

THE Journey

From Heart

Greetings, Dear Friends!

Later this month, Earth is again at an equinox where, for a moment, day and night are equal in length. Here in the northern hemisphere, our beautiful planet is gradually tilting back towards the sun. Migratory birds begin making their way home, tiny signs of life appear on trees—and we might even cautiously leave the parka in the closet.

Then, almost at once, spring is upon us. Of course, there are still those days when the wind whips out of the north and snowflakes whirl, we groan and bundle up again. Still, we know that, by March, the worst is mostly behind us and winter is nearly over!

Grief is like that too. When loss is new, we are sure we will never feel better, or whole, or truly alive again. We move more slowly, carefully, afraid of “falling” into despair, afraid deep pain may crack us open beyond repair.

Please be patient with yourself. There is no date on the calendar or movement of the stars that will mark the end of your “winter of discontent”, but it will end. And, like

the changing of seasons—perhaps because of the change of seasons—there will still be stormy days of sadness, loneliness, and tears. They are a normal part of healing. They will become less frequent. Hang on. Ride them out.

And if you can, please step outside on one of those bright, warmer days and soak up some sunlight. Despite a deep wound, you are on the mend, with new life and growth waiting to burst forth. Don't be afraid.

From Leonard Cohen's “Anthem”...

“Ring out the bells that still can ring,

Forget your perfect offering.

There's a crack, a crack in everything,

That's how the light gets in.”

Nancy Nilsson, Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



OPPORTUNITIES
FOR

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Lunch at Gorat's 4917 Center St 11:30 a.m.	2 Lunch at Greek Islands 3821 Center St 11:30 a.m.	3	4
5	6	7	8 Lunch at Gorat's 4917 Center St 11:30 a.m.	9	10	11
12 6:00 p.m. at Heafey 7805 W Center “Attitude & Humor”	13	14 10:00 a.m. at Heafey 7805 W Center “Support I: How & When”	15 Lunch at Gorat's 4917 Center St 11:30 a.m.	16 Lunch at Greek Islands 3821 Center St 11:30 a.m.	17	18
19	20	21	22 Lunch at Gorat's 4917 Center St 11:30 a.m.	23	24	25
26	27	28 10:00 a.m. at Heafey 7805 W Center “Support II: Who & What”	29 Lunch at Gorat's 4917 Center St 11:30 a.m.	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

Sunday Support Group

Topic: “Attitude & Humor”

Sunday, March 12 • 6:00 p.m.
Heafey Hoffmann Mortuary
7805 W Center Rd

Tuesday Support Group

10:00-11:30 a.m.
Heafey Hoffmann Mortuary
7805 W Center Rd

March Topics:
14 • Building a Support System I:
How and When
28 • Building a Support System II:
Who and What

Wednesday Luncheons

(Open to those who have lost a spouse)

11:30 • EVERY WEDNESDAY

Gorat's Restaurant
4917 W Center Rd

Thursday Luncheons

(Open to those who have lost a spouse)

11:30 • 1ST & 3RD THURSDAYS

Greek Islands
3821 Center St

••• Wednesday & Thursday Luncheon Invite •••

Looking for a reason to “get out of the house” this week? Perhaps share a meal in a relaxed atmosphere with other folks who understand what it's like to lose a spouse? Come join our “lunch bunch” any Wednesday at **Gorat's Restaurant, 4917 Center Street** (or), first and third Thursdays each month at **Greek Islands, 3821 Center Street**. Arrive by 11:30 for good food and friendly conversation, no reservation required, “Dutch treat” for all. For more information, contact **Nancy Nilsson at 402-391-3900** or go to www.heafeyheafey.com/heafey-support-groups.

IN THIS ISSUE: Join us at the Sunday night meeting (March 12), to learn about health benefits of laughter and the healing power of humor. See page 2 for the rest of the list of “Things I Wish I'd Known About Grief” (continued from last issue). And don't forget Daylight Savings Time on March 12th!

Mark Your Calendars

Save the date for monthly grief support groups: (details inside)

- Sunday & Tuesday Support Groups
- Wednesday & Thursday Lunch Groups
- Caring & Healing Thoughts

“15 Things I Wish I’d Known About Grief”

(adapted with thanks from Teryn O’Brien’s 265 Comments)

Here are the last eight...continued from last month’s list of the first seven.

8. Some folks try to escape grief by staying busy, busy, busy. Some believe that if you don’t think about them, feelings will go away. While busyness can be a good temporary distraction, grief doesn’t just disappear. You’re going to have to give time and attention to those feelings so healing can happen.
9. If you are a religious person, this is the time to lean hard on your faith. Scream, cry, question, get angry. You’re not the first and won’t be the last to yell “Why me, why now, why her (or) him??” It’s okay. Job railed at God thousands of years ago...you can too.
10. It’s okay to ask for help. Even if you’re someone who never asks, this is the time to start. You’ll discover people want to help. You’ll actually empower them and help them feel useful when you ask. That’s a win/win!
11. It’s natural to ask “why” and you may ask it a lot without ever getting an answer. Maybe try asking “how”? “How can I live in a way that honors my loved one? How can I learn to adapt to this situation? How can I grow and, perhaps, become a better person as a result of this loss?”
12. Alcohol, drugs, work, gambling, even relationships, *anything in excess* right now is not healthy. If you find yourself doing too much—or too little (like sleeping or eating), seek help.
13. You cannot hide from grief, ignore it, deny it, or push it down with the hope it will disappear. It will fester quietly and emerge somewhere in your life. Find a way to face it and work through it.
14. Take time (again), and really remember the person you lost. When and how you met, places you went, things you did, special occasions. Look at photos, talk to others who knew him/her. You might expect this would painful (and it might be), but it’s also surprisingly therapeutic.
15. Grief is deep, profound, painful, and might be the most difficult thing you’re had to bear. Accept it. I could also turn out to be your greatest teacher.

IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS: If other community events are cancelling (e.g., OPS schools), it’s safe to assume ours are too. If in doubt, call: 402-391-3900.

Healing Thoughts

“I never would have made it if I could not have laughed. It lifted me momentarily out of this horrible situation, just enough to make it livable.” -- Viktor Frankl

“Trouble knocked at the door, but, hearing laughter, hurried away.”
-- Benjamin Franklin

“Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.” -- Catherine Fenwick.

Sunday Support Group
March 12, 2023 • 6:00 p.m.

Topic: “Attitude & Humor”



To quote author Margaret Atwood, “you may not be able to alter reality, but you can alter your attitude towards it, and this, paradoxically, alters reality.”

When loss is new, it’s not unusual to think you will never feel happy again, never laugh, never enjoy people, events, occasions again. And then—when you do find yourself smiling—there’s a twinge of guilt. Join us, as we explore different ways to change moods, attitudes, and behaviors, and how to use humor as an acceptable and healthy therapeutic tool.

Facilitated by: Nancy Nilsson, Aftercare Director

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

Sneak Preview:

new beginnings

Next month:

Sunday Support Group, April 16, 2023 at 6:00 p.m.

Topic: “Spring and New Beginnings”

Why is it that Spring can bring on new and unexpected waves of grief? Shouldn’t we have just the opposite reaction after a long Winter? Together we’ll explore how to navigate the weeks ahead as outdoor activities resume, people seem more upbeat and social, and our natural world begins to burst forth with new life.

Changed from the regular 2nd Sunday that is Easter!

Wednesday & Thursday Luncheons

(Open to those who have lost a spouse)

GREAT CONVERSATION! DELICIOUS FOOD! WONDERFUL PEOPLE!

Every Wednesday at **Gorat’s, 4917 Center Street** (and/or) first and third Thursdays each month at **Greek Islands, 3821 Center Street**. (Arrive at 11:30, no reservation or RSVP required, “Dutch treat”) Bring a friend or two!

Tuesday Support Group

These facilitated support group sessions are adult education available to anyone who has lost a loved one. *(Meets on the second and fourth Tuesday each month from 10:00-11:30 a.m. at Heafey Hoffmann Mortuary, 7805 West Center Road.)*
No registration or fee; open to all.

March 14

Building a Support System I: How and When

March 28

Building a Support System II: Who and What