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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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# THE Journey

AUGUST 2025

## From The Heart

Hello Dear Friends:

Our theme this month is “the journey” – the collective journey through life, our individual journeys through grief and loss, and even the name of this newsletter. I shared the following anecdote here a few years ago, and it feels like the right time to revisit it.

“When my girls were about 3 and 5 years old, we were driving somewhere, and I got us lost (long before Google Maps was at our fingertips). We weren’t terribly lost, but enough that I was muttering to myself. Three-year-old Emily leaned forward and asked tentatively, “Mommy...is this the road we’re on?”

She probably meant to ask, ‘Is this the right road?’ or ‘Are we on the right road?’, but it came out differently and the question she actually asked became a kind of koan that I’ve returned to many times over the past thirty-eight years.

### Is this the road we’re on?

Sometimes, it helps to think of grief as a travel narrative – a journey that we are on, complete with unexpected stops, detours and moments of rest. If we were truly traveling for days at a time, we wouldn’t be unnerved by the occasional traffic jam or reroute. We’d know it’s smart to stop now and then – for food, fuel, or simply to stretch our legs. And when I was a child, we often stopped for the likes of “Scenic Overlook,” “Home of the World’s Largest Frying Pan,” or those

welcoming signs that read, “Rest Area: 2 Miles Ahead.”

Your grief is part of a journey. It is not your final destination, nor is it where you’ll remain. It is a road that diverges from the life you once knew – a path you’ll follow until it transforms into, or you discover, a new way forward. Along this road, consider these gentle reminders:

- If you feel “lost,” stop and ask for help.
- When exhaustion sets in, give yourself permission to step back and rest.
- Don’t be discouraged by detours – those unexpected grief episodes that can come out of nowhere and slow your progress. They are natural and not a sign of failure.
- Stay alert for emotional “bad weather” and slippery spots. Try to anticipate them – not in order to avoid, but to move through them safely.
- And now and then, pull over for the “scenic overlooks” – a beautiful sunset, a kind gesture, a garden in bloom, or a moment of peace beneath a wide, clear sky. These small glimpses of grace can renew and prepare you for the next stretch of the journey.

So, yes, dear friends – this is the road we’re on. For now at least.

**In peace, Nancy and the Aftercare Team**  
**[aftercare@heafeyheafey.com](mailto:aftercare@heafeyheafey.com) • 402-391-3900**

OPPORTUNITIES FOR

# August

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 4:30-5:30 and 6:00-7:00 Support Group	11	12 9:30 and 10:45 Support Group	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 31	25	26 9:30 and 10:45 Support Group	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  
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ALL SUPPORT GROUPS

meet at

Heafey Hoffmann  
Dworak Cutler  
7805 W Center Road, Omaha

*“Grief teaches  
the steadiest of  
minds to waiver.”  
(Sophocles)*

## Movie Matinee

Fancy a film? Once monthly  
an informal group gathers for  
a movie & snack afterwards.

For more information, contact  
Carol Johnson, 402-452-4412.



# Caring Thoughts

Something strange happens to many people when they ride sitting backwards – and there’s not a whole lot to be done about it except learn a trick or two to get through the experience.

One morning, all the forward-facing seats on the commuter train to Philly were taken. Only two seats remained – both facing backwards. I sat down, the train started, and as I looked out the window, I immediately felt disoriented and queasy. A doctor would explain that my eyes were sending conflicting signals to my brain and inner ear. But it felt like more than just motion sickness.

The train was on the same route, with the same track, same stops, and same familiar scenery. But now the view was all wrong. I recognized buildings, streets, overpasses, and stores – but they looked different, off somehow. I literally couldn’t see what was ahead, and my only view was of where we had just been, was receding into the distance. Grief can feel a lot like this.

After a profound loss, the world may *appear* unchanged on the surface, but it *feels* entirely different. Familiar places no longer offer comfort; instead, they’re disorienting, almost alien. Rationally, you know the world hasn’t changed – but your experience of it has. In the early weeks and months of grief, it can feel impossible to imagine the future because you’re pulled backward – toward what life used to be, and what you thought it would become. Grief can even make

you physically ill. And yet, just like riding backwards, these symptoms – while painful – are normal. In most cases, they will ease with time.

So what to do? Some people calm their stomachs and nerves by focusing on a fixed point inside the train. Others close their eyes and remind themselves that they don’t need to see where the train is going – it will still arrive safely. The same may be true in grief. It can help to focus on the small, practical tasks of daily life. And while you may not be able to see what lies ahead, the path is there, and you are still moving forward – even if it doesn’t feel like it right now. (NCN)

# Healing Thoughts

“Hikers refer to them as the ‘middle-miles.’ These are the most exhausting, challenging miles on the path, when the exhilaration of beginning the journey has evaporated into drudgery and the promise of the path’s end has not yet given new energy for the stepping.” (Henry E. Woodruff)

“He did not say: You will not be troubled, you will not be belabored, you will not be disquieted. He said: You will not be overcome.” (Julian of Norwich)

# Aftercare Support Groups

Sunday,  
August 10, 2025

Heafey-Hoffmann-Dworak-Cutler Mortuary offers six support groups each month. No registration or reservation is required and there are no fees. Join us as we explore topics focused on grief, loss and healing. (Facilitator led)

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

•• Sojourners II ••  
(1-2+ years toward healing) 6:00-7:00 p.m.  
(Facilitated by Diane Cahill)

\*\*Newly grieving can refer to a loss that has happened recently or to just now – having addressed the many issues and tasks that need attention after a loved one’s passing – coming to focus on one’s own grief.

Tuesdays  
This Month

(Facilitated by Dr. Keenan Krick)

This support group meets the second & fourth Tuesday each month.

Tuesday, Aug. 12,  
& Tuesday, Aug. 26

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

# The Train of Life – James Tippet, 1885-1958

(Contributed by Carol Nemec)

At birth we boarded the train and met our parents,  
and we believe they will always travel  
at our side.

However, at some station our parents  
step down from the train, leaving us on this journey alone.

As time goes by,  
other people will board the train;  
and they will be significant,  
our siblings, friends, children,  
and even the love of your life.

Many will step down and leave a permanent vacuum.  
Others will go so unnoticed that we don’t realize  
they vacated their seats.

This train ride will be full of  
joy, sorrow, fantasy, expectations,  
hellos, goodbyes, and farewells.  
Success consists of having a good relationship  
with all passengers  
requiring that we give the best of ourselves.

The mystery for everyone is:  
We do not know at which station  
we ourselves will step down.  
So, we must live in the best way,  
love, forgive, and offer the best of who we are.

It is important to do this because  
when the time comes for us to step down  
and leave our seat empty  
we should leave behind  
beautiful memories for those who will  
continue to travel on the train of life.

I wish you a joyful journey on this train of life.  
Reap success and give lots of love.  
More importantly, thank God for the journey.

Lastly, I thank you  
for being  
one of the passengers on my train.