

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. Look for the 'Register Now' button. For more information call or text Cheryl Harjes at 612-209-1488.

Registration deadline: January 6, 2025

Winter 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 (January 13th)**
Living with Grief: Two videos with Andrew Garfield discussing his journey of living with grief.
- **Session 2 (January 20th)**
Kevin Burns speaks on keeping your eye on the horizon—suicide and grief
- **Session 3 (January 27th)**
Retired Rev. Jeff Eisle shares a pastoral perspective on grief
- **Session 4 (February 3rd)**
Jay Severson: shares how faith can give rise to hope in the midst of darkness
- **Session 5 (February 10th)**
Pastor Jeanne Aarnot: shares her story of surviving and moving forward in grief
- **Session 6 (February 17th)**
Dinner and Panel Discussion

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 a 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:

Winter 2025 Location

Family of Christ Lutheran Church

2020 Coulter Boulevard
Chanhassen, MN 55317
Pastor Josh Nelson
952-934-5659 / www.familyofchristonline.com

Eden Prairie United Methodist Church

15050 Scenic Heights Road
Eden Prairie, MN 55344
Pastor Becky Jo Messenbrink
952-937-8781 / www.prairiechurch.org

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
Kerry Cronkrite, Care & Support Coordinator—
kronkrite@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
Cheryl Harjes—tcharjes@comcast.net
612-209-1488 / www.standrewlu.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

Winter 2025

Mondays

January 13–February 17, 2025

Living &
Growing
Through
Loss



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