Southwest Grief Coalition
Inter-denominationally sponsored by these churches:

Spring 2020 Location
Immanuel Lutheran Church
16515 Luther Way
Eden Prairie, MN 55346
Pastor Paul Nelson
952-937-8123 / www.immanuel.us

Eden Prairie United Methodist Church
15050 Scenic Heights Road
Eden Prairie, MN 55344
Pastor Becky Jo Messenbrink
952-937-8781 / www.prairiechurch.org

Family of Christ Lutheran Church
2020 Coulter Boulevard
Chanhassen, MN 55317
Pastor Kimberly Buffie
952-934-5659 ext. 14 / www.familyofchristonline.com

Pax Christi Catholic Community
12100 Pioneer Trail
Eden Prairie, MN 55347
Jean Thoresen, Director of Care & Support
952-941-3150 / www.paxchisti.com

Prairie Lutheran Church
11000 Blossom Road
Eden Prairie, MN 55347
Lisa Rykken Kastler, Director of Congregational Life
952-234-4782 / www.plcchurch.org

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

A coalition of churches providing faith based grief support
swgriefcoalition.org
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. Pre-registration is not needed.

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.

Session Updates
Check the Southwest Grief Coalition website for updates at swgriefcoalition.org.

Spring 2020 Location: Immanuel Lutheran Church

- **April 6**
  “An Overview of Grief”
  Rev. Dr. Paul Nelson

- **April 13**
  “The Physical Aspects of Grief”
  Kari Totall, RN and Hospice Nurse

- **April 20**
  “Oasis and Deserts: Walking with God on the Road You Never Wanted to Travel”
  Rev. Angela Fairbanks Jacobson

- **April 27**
  “The Emotional Impact of Grief”
  Chaplain Janell Weum

- **May 4**
  “The Processing of Grief”
  Richard Obershaw

- **May 11**
  “Major Myths of Grief”
  Richard Obershaw

- **May 18**
  “Turning Toward Hope”
  Rev. Dr. Paul Nelson

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

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