



Community service
program of caring for
individuals and families
who are grieving the death
of someone they love.

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MORTUARIES & CREMATORY

May 2016

THE Journey

From The Heart

Greetings, Dear Friends!

Promises, promises, promises! We are hearing more and more of these offered on the daily news as the political candidates are wanting to show America who has the best interest in mind for our country. Who can you believe? Who has the ability to back the promises that they are making? Confusing days, aren't they? I wish I could tell you who to believe and who not to believe. How do you know who is trustworthy? Don't worry! I won't get political on you in this newsletter. Just thinking about the word "promises" and what all is behind that word.

Have you made promises to others in your lifetime? I'm sure you have. Most of us make commitments or promises to those we love, whether it is a marriage vow to a spouse, a faith commitment to God, or a commitment to care and support family members or friends. Sometimes the promise comes with legal paperwork too. Sometimes it is a commitment and promise of the heart only.

So have you ever broken any of those promises? Again, I'm sure most of us have, at least to some degree. Some broken promises could have been legal promises; some could have been a quick promise to take out the trash that never happened. Some broken promises are

more serious and weighty than others, and some even have hurtful consequences that follow.

Has God ever broken any of his promises to you? Has your faith been "thrown into a loop" since you lost your loved one? Does God seem different or more distant than He has been before? Are you angry or questioning God and his promises to you? Or do you find great comfort and peace in your faith as you navigate this new grief journey? Do you find you pray more and it helps?

Believe it or not, we do a topic on faith because for many who are recently bereaved, it challenges or changes a faith walk. Sometimes it's good; sometimes it's painful and hard. Both can be normal. Join with others as we talk about this important topic for many. I promise that one thing we won't do is talk politics!!

Blessings,
Sharon Zehnder, Aftercare Director
aftercare@heafeyheafey.com
402-391-3900



OPPORTUNITIES FOR

May 2016

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

Aftercare Support Group

Topic:

FAITH

**"God, Are You There?"
May 15, 6:00 p.m.**

This is the Third Sunday
Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

Wednesday Luncheon

(*Open to those who are widowed only)

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

Garden Café in Rockbrook
11040 Oak St.

Walking Through the Valley of Darkness

May Topics

10:00-11:30 a.m.

10 Expectations - How to Handle Them

24 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.

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

On the Wings of a Prayer

by Mary Sima

A whisper from the heart to the heavens above
Take care to hold him, give him all our love
Giving hopes and wishes to a friend who has woes
From a land beneath the stars to a God who hears and knows

To turn things over to a power greater than our own
Although you're by yourself, you are never alone
So much love is out there from the people who care
Sent straight to God on the wings of a prayer

Although he holds the answer it doesn't hurt to show
The love you have for others, how hard it is to let go
Don't underestimate the power of wishes in the air
He is always out there, he listens and he cares

No matter the place, it can be anywhere
Love spoken softly in the form of a prayer
God hold him gently, tell him we care
Whispered from voices on the wings of a prayer

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Sunday, May 15, 2016 at 6:00 p.m.

****This is a third Sunday****

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 12, 2016 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.

Healing Thought

"True prayer brings us to the edge of a great mystery where we become inarticulate, where our knowledge fails."

~Parker Palmer~

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 Street

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)

10:00-11:30 a.m.

May Topics:

10 • Expectations – How to Handle Them

24 • 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)