

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. There is no cost to participate. Church affiliation is not required.

Registration

Register for this session at swgriefcoalition.org. Look for the 'Register Now' button. Or contact Denise Kozojed at denise.kozojed@sthubert.org.

Registration deadline: Wednesday, Apr. 10

Spring 2024:

These six sessions will show how God heals through pastors, our church families, helping others, sharing stories, looking at beauty, and humor.

- **Session 1 (April 15)**
"Church Communities Help Heal Grief"
Father Ralph Talbot
- **Session 2 (April 22)**
"Sharing Grief Stories"
Widowers Panel Discussion
- **Session 3 (April 29)**
"Healed from Grief by Serving Others"
Patty Dolan
- **Session 4 (May 6)**
"Living with Hope After Losing a Spouse and a Child"
JoAnn Deveny, Author
- **Session 5 (May 13)**
"How We Healed from Our Losses"
Grief Facilitators Panel Discussion
- **Session 6 (May 20)**
"Healing Grief through Art"
Meghan Stretar, Asst. Dir., Saint John's Bible Heritage Program

For more information, check the website for updates. 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 2024 Location

St. Hubert Catholic Community

8201 Main Street
Chanhassen, MN 55317
Denise Kozojed, Pastoral Minister
952-374-5049 / www.sthubert.org

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

Immanuel Lutheran Church

16515 Luther Way
Eden Prairie, MN 55346
MaryKay Copp, Immanuel Staff
952-937-8123 / www.immanuel.us

Pax Christi Catholic Community

12100 Pioneer Trail
Eden Prairie, MN 55347
Paul Krenzelo, Care & Support Coordinator—
pkrenzelo@paxchristi.com
952-405-7207 / www.paxchristi.com

Prairie Lutheran Church

11000 Blossom Road
Eden Prairie, MN 55347
Pastor Ashley Updegraff
952-234-4784 / www.plcchurch.org

St. Andrew Lutheran Church

13600 Technology Drive
Eden Prairie, MN 55344
Pastor Peter Johnson—pastorpeter@standrewlu.org
952-937-2776 / www.standrewlu.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*

www.swgriefcoalition.org

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Living & Growing Through Loss



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