

Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

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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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7805 W Center Rd
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NOVEMBER, 2024

THE Journey

From The Heart

Dear Friends:

Autumn. It's a season of numerous cultural celebrations of gratitude, joy, life, and bounty; Rosh Hashanah and Dawali, Dia de Los Muertos, and in November – of course – *Thanksgiving!!*

The problem is, it's tough (if not impossible), to feel joy or gratitude in the midst of grieving a profound loss! Professor and priest Henri Nouwen wrote this about gratitude:

"In the past, I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy."

While this is a beautiful thought, there may still be **no** way that today – or this holiday season ... or this year even – you can or should find a way to be "joyful" about your loss. Please don't let anyone tell you otherwise.

However, there may be some things for which you can find gratitude.

For instance. I woke recently to a breathtaking dawn of purples and pinks. It disappeared within ten minutes.

And later that day, a crazy squirrel darted under the car ahead of me to somehow emerge safely and miraculously on the opposite curb. Okay, these are small things of little importance, right? But if we can notice these fleeting

moments of grace, they do add up and can leave us in a slightly more positive place than the moment before. Might this be the "discipline" to which Nouwen referred? Training ourselves to notice and appreciate the small things?

The Talmud teaches that we should name 100 "blessings" every day to remind ourselves of how much good there is in our lives, no matter what sorrows also exist. (Again, for instance, as the days grow cooler, I'm thankful for a dozen things before I even get out of bed; central heating, warm blankets, fridge full of food, a coat and gloves – you get the idea.)

Perhaps give it a try for just one day. Take note of (maybe even write them down?), every little thing you notice that makes your life easier, happier, more delicious, comfortable or positive. Create your very own day of thanksgiving. You might just be surprised and, for a moment ... even joyful.

Wishing you peace & health,
Nancy Nilsson-Samson, Aftercare Director
aftercare@heafeyheafey.com
402-391-3900

(P.S. And speaking of gratitude ... I am particularly grateful for a year of personal growth, change, and joy that will lead to my semi-retirement from the position of Director of Aftercare by year's end. Of course, the program will continue as strong as ever with wonderful folks joining the Aftercare team. Check back here next month for more details!)

OPPORTUNITIES FOR November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6 11:15 a.m. Lunch at Tanner's 1202 S 119th St	7	8	9
10 4:30 pm: Searching for Gratitude 6:00 pm: Finding Gratitude	11	12 9:30 & 10:45 Surviving the Holidays	13 11:15 a.m. Lunch at Tanner's 1202 S 119th St	14	15	16
17	18	19	20 11:15 a.m. Lunch at Tanner's 1202 S 119th St	21	22	23
24	25	26 9:30 & 10:45 Gratitude and Grief	27 11:15 a.m. Lunch at Tanner's 1202 S 119th St	28	29	30

Heafey-Hoffmann-Dworak-Cutler
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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

*Holiday
gathering!*

**December 8
5:00-7:00 p.m.**

(no Sunday support
groups!)

Join us for
dinner, dessert,
games and gab!

• • • 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

This season
I am thankful for the
Hands
That hold mine
Hearts
That hurt with mine
Ears
That listen to me
Arms
Always ready to hug me
Friends
Who give me support and
Family
That remembers with me.

Author unknown
(As modified from "The Grief Toolbox")

Many of you may remember this poem from last year's November issue; however, since those whose loss was within the last year were not yet receiving the newsletter, I thought it was worth sharing again. When grief is new, it seems there is little to be thankful for except, hopefully, the love and comfort of family and friends this poem describes so beautifully.

Now, more than two years after my husband's death, additional things I am thankful for come to mind more easily: my health, my home, and especially Gidget – my loving feline companion. I am also grateful for the new friendships I have made as a result of my loss. Some of those have come through participation in the support groups Heafey, Hoffmann, Dworak and Cutler provide. I am especially grateful for my friendship with Nancy Nilsson, our Aftercare Director. Through my grief journey no one's hands, heart, ears, and arms have been more comforting to me than Nancy's, and her skillful facilitation of our support groups optimizes our ability to help each other. I shall be forever grateful to her and the Cutlers for providing the aftercare services that brought her into my life.

Thank you, Nancy, and may this new chapter in your life be filled with abundant joy.

Bert Jackson

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, November 10, 2024

Sojourners I • 4:30-5:30 p.m.
Topic • *Searching for Gratitude*

Sojourners II • 6:00-7:00 p.m.
Topic • *Finding Gratitude Again*

(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.

Healing Thoughts

As we express our gratitude, we must never forget that the highest appreciation is not to just utter words, but to live by them. (John F. Kennedy)

When asked if my cup is half-full or half-empty, my response is that I am thankful to have a cup! (Sam Leffkowitz, Author)

The earth has yielded its harvest [again].
God...our God...blesses us. (Psalm 67:6)

Sneak Peek: Tuesdays This Month

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)

Nov. 12 – Surviving the
Holidays

Nov. 26 – Gratitude

An Invitation!

In lieu of the regular Sunday support groups in December, HHD&C will again have a winter holiday gathering that includes good food and friends, games and gab – and prizes!

**Join us from 5:00-7:00 p.m.
Sunday, December 8**

West Center Street facility