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

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**Heafey Hoffmann
Dworak Cutler**
MORTUARIES & CREMATORY

7805 W Center Rd
Omaha, NE 68124

JULY, 2024

THE Journey



From The Heart

Dear Friends,

July! Summer heat and picnics. Fireworks and parades. And if the corn is "knee high by Fourth of July" that means a bountiful crop, right?

For many decades, July 4th was the most widely recognized non-religious holiday in our country...a glorious celebration of America's freedom to live and worship and speak as we choose. Freedom to enjoy life, liberty, the pursuit of happiness. How could freedom be anything but terrific?

Except...perhaps...when "freedom" results from the death of a loved one. With that event comes many freedoms such as...

Freedom from boring – but now, somehow, beloved – little daily routines.

Freedom from having to consult someone else when making decisions (even if you didn't mind consulting with someone else).

Freedom from always being thought of as someone's child or spouse, rather than as just yourself.

Freedom from having to put up with their grouchy days... although you might take "grouchy" every day now if you could just have them back.

Freedom to sleep on the sofa all night, not because the sofa's that comfortable, but because the bed is that uncomfortable right now.

Freedom to close the door to their bedroom or toolshed or craft closet and never open it again because it just hurts too much.

Freedom to plan a whole new future – except that you rather liked the future you thought you'd have with your loved one.

So, maybe there are times when "freedom" isn't all it's cracked up to be?

Chances are there were British Americans in the 1770's who weren't really enamored with the idea of independence from the Crown. After all – for better or worse – England had been familiar, "home", the place where many had grown up and where friends and relatives still lived.

But, in time, the new land no doubt felt less strange, more their own, even comfortable finally. With the new freedom came new identities, new opportunities, room to stretch and grow.

The freedom to start over can be disorienting, scary and exhausting. And a very wise woman said to me recently "No, Nancy...this is not starting over. This is more like picking up the pieces of what's left of my life and finding a way to put them together into a new life that can also be good...not the way it was good before – but still good."

However you frame the changes around your loss, I hope the possibility exists that one day you'll look around and find you are actually enjoying one or two of these newfound "freedoms".

Stay safe, dear ones.

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

OPPORTUNITIES FOR July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 11:15 a.m. Lunch at Tanner's 1202 S 119th St	4 4 th OF JULY	5	6
7	8	9 9:30 & 10:45 Socializing: Solo & Plus One	10 11:15 a.m. Lunch at Tanner's 1202 S 119th St	11	12	13
14 4:30 p.m. Freedom: Like it or Not 6:00 p.m. Freedom: Like it!	15	16	17 11:15 a.m. Lunch at Tanner's 1202 S 119th St	18	19	20
21	22	23 9:30 & 10:45 Socializing: Groups & New Friends	24 11:15 a.m. Lunch at Tanner's 1202 S 119th St	25	26	27
28	29	30	31 11:15 a.m. Lunch at Tanner's 1202 S 119th St			

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

**ALL SUPPORT GROUPS
meet at
Heafey Hoffmann
Dworak Cutler**

7805 W Center Road, Omaha

For more info contact
Nancy Nilsson (402) 391-3900

MEMORIAL CELEBRATION

August 11, 2024

**Heafey-Hoffmann-
Dworak-Cutler**
7805 West Center Road
4:30-6:30

Refreshments following

Deadline for submitting photos &
narratives: July 14th

(Regular Sunday Support Groups resume
September 8th)

• • • Join the Lunch Bunch • • •

Stop by any Wednesday for good food and friendly conversation. We meet at Tanner's Bar & Grill, 1202 South 119th Street (and Pacific), 11:15. All are welcome, no reservation needed and feel free to bring a friend! (Dutch treat)



Caring Thoughts

Krystal Cox, a widow and writer for the *Hope for Widows Foundation*, moved across the country with her three young children a year after her husband's death. Friends commented that she probably needed to "start over." She responded emphatically, "There is no starting over. Starting over would imply that I would want to somehow erase or minimize my husband's role and place in our lives."

"Picking up the pieces," as the woman Nancy quoted suggests, does seem like a more accurate description to me. My husband died two years ago, and I've managed to pick up the pieces of my shattered life and put them back together in a way that allows me to be reasonably happy. However, it's still hard for me to think of the changes in my pieced-together life as freedoms. The term seems too positive, even a little

guilt-producing. But a few days ago, I was reading through the journal I kept during the first year after his death and was surprised to discover I had used the term myself. In an entry from about nine months after his death I wrote:

"I miss him so much but I'm okay being alone. In some ways I even enjoy the freedom of being able to attend to my own wants and needs. Before I didn't consider my own needs. I tried only to serve his because that **was** my need."

I hope you can identify some "newfound freedoms" and that you can enjoy them without guilt. It will not diminish your love for the person who is gone, but it might bring moments of happiness as you continue to pick up the pieces of your life.

Bert Jackson

Healing Thoughts

You will know the truth...and the truth will set you free.

(Jesus)

I am no bird; and no net ensnares me:
I am a free human being with an independent will.

(Charlotte Brontë)

Him that I love, I wish to be free – even from me."

(Anne Morrow Lindbergh)

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, July 14, 2024

Sojourners I • 4:30-5:30 p.m. (NEW TIME)

Topic • *Freedom – Like It or Not*

Sojourners II • 6:00-7:00 p.m.

Topic • *Freedom – Like It!*

(Facilitated by Nancy Nilsson, Aftercare Director, & Dr. Bert Jackson)

**All Support Groups meet at
Heafey Hoffmann Dworak Cutler, 7805 West Center Rd.**



An informal group meets monthly (typically the third Monday) for a movie matinee and bite of lunch after. Interested? Contact Carol Johnson for more details at 402-452-4412 or caroljohnson@centurylink.net.



Sneak Peek:

Tuesdays This Month

NEW GROUP & TIME ADDED! This support group meets the second & fourth Tuesday each month

**9:30-10:30 a.m. (newly grieving) &
10:45-11:45 a.m. (2-3+ years later)**

July 9 – Socializing: Solo & Plus (One)

July 23 – Socializing: Groups & New Friends

REMINDER! Bring or email your favorite photos to Nancy to be included in the August 11th Memorial Celebration slide show. Deadline for photos and optional Narrative Form is July 14th.

“The mother memories that are closest to my heart are the small, gentle ones I have carried from the days of my childhood. They are not profound, but they have stayed with me through life. And when I am very old, they will still be with me.”

Margaret Sanger