

Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

Fall 2018 Location

Prairie Lutheran Church

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

St. Andrew Lutheran Church

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

St. Hubert Catholic Community

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

Fall 2018

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

5:30–6:00pm Gathering (*supper provided)
6:00–6:30pm Education
6:30–7:30pm 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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- **October 4**
"It's OK to feel that way: how I handled my many emotions during my grief"
Amanda Markle, Author and Bereaved Parent
- **October 11**
"Understanding suicide loss through the death of a sibling"
Maggie Bauer, Chris's Little Sister and Certified Grief Recovery Specialist
- **October 18**
"Which way do I turn?"
Donna Mathiowetz, Inspirational Speaker and Author with personal experience in child loss, Unfinished by Design, LLC.
- **October 25**
"Your Sacred Story"
Jean Thoreson, MA, Spiritual Director, Director of Care and Support Ministry, Pax Christi Catholic Community
- **November 1**
"Grief is not one size fits all"
Lindsey Wimmer, CPNP, PCPLC, Executive Director, Star Legacy Foundation
- **November 8**
"The healing power of community in the grieving process"
Kris Miner, Support Group Facilitator, Southwest Grief Coalition
- **November 15**
"Good Grief"
Pastor Joel Quie, Prairie Lutheran Church

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. These groups 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