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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

OCTOBER 2021

From The Heart

Greetings, Dear Friends!

Two numbers we all know. I remembered.

I just got back from a wonderful trip to New York City with our oldest grandson. It was a delayed trip due to Covid. We took in many iconic places, ate NYC foods, and walked more in two days than I've walked in my life.

Two numbers: 9-11. You remember these numbers. Yes, we also went to the World Trade Center 9-11 Memorial. This wasn't something I was sure we would do since my grandson was not even born when this horrific day in our history had occurred. But we did. It was a memory I will never forget. I experienced many emotions walking through this incredible place where the grief of NYC was vividly displayed, and the horrors of our country's history were remembered. And I experienced **anger** - understandable and normal anger. Our whole country's history changed that day.

You have a day that changed your life forever too. You know the numbers. You have experienced many emotions and will continue to do so. Have you experienced anger yet? Anger over loss and pain can be very challenging. It can fire up when you least expect it. It can go on slow burn and continue to smolder. For some, it can be a daily emotion that drives everything you do and controls your

thoughts. This type of anger is not healthy because it consumes you and squeezes out every opportunity for life and healing that lies ahead for you.

Anger is a normal part of a grief journey for many. The key is recognizing what is normal and healthy and then learning beneficial ways to express it. Anger not dealt with in a healthy way can be destructive to you and to others in your life. Yet recognizing your anger allows you to find healthy ways to defuse it. Much anger is understandable and normal. We will discuss ways to help you learn how to recognize it and control it so that it doesn't control you.

Two numbers: 10-10. October 10th. That's the date we will gather to be honest about our feelings. We will help each other and equip you with tools to deal with this emotion that can get out of control. See you Sunday night. Together helps...*(if the time is right for you!)*

Blessings,

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



HELLO October

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

Heafey-Hoffmann-Dworak-Cutler
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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: **ANGER**
"This Isn't Fair!"
October 10, 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

OCTOBER TOPICS • 10:00-11:30 a.m.
12: Toolbox for Grief
26: Expectations -- How to Handle Them

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

In This Issue:

*Anger ... Normal? Yes!! Good news!
Healthy or unhealthy? It depends ... Come find out ...*

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

Draw a "Grief Map"

The death of someone you love may have stirred up all kinds of thoughts and feelings inside you.

These emotions may seem overwhelming or even "crazy."

Rest assured that you're not crazy, you're grieving.

Your thoughts and feelings - no matter how scary or strange they seem to you - are normal and necessary.

Sometimes corralling all your varied thoughts and feelings in one place can make them feel more manageable.

You could write about them, but you can also draw them out in diagram form.

Make a large circle at the center of your map and label it GRIEF.

This circle represents your thoughts and feelings since the death.

Now draw lines radiating out of this circle and label each line with a thought or feeling that has contributed to your grief.

For example, you might write ANGER in a bubble at the end of one line.

Next to the word anger, jot down notes about why you feel mad.

Your grief map needn't look pretty or follow any certain rules.

The most important thing is the process of creating it.

When you're finished, explain it to someone who cares about you.

This paragraph excerpt is taken from Dr. Alan Wolfelt's "Nurturing Yourself, The Emotional Realm" Reprinted with permission from *Grief Digest*, Centering Corporation Omaha, Nebraska, 402-553-1200



Sunday, October 10, 2021
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.

Facilitated by: Sharon Zehnder, Aftercare Director

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



Sneak Preview:

Next month: Sunday, November 14, 2021 at 6:00 p.m.

Topic: "Changed Holidays" -- HOLIDAY COPING

Does just the thought of going through November/December bring you lots of questions like,

"How am I ever going to make it?"

"How can you be thankful when you've lost someone to death?"

Traditions that were once a labor of love can suddenly seem like a mountain that you are unable to climb! Please join us as we discuss ways to help ease your pre-holiday stress and deal with the reality of "changed holidays."



Healing Thoughts

Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. ~ Baptist Beacon ~

Anger makes you smaller, while forgiveness forces you to grow beyond what you are. ~ Cherie Carter-Scott ~



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.

October Topics:

- 12 Building my Toolbox for Dealing with Grief**
- 26 Expectations (Mine & Others) - Strategies to Handle Them**

Facilitated by: Jayne Gundrum, LMHP

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