

RETURN SERVICE REQUESTED

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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

MAY 2022



From The Heart

Greetings, Dear Friends!

How many “famous” people have you met? Now you can fill in your own interpretation of what the word “famous” means to you. Have you perhaps met a past or current President of the United States or other political figure? Have you met a “movie star?” Have you met any people you see on TV on a regular basis? Any famous singers or musicians?

I’ve met a few people that some would term “famous” over the years. The funny thing is most of the time when I’ve met them, they look different than what I thought they would be. One actor was about 4 inches shorter in person than I thought he was. One famous author felt more superficial in person than I thought he would be. One famous singer was way more personal and down to earth than I thought he would be. I loved how real, vulnerable, and normal he seemed.

Sometimes your impression of someone changes when you meet them in person. It can be better; it can be worse.

I’m thinking about this now as I think about a person who is grieving. One has a picture of God in one’s mind before their loved one dies. Now, after death, that picture of God may look different. God may feel more distant and uncaring. God may not have been in the picture and now there is some questioning about faith

matters. God may appear more real and personal than ever before. Seeing a famous person in real life can change one’s perspective of that person. *So also, after a death, one can experience a new perspective on God. It can feel better; it can feel worse.*

Many people have this important topic of **faith** as a foundational base. When death occurs, what has perhaps been strong and unwavering, can now feel messy at best. It looks different for each person. We are going to have some honest discussion of whether your previous picture of God is matching what you are currently experiencing with God. You are now seeing things up close from a new grieving perspective. Has anything changed for you? It’s harder to find someone more “famous” than God. What does God look like for you now? We will dig into the topic of **faith**.

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

Blessings,

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



May

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

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 15, 6:00 p.m.

This is
a third
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

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

- 10:** EXPECTATIONS: How to Handle Them
- 24:** EMOTIONS: Anxiety, Fear, Anger & Guilt

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

In This Issue:

Faith

This area, that usually is a firm foundation, can look very different when affected by grief. Join us as we walk through and discuss this personal, yet important relationship between grief and faith.

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

Caring Thoughts

...AND GOD SAID...

I said, "God, I hurt."
And God said, "I know."

I said, "God, I cry a lot."
And God said, "That is why I gave you tears."

I said, "God, I am so depressed."
And God said, "That is why I gave you sunshine."

I said, "God, life is so hard."
And God said, "That is why I gave you loved ones."

I said, "God, my loved one died."
And God said, "So did mine."

I said, "God, it is such a loss."
And God said, "I saw my Son nailed to a cross."

I said, "God, but your loved one lives."
And God said, "So does yours."

I said, "God where are they now?"
And God said, "Mine is on My right and yours is in the Light."

I said, "God, it hurts."
And God said, "I know."

Posted on the wall at the Oklahoma City bombing site
By K.C. and Myke Kuzmic, Stockton, CA



Healing Thoughts

Every tomorrow has two handles. We can take hold of it with the handle of anxiety or the handle of faith.
~Henry Ward Beecher~

"What brings us to tears, will lead us to grace. Our pain is never wasted."
~Bob Goff~

"We are not given explanations, but to hearts open to receive it,
a more precious revelation of the heart of our loving God."
~Elisabeth Elliot~

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, May 15, 2022
6:00 p.m.

This is
a third
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 meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.



Sneak Preview:

fill up!

Next month: **Sunday, June 12, 2022** 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.

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:

- 10 Expectations - How to Handle Them
- 24 Emotions - Anxiety, Fear, Anger & Guilt

Facilitated by: Jayne Gundrum, LMHP

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