

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

From The Heart

Greetings, Dear Friends!

It has happened four times in the last 22 years. You will know what I'm talking about with these simple numbers...9/11. If you live in the U.S., you know what these numbers represent. Our lives were changed on September 11, 2001, when terrorists attacked our country in New York City at the World Trade Center twin towers. It changed our world. Fear became a realized emotion that swept over our country as it had not yet done in my lifetime.

___/___/___ You fill in your own date. This date changed your world. It wasn't a terrorist attack, but it was an attack on your heart and emotions. This date is written in neon lights in your mind as you began the confusing and emotional journey of grief after the death of your loved one. It can feel like your world stopped... and yet the rest of the world keeps on continuing.

While grief brings with it many conflicting emotions and moments, perhaps you are experiencing some real or imagined emotions of **fear**. There can be so many questions that need to be answered, and yet, how do you know the right answers? So many changes happening, and what should you do? Fear can paralyze

judgment and the thought process. Sometimes it can be hard on a grief journey to know which fears are legitimate and which ones are not. Our imaginations can get going so fast that we can imagine things that are happening or that might happen. Yet, they aren't real.

9/11/22. Sunday, 6:00 p.m. It's the fourth time I have had the topic of **FEAR** land on 9/11 in the last 22 years. We are gathering to help bring facts to this topic of fear to help you better understand your grief. We will share tools to help you become less anxious and more equipped to cope with this challenging emotion. Let's use 9/11 to knock fear a punch in the gut this year.

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

Blessings,

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



OPPORTUNITIES FOR



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

Heafey-Hoffmann-Dworak-Cutler
7805 W Center Rd • 402-391-3900
5108 F St, Omaha • 402-731-1234

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 11, 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)
Enter through the WEST door.

Walking Through the Valley of Darkness

SEPTEMBER TOPICS

10:00-11:30 a.m.

13: Looking at and Developing a
Support System

27: What Do I Need When I Am
Grieving?

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

... Wednesday Garden Café Luncheon Update ...

While Garden Café has closed in July to the public, they are still serving select previously scheduled groups in the interim. We will still be having our Wednesday Luncheon group for widows and widowers. Please enter the party room from the door on the WEST side of the Café. You are welcome to call or check our website for the latest information: www.heafeyheafey.com/heafey-support-groups.

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.

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

Men's Grief Retreat Opportunity:

The author of "Men Grieve, Too," Paul Madsen, is hosting a weekend, overnight retreat for men who've a lost loved one. The event is near Omaha (Ashland, NE).

October 1-2, 2022

For more info see NeverGrieveAlone.com or contact paul@growmedia.com.



Caring Thoughts

RISK

by William Arthur Ward

To laugh is to risk appearing a fool,
To weep is to risk appearing sentimental.
To reach out to another is to risk involvement,
To expose feelings is to risk exposing your true self.
To place your ideas and dreams before a crowd is to risk their loss.
To love is to risk not being loved in return,
To hope is to risk despair,
To try is to risk failure.
But risks must be taken because the greatest hazard in life is to risk nothing.
The person who risks nothing, does nothing, has nothing, is nothing.
He may avoid suffering and sorrow,
But he cannot learn, feel, change, grow or live.
Chained by his servitude he is a slave who has forfeited all freedom.
Only a person who risks is free.
The pessimist complains about the wind;
The optimist expects it to change;
And the realist adjusts the sails.

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, September 11, 2022 • 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 meets at Heafey Hoffmann Mortuary, 7805 West Center Rd.



Sneak Preview:



Next month:

Sunday, October 9, 2022 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.

Healing Thoughts

The soul always knows what to do to heal itself. The challenge is to silence the mind. ~Anonymous~

Fear can keep us up all night long, but faith makes one fine pillow. ~Philip Gulley~

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
Enter through the WEST door.

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:

- 13 Looking at and Developing a Support System
- 27 What Do I Need When I Am Grieving?

Facilitated by: Jayne Gundrum, LMHP

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