Those Who Grieve"

by Thom Dennis

### #9. No Regrets

At the end of their life, nobody says,

"I wish I had spent more time at the office,"  
or "I wish I had worried more."

They say,

**"I wish I had spent more time with my family;  
I wish I had told them I loved them more."**

Resolve to live your life with no regrets. Say,

**"I forgive you,"**  
say, **"I'm proud of you"**  
and say, **"I'm sorry."**

Most of all:

**Don't sweat the small stuff, because it's all small stuff.**

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## Sneak Preview:

Sunday, May 3, 2020 • 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.



**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

"Never forget the three powerful resources you always have available to you: love, prayer, and forgiveness."

~ H. Jackson Brown, Jr. ~

## 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.**

**April Topics:**

- 14** Discussing the Spring Holidays
- 28** Building My Toolbox for Dealing with Grief

Facilitated by: Jayne Gundrum, LMHP

**To be held at Heafey Hoffman Mortuary • 7805 W. Center Rd.  
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