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**Heafey Hoffmann
Dworak | Cutler**
MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

THE Journey

AUGUST 2021

RETURN SERVICE REQUESTED

From The Heart

Greetings, Dear Friends!

It's almost done! We are getting a newly remodeled family room. We have lived in our home for close to 30 years and wanted to make some changes and new updates. Some of the old is there, but it is covered by new paint. Some of the old is gone, and it is replaced by fresh and different. Some of the old is changed and now it's tech smart and wireless. Who knew such technology could be explained to me by my 13-year-old brilliant grandson, while I am otherwise clueless!

Things certainly can change very rapidly around us. I'm writing about a remodel and technology, yet you know change close and personal with the death of your loved one. Some of you knew the change was coming, and you were preparing for it. Some of you had no idea of the life course turn that would happen.

Changing from the old can be challenging. There are some things about my old family room that I liked, and they aren't there anymore. I may miss them. But they wouldn't have fit in my new family room. There are some planned things in my new family room that I really love; there are some new things that I am surprised how much I like them.

Death will also bring changes from the old that are totally different, planned changes, and some new surprise changes. How are you doing with the new things you are experiencing? For most grieving people, new can be scary and depressing - or challenging and frustrating - or exciting and different. Some new things are planned and expected, while some are surprising and challenging. Do you find your emotions in what I've written? You may also see that you vacillate on any given day from seeing

new things as hard...to seeing new things as different, as opportunities for courage and improvement.

Old vs. new. It is both, isn't it? This month we are discussing the topic of **New Beginnings**. Hang on! You will figure out this challenging time in your life. You will have the old and hold onto what is needed, and yet at the same time learn how to embrace the challenges of the new. It's not easy work, but it is healing and so necessary. As you are in a remodel stage, you are in the process of becoming a grief survivor.

My remodel is old transforming to new. It was a piece of cake to survive compared to what you are navigating. Yet you are being transformed through your grief. I can even see the remodel in some of you as you are changing before my eyes. And the new you is exciting as I see courage and transformation surfacing through your hard work. Remodels are messy. Grief is messy. We won't have paint or nails to use when we gather, but we will have lots of encouragement and hope to fill in those torn up areas as we look at your **new beginnings**.

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

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



OPPORTUNITIES FOR

August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon* 11:30 a.m.	5	6	7
8 6:00 p.m. NEW BEGINNINGS	9	10 10:00 a.m. Nurturing Yourself	11 Luncheon* 11:30 a.m.	12	13	14
15	16	17	18 Luncheon* 11:30 a.m.	19	20	21
22	23	24 10:00 a.m. The Whys of Grief	25 Luncheon* 11:30 a.m.	26	27	28
29	30	31				

Heafey-Hoffmann-Dworak-Cutler
7805 W Center Rd • 402-391-3900
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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: **NEW BEGINNINGS**
"Picking Up The Pieces"

August 8, 6:00 p.m.

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)

Walking Through the Valley of Darkness

AUGUST TOPICS • 10:00-11:30 a.m.

10: Nurturing Yourself & Identifying
Your Needs

24: Exploring the Whys of Grief

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

In This Issue:

Coronavirus Update: All groups are meeting – details inside.

Check our website for latest information: www.heafeyheafey.com/heafey-support-groups.
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.

New Beginnings

Whether you consciously want to or not, you are having new beginnings. Did you know that? Healthy grief requires new beginnings. We'll discuss how this feels.

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

Autobiography In Five Short Chapters

by Portia Nelson

Chapter I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

Chapter II

I walk down the same street.
There is a deep hole in the sidewalk.
I pretend I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

Chapter III

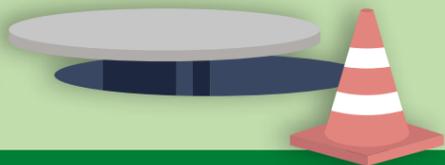
I walk down the same street.
There is a deep hole in the sidewalk.
I see it there.
I still fall in... it's a habit.
My eyes are open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

Chapter V

I walk down another street.



Healing Thought

My joy may be diminished now, but I am still alive to be more joyful ahead. ~ Ankam Nithin Kumar ~

We must be willing to let go of the life we planned, so we can accept the life that is waiting for us. ~ Joseph Campbell



Sunday, August 8, 2021

6:00 p.m.

Topic: "Picking Up The Pieces" NEW BEGINNINGS

It's not easy starting over or trying something new, and it is even more difficult when you are grieving. The death of your loved one is a huge adjustment, and, in some ways, you might feel like you are starting over. Making necessary changes can be difficult, but almost always, personal growth comes with change.

Come join us and share creative ways of "picking up the pieces in your life."

Facilitated by: Sharon Zehnder, Aftercare Director

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



Sneak Preview:

false evidence

Next month: Sunday, September 12, 2021 at 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!

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**

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.

August Topics:

- 10 Nurturing Yourself & Identifying Your Needs
- 24 Exploring the Whys of Grief

Facilitated by: Jayne Gundrum, LMHP

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