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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
Dworak Cutler**
MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

THE Journey

SEPTEMBER 2021

From The Heart

Greetings, Dear Friends!

"Today's the day!" Can't you hear the excitement in this expression? Maybe...

Today's the day for the new job to start.

Today's the day for the family vacation to start.

Today's the day for you to buy a different car.

Today's the day for seeing family who are coming to visit.

Would you agree that most of the time that this expression is used is to get ready for something positive that is expected to happen that day?

It will not be stated the same way, but the words, "Today's the day" can also be used to express fear and dread for something about to happen in the next 24-hour period. You may have experienced this with the death of your loved one. Maybe you have experienced some of these or are seeing them coming...

Today's the day for the funeral. I hope I can get through it.

Today's the day - Labor Day - and I remember what we did last year, and it hurts!

Today's the day to figure out the financial situation which is so overwhelming!

Today's the day to gather with family and it will be so different!

Fear of the future is a common part of the grief journey. Things have changed so dramatically, and decisions must be made. Fear can cause sadness, discouragement and even paralyze a bereaved individual. Fear will tell us we will forever be trapped.

Good news – this is not true. We will tackle this topic of **FEAR** this month and help remove some of the power of this emotion. We will replace fear with education and courage so that you can lower your risk of being caught in its paralyzing grips. Many fearful things can be eliminated or certainly controlled.

Check out the Caring Thoughts on the next page as author Paul Moon shares some helpful thoughts for living out your "today." More importantly, on September 12, wake up and say, "Today's the day to go to Heafey's Sunday night support group!" (Or "Today's the day to go to Heafey's Tuesday group, or Wednesday Lunch Group").

Joining with others will help as we discuss practical ways to combat fear. I think we can help turn those "Today's the day" expressions from negative to more positive. It's hard, but we will help. As Paul Moon says, "Today is given to us to live in."

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

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



OPPORTUNITIES FOR

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Luncheon* 11:30 a.m.	2	3	4
5	6	7	8 Luncheon* 11:30 a.m.	9	10	11
12 6:00 p.m. FEAR	13	14 10:00 a.m. Developing a Support System	15 Luncheon* 11:30 a.m.	16	17	18
19	20	21	22 Luncheon* 11:30 a.m.	23	24	25
26	27	28 10:00 a.m. The Needs of Grief	29 Luncheon* 11:30 a.m.	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"
September 12, 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**

SEPTEMBER TOPICS • 10:00-11:30 a.m.

14: Looking at and Developing a Support System

28: The Needs of Grief

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

In This Issue:

FEAR!! Some fear has a real basis, but a lot of fear is "made up" or rooted in false realities. Healthy grief involves understanding the difference.

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.

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 taken from

A Grief Primer

by Paul Moon

Our grief can eventually foster in us a deeper meaningfulness toward what we value in life. Some adult grievers have informed me that they learned the following lessons along the pathway of grief:

- *Care and love more fully today*
- *Extend forgiveness today*
- *Ask for forgiveness today*
- *Show more patience today*
- *Minimize regrets by being gracious with words and deeds today*
- *Have conversations that need to be had with particular people today*
- *Express more appreciation to others today*
- *Say 'goodbyes' today*
- *Live and grieve and be grateful today*

We may ask, "Why all today?" It is because this day may be the only 'day' for any of us. Tomorrow cannot be promised. Yesterday cannot be re-done. Today is given to us to live in.

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Healing Thought

No one ever told me that grief felt so like fear. ~ C. S. Lewis

It has been said that no man ever sank under the burden of the day. It is when tomorrow's burden is added to the burden of today that the weight is more than a man can bear. Never load yourselves so, my friends. ~ George MacDonald



Sunday, September 12, 2021

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

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

faith
-OVER-
fear

Sneak Preview:

this isn't fair!

Next month: Sunday, October 10, 2021 at 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**

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:

14 Looking at and Developing a Support System

28 The Needs of Grief

Facilitated by: Jayne Gundrum, LMHP

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