

**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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Omaha, NE 68124



THE
Journey
MARCH 2025

From The Heart

Dear Friends:

A few nights ago while closing the shades, I caught a glimpse of a stripe of brilliant cerise at the horizon line. It was fleeting and by the time it registered in my brain, and I wrestled the blind open again, that distinctive shade of pink was already just a glimmer. But it was enough, because for just that split second it was breathtaking, and that glimpse took me out of myself for a moment and stuck with me to the present.

The Oxford Dictionary defines a **glimpse** as “a fleeting glance or a peek”...and a **glimmer** as a “faint or wavering light, a “flicker or glow”.

During grief – especially in the early days – it can seem as though there are no glimpses of hope, no glimmers of light. No future, nothing to look forward to, and nothing you want to look forward to. How does the world spin on as though your loved one’s passing was of no consequence?

And then you get a glimpse. The first one might not even register, but then...there’s another. You wake up and, for just a moment, your heart isn’t breaking. Or a friend calls and you’re momentarily distracted by some bit of news. And then a few weeks later, you catch yourself laughing at a TV show or some silly meme you were sent.

These moments aren’t much and hardly enough, you

might well remind me, to sustain you. But grab them nonetheless. Savor them if you can, because each one is a gift, a tidbit of respite, a morsel of hope, a promise that there is something to look forward to, even if the big picture isn’t clear today.

C.S. Lewis once wrote “a glimpse is not a vision. But to a man on a mountain road at night, a glimpse of the next three feet of road may matter more than of vision of the [whole] horizon.”

So, can those little moments of awe really make a difference?

I spoke with a woman who lost a child thirty years ago. “You never stop grieving for them altogether,” she told me. “In the beginning, you can’t even imagine you’ll survive. You get only snippets of normalcy here and tiny glimmers of sanity there. But those add up and somehow, healing begins.”

With this month, dear friends, comes daylight savings time and we’ll relish having a few more hours of light. Here’s hoping that a glimpse of light and glimmer of hope make their way into your heart in the days ahead.

In peace,

The Aftercare Team
aftercare@heafeyheafey.com
402-391-3900

OPPORTUNITIES
FOR

March

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 11:15 a.m. Lunch at Tanner's 1202 S 119th St	6	7	8
9 4:30-5:30 6:00-7:00 Grief: Mind & Body	10	11 9:30 and 10:45 Grief: Approach & Withdrawal	12 11:15 a.m. Lunch at Tanner's 1202 S 119th St	13	14	15
16	17 Happy St. Patrick's Day	18	19 11:15 a.m. Lunch at Tanner's 1202 S 119th St	20	21	22
23 30	24 31	25 9:30 and 10:45 Accepting Loss	26 11:15 a.m. Lunch at Tanner's 1202 S 119th St	27	28	29

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

*The Aftercare
Program will soon
welcome a new
facilitator as Nancy
retires from the team.
Keep an eye out for
updates!*

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

• • • 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

The height of personal happiness can only be measured by the depth of personal sadness. Happiness is not a stand-alone feeling. Happiness is a comparative emotion. The measure of happiness a person feels is judged against the measure of sadness a person felt in the past.

Jack Shafter, Ph.D.

Nancy illustrates this concept so well when she encourages us to grab those rare glimpses of happiness as we grieve.

Recently a friend who had lost her husband less than a year before became immersed in sadness and grief, a grief I hadn't seen in her before. Her mantra had been that she *wanted to be happy* and she was *going to be happy*. Then, a couple months before the anniversary of his death, she was clearly very sad and grieving in a way that seemed quite normal to me. I suggested she allow herself to feel the sadness, understanding that doing so might be necessary before she could be genuinely happy again.

I remember the first time I truly laughed after my husband's death. I was alone watching reruns of a favorite comedy series on TV. I was shocked to hear

myself laugh, but it felt good. It's now been nearly three years since John's death, and I have become so much more aware of happy times, which are now frequent and are no longer just a glimpse or glimmer. Does the sadness of grief still visit me? Oh yes! Do I still have tears occasionally? I do. But those times are infrequent and usually brief, more consistent with Nancy's definition of a glimpse, but applied to sadness.

If your loss is relatively new, I encourage you to allow yourself to experience the sadness fully, but watch for those glimpses of happiness, however brief, and grab them. I predict they will gradually last longer and be more frequent, and you may be more conscious and appreciative of the feeling of happiness than you have ever been before. I am.

Bert Jackson

Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, March 9, 2025

Sojourners I (Newly grieving) 4:30-5:30 p.m.

Topic • What Grief Does to Mind & Body

Sojourners II (1-2+ years toward healing) 6:00-7:00 p.m.

Topic • Your Mind, Body & Spirit Now

(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

(Facilitated by Dr. Keenan Krick)

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)

Mar. 11 – Grief: Approach and Withdrawal

Mar. 25 – Accepting Loss

Keep an eye out for some of these "micro moments of joy":

- The driver who slows down to let you cross the street.
- Watching a dog frolic.
- Listening to the birds wake up the morning.
- Noticing those yellow and purple "weed" flowers that bloom for free in spring.
- The store clerk who flashes you a genuine smile and wishes you a "good day".
- Listening to your favorite "oldie" on the car radio and singing along. Loudly.
- That first delicious sip of coffee. Or tea. Or cocoa. Or wine.
- Realizing it's 7:00 p.m. and still fully light outside.
- Hearing a child giggle.
- Getting a compliment on the way you look today.

Healing Thoughts

"Glimmers are the opposite of triggers. Glimmers are the moments that bring joy. The more you look for them, the more you see them...and the less you will notice the triggers. We tend to see what we look for."

(Contributed by Lorraine Boyd – Author unknown)



Here comes spring. It seems as though "dead" things are coming back to life. Indeed, they are not dead, never were really and will be back in bloom again, a fresh beginning, new growth. And there it is. The promise and glimmer of hope for all of us that life goes on.