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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

SEPTEMBER 2020

**RETURN SERVICE REQUESTED**

## From The Heart

**PLEASE NOTE:**  
All Sunday and Tuesday  
Support Groups will be  
permanently held at  
Heafey Hoffmann Mortuary at  
7805 W. Center Rd. (No classes  
will be held at Crown Pointe  
Retirement Center any longer).

### Greetings, Dear Friends!

Have you run into it lately? This virus? Has it come in uninvited and stayed way too long? Has it affected your every waking thought and gone with you as you are trying to fall asleep? Has it become rotten and infectious? No, I'm not talking about unwanted family, nor the coronavirus! I'm talking about "stinkin' thinkin'!"

This "virus in your mind" can affect a grief journey and bring you down, keeping you sick and depressed as you try to live through the days of your grief. Let's expose it for what it is. It's a harbinger of other bad things and it will make you sick!! So, what do you do to attack this virus of your thinking? How can it be stopped? Can you Lysol it away?

It's a very simple answer...and yet, it can be very hard. But when you begin to practice it, it becomes a lot easier. It's called *thankfulness*. It is a rethinking of your mind. It's a rethinking of your circumstances.

Some of you I have met personally. We have talked about first being honest – writing down the negative things that hurt as you journey through the grief. That's just being honest and human. But once you "vent" those out, guess what? You get to then choose the positive and good things that you see too. Guess where the greatest healing comes in? It's when you begin to see and dwell on things with a genuine spirit of thankfulness.

What I'm **not** saying is that everything is just good. No way! That would be just crazy! Reality for many is instead that this is

perhaps the hardest thing you've ever done – trying to figure out this thing called grief. And grief is so much more complicated now by the collective world and national grief of the pandemic. The losses can be so major. Grief upon grief. The effects can be wearing – long and constant. But one thing is for sure. There are many good things going on along with the hard things. Sometimes you must train your heart and mind to look for them. But they are there.

To see them, you must attack the "stinkin' thinkin'" virus and reprogram the way your body has begun to adjust to the grief. Be aware there are lots of people who have had to do rounds of attack on it. But it will cease, and a healthier you can emerge. Wanna stop it? Come gather with us as we spray down our thoughts and disinfect this virus together. It's simple...but hard. One step at a time. Together helps... (*if the time is right for you!*) We will tackle the topic of **attitude and humor**. Yes, humor! Come see how it helps reprogram the thinking.

### Blessings,

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



### OPPORTUNITIES FOR

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon* 11:30 a.m. <i>Now open!</i>	3	4	5
6	7	8 10:00 a.m. Developing a Support System	9 Luncheon* 11:30 a.m. <i>Now open!</i>	10	11	12
13 6:00 p.m. ATTITUDE & HUMOR	14	15	16 Luncheon* 11:30 a.m. <i>Now open!</i>	17	18	19
20	21	22 10:00 a.m. The Needs of Grief	23 Luncheon* 11:30 a.m. <i>Now open!</i>	24	25	26
27	28	29	30 Luncheon* 11:30 a.m. <i>Now open!</i>			

**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: **ATTITUDE & HUMOR**  
"Half Full or Half Empty?"  
September 13, 6:00 p.m.

All Topic Groups  
will meet at Heafey Hoffmann  
Mortuary, 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**

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

- 8: Looking at and Developing a Support System
- 22: The Needs of Grief

All Topic Groups  
will meet at Heafey Hoffmann  
Mortuary, 7805 West Center Rd.

## In This Issue:

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

**PLEASE NOTE:** All Sunday and Tuesday Support Groups will be permanently held at Heafey Hoffmann Mortuary at 7805 West Center Road. (No classes will be held at Crown Pointe Retirement Center any longer.)

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.

### 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

## Six Little Stories with Lots of Meanings

1. Once all the villagers decided to pray for rain. On the day of the prayer, all the people gathered, but only one boy came with an umbrella. **That is faith.**
2. When you throw babies in the air, they laugh because they know you will catch them. **That is trust.**
3. Every night we go to bed without any assurance of being alive the next morning, but we still set the alarms to wake up. **That is hope.**
4. We plan big things for tomorrow, in spite of zero knowledge of the future. **That is confidence.**
5. We see the world suffering, but still, we get married and have children. **That is love.**
6. On an old man's shirt was written, "I am not 80 years old; I am sweet 16 with 64 years of experience." **That is attitude.**

Have a happy day and live your life like these six stories.

*Author Unknown*

## Healing Thoughts

“ I don't think of all the misery but of the beauty that still remains. ”

~ Anne Frank, *The Diary of a Young Girl* ~

Sunday, September 13, 2020 • 6:00 p.m.

**Topic: "Half Full or Half Empty?" ATTITUDE & HUMOR**

Are you tired of feeling tired? Always seeing your cup half-empty instead of half-full? How long has it been since you've been able to enjoy a good belly laugh? Are you beset by problems and hurts that are just pulling you down? Join the support group as we explore some of the not so funny stuff that sneaks into our daily lives. Let's explore the impact of attitude.

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

This Support Group will permanently meet at Heafey Hoffmann Mortuary, 7805 West Center Rd.  
Our support groups will no longer meet at Crown Pointe Retirement Center.

## Sneak Preview:

**Next Month: Sunday, October 11, 2020 • 6:00 p.m.**

Topic: **"This Isn't Fair!" – ANGER**

Don't you just have those days –

*"It isn't fair; no one seems to understand!... or even care!!"*

THE ANGER JUST WELLS UP INSIDE!!!

We will be discussing how to deal with your anger in a healthy way. Anger can be used to your advantage to eventually ease the pain you are feeling. Come to this group meeting where we will be discussing how to deal with anger.

## 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.

**September Topics:**

**8 Looking At and Developing a Support System  
22 What Do I Need When I Am Grieving?**

Facilitated by: Jayne Gundrum, LMHP

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