

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 (Nov. 18) at 6:00 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. For more information call or text Cheryl Harjes at 612-209-1488.

Registration deadline: October 11, 2024

Fall 2024 Speakers

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.

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

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.

Hope for the Holidays (Nov. 25)

After the six weeks of the Southwest Grief Coalition concludes, St. Andrew is hosting 'Hope for the Holidays,' a special evening designed to bring hope to those grieving the loss of a loved one over the holidays. The evening begins at 6:30 PM. No registration is required. Contact Cheryl Harjes with questions at 612-209-1488. All are welcome.



**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:

Fall 2024 Location

St. Andrew Lutheran Church

13600 Technology Drive

Eden Prairie, MN 55344

Cheryl Harjes—tcharjes@comcast.net

612-209-1488 / www.standrewlu.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 Krenzelok, Care & Support Coordinator—

plkrenzelok@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.plchurch.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

Fall 2024

Mondays

October 14–November 18, 2024

**Living &
Growing
Through
Loss**



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