

Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

Winter 2019 Location

St. Andrew Lutheran Church

13600 Technology Drive
Eden Prairie, MN 55344
Pastor Peter Johnson
952-937-2776 / www.standrewlu.org

Eden Prairie United Methodist Church

15050 Scenic Heights Road
Eden Prairie, MN 55344
Pastor Dan Schneider-Bryan
952-937-8781 / www.prairiechurch.org

Family of Christ Lutheran Church

2020 Coulter Boulevard
Chanhassen, MN 55317
Pastor Josh Nelson
952-934-5659 / www.familyofchristonline.com

Immanuel Lutheran Church

16515 Luther Way
Eden Prairie, MN 55346
Pastor Paul Nelson
952-937-8123 / www.immanuel.us

Pax Christi Catholic Community

12100 Pioneer Trail
Eden Prairie, MN 55347
Jean Thoresen, Director of Care & Support
952-941-3150 / www.paxchristi.com

Prairie Lutheran Church

11000 Blossom Road
Eden Prairie, MN 55347
Kris Miner
612-207-7299 / www.plcchurch.org

St. Hubert Catholic Community

8201 Main Street
Chanhassen, MN 55317
Diane Potts, Pastoral Minister
952-374-5049 / www.sthubert.org

Winter 2019

Living & Growing Through Loss



**Southwest
Grief Coalition**

*A coalition of churches providing
faith based grief support*

Grieving

Losing someone we love is one of life's most challenging passages. Learning about this process of grief, along with sharing our experience in a caring, supportive, and confidential setting, helps us to cope and leads to personal growth and healing.

The churches of the Southwest Grief Coalition are working together to provide support and education for those who are grieving.

Our Purpose

To provide an opportunity for individuals to obtain information, support, and a welcoming community for grief issues following the loss of a loved one.

We encourage you to attend the entire series.

Session Format

5:30–6:00 PM Gathering (*supper provided)
6:00–6:30 PM Education
6:30–7:30 PM Adult Small Groups

*Supper is provided each evening. There is no cost to participate in Living and Growing Through Loss. Church affiliation is not required.



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- **January 7**
“*The Light at the End of the Tunnel Is Not a Train*”
Pastor David Lillejord, St. Andrew Lutheran Church
- **January 14**
“*People Can Say the Dumbest Things*”
Pastor Peter Johnson, St. Andrew Lutheran Church
- **January 21**
(No Session: Martin Luther King, Jr. Day)
- **January 28**
“*Uncommon Sense About Change, Loss, and Grief (Part 1)*”
Brenda DeMotte, MSM, LICSW
- **February 4**
“*Uncommon Sense About Change, Loss, and Grief (Part 2)*”
Brenda DeMotte, MSM, LICSW
- **February 11**
“*Life Has Changed, Not Ended*”
Pastor Roger Schindel, St. Andrew Lutheran Church
- **February 18**
“*Somethin’ You Get Through*”
Jeff Falkingham, Father, Grief Advocate
- **February 25**
“*Remembering Your Loved Ones*”
Amanda Markle, Author, Grief Advocate

Education

Each session contains both an education segment and a time for sharing in small groups. Each week a speaker will present a topic to help participants understand the bereavement process.

Small Group Support

People experiencing similar losses will have the opportunity to meet in small groups to share concerns and feelings following the speaker. Depending on the number of participants, small groups may include:

- Loss of a spouse/partner
- Loss of a parent
- Loss of a child
- Loss of family member/friend
- Suicide Survivors

Small groups are facilitated by those who are trained in the grief process and group dynamics. Many have experienced the death of a loved one.

Be not afraid of life. Believe that life is worth living and your belief will help create the fact.

~William James