



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

## Opportunities for March 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Luncheon * 11:30 a.m.	5	6	7
8 6:00PM "Integration"	9	10 10:00 AM "Developing a Support System"	11 Luncheon * 11:30 a.m.	12	13	14
15	16	17	18 Luncheon * 11:30 a.m.	19	20	21
22	23	24 10:00 AM "The Needs of Grieving"	25 Luncheon * 11:30 a.m.	26	27	28
29	30	31				

### Aftercare Support Group

**Topic: INTEGRATION**  
"Is It Goodbye or  
Something Else?"  
March 8, 6:00 p.m.

**Crown Point Retirement Center**  
2820 South 80th Street

### 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

**March Topics: 10:00 am - 11:30am**  
10th: "Looking At & Developing a  
Support System"  
24th: "What Do I Need When I Am  
Grieving?"

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

March 2015

# The Journey

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

## IN THIS ISSUE:

### Integration

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

### Caring Thoughts

"Life is Like a Train"  
Healing Thoughts

### 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

## From The Heart



*Greetings, Dear Friends!*

Have you ever had the opportunity to ride on a train? Now I'm not talking about the trains at amusement parks or the zoo. I'm talking about a cross-country train. I have yet to experience this type of train. I hope to do it someday. Maybe you can give me your opinion on if you think this is a good idea.

The poem on the next page is comparing life to a journey on a train. There are some correlations with how it relates to a grief journey. Here's the paragraph connected to grief: "Many will step down and leave a permanent vacuum. Others will go so unnoticed that we won't realize that they vacated their seats! This train ride has been a mixture of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells." How true! While this paragraph simplifies grief so much, the aspect of the "permanent vacuum" is so true. Every bereaved person has to figure this out and find a new way to hold the love of the one they miss so dearly.

We will center on the aspect of **integration** this month. We will look at what a grief journey will look like after we have traveled along on this train journey for awhile. It is encouraging news. There is hope and there are new parts to your grief journey that lie ahead. While we will pass by many other sorrows in life, we will also pass by and experience those new joys as well. Isn't that encouraging to know?

No ticket needs to be purchased to come together with others as we discuss the grief train that has barged into our lives. While we don't know the stops ahead for each of us, there will be many in common. And some of the ones down the road will look very interesting. So come aboard with us as we venture down this track together. This journey feels much better as we see it and experience it with others. I'm your Conductor this month so, "Come! All Aboard!" ~ Blessings,

**Sharon Zehnder**

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## Caring Thoughts



*The mystery that prevails is that we do not know at which station we ourselves will step down. Thus, we must try to travel along the track of life in the best possible way -- loving, forgiving, giving, and sharing.*

When the time comes for us to step down and leave our seat empty -- we should leave behind beautiful memories for those who continue to travel on the train of life.

Let's remember to thank our Creator for giving us life to participate in this journey. I close by thanking you for being one of the passengers on my train! ~Author Unknown~





At birth, we boarded the train of life and met our parents, and we believed that they would always travel by our side. However, at some station, our parents would step down from the train, leaving us on life's journey alone.

As time goes by, some significant people will board the train: siblings, other children, friends, and even the love of our life.

Many will step down and leave a permanent vacuum. Others will go so unnoticed that we won't realize that they vacated their seats! This train ride has been a mixture of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

A successful journey consists of having a good relationship with all passengers, requiring that we give the best of ourselves.

 **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 thoughts

**If you don't like something, change it.  
If you can't change it, change the way you think about it!!  
"Things do not change. We change."  
~ Henry David Thoreau ~**

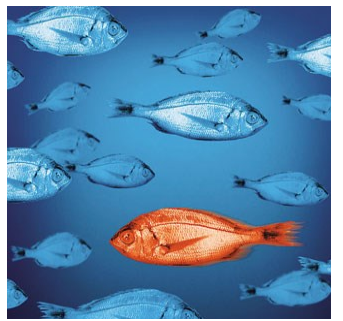
## Aftercare Support Group Meeting (open to the public)

*(open to the public)* **Sunday, March 8, 2015 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,**



**NEXT MONTH: Sunday, April 12, 2015 at 6:00 p.m.**

**Topic: "Eraser Therapy" FORGIVENESS/GUILT**

## Next 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.**

**March Topics:**

**10th - Looking At & Developing a Support System**

**24th - 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)