



Heafey-Hoffmann-Dvorak-&-Cutler
7805 West Center Rd.
Omaha, NE 68124

Opportunities for May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3 6:00PM "Faith"	4	5	6 Luncheon * 11:30 a.m.	7	8	9
10	11	12 10:00 AM "Handling Expectations"	13 Luncheon * 11:30 a.m.	14	15	16
17	18	19	20 Luncheon * 11:30 a.m.	21	22	23
24	25	26 10:00 AM "Emotions— Anxiety, Fear, Anger & Guilt"	27 Luncheon * 11:30 a.m.	28	29	30
31						

Aftercare Support Group

This is a First Sunday

Topic: FAITH

"God, Are you There?"
May 3, 6:00 p.m.

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

Wednesday Luncheon

(*Open to those who are widowed only)

**Every Wednesday
at 11:30AM**
Garden Café in Rockbrook
11040 Oak St.

Walking Through the Valley of Darkness

May Topics: 10:00 am - 11:30am

12th: "Expectations—How to Handle Them"

26th: "Emotions—Anxiety, Fear,
Anger & Guilt"

Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

IN THIS ISSUE:

June Potluck

"Coming Next Month"
Everyone loves a potluck!
Start planning for our annual social time together where we "eat." You might be the winner this year and walk home with a nice prize. You don't have to be a "Betty Crocker" to win. You get to vote and judge...and on top of it all have fun with others! See inside for details.

Caring Thoughts

"...And God Said 'NO'"

"Healing Thought"

Mark Your Calendars

Save the date for monthly grief support groups:
(see details inside)

- Aftercare Support Group
- Wednesday Luncheon
- Walking Through the Valley of Darkness

From The Heart



Greetings, Dear Friends!

I love the ocean. It's a challenge to love the ocean when you live right smack in the middle of the country, isn't it? It requires a long, long, long drive to one of the coasts, or a quicker, but more costly airplane trip. But once you travel the distance, how nice to arrive where you can relax and hopefully sink your toes into the warm sand.

I love how the sand on the ocean changes. Before the tide washes in, the sand can be very hard and easy to walk upon. But later, along comes the tide and the sand previously hard is now shifting underneath. Once stable and secure, it now becomes very unstable. To stand in it, let alone to walk in it, requires more concentration. The tide actually is now working against your walking progress.

Does shifting sand at all remind you of how grief and faith may go together? What was once so stable and a place of strength can sometimes appear to shift for some. It can actually feel like your faith is working against your grief. For others, faith can become a new safe surface to help them walk out their grief.

I like what Granger Westburg writes in his book, "Good Grief." He says, "Faith plays a major role in grief of any kind. But not in the way some people think. They often seem to have the idea that a person with strong faith does not grieve and is above this sort of thing. Moreover, these people imply that religious faith advocates stoicism. They might even quote the two words from Scripture, 'Grieve not!' They forget to quote the rest of the phrase in which these two words are found: 'Grieve not as those who have no hope.' (1 Thess. 4:13) But religious faith—at least the Jewish-Christian faith—has never said that a truly religious person does not grieve. What it has said is that there are good ways and bad ways to grieve, and that what a person considers to be of most importance in life will definitely affect the way he or she grieves."

Is your **faith** sand shifting or firm and stable? Want to join us this month as we walk along this beach line of **faith**?

~ Blessings,

Sharon Zehnder

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Caring Thoughts

. . AND GOD SAID “NO.”

I asked God to take away my pride,
And God said “No.”
He said it was not for Him to take away,
But for me to give up.

I asked God to make my handicapped child
whole,
and God said, “No.”
He said her spirit is eternal,
While her body is only temporary.

I asked God to grant me patience,
And God said, “No.”
He said patience is a by-product of
tribulation.
It isn't granted - it is earned.

I asked God to give me happiness,
And God said “No.”
He said He gives blessings,
Happiness is up to me.

I asked God to spare me pain,
And God said “No.”
He said, “Suffering draws you apart from
Worldly cares and brings you close to Me.”



Healing thought

“...True prayer is measured by weight, not by length.
A single groan before God may have more fullness
of prayer in it than a fine oration of great length.”

~C.H. Spurgeon~

Aftercare Support Group Meeting

(open to the public) ****This is a First Sunday of the Month due to Mother's Day****

Sunday, May 3rd, 2015, at 6:00 p.m.



Topic: “God, Are You There?” Faith

Have you struggled with your faith walk since losing your loved one?
Are your questions unanswered and it seems God doesn't even care?

Do you just feel numb? Join us as we walk through and discuss the
important relationship between grief and faith.

Aftercare Group Meetings are held at: Crown Pointe Retirement Center, 2820 South 80th
St. (Lower Level—Rec Room) Facilitated by: Sharon Zehnder, Aftercare Director

Sneak Preview

Next Month: Sunday, June 14th, 2015 at 6:00 p.m.

Topic: “Time for a Fill-Up” - Taking Care of Me

This night is unique...you've loved it and we keep doing it!! There's some talk,
but this “fill-up” will have lots to do with filling your stomach with good food to
eat.

We'll also be sharing your tips and ideas on what you have found is most helpful
in eating well, especially if you are alone.

There's a prize for the best food shared. Bring your food and your appetite.
Come ready to learn or ready to share, but most of all hungry. This will be light,
practical and above all, delicious! For recipe sharing purposes afterwards,
email me at: aftercare@heafeyheafey.com with your recipe.



Wednesday Luncheon*

(*open to those who are widowed only)

Great Conversation!
Good Food!
Wonderful People!

**Every Wednesday
at 11:30 a.m.**

**Ask for the Heafey tables.
Bring a friend or two!
No RSVP needed
Meet us at:**

**Garden Café in Rockbrook
11040 Oak St.**

Walking Through the Valley of Darkness

These sessions are adult education for people who have lost a loved one.

**(Meets normally on the 2nd & 4th Tuesdays)
at 10:00 a.m. - 11:30 a.m.**

May Topics:

12th - Expectations—How to Handle Them

26th - Emotions—Anxiety, Fear, Anger, & Guilt

Facilitated by: Peggy Bonacci, LCMSW, CT

Meetings are held at: Crown Pointe Retirement Center,

2820 South 80th St. ~ Lower Level-Rec Room

(off of West Center Frontage Road)