

## Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

### Fall 2019 Location

#### Family of Christ Lutheran Church

2020 Coulter Boulevard  
Chanhassen, MN 55317  
Pastor Kimberly Buffie  
952-934-5659 / [www.familyofchristonline.com](http://www.familyofchristonline.com)

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#### 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)

#### Immanuel Lutheran Church

16515 Luther Way  
Eden Prairie, MN 55346  
Pastor Paul Nelson  
952-937-8123 / [www.immanuel.us](http://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](http://www.paxchristi.com)

#### Prairie Lutheran Church

11000 Blossom Road  
Eden Prairie, MN 55347  
Kris Miner  
612-207-7299 / [www.plcchurch.org](http://www.plcchurch.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)

#### St. Hubert Catholic Community

8201 Main Street  
Chanhassen, MN 55317  
Diane Potts, Pastoral Minister  
952-374-5049 / [www.sthubert.org](http://www.sthubert.org)

## Fall 2019

# Living & Growing Through Loss

[www.swgriefcoalition.org](http://www.swgriefcoalition.org)



**Southwest  
Grief Coalition**

*A coalition of churches providing  
faith based grief support*

[www.swgriefcoalition.org](http://www.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.

## 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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Grief Coalition**

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## Fall 2019 Location: Family of Christ Lutheran Church

- **September 30**  
“Grief is Not One Size Fits All”  
Lindsey Wimmer, CPNP Exec. Director,  
Star Legacy Foundation
- **October 7**  
“Which Way Do I Turn?”  
Donna Mathiowetz, Speaker and Author,  
Unfinished by Design, LLC
- **October 14**  
“It’s Ok to Feel That Way”  
Amanda Markle, Author, Bereavement Parent
- **October 21**  
“Somethin’ You Gotta Get Thru”  
Jeff Falkingham
- **October 28**  
“Stories of Faith , Hope and Love”  
Jean Thoresen, SWGC Board Member,  
Pax Christi
- **November 4**  
“Musical Moments of Faith and Healing”  
Tami Briggs, Therapeutic Harpist, Musical  
Reflections
- **November 11**  
“People Can Say the Dumbest Things”  
Pastor Peter Johnson, SWGC Board Member,  
St. Andrew 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. 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