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RETURN SERVICE REQUESTED

Community service
program of caring for
individuals and families
who are grieving the death
of someone they love.

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**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

7805 W Center Rd • Omaha, NE 68124

THE Journey



MAY 2020

From The Heart

PLEASE NOTE:
If held, all support groups
during the month of May
will be held at
Heafey Hoffman Mortuary
at 7805 W. Center Rd.
(No classes will be held at Crown
Point Retirement Center)

Greetings, Dear Friends!

So much emotion happening right now. Many layers of grief. It is ok to feel. You have permission to feel if you are struggling with your own grief as well as the additional grief brought through the current pandemic crisis. You are not alone. It is important to find healthy expression for those feelings.

I want to get very practical to give you something to help you feel. If I talked with you in person I may have shared this little exercise. It will only take you a few minutes. I call it my "two sentences-a-day approach." Find a journal book or notebook you can use daily. Write two sentences each day about how you are doing on your grief journey. If possible write these sentences the same time each day (morning with coffee, nighttime before bed, i.e.).

To start, reflect back on what happened in the last 24 hours pertaining to your grief. The first sentence to write is negative. It is a "venting" statement and in it you express what has hurt you, made you sad, mad, and angry, etc., within the last day. You should be "real" here and honest. Example: "I'm so worried my son lost his job." Try to choose one thing to keep it simple.

The second sentence is positive. It expresses something good that happened in the last 24 hours. It was what blessed you or made you see something good. Example: "I'm so happy I survived and cleaned out his dresser drawer yesterday." Again keep it simple and choose one thing. You should then dwell on the positive sentence. Both sentences have to reflect on something which affected your grief in the last 24 hours, negative and then positive.

Why might this exercise be helpful right now? First, it helps you

be honest and find real expression of your feelings. Grief needs an outlet. Sometimes it is pretty messy and scary because it hurts so much.

Second, it helps you also see that in spite of all the fear, anger, hurt, and accompanying emotions that can be a part of normal grief, there are also good things happening that we can see if we look. If you are reading this article, you are breathing. That is a good thing that can easily be taken for granted. You can certainly journal more, but at first keep it simple to get into the daily rhythm.

This month, if we are able to meet, we will be discussing the topic of **faith**. While not for everyone, it is an important part of grief for many people. It is an important area for many as we go through this pandemic. Whether we are able to meet or not, you are not alone. I hope that we can say this gathered together in person...we shall see. But more importantly, those with a faith foundation can hear these words in their faith, "You are not alone." These words bring comfort and peace, whether alone or together.

Blessings,

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



OPPORTUNITIES FOR

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 6:00 p.m. FAITH	4	5	6 Luncheon* 11:30 a.m. when restaurants reopen	7	8	9
10	11	12 10:00 a.m. Expectations	13 Luncheon* 11:30 a.m. when restaurants reopen	14	15	16
17	18	19	20 Luncheon* 11:30 a.m. when restaurants reopen	21	22	23
24 31	25	26 10:00 a.m. Emotions	27 Luncheon* 11:30 a.m. when restaurants reopen	28	29	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: FAITH "God, Are You There?"
May 3, 6:00 p.m.

****This is a First Sunday****

**If held, the May Aftercare Support
group will meet at Heafey Hoffman
7805 West Center Rd.**

Wednesday Luncheon* Every Wednesday at 11:30 a.m.

**when restaurants
reopen!**

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.

- 12:** Expectations - How to Handle Them
- 26:** Emotions - Anxiety, Fear, Anger & Guilt

**If held, the May support groups
will meet at Heafey Hoffman
7805 West Center Rd.**

In This Issue:

GROUPS POSTPONED?

Coronavirus Update: Check our website for latest information: <https://heafeyheafey.com/heafey-support-groups>

While the information for the May Support Groups are listed inside, please know when this newsletter was written, government health restrictions were still in place through the month. Please know that the May groups may still be postponed if necessary. Things change quickly. Please check the website or call us at 402-391-3900 for current status updates on the groups. We look forward to the time we can safely meet together for support.



Life is But a Weaving

**My life is but a weaving
between my Lord and me;
I cannot choose the colors
He worketh steadily.**

**Oft times He weaveth sorrow
And I, in foolish pride,
Forget He sees the upper,
And I the underside.**

**Not til the loom is silent
And the shuttles cease to fly,
Shall God unroll the canvas
And explain the reason why.**

**The dark threads are as needful
In the Weaver's skillful hand,
As the threads of gold and silver
In the pattern He has planned."**

~ Benjamin Malachi Franklin ~

Healing Thoughts

“When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer.”

~ Corrie ten Boom~



Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, May 3, 2020 • 6:00 p.m.

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

Topic: "God, Are You There" FAITH

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? Are you feeling God's comfort and closer to Him? Join us as we walk through and discuss the important relationship between grief and faith.

Facilitated by: Sharon Zehnder, Aftercare Director

If held, the May Aftercare Support group will meet at Heafey Hoffman Mortuary, 7805 West Center Rd.

Faith

Sneak Preview:

Next Month: Sunday, June 14, 2020 • 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 with your recipe.



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**

when restaurants reopen!

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:

- 12 Expectations - How to Handle Them
- 26 Emotions - Anxiety, Fear, Anger & Guilt

Facilitated by: Jayne Gundrum, LMHP

If held, the May support group sessions will meet at Heafey Hoffman Mortuary, 7805 West Center Rd.