

Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

7805 W Center Road
Omaha, NE 68124

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call 402-391-3900 or email
aftercare@heafeyheafey.com



OPPORTUNITIES
FOR

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 11:15 a.m. Lunch at Tanner's 1202 S 119th St	5	6	7
8 No groups HOLIDAY PARTY • 5-7 pm	9	10 10:00 a.m. Thresholds	11 11:15 a.m. Lunch at Tanner's 1202 S 119th St	12	13	14
15	16	17	18 11:15 a.m. Lunch at Tanner's 1202 S 119th St	19	20	21
22	23	24 10:00 a.m. Another New Beginning	25 Merry Christmas	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

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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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DECEMBER 2024

THE Journey

From The Heart

Dear Readers:

December. The end of one year and the beginning of another – an entry point, a *threshold*.

Many of the threshold events we encounter – at graduation, marriage, our first real job, or parenthood – are exciting and sometimes scary, but usually full of hopefulness for the future. We lean in with anticipation...and move forward.

But the threshold we're at after losing a loved one is something else, isn't it? Who asks or wants to be in that place? Who can or wants to imagine what the future holds, and what comes next? According to Merriam-Webster's definition of *threshold*, we are in an "intermediate or transitional place".

In a NY Times article this past August, Melissa Kirch wrote:

"The threshold between one season and another, between one moment and the next, between one way of being and the next one: There's power there. If you can identify the demarcation and pause in it, you can turn your head one way and see where you've been and turn the other and see where you're going...[Sometimes] we don't realize we were in a portal until we've already passed through it."

True enough for other thresholds, but after a profound loss it's not unusual to get stuck in that portal, maybe even lost for a time. We may not know how to make the transition from where we were to where we are going, and that intermediate place can feel more like it's our whole new life rather than just a temporary layover. Here are two things to try to keep in mind.

First, know that the way you feel during that period of intense

grief – whether it's a couple of months or a couple of years – *will not last forever*. The emotions that blindside you unbidden and can crash your whole day will ease up and occur less frequently. Yet, there is much to be gained during this time. There may be new people who come into your life whose support you could never have anticipated. There may be a hundred things you notice now that you didn't before...with new appreciation. You may (perhaps for the first time ever), be getting to know who you really are.

Second (and this is from a recent article in Psychology Today):
"It remains that the transition zones in our lives are incredibly rich places. They should be honored, even savored. Yes, with all the pain and fear and feelings of being out of control that can accompany transitions, they are still the most alive, most growth-filled, passionate, expansive moments in our lives."

While I find it difficult to conceive of "savoring" moments of grief, I can absolutely get behind honoring your loved one's life, noticing moments of grace, and appreciating your own resilience, strength, and personal growth. Yes, those are some of the gifts of the intermediate, transition space.

So here comes the New Year threshold. I'm sending love, serenity, and boundless hope to each of you. See you back here in 2025.

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

ALL SUPPORT GROUPS
meet at
Heafey Hoffmann
Dworak Cutler
7805 W Center Road, Omaha

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

WELCOME

TO TWO NEW MEMBERS of the **AFTERCARE TEAM!** We are delighted to have **Dr. Keenan Krick** onboard next month as the principal facilitator of the Tuesday support groups, and **Carol Johnson** as the coordinator of our Lunch Bunch gang that meets every Wednesday at Tanner's (119th & Pacific). Welcome!

JANUARY SNEAK PEEK

Tuesday, January 14: *Guilt, Relief, Regret – Where is Your Focus?*
Tuesday, January 28: *Harmful or Helping – More on Emotions*
Sunday, January 12: *Back to the Beginning; Grief Without Stages*

• • • 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) NO LUNCH GATHERING ON WEDNESDAY, DECEMBER 25th.

Caring Thoughts

**A heavy door just slammed
behind me**

**That of a wonderful marriage
of love reciprocated**

A door that death closed.

**I have knocked on that door,
banged on [it] but to no avail**

[It] can never be opened again,

**But I just noticed new doors
ahead of me, open doors I can
walk through.**

**They promise new friendships
...and sights to see.**

*From Doors
by Natasha Josefowitz, Ph.D.*

I am no longer banging on the closed door behind me, but since my husband's death I've spent a lot of time, as Nancy describes, lingering at the threshold of the door ahead. The room beyond seems empty, cold, and uninviting. I want to make a satisfying life for myself without him, but how?

A few months ago, I read an article that suggested developing a personal *Strategic Plan* for life after the loss of a loved one. Normally used in business, such a plan typically includes a Mission Statement (i.e., broad goal for the future) and specifies strategies for achieving it – worth a try, I thought.

My Mission Statement

To live a healthy, happy, satisfying life by caring for my physical health, nurturing new and established friendships, engaging in hobbies and activities that bring satisfaction, and experimenting with new ways of achieving happiness as a single person.

The strategies to achieve my mission include some things I don't want to do but must, like cleaning out and organizing dozens of files; other things I once enjoyed but haven't done since John's death, like redecorating a room; and some new things to try as a single person, like traveling alone (a scary thought).

I've done several activities on my list, even the frightening experiment of traveling alone. In September I flew to Vermont to visit an old friend whom I hadn't seen for many years. We renewed a wonderful friendship, and the experience brought satisfaction and confidence that I **can** be happy as a single person. That new room beyond the threshold is feeling much warmer and more inviting.

Bert Jackson

If you might be interested in creating a personal strategic plan such as Bert describes above, email Nancy at aftercare@heafeyheafey.com to be added to a list of others who'd like to attend a workshop in 2025!

Healing Thoughts

The familiar life horizon has been outgrown; the old concepts, ideals and emotional patterns no longer fit. The time for the passing of a threshold is at hand.

Joseph Campbell

The truth is, indeed, that love is the threshold of another universe.

Pierre Teilhard de Chardin

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, December 8, 2024

Support groups that regularly meet at
4:30 & 6:00 are cancelled.

**Instead...a holiday party from 5:00-7:00 p.m.
in the Community Room.**

Buffet Dinner • Holiday Trivia Game
Raffle Prizes & Giveaways!

No RSVP needed, no fees...just fun!

(Facilitated by Nancy Nilsson, Aftercare Director, & Dr. Bert Jackson)
**This Support Group meets at Heafey Hoffmann Dworak Cutler
7805 West Center Rd.**

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)

**Dec. 10 – On The
Threshold**

**Dec. 24 – Another New
Beginning**

"This is the solstice, the still point of the sun,
its cusp and midnight, the year's threshold and
unlocking, where the past lets go of and becomes
the future; the place of caught breath, the door of a
vanished house left ajar..."

~Margaret Atwood~

(The winter solstice this year is December 21st.)

"I'm a dweller of the threshold,
And I'm waiting at the door,
And I'm standing in the darkness...
I don't want to wait no more"

~Van Morrison~

**IN CASE OF INCLEMENT WEATHER: If Omaha public schools are closed,
Heafey support groups and the Lunch Bunch gatherings are cancelled.
If in doubt, just call us at 402-391-3900 at 8:00 a.m. that day and the
receptionists can give you current status!**