

THE Journey

October 2016

From The Heart

Greetings, Dear Friends!

They are still out there, but I just don't see many of them anymore. I'm talking about the pressure cooker used for canning. I have vivid memories of helping my Mom do canning, especially of tomatoes and peaches. But she always got the role of working with the dangerous pressure cooker. I was young, but I knew enough to know that I didn't want to touch that thing. Too much potential power there, under pressure, that could explode onto me and cause great harm! Mom knew what to do, so she wasn't scared. I didn't know what to do. I had to learn.

I learned that as the water boiled, it was important to have that vital vent where the steam could whistle out on the top. If that vent wasn't working, there could be a dangerous explosion in our kitchen.

Have you noticed that **anger** can be similar to that heating pressure cooker? Many people will need to navigate through this common emotion on their grief journey. Stuff happens and it hurts and we can feel anger. That is normal. But the most important step is what comes next. How do you work through the anger? What do you do with it?

Anger on a grief journey can be very volatile and needs to be dealt with properly. It needs to

be processed. How are you "venting out" your normal anger feelings that come? Just like a pressure cooker that isn't properly vented, if anger isn't defused in a healthy way, there can be an "explosion in your kitchen." The ensuing chaos and mess of erupting anger can be very messy and can take a long time to clean up.

Who wants to be trapped by those consequences of spontaneous anger splattering all over yourself and everyone else? I had to learn from my Mom about the pressure cooker and canning. There was safety there to learn from her. Learn with others as together we find out what to do with the pressure cooker of your emotions and find the appropriate "vent" to let it out for YOU. Leave behind some of those messy feelings in the safety of others who are learning safe venting too. I promise I'll help clean up at the end of the night and bet you'll feel so much better!

Blessings,
Sharon Zehnder,
Aftercare Director

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OPPORTUNITIES FOR October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5 Luncheon * 11:30 a.m.	6	7	8
9 6:00 p.m. "This Isn't Fair" ANGER	10	11 10:00 a.m. Tool Box for Grief	12 Luncheon * 11:30 a.m.	13	14 	15
16	17	18	19 Luncheon * 11:30 a.m.	20	21	22
23 30 	24 31	25 10:00 a.m. Expectations - How to Handle Them	26 Luncheon * 11:30 a.m.	27	28	29

Aftercare Support Group

Topic:
ANGER
"This Isn't Fair"
October 9, 6:00 p.m.
Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)
(*Open to those who are widowed only)

**Wednesday Luncheon
Every Wednesday
at 11:30 a.m.**
Garden Café in Rockbrook
11040 Oak St.

**Walking Through the
Valley of Darkness**
September Topics
10:00-11:30 a.m.

11 Tool Box for Grief
25 Expectations - How to Handle Them
Crown Pointe Retirement Center
2820 South 80th Street
(Lower Level—Recreation Room)

In This Issue:

**Anger Normal? Yes!! Good news!
Healthy or unhealthy?
Depends... Come find out....**

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 Christmas Gathering

Mourner's Bill of Rights

For Parents and Family Members

- I have the right to be sad and to cry without worrying what others think.
- I have the right to choose whom I talk to about my grief. It is not my fault if the feelings of others are hurt because of my choice.
- I have the right to make decisions for myself. My grief doesn't mean that I don't want to be involved.
- I have the right to mourn the loss in my own way, even if it is different from others.
- I have the right to be angry, as long as I'm not hurting others or myself, because my loved one has died. My anger is part of the grieving process.
- I have the right to get outside help for myself. Sometimes I need to talk with someone who is not involved with my grief.
- I have the right to take care of myself and to find ways that help me cope with my grief.
- I have the right to enjoy my life without feeling guilty.

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Healing Thought

*"Whenever anyone has offended me,
I try to raise my soul so high that the
offense cannot reach it."*

~René Descartes~

Sunday, October 9, 2016 at 6:00 p.m.

**Topic: "This Isn't Fair!!"
ANGER**



Don't you just have those days –
"It isn't fair; no one seems to understand!... or even care!!"

THE ANGER JUST WELLS UP INSIDE!!!

We will be discussing how to deal with your anger in a healthy way. Anger can be used to your advantage to eventually ease the pain you are feeling. Come to this group meeting where we will be discussing how to deal with anger.

Aftercare Group Meetings are held at

Crown Pointe Retirement Center • 2820 South 80th St.
(Lower level - Rec Room)

Facilitated by: *Sharon Zehnder, Aftercare Director*

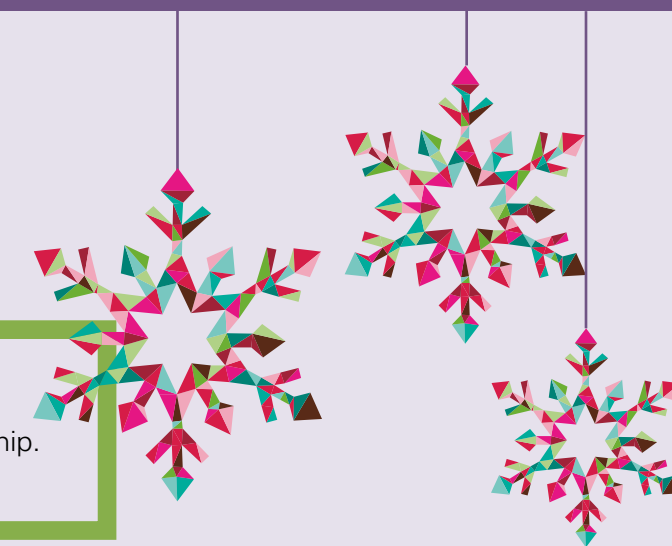
Sneak Preview

Sunday, November 13, 2016 at 6:00 p.m.

**Topic: "Changed Holidays"
HOLIDAY COPING**

MARK YOUR CALENDARS

Sunday, December 4, 2016 - Christmas Gathering
Hold the date on your calendar, for this seasonal time of fellowship.
(starting at 4:00 P.M. and ending by 7:30 P.M.)



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.

October Topics:

- 11 • **Building My Tool Box for Dealing with Grief**
- 25 • **Expectations (Mine & Others) - Strategies to Handle Them**

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)*