

## 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

We will begin each session with light appetizers/snacks from 6:00–6:30 PM. A presentation from a speaker or impactful videos will follow from 6:30–7:00 PM, followed by small group discussion until 8:00 PM. A meal will be served on our final session together (Feb. 17) at 6:00 PM. There is no cost to participate. Church affiliation is not required.

## Registration

Register for this session at [swgriefcoalition.org](http://swgriefcoalition.org). Look for the 'Register Now' button. For more information call or text Cheryl Harjes at 612-209-1488.

**Please register by February 28th if possible, however, registrations are accepted up until the start of the session and walk ins are welcome.**

## Spring 2025:

Each evening includes a speaker or program designed to provide comfort and support as well as topics for further conversation in the small groups that meet following the presentation.

- **Session 1 (March 3)**

Understanding the Reality of Loss: From Head to Heart to Healing—Kiersti Phenow, Grief Support Facilitator, Former Chaplain, School Social Worker

- **Session 2 (March 10)**

Remembering and Growing in Gratitude for the Person who Died—Linda Cherek, Loyola Spirituality Center Spiritual Director, with a special interest in loss and trauma after unexpected death of a loved one

- **Session 3 (March 17)**

Asking for Help, Seeking Community and Resources—Jill Swenson, Allina Hospice Grief Counselor

- **Session 4 (March 24)**

Renewing your Purpose and Sense of Identity—Norm Cox, Pax Christi parishioner, lost his spouse Janice of 39 years

- **Session 5 (March 31)**

Spiritual Care and Self Care—Pastor Paula Devos, Chaplain, Flagstone Senior Living, Eden Prairie

- **Session 6 (April 7)**

Hope: What are the Anchors in Your Life?—Panel of Grief Support Facilitators. Closing dinner

For more information, check the website for updates. [www.swgriefcoalition.org](http://www.swgriefcoalition.org)

## Small Groups

Each session includes a welcome by the host 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.



**Southwest  
Grief Coalition**

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

~William James

## Southwest Grief Coalition

Inter-denominationally sponsored by these churches:

### Spring 2025 Location

#### Pax Christi Catholic Community

12100 Pioneer Trail

Eden Prairie, MN 55347

Kerry Cronkhite, Care & Support Coordinator

[kcronkhite@paxchristi.com](mailto:kcronkhite@paxchristi.com)

952-405-7207 / [www.paxchristi.com](http://www.paxchristi.com)

#### Eden Prairie United Methodist Church

15050 Scenic Heights Road

Eden Prairie, MN 55344

Pastor Becky Jo Messenbrink

952-937-8781 / [www.prairiechurch.org](http://www.prairiechurch.org)

#### Family of Christ Lutheran Church

2020 Coulter Boulevard

Chanhassen, MN 55317

Pastor Josh Nelson

952-934-5659 / [www.familyofchristonline.com](http://www.familyofchristonline.com)

#### Immanuel Lutheran Church

16515 Luther Way

Eden Prairie, MN 55346

MaryKay Copp, Immanuel Staff

952-937-8123 / [www.immanuel.us](http://www.immanuel.us)

#### Prairie Lutheran Church

11000 Blossom Road

Eden Prairie, MN 55347

Pastor Ashley Updegraff

952-234-4784 / [www.plchurch.org](http://www.plchurch.org)

#### St. Andrew Lutheran Church

13600 Technology Drive

Eden Prairie, MN 55344

Cheryl Harjes—[charjes@comcast.net](mailto:charjes@comcast.net)

612-209-1488 / [www.standrewlu.org](http://www.standrewlu.org)

#### St. Hubert Catholic Community

8201 Main Street

Chanhassen, MN 55317

Denise Kozojed, Pastoral Minister

952-374-5049 / [www.sthubert.org](http://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.”



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*A coalition of churches providing  
faith based grief support*

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**Spring 2025**  
Mondays  
March 3–April 7

**Living &  
Growing  
Through  
Loss**



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