

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

7805 W Center Rd • Omaha, NE 68124

THE Journey

AUGUST 2018

RETURN SERVICE REQUESTED



OPPORTUNITIES FOR

August

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. NEW BEGINNINGS	13	14 10:00 a.m. Nurturing Yourself	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. Exploring Grief	29 Luncheon * 11:30 a.m.	30	31	

Heafey-Hoffmann-Dworak-Cutler
7805 W Center Rd • 402-391-3900
5108 F St, Omaha • 402-731-1234
2466 S 16th St, Omaha • 402-346-1144

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

Aftercare Support Group

Topic: NEW BEGINNINGS
"Picking Up The Pieces"
August 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

AUGUST TOPICS
10:00-11:30 a.m.

- 14:** Nurturing Yourself & Identifying Your Needs
- 28:** Exploring the Whys of Grief

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

From The Heart

Greetings, Dear Friends!

We bought a Left-Brain Puzzle book and oh, what fun! My son's family from out of town is visiting and my 10-year old grandson loves puzzles too. He set to work on this puzzle book and some of them were quite challenging. There were varying levels of difficulty; you knew that a 7-star puzzle was harder than a 4-star puzzle. After finishing a few on his own, he was asking for my help on one that had us both stumped. I had to walk away and when I came back in a few minutes, he had gotten the answer. I was so thrilled for him! Then he sheepishly admitted he had turned to the answer section and gotten some help. He was raised right...he was being honest!

This got me thinking. Wouldn't it be nice to have an answer section to the puzzle of grief? You could just turn to the back when you get worn out, exhausted, overwhelmed and find out the answer for your next step! Nice thought, right? But not reality!! Even if such an answer book existed, we would be turning there every day, and many times. No such answer section exists! No one can tell you exactly what to do. Grief is such hard work. Each journey is so unique.

There are so many choices that need to be made with early grief. The mind doesn't think right and the body is exhausted. What is a person to do? How can you begin to navigate the process of picking up the puzzle pieces and trying to make sense of life? Little by little, you do it, though. With the support of others who love and care, you get there.

Early on and even further on the journey, there are so many huge steps of **new beginnings** that can bring such new challenges. Some of these new steps are very scary; some are just so different; some hurt. Yet some new steps can even surprisingly feel good, as you step out with courage and survive. Some can even bring new joy. One by one, you continue, making choices that help you figure out what to do. And you are figuring out your answers for grief. You are making it.

We don't have left-brain or right-brain puzzle books with answers in the back, but we do have support and encouragement for your own personal growth as you navigate the new places you are going. Whether your help comes from family, friends, faith, neighbors, or a support group, it's ok to get help!! In fact, for this puzzle of grief, help is an ordered prescription. It's healthy, not cheating! We can delve into these "help" answers together and feel good about learning from others who are making healthy new steps.

Blessings,

Sharon Zehnder
Aftercare Director
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402-391-3900



In This Issue:

NEW BEGINNINGS

Whether you consciously want to or not, you are having new beginnings. Did you know that? Healthy grief requires new beginnings. We'll discuss how this feels.

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



Saving the Broken Pieces

by Robert Schuller

At the Royal Palace of Tehran in Iran, you can see one of the most beautiful mosaic works in the world. The ceilings and walls flash like diamonds in multifaceted reflections.

Originally, when the palace was designed, the architect specified huge sheets of mirrors on the walls. When the first shipment arrived from Paris, they found to their horror that the mirrors were shattered. The contractor threw them in the trash and brought the sad news to the architect.

Amazingly, the architect ordered all of the broken pieces collected, then smashed them into tiny pieces and glued them to the walls to become a mosaic of silvery, shimmering, mirrored bits of glass.

Broken to become beautiful! It's possible to turn your scars into stars. It's possible to be better because of the brokenness. It is extremely rare to find in the great museums of the world objects of antiquity that are unbroken. Indeed, some of the most precious pieces in the world are only fragments that remain a hallowed reminder of a glorious past.

Never underestimate God's power to repair and restore.



Sunday, August 12, 2018
6:00 p.m.

Topic: "Picking Up The Pieces"
NEW BEGINNINGS

It's not easy starting over or trying something new, and it is even more difficult when you are grieving. The death of your loved one is a huge adjustment and in some ways you might feel like you are starting over. Making necessary changes can be difficult, but almost always, personal growth comes with change.

Come join us and share creative ways of "picking up the pieces in your life."

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, September 9, 2018
at 6:00 p.m.

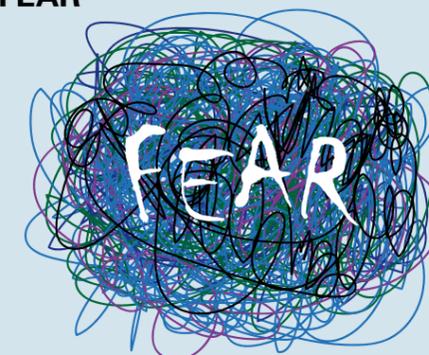
Topic: "False Evidence Appearing Real" FEAR

Are you trapped in fear?

- Has it interfered with you moving forward on your personal journey?
- Do you have decisions looming that you are afraid to make?
- What about being alone at night?

Take heart, you are not alone in these feelings.

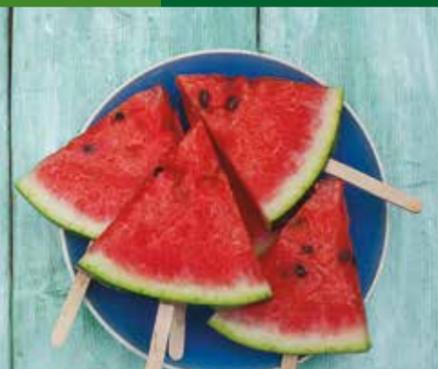
Fears can be overcome by replacing them with understanding and courage. Hope to see you!



Healing Thoughts

"Those who expect joy to come out of sadness can discover the beginnings of a new life in the center of the old."

~Henri Nouwen~



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 support group 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.

August Topics:
14 Nurturing Yourself & Identifying Your Needs
28 Exploring the Whys of Grief

Facilitated by: Jayne Gundrum, LMHP
Meetings are held at:
Crown Pointe Retirement Center, Lower Level, Rec Room
2820 S 80th Street