



RETURN SERVICE REQUESTED

PRSR STD  
US POSTAGE  
PAID  
OMAHA NE  
PERMIT 1199

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

SPONSORED BY:

Heafey Hoffmann  
Dworak Cutler  
MORTUARIES & CREMATORY

7805 W Center Rd  
Omaha, NE 68124

# THE Journey

FEBRUARY 2022

## From The Heart

### Greetings, Dear Friends!

It was daunting and heavy. When it made its appearance, it was king of the stove. Maybe you had one in your growing up years. As a little girl I would help my Mom with filling the canning jars to the very top. She would then manage placing them inside this cooking container. I was so scared of it. Did you have one too? The dreaded pressure cooker! (Dreaded by little children, I mean.) But Mom knew what she was doing and carefully managed to turn up the heat and process those jars filled from our garden or fruit trees.

Mom knew the power of heating water – as molecules began to rapidly vibrate and take on more volume. If there was no escape for the expanding molecules, the pressure would increase and eventually the pressure cooker would blow. Except, except, there is a release valve. It is the most valuable part of that pressure cooker. At a young age I quickly learned the origin of the phrase, "Don't let the pressure cooker blow!"

The release valve on a pressure cooker reminds me of the "release valve" we have built into our human bodies. I'm so glad we have it too. There are times that feelings and emotions are just too much - and they need a way to come out. They do this through the release valve of tears. God has built this outlet into our bodies to keep us healthy. Tears are a healthy release – a "safety valve" so to speak. Just as a pressure cooker needs a release valve to work properly, we need our release valve to let out emotional extremes. How important it is to let the tears flow when needed, whether it is overjoyed happiness or deep sadness and grief.

Have you ever been told or raised to believe that you shouldn't cry, or express your strong emotions? Some people deny, dread, or even hate their tears. While tears often come when we hurt and grieve, which is very hard, they can also be one of the best things you need to release the grief and pain over the death of your loved one. The tears can be your "safety valve" for your body when the pressure cooker of life heats up with lots of pain and emotional stuff. Tears can be a blessing.

Is your cooker working...your tears release valve? It's OK to feel through the death and grief. The point isn't how often or how much you cry, but **the point is that if you need to cry, you are OK to do so.** It's healthy. It gets your feelings out. Some people cry very little; some people cry a lot. Both are normal.

We will discuss the topic of loneliness and tears, and I promise we will have Kleenex at the tables. It will be safe to let your release valve open. No cookers will blow. Just lots of healthy processing.

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

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



OPPORTUNITIES FOR

# February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 Luncheon* 11:30 a.m.	3	4	5
6 6:00 p.m. LONELINESS & TEARS	7	8 10:00 a.m. My Story	9 Luncheon* 11:30 a.m.	10	11	12
13	14	15	16 Luncheon* 11:30 a.m.	17	18	19
20	21	22 10:00 a.m. Nurturing Yourself	23 Luncheon* 11:30 a.m.	24	25	26
27	28					

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: LONELINESS & TEARS  
"Down in the Valley"  
February 6, 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)

Walking Through the  
Valley of Darkness

FEBRUARY TOPICS  
10:00-11:30 a.m.

- 8: My Story (Please bring a picture of the deceased)
- 22: Nurturing Yourself & Identifying Your Needs

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

## In This Issue:

**Loneliness** - Support systems can change. Intense emotions of loneliness are felt. Where are all those who you thought really cared? Instead of focusing on who isn't there, focus on who IS there for you. In this issue, be encouraged to move from loneliness to new support.

**Coronavirus Update:** All groups are meeting – details inside.

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

# Caring Thoughts



## Make a Difference

**The following quiz is meant to make us stop and think.**

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer prize.
5. Name the last half dozen Academy Award winners for best actor or actress.
6. Name the last decade's worth of World Series winners.

**How did you do? This is the point: none of us remembers the headliners of yesterday. There are no second-rate achievers. They are the best in their fields. But the applause dies. Awards tarnish. Achievements are forgotten. Accolades and certificates are buried with their owners. Now do the following:**

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people with whom you enjoy spending time.
6. Name a half dozen heroes whose stories have inspired you.

Easier? The lesson?

**The people who make a difference in your life are not the ones with the most credentials, the most money, or the most awards. They are the ones that care about you. Let them know the difference they make in your life.**

**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 Thoughts

Grief, I've learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go. ~Jamie Anderson~

"We are made strong by the difficulties we face not by those we evade." ~Author Unknown~



# Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, February 6, 2022  
6:00 p.m.

This is  
a first  
Sunday

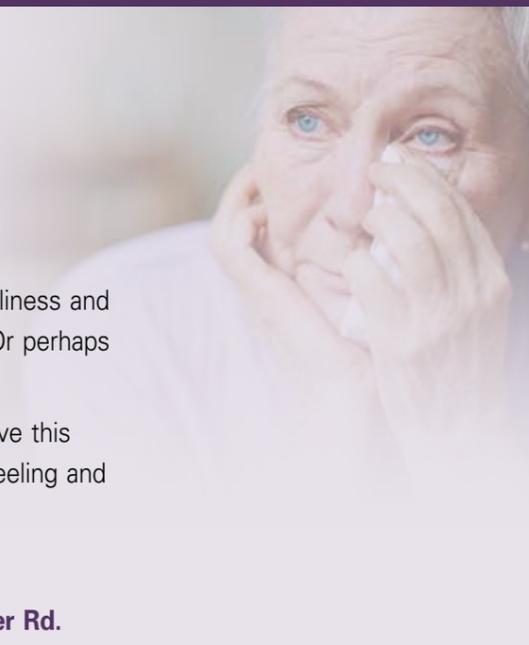
**Topic: "Down in the Valley"  
LONELINESS & TEARS**

Ever feel like the world goes on and you are sinking ever deeper into a pit of loneliness and no one seems to notice? Do you ever feel like you are drowning in your tears? . . . Or perhaps wish you could let some come out?!!!

You are normal and not alone! If you find yourself wondering if you can ever survive this feeling of loneliness, we will share thoughts and ideas to help overcome this alone feeling and to learn the "blessing" of tears.

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

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



## Sneak Preview:

goodbye?

Next month: **Sunday, March 13, 2022** at 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.

## 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.

**February Topics:**

- 8 **My Story (Please bring a picture of the deceased)**
- 22 **Nurturing Yourself & Identifying Your Needs**

Facilitated by: Jayne Gundrum, LMHP

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