

**RETURN SERVICE REQUESTED**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Luncheon* 11:30 a.m. NOW MEETING!	4	5	6
7	8	9 10:00 a.m. Developing a Support System	10 Luncheon* 11:30 a.m. NOW MEETING!	11	12	13
14 6:00 p.m. INTEGRATION	15	16	17 Luncheon* 11:30 a.m. NOW MEETING!	18	19	20
21	22	23 10:00 a.m. What Do I Need?	24 Luncheon* 11:30 a.m. NOW MEETING!	25	26	27
28	29	30	31 Luncheon* 11:30 a.m. NOW MEETING!			

**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: **INTEGRATION**  
"Is It Goodbye or Something Else?"  
March 14, 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.

Garden Café in Rockbrook  
11040 Oak St.  
(\*Open to those who are  
widowed only)

**NOW  
MEETING!**

**Walking Through the  
Valley of Darkness**

**MARCH TOPICS • 10:00-11:30 a.m.**

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

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

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

**SPONSORED BY:**

**Heafey Hoffmann  
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7805 W Center Rd • Omaha, NE 68124



# THE Journey

MARCH 2021

## From The Heart

### Greetings, Dear Friends!

Since travel has been greatly challenged for the last year, I thought I would bring up a topic I wrote about years ago. I talked about traveling on a train. I had never taken a trip on a train like Amtrak. Guess what? My husband and I visited our son in California in January. We had the fun experience of taking our first ever train trip. Maybe it was because it was a new experience...or only for a few hours... or I saw such beautiful countryside...and it was pre-Covid, but I loved it! I would love to do it again.

I shared this poem on the next page a few years ago because I love how it compares life to a journey on a train. Having now traveled on that train, I wanted to give you just a few new insights on how I see it connecting with a grief journey and with our topic this month of **Integration**.

- I did not drive the train. *We are not in charge of our train of life and the many stops that it takes.*
- I bought a ticket and knew what stop I would get off the train. *In contrast, we don't know when we or our loved ones will exit the train of this life.*
- I met some lovely people since I chose to get on this train. I saw some lovely things. *As we navigate a grief journey, we have opportunity to meet new people and experience some new things that will be beautiful again.*

*Some of these new people can help us with our grief.*

I could say more, but I think you get some of my points. Read the poem on the next page and process it for yourself. There are some excellent points to contemplate.

While we will be meeting to talk about how a person finds hope and encouragement as they integrate and process the death of a loved one, please know we will be venturing down this train track together. You will be with others who are seeking to know which stops they should get off and do, and who they might find help with along the way. If you join with me this month, I know you are trusting me to be your Conductor. I want you to know that I have room on the train for you so please, "Come Aboard" with me and others, as we do this new experience of seeing life from a new perspective.

Together helps... *(if the time is right for you!)*

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



## In This Issue:

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

**We are resuming our Wednesday Lunch Group of social support at Garden Café for those men and women who have been through the death of their spouse. Please join us if you feel the time is right for you.**

Please check our website or call us at 402-391-3900 for current status updates on the support groups if things should 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

# Caring Thoughts

## Life is Like a Journey on a Train

Author Unknown

At birth, we boarded the train of life and met our parents, and we believed that they would always travel by our side. However, at some station, our parents would step down from the train, leaving us on life's journey alone.

As time goes by, some significant people will board the train: siblings, other children, friends, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we won't realize that they vacated their seats! This train ride has been a mixture of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

A successful journey consists of having a good relationship with all passengers, requiring that we give the best of ourselves.

*The mystery that prevails is that we do not know at which station we ourselves will step down. Thus, we must try to travel along the track of life in the best possible way – loving, forgiving, giving, and sharing.*

When the time comes for us to step down and leave our seat empty – we should leave behind beautiful memories for those who continue to travel on the train of life.

Let's remember to thank our Creator for giving us life to participate in this journey.

I close by thanking you for being one of the passengers on my train!

**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 Thought

“In terms of soul work, we dare not get rid of the pain before we have learned what it has to teach us.”

Richard Rohr

# Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, March 14, 2021 • 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.

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

**This Support Group will permanently meet at  
Heafey Hoffmann Mortuary, 7805 West Center Rd.**

## Sneak Preview:

Next Month: Sunday, April 11, 2021 at 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.

**NOW  
MEETING!**

**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:**

- 9 Looking at and Developing a Support System**
- 23 What Do I Need When I am Grieving?**

Facilitated by: Jayne Gundrum, LMHP

**This Support Group meets at Heafey Hoffmann Mortuary,  
7805 West Center Rd.**