



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

The Journey

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

From The Heart

Greetings, Dear Friends!

“Heavy”...When you hear this word, what comes to mind? As you think of random word associations, are your thoughts more positive or negative? Stop, take a minute if you can, and play along with me and do this before you read further.

Ok, now that you’ve considered this, I’ll give you some of my thoughts. Here’s what I thought of in random order, either inserting the word “heavy” before each word or writing just synonyms for the word “heavy”: *weight, lifting, cream, hard, challenging, full, serious*. I’m sure I could go on. Did you and I match on any of your answers?

Outside of heavy cream, which in a recipe makes it delicious (and makes a person heavier!), most things associated with the word heavy are either neutral, or they are negative. So I would say that the topics we are covering in our session this month are “heavy” because for most people, **forgiveness and guilt** are challenging, serious, and hard. So that’s why we are digging into these areas.

Forgiveness can be as widespread as being upset with family, doctors, friends, your loved one, God, and yourself! Guilt can be all over the place connected with survivor guilt, relief guilt, grief guilt, benefit guilt, moving-on guilt, to just name a few. Complicated areas, right?

Do you know that there are things we can do together to help you alleviate some of the heaviness of unforgiveness and guilt? This is where education on a grief journey cannot be overemphasized. As we come together to learn, you will hear about some practical helps to expose some of the traps that trigger the guilt and unforgiveness. So come to learn with others as we will help lighten this heavy topic. I think you will leave “lighter” - at least emotionally. Watch out for the snacks afterwards though. They can trigger a different type of “heavy!”

~ Blessings,

Sharon Zehnder

Aftercare Director
aftercare@heafeyheafey.com
402-391-3900

IN THIS ISSUE:

Services of Remembrance

Every year we hold two “Services of Remembrance” to give you the chance to join with others recently bereaved. Please share the info inside with other family members. Come, as we offer this sensitive time to remember and give more care to you.

Caring Thoughts

*“Ask Yourself Two Questions”
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

Annual Services of Remembrance

Opportunities for April 2015

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 6:00PM “Forgiveness”	13	14 10:00 AM “Discussing the Spring Holidays”	15 Luncheon * 11:30 a.m.	16	17	18 11AM and 3PM Service of Remembrance
19	20	21	22 Luncheon * 11:30 a.m.	23	24	25
26	27	28 10:00 AM “Building My Grief Toolbox”	29 Luncheon * 11:30 a.m.	30		

Aftercare Support Group

**Topic: FORGIVENESS
“Eraser Therapy”
April 12, 6:00 p.m.**

**Crown Point 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

**April Topics: 10:00 am-11:30am
14th: “Discussing the Spring Holidays”
28th: “Building My Grief Toolbox”**

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

Sponsored by
Heafey-Hoffmann-Dworak & Cutler
www.heafeyheafey.com • 402-391-3900

Caring Thoughts

ASK YOURSELF TWO QUESTIONS:



What do I want? What is wanted of me?

First, now that the person you loved is gone, what do you want?

What do you want to do with your time?

Where do you want to live?

With whom do you want to socialize?

Whom do you want to be near?

These are big questions that may take some time for you to answer.

Second, what is wanted of you?

Who needs you? Who depends upon you?

What skills and experience can you bring to others?

What are you good at?

Why did God put you here on this earth?

While considering what you want is important, it alone does not make a complete life.

Asking yourself these questions on a daily basis may help you focus on the here-and-now. What do I want from my life today? What is wanted of me today? Living in the moment will help you better cope with your grief.

This paragraph excerpt is taken from Dr. Alan Wolfelt's "Nurturing Yourself, The Emotional Realm"

Reprinted with permission from Grief Digest, Volume 8, Issue #3

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

Forgive all who have offended you, not for them, but for yourself.

~ Harriet Nelson ~

Aftercare Support Group Meeting (open to the public)

(open to the public) **Sunday, April 12, 2015 at 6:00 p.m.**

Topic: "Eraser Therapy" FORGIVENESS/GUILT

Sometimes we can be our own worst enemy! And we may not even know it!! At this meeting we will discuss the ways we can be forgiving of ourselves and others during this difficult time.

Aftercare Group Meetings are held at:

Crown Pointe Retirement Center, 2820 South 80th St.

(Lower Level—Rec Room) Facilitated by: Sharon Zehnder, Aftercare Director



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

Topic: "God, Are You There?" FAITH ** (This is a first Sunday)******

This Month

Mark your Calendar for Saturday, April 18, 2015

Annual Services of Remembrance

Catholic Memorial Mass at 11:00 AM

Christ the King Catholic Church, **654 S. 86th St.**

Non-Denominational Memorial Service at 3:00 PM

Heafey, Heafey, Hoffmann, Dworak & Cutler, **7805 W. Center Rd.**

In honor of our loved ones who have died in the past year or so.

Please come. Bring extended family members.

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 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.**

April Topics:

14th - Discussing the Spring Holidays

28th - Building My Tool Box for Dealing with Grief

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)