

RETURN SERVICE REQUESTED



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

JANUARY 2023

THE Journey

From The Heart

Greetings, Dear Friends!

Ah, the winds of Nebraska. I had to get used to winds like I never knew before when I moved to Nebraska 29 years ago. Winds can shift and be sudden. In a matter of minutes, winds can begin and swirl to uncontrollable levels. Such is the nature of weather.

How about the uncontrollable winds of life? Have you been caught in the swirls of unforeseen change due to death and wondering how you can escape the damage? Perhaps you are caught in winds of life like relational winds, spiritual winds, and financial winds. You don't have a weather forecaster telling you which wind might be swirling your direction.

I have good news. Although winds can swirl and do great damage, remember they settle down. They quiet. Weather stabilizes. Grief can swirl, do great damage, but it quiets. It can be tumultuous for seasons, no doubt. But it can stabilize as time and hard work happen.

Our topic this month helps you to see the stabilized part of grief. Understanding the basics of grief can help you get educated about what parts of a grief journey you can be prepared for before it happens. When you hear the forecaster tell you about winds that are coming, you can anchor down things at your home. When you learn from the **School of Grief**, you can prepare for the swirl of grief coming your way.

I have been here at Heafey for 22 years educating you and walking along with you as you champion through the winds of

grief. I have counted it such a blessing to know so many of you, as you let me in your life and your story – as you have gone through the horrible challenges of death. Thank you for that. I am transitioning with my husband into a new season of retirement. And with that I am passing this awesome baton onto your new **Aftercare Director, Nancy Nilsson**.

Since the newsletters are written two months in advance, some of you may have met her by the time you get this. I am so excited for you to learn from her and to meet her. She is coming to you with great skills and a background in grief, but also a heart of care and concern that will be quickly evident to you. Come meet her if you haven't already. And thank you for letting me companion alongside of you. Life shifts, and the winds change, but there is still a great place of stability here to care for you. My heart of love remains with you. I'll miss you.

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

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



OPPORTUNITIES
FOR

January

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

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: **SCHOOL OF GRIEF**
"What's Happening to Me?"

January 8, 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.

•• NEW LOCATION ••

Gorat's Restaurant
4917 Center St.

(*Open to those who are widowed only)

Walking Through the Valley of Darkness

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

10: Winter Blahs and Grief

24: What is This Thing Called Grief?
(Grief Basics)

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

••• Wednesday Luncheon Update •••

We have a **NEW LOCATION** for our Wednesday Lunch Group. If you have experienced the death of your spouse, please join us at **Gorat's Restaurant**, 4917 Center Street, on Wednesdays for lunch. Gorat's is hosting us as a private group each week. You can come anytime between 11-11:30 a.m. and order off the special menu. You are welcome to call or check our website for information: www.heafeyheafey.com/heafey-support-groups.

In This Issue:

School. How does that word sound to you? Does it sound like work? Education requires some work, and so does grief. See how one helps the other.

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

Excerpts from "Opening to the Pain of Loss"

By Brianne Edwards

When, in a single moment, we were thrown into the depths of grief with a pain as big as the loss of a child, it is only natural to protest this new and horrific experience with every bit of our being...

We naturally fight this enemy of pain, flee from it, or lay limp in defeat...

What if...just what if...we dared to look at that pain through a different lens and view it as a teacher, rather than an enemy? ...

What if we softened our eyes and our hearts and saw this pain as a teacher bringing growth to our lives. Some of the greatest teachers are the ones that demand the most of us. They present challenges that seem impossible and push us way outside our comfort zones. The lessons are painful, yes, but if we give them space to take root, something beautiful just might grow.

This teacher of pain has too many deep lessons to think we can tackle them all at once. This is a subject that will take a lifetime to learn. If there's a task that's too big in the moment, that's okay, maybe it's a lesson to be tabled for now and approached again at another time. But bit by bit, we can learn from our pain and let our grief be our ally to growing in love and wisdom.

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IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:

If other community events are being cancelled, it is safe to assume ours are too. If in doubt, call: 402-391-3900.

Healing Thoughts

For every day that there is sunshine, there will be days of rain, it's how we dance within them both that shows our love and pain.

~ Joey Tolbert ~

We must be willing to let go of the life we planned, so we can accept the life that is waiting for us. ~ Joseph Campbell ~



Sunday, January 8, 2023 • 6:00 p.m.

Topic: "What's Happening to Me?" SCHOOL OF GRIEF

Whether you are brand new at grieving or have been pressing through it for some time, you may be trying to make some sense of the barrage of new feelings.

At this support group we will discuss the anatomy of grief and mourning, and ways to help you adjust and cope. A little education goes a long way in helping!

Facilitated by: Nancy Nilsson, Aftercare Director

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



Sneak Preview:

loneliness...

Next month:

Sunday, February 12, 2023 at 6:00 p.m.

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.

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.

NEW LOCATION! Meet us at:
Gorat's Restaurant, 4917 Center St.

They are open for us as a private group each Wednesday.

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.)

January Topics:

- 10 Winter Blahs and Grief
- 24 What is This Thing Called Grief? (Grief Basics)

Facilitated by: Nancy Nilsson, Aftercare Director

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