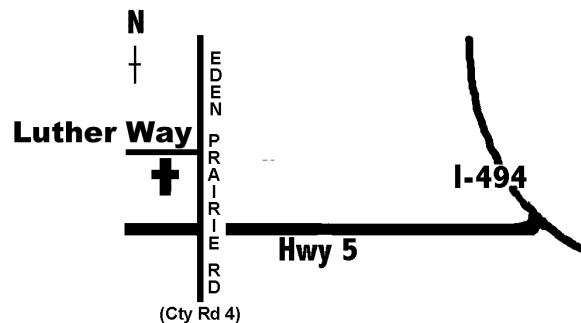


**Southwest Grief Coalition**  
Interdenominationally Sponsored  
by These Churches:

- **Immanuel Lutheran Church**  
16515 Luther Way  
Eden Prairie, MN 55346  
Karen Atkins  
952-937-8123 / [www.immanuel.us](http://www.immanuel.us)
- **Pax Christi Catholic Community**  
12100 Pioneer Trail  
Eden Prairie, MN 55347  
Jean Thoreson, Director of Pastoral Care  
952-941-3150 / [www.paxchristi.com](http://www.paxchristi.com)
- **Eden Prairie United Methodist Church**  
15050 Scenic Heights Road  
Eden Prairie, MN 55344  
Pastor Dan Schneider-Bryan  
952-937-8781 / [www.prairiechurch.org](http://www.prairiechurch.org)
- **St. Andrew Lutheran Church**  
13600 Technology Drive  
Eden Prairie, MN 55344  
Pastor Peter Johnson  
952-937-2776 / [www.standrewlu.org](http://www.standrewlu.org)
- **Family of Christ Lutheran Church**  
2020 Coulter Boulevard  
Chanhassen, MN 55317  
Pastor Jeanne Aamot  
952-934-5659/[www.familyofchristonline.com](http://www.familyofchristonline.com)



**Immanuel Lutheran Church**



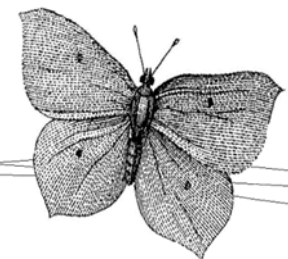
... continued from inside

- **Monday, February 12**  
*Uplifting Art*  
Larry Homan,  
Master MnemeTherapist  
Art for All, LLC
- **Monday, February 19**  
*What are my Grounds for Hope?*  
Paul Nelson, MDiv, DMin  
Senior Pastor, Immanuel Lutheran Church

Winter 2018

# Living and Growing Through Loss

Sponsored by  
Southwest  
Grief Coalition



## • 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.

These 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 and support for a variety of loss and grief issues.

**We encourage you to attend the entire series.**

## • Session Format

5:30–6:00pm	Gathering (*light supper)
6:00–6:30pm	Speaker
6:30–7:30pm	Adult Small Groups
6:00–7:30pm	Children's Group**



\*A light supper is provided each evening. There is no cost to participate in Living and Growing through Loss. Church affiliation is not required.

## \*\*Children's Group (ages 8–12)

Telephone interviews are necessary before attendance in children's group due to the sensitive nature of the topic and ages of the attendees. Registration for Children's Group: Call Karen Atkins, 952-460-0030.

To register for free childcare, call MaryKay Copp 952-230-0359, before January 5.

## Winter, 2018 Immanuel Lutheran Church

- **Monday, January 8**  
*"Oasis & Deserts: Walking with God on the Road you Never Wanted to Travel"*  
Angela Fairbanks Jacobson, MDiv  
Pastor Immanuel Lutheran Church
- **Monday, January 15**  
*Restoring Hope: Balancing Current Circumstances with Future Blessings*  
Dr. Hal Baumchen, LP, LADC, PsyD  
Northland Counseling Services, Ex Dir.
- **Monday, January 22**  
*Grieving in Faith*  
Jennifer D. Johnson, MDiv  
Pastor, Chaplain, Presbyterian Homes
- **Monday, January 29**  
*The Importance of Self-Care while Grieving*  
Kari Totall, RN  
Parish Nurse, Immanuel Lutheran Church
- **Monday, February 5**  
*Tear Soup: Ritual & Grief*  
Susan Engholm, MDiv  
Pastor, Spiritual Director

## • 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. We accept registrations for adult small groups for the first two weeks of the series.

## • 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
- Young Adult Group (20 – 35)
- Teen Group (ages 13 – 19)
- Children's Group (ages 8 – 12)\*\*

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.



**In some ways, love and grief are very much alike; they both have the power to forever change our lives. Just as I must surrender to love, I must surrender to my grief.**

**–Alan Wolfelt**

**continued on back...**