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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.

THE Journey

MAY 2021

SPONSORED BY:
**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY
7805 W Center Rd • Omaha, NE 68124



From The Heart

Greetings, Dear Friends!

Our national mascot since 1782 is the bald eagle. It is a large bird of prey, native to North America. It is a symbol of strength, a fierce and feared king of the sky. I was reading about the bald eagle. Here are some facts found while googling: They are between 6.5 – 14 lbs. They glide between 35-43 mph, but can dive close to 100 mph. Their wingspan is up to seven feet and they can soar up to 10,000 feet in the sky. (That's when you get alerted you can use your electronic devices in an airplane. It's very high!) The eagle's vision is 4-8 times stronger than the average human. They can spot their prey from over 2 miles away.

"She's got an 'eagle eye.'" Have you heard that expression? It makes sense, doesn't it? Someone who watches carefully or is very good at noticing things could be termed to have an "eagle eye."

Our topic this month at Support Group is **faith**. It made me think of the bald eagle and how some of the characteristics of the bald eagle apply to God. Do you feel like God is watching you with an "eagle eye" while you grieve? Do you feel his comfort? Or, do you feel like his prey and that He has attacked you?

Several things connected to faith can happen on a grief journey. A person who has had a foundation of faith

can come to rely on it more fully than ever; or one can question the reality of God and flounder understanding where God is at. A person of no faith foundation can question if there is more to life after death occurs. These feelings and struggles can be normal with grief. Grief can rock one's foundational beliefs perhaps for the very first time. This can be very uncomfortable and unsettling.

Whether you are feeling like grief prey – bloodied and alone, or feeling comfort and peace in your faith, we will discuss how grief can impact a **faith** journey. Since we don't have an eagle's vision, we will attempt to use "readers" to dig deeper to see what is really going on in understanding this faith topic. I don't have perfect vision, but readers help me see things better. Who would like to see this topic more clearly with me?

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

Blessings,

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



OPPORTUNITIES FOR

May

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 6:00 p.m. FAITH <i>This is a first Sunday</i>	3	4	5 Luncheon* 11:30 a.m. NOW MEETING!	6	7	8
9	10	11 10:00 a.m. Expectations	12 Luncheon* 11:30 a.m. NOW MEETING!	13	14	15
16	17	18	19 Luncheon* 11:30 a.m. NOW MEETING!	20	21	22
23 30	24 31 MEMORIAL DAY	25 10:00 a.m. Emotions	26 Luncheon* 11:30 a.m. NOW MEETING!	27	28	29

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 2, 6:00 p.m.

****This is a first Sunday**

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

Wednesday Luncheon* Every Wednesday 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

MAY TOPICS • 10:00-11:30 a.m.

- 11: Expectations - How to Handle Them
- 25: Emotions - Anxiety, Fear, Anger & Guilt

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>

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

On the Wings of a Prayer

by Mary Sima

A whisper from the heart to the heavens above
Take care to hold him, give him all our love
Giving hopes and wishes to a friend who has woes
From a land beneath the stars to a God who hears and knows

To turn things over to a power greater than our own
Although you're by yourself, you are never alone
So much love is out there from the people who care
Sent straight to God on the wings of a prayer

Although he holds the answer it doesn't hurt to show
The love you have for others, how hard it is to let go
Don't underestimate the power of wishes in the air
He is always out there, he listens and he cares

No matter the place, it can be anywhere
Love spoken softly in the form of a prayer
God hold him gently, tell him we care
Whispered from voices on the wings of a prayer

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Healing Thought

“Knowing the Lord and His comfort does not take away the ache; instead, it supports you in the middle of the ache. Until I get home to heaven, there's going to be an ache that won't quit. The grieving process for me is not so much a matter of getting rid of the pain, but not being controlled by the pain.”

~ Dr. Larry Crabb ~



Sunday, May 2, 2021 • 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

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



Sneak Preview:

Take care of you

Next Month: Sunday, June 13, 2021 at 6:00 p.m.

Topic: "Time for a Fill-Up" TAKING CARE OF ME

Life can be very full sometimes with just trying to keep up. There are so many things that must be done by a certain time. At the same time, grief can be so exhausting! Obligations can sometimes get in the way of your grieving and stop you from taking care of yourself. Give yourself a break and join us to learn some helpful things to keep you going, especially during these stressful times.

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.

May Topics:

11 Expectations - How to Handle Them

25 Emotions - Anxiety, Fear, Anger & Guilt

Facilitated by: Jayne Gundrum, LMHP

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