How Do I Join? Individuals may join the group at any time. There is no fee.

The following churches are members of the Bloomington-Richfield Grief Coalition:

#### **Bloomington:**

Christ The King Lutheran Nativity of Mary Catholic Normandale Hylands United Methodist Oak Grove Presbyterian Peace Lutheran St. Bonaventure Catholic St. Edward's Catholic St. Luke's Lutheran St. Marks United Church of Christ Transfiguration Lutheran

### **Richfield:**

Church of the Assumption House of Prayer Lutheran Oak Grove Lutheran St. Peter's Catholic St. Richard's Catholic Woodlake Lutheran

Coping with a death can result in stressful changes. Attempts to deny the pain and confusion of grief promote despair and loneliness. Gaining an understanding of the grief process in a caring and supportive atmosphere increases coping skills and leads to personal growth.

### Bloomington-Richfield Grief Coalition Board

Cindy Bloom Oldschool\_churchchick@yahoo.com

Pastor Otis Borop otis.borop@nhumc.net

Beth Gaetz bgaetz@nativitybloomington.org

Jan Featherstone janfeatherstone49@gmail.com

Lynne A. Morin lamorin5236@gmail.com

Sheila Przesmicki Sheila@assumptionrichfield.org

Mia Ah Sani mahsani@stedwardschurch.org

Rose Theis rsths1940@gmail.com

Richard Kotasek rkotasek@comcast.net

# Grieving Death and Growing 2025



Bloomington—Richfield Grief Support Coalition

brgriefcoalition.com

**Grief is a universal experience.** Churches in the Bloomington-Richfield area are working together to provide support and education for adults who are grieving the death of a loved one.



Group meetings are held on Thursdays, 4:30-6:00 p.m.

Each session includes: 4:30-5 p.m. – Educational presentation 5-6 p.m. – Small groups will be formed to share concerns and experiences

### Education

Understanding the grief process and the many emotions involved in working through one's grief makes the journey less frightening. Guest speakers share their own experience and professional knowledge on grief and loss.

## Support

Small groups will follow a speaker or video each week. In these groups participants will have the opportunity to share their feelings and concerns with others who are also working through the grief process.

Specially trained facilitators lead the groups.



"I am grateful, from the bottom of my heart, that I have shared the life of my loved one. And I trust that someday my happiness, as I remember our life together, will far outweigh the grief I feel now."

—Martha Whitmore Hickman

# 2025 Schedule

Thursdays 4:30-6:00 p.m. Education 4:30-5:00 p.m. Small groups 5:00-6:00 p.m.

Winter 2025 January 2 through February 20

Peace Lutheran Church 8600 East Bush Lake Road Bloomington, MN 55438 Iori.thompson@peacebloomington.org

> Spring 2025 March 27 through May 15

Woodlake Lutheran Church 2120 W. 76th St. Richfield, MN 55423 muriel8253@gmail.com Summer 2025 July 3 through August 21

Transfiguration Lutheran Church 11000 France Ave S Bloomington, MN 55431 pastorpaul@tlcmn.com

Fall 2025 September 18 through November 6

Nativity of Mary Catholic Church 9901 East Bloomington Freeway Bloomington, MN 55420 bgaetz@navtivitybloomington.org