

RETURN SERVICE REQUESTED



OPPORTUNITIES FOR

March 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Luncheon * 11:30 a.m.	2	3	4
5	6	7	8 Luncheon * 11:30 a.m.	9	10	11
12 6:00 p.m. Integration	13	14 10:00 a.m. Looking at a Support System	15 Luncheon * 11:30 a.m.	16	17 	18
19	20	21	22 Luncheon * 11:30 a.m.	23	24	25
26	27	28 10:00 a.m. What Do I Need When I Am Grieving?	29 Luncheon * 11:30 a.m.	30	31	

Aftercare Support Group Topic:

INTEGRATION
“Is it Goodbye or Something Else”
March 12, 6:00 p.m.

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

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

Garden Café in Rockbrook
11040 Oak St.

(*Open to those who are widowed only)

Walking Through the Valley of Darkness

March Topics
10:00-11:30 a.m.

**14: Looking at & Developing a
Support System**
**28: What Do I Need When I Am
Grieving?**

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

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

SPONSORED BY:

Heafey Hoffmann
Dworak Cutler
MORTUARIES & CREMATORY

12100 W Center Rd • Omaha, NE 68144

THE Journey

March 2017

From The Heart

Greetings, Dear Friends!

What is your favorite season? Do I get any votes for Winter? I can't hear any. Now I'm biased. Winter is my least favorite season! I know there are a few Winter fans out there, but I wonder about you!! You know I'm kidding. (I think!!) How many of you have changed your mind about your favorite season? I know I have.

Ok, first of all, the month is March and it is spring soon in Nebraska. You and I will soon see the new life of the trees budding and the flowers emerging. It is a welcome change from the hard cold of winter for many people.

Writers over the years have described grief in terms of the seasons of nature. In fact, on the next page you will read an excerpt from the “season of Summer” that I think aptly describes our topic we will focus on this month. We will be talking about the reality of what long term grief work will accomplish for most people: **Grief Integration**. Some describe it as *grief acceptance*. It is a welcome part after a long hard journey of working through grief feelings. It is a place filled with HOPE!

I realize some of you who receive this newsletter may have a hard time believing that a good place in life will ever lie ahead for you. Why even getting out of bed can be a struggle

since you are newly bereaved. Life has changed so dramatically. The pain of the loss can be so intense.

Remember, just as seasons of nature change, so as well does grief change. Our topic this month can be a great encouragement for you, no matter what the reality of your feelings are today. While we cannot put a timeline on the pain and the impact of the death of our loved one, we can learn about hope and how to find it on some of your roller coaster days of grief.

Outside, no matter what the weather is doing, it is still Winter when the month of March starts, but it ends in Spring. Please join us as we encounter the pain of grief together and find our own place in the seasons along the way. You may enter in one way, but I hope you feel the winds shifting you and your grief season changing as you leave with more encouragement, support, and hope. Together it helps to eventually find your new Spring blooming for you as your grief is processed and integrated in a healthy and healing way. Let us weather it with you.

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



In This Issue:

Integration

Does grief ever end? Good question! We'll talk through this question and what healthy grief looks like for you.

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
- Annual Services of Remembrance

Even though Spring season starts this month, this writing, Summer, from "Seasons of Grief," best exemplifies the topic this month of GRIEF INTEGRATION.

Summer

by Deb Kosmer, Oshkosh, Wisconsin

One morning I woke up and I know something had changed. Something was different; I could sense it; I could feel it. I could almost smell it. As I lay back and listened, I heard the sounds of children's laughter outside my window.

For a second, I felt the faint stirrings of disappointment, thinking that's all it is – school is out. But then I know that it was much more than that. From inside of me I felt the flood of feelings from long ago. Wonderful feelings I had thought I'd never feel again. But there they were, not just one, but many: passion, excitement, enthusiasm, peace, glee, thankfulness that I was alive and there was still a world out there that I wanted to be part of in the midst of all of this. Somehow I knew my summer had arrived.

Reprinted with permission from:
Grief Digest, Centering Corporation
Omaha, Nebraska, 402-553-1200

**IN CASE OF INCLEMENT WEATHER, THE RULE OF THUMB IS:
If other community events are being cancelled, it is safe
to assume ours is too. If in doubt, call: 402-391-3900**

Healing Thought

"The world loves closure, loves a thing that can, as they say, be gotten through. This is why it comes as a great surprise to find that loss is forever, that two decades after the event there are those occasions when something in you cries out at the continuous presence of an absence." ~ Anna Quindlen



Aftercare Support Groups

OPEN TO THE PUBLIC

Sunday, March 12, 2017 at 6:00 p.m.

**Topic: "Is It Goodbye or Something Else?"
INTEGRATION**

Are you having a hard time accepting the reality of the death of your loved one? Does it seem impossible, even wrong to let go of your loss? We will explore these thoughts together and discuss ways to integrate your love for your loved one and find inner peace.

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, April 9, 2017 at 6:00 p.m.
Topic: "Eraser Therapy" FORGIVENESS/GUILT

MARK YOUR CALENDAR FOR SATURDAY, APRIL 1, 2017

Heafey's Annual Services of Remembrance

Catholic Memorial Mass at 11 a.m.

Christ the King Catholic Church, 654 South 86th Street

Non-Denominational Memorial Service at 3 p.m.

Heafey, Hoffmann, Dworak & Cutler Mortuaries
Bel Air Chapel, 12100 West Center Road

*In honor of our loved ones who have died in the past year or so.
Refreshments served following the services. No RSVP needed.*



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.

March Topics:

14 - Looking at and Developing a Support System
28 - What Do I Need When I am Grieving?

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)