

Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

Spring 2022 Location

Immanuel Lutheran Church

16515 Luther Way
Eden Prairie, MN 55346
MaryKay Copp, Immanuel Staff
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 Josh Nelson
952-934-5659 / www.familyofchristonline.com

Pax Christi Catholic Community

12100 Pioneer Trail
Eden Prairie, MN 55347
Kyle Finken, Coordinator of Care & Support
952-941-3150 / www.paxchristi.com

Prairie Lutheran Church

11000 Blossom Road
Eden Prairie, MN 55347
Pastor Bryant Bakum
952-234-4784 / 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
Denise Kozojed, Pastoral Minister
952-374-5049 / www.sthubert.org

What Others Are Saying

Here is what former Southwest Grief Coalition participants have to say about what was most meaningful for them during the session:

- *"Knowing I am not alone."*
- *"Getting to know others who had experienced a similar loss and sharing thoughts and feelings."*
- *"Several suggestions to help cope and work through grief to practice every day."*
- *"It helped me to be able to talk to others. Prior to this class I did not like to talk to anyone about it."*



**Southwest
Grief Coalition**

*A coalition of churches providing
faith based grief support*

www.swgriefcoalition.org

Spring 2022

Living & Growing Through Loss



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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.

Sessions are designed for ongoing participation from the beginning to the end. If you are interested in joining in the middle of the session, please contact the host church.

Session Format

Hybrid: In-Person or Zoom, Monday evenings

Each session includes a speaker (see list) from 6:00-6:30 PM, and small groups from 6:30-7:30 PM. Zoom sessions begin at 6:00 PM and a Zoom link will be provided by email. In-Person sessions will include a soup dinner from 5:30-6:00 PM. There is no cost to participate. Church affiliation is not required.

We encourage all participants to choose one format for the entirety of the six-week series to assure good small group development. Masks may be required if CDC and local guidelines change due to Covid-19.

Registration

Register for this session at www.swgriefcoalition.org. Look for the 'Register Now' button. Or call MaryKay at 952-230-0359, or marykay@immanuel.us

Registration deadline: Monday, April 11

Spring 2022:

Each session goes from 6:30-7:45pm. The six sessions will cover the following topics.

- **Session 1 (April 18)**
"Overview of Grief"
Rev. Angela Fairbanks Jacobson
- **Session 2 (April 25)**
"Processing of Grief"
Richard Obershaw, Grief Counselor
- **Session 3 (May 2)**
"Oasis and Deserts: Walking with God on the Road You Never Wanted to Travel"
Rev. Angela Fairbanks Jacobson
- **Session 4 (May 9)**
"The Physical Aspects of Grief"
Kari Totall, Parish Nurse, Hospice Care Park Nicollet
- **Session 5 (May 16)**
"The Emotional Impact of Grief"
Chaplain Janell Weum
- **Session 6 (May 23)**
"Turning Toward Hope"
Rev. Dr. Paul Nelson

For more information, check the website for updates. www.swgriefcoalition.org

Small Groups

Each session includes a welcome by the church, a presentation, and a small group discussion. Trained small group facilitators will lead participants through a friendly and supportive discussion of the topic.

Similar Loss

To better facilitate helpful discussion, participants will be grouped with people who have experienced similar losses, if possible. These groups may include: loss of a spouse/partner, loss of a parent, loss of a child, loss of family member/friend, and suicide bereavement.



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

~William James