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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

JUNE 2020



## From The Heart

**PLEASE NOTE:**  
All support groups during  
the month of June  
will be held at  
Heafey Hoffmann Mortuary  
at 7805 W. Center Rd.  
(No classes will be held at Crown  
Point Retirement Center)

### Greetings, Dear Friends!

Are you like me, really enjoying some of the happy and good things we are reading? In the midst of trying to recover from this worldwide pandemic, there are many good things that are occurring. Sometimes it just boosts my spirits to read these stories.

Yet, my reality, like you, has me dealing with new griefs that I'm in the middle of processing. What are those real new griefs for you? On top of processing the grief of your loved one, your reality may be that you are processing other new griefs for yourself or those close to you like: job loss, ill health, financial stress, concern for family members, faith questions, changed future trips and plans, and an uncertain future. Things you felt like you may have had some control over in the past now have a big question mark. The normal emotion to wander into is **FEAR**.

It is so important to identify your feelings and emotions so that each one of them can be acknowledged and processed. Remember, it is OK to feel. In processing through the emotions is where your grief healing can occur. Fear is an emotion that can repeatedly occur if we don't fully go through the processing of the grief emotions.

As we have seen recently, there are some "real" aspects to fear that need appropriate attention. Looking at those aspects with wisdom and discernment help us to see the reality facts and make good plans. An example of this is that

appropriate social distancing procedures were put into place to curb the real fear of contracting the coronavirus. Fear is lessened as care is exercised.

It is when the "what if" aspects of fear take over and get crazily spiraled out of control that we can run into trouble. There's help and hope to not get caught in a spiral of "what ifs" with your grief. We can take some steps to practically deal with the real emotion of fear. Help will be shared.

Good news! While it is very important to be honest about our emotions and feelings and deal with the fear, it is also very healthy to have gratitude and thankful thoughts too. If you can be honest about the hurt, but choose to dwell on the positive things, it helps.

If you can't read about a good story happening, why not just go make your own good story! We will have listening ears to hear those stories. Who can you help and encourage today? Now that is conquering **fear!**

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



### OPPORTUNITIES FOR

# June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Luncheon* 11:30 a.m. <i>Now open!</i>	4	5	6
7	8	9 10:00 a.m. Belongings	10 Luncheon* 11:30 a.m. <i>Now open!</i>	11	12	13
14 6:00 p.m. FEAR	15	16	17 Luncheon* 11:30 a.m. <i>Now open!</i>	18	19	20
21	22	23 10:00 a.m. My Goals	24 Luncheon* 11:30 a.m. <i>Now open!</i>	25	26	27
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: **FEAR**  
"False Evidence Appearing Real"  
June 14, 6:00 p.m.

The June Aftercare Support Group  
will meet at Heafey Hoffmann  
7805 West Center Rd.

Wednesday Luncheon\*  
Every Wednesday at 11:30 a.m.  
**Now open!**  
Garden Café in Rockbrook  
11040 Oak St.  
(\*Open to those who are widowed only)

Walking Through the  
Valley of Darkness

JUNE TOPICS  
10:00-11:30 a.m.  
9: All the Stuff? Belongings  
23: A New Normal / My Goals

The June support groups  
will meet at Heafey Hoffmann  
7805 West Center Rd.

### In This Issue:

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

Please check our website or call us at 402-391-3900 for current status updates on the support groups as things can change quickly. We are happy to be meeting for support as directed by our governor's standards for safety. Please make your individual decisions about attending, keeping your health in mind as your first concern. Due to the pandemic, I have changed the order of some of our annual classes. This month we will be focusing on the topic of **FEAR**.

### 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

Excerpt from article, **"Your Choice"** by Elaine E. Stillwell

### Affirmations.

From what we have personally read or even discussed in a support group, we can choose to make Personal Affirmations which are simply personal promises of commitment to ourselves, reminding us what we need to do "TO LIVE." Avril Nagel and Randie Clark suggest a few in their informative book, **When Your Child Dies:**

- **I commit to healing.** (You choose to get better.)
- **I express my emotions.** (You tell how you really feel and discard the mask of "fine.")
- **I take ownership of my grief.** (You make a plan that works for you.)
- **I commit to movement within my grief process.** (You work to see progress in your grief.)
- **I know what is best for me.** (You follow your heart and avoid letting others "fix" your grief.)
- **I am gentle with myself.** (You do your best, knowing there will be good and bad days.)

Keep your list of Affirmations close at hand, read it daily, post it in a prominent place in your home, like on the bathroom mirror or on the refrigerator door. You might enjoy writing them in your journal and elaborating on how you deal with each or you might want to focus on one goal at a time. You might prefer to read them aloud a few times each day so they become part of you, and a habit in your active grief work. Hopefully, through daily repetition, they will be more successful than most of your life's New Year's Resolutions. It is your choice.

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Sunday, June 14, 2020 • 6:00 p.m.

**Topic: "False Evidence Appearing Real" FEAR**

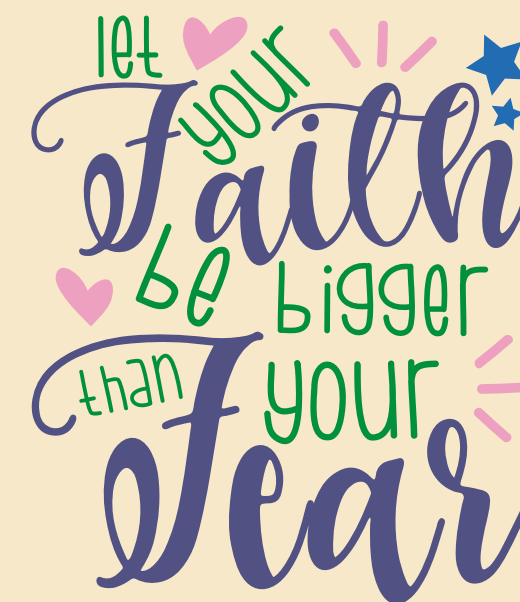
Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings. Fears can be overcome by replacing them with understanding and courage. Hope to see you!

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

The June Aftercare Support group will meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.



## Sneak Preview:

**Next Month: Sunday, July 12, 2020 • 6:00 p.m.**

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

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.

## 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  
Now open!**

## 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.**

**June Topics:**

- 9 All the Stuff? Belongings
- 23 A New Normal / My Goals

Facilitated by: Jayne Gundrum, LMHP

The June support group sessions will meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.

## Healing Thoughts

“To live into the future depends on my response to the reality of what I am experiencing. Temporarily, I need to create insulation from the full force of what I am coming to know. If I felt it all at once, I might die. But feel it I must.”

~ Dr. Alan Wolfelt ~

