

Grieving

Losing someone we love is one of life's most challenging passages. The churches of the Southwest Grief Coalition have bound together to provide support to those who are grieving the death of a family member or friend. This is a caring, supportive, and confidential setting, where you can learn about how your grief leads to personal growth and healing.

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 speaker or presentation designed to provide comfort and support will be from 6:30–7:00 PM. Conversation in similar loss small groups will be from 7:00–8:00 PM. There is no cost to participate. Church affiliation is not required.

Registration

Register for this session at swgriefcoalition.org. Look for the 'Register' button. For more information call or email Teri Burns (teri@familyofchristonline.org or 952-934-5659)

Registrations appreciated by October 7, 2026.

Fall 2026:

"Healing Through Our Stories."

Each evening includes a speaker or program designed to provide comfort and support. Our individual grief experiences are unique, but no matter our specific losses, healing can begin and continue through sharing our grief stories and hearing the stories of others.

- **Session 1 (October 12)**
Rev. Dr. Jeffrey Eisele — Brennan Wood TEDx Talk "Grief is to Feel, Not to Fix" — Navigating loss through the rough terrain of grief.
- **Session 2 (October 19)**
Dr. Kevin Burns — Journey of healing after the loss of a loved one through suicide.
- **Session 3 (October 26)**
Carla Beach, Certified Life Coach, and Katherine Eisele, Deacon — In Our Own Words ~ Healing through writing our stories. Will touch on loss of a sibling and a child.
- **Session 4 (November 2)**
Dr. Eric Schenk — Sharing loss and healing after death of a spouse. Eric is a former participant in the Grief Coalition and now a facilitator.
- **Session 5 (November 9)**
Lindsay Butzer, MS, Counselor for Grief Club, Chanhassen, MN — Healing through stories for siblings and parents. Lindsay will share her grief story of loss and healing.
- **Session 6 and Dinner (November 16)**
Rev. Dr. Karna Moskalik, Sr. Pastor of Our Savior's Lutheran in Stillwater, MN — To conclude our emphasis on healing through stories, Pastor Karna will share her expertise on grief and healing.

Small Groups

Each session includes a welcome by the host church, a presentation, and a small group discussion. Trained small group facilitators (not licensed therapists) 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.

For more information, check the website for updates. www.swgriefcoalition.org



**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 2026 Location

Family of Christ Lutheran Church

020 Coulter Boulevard
Chanhassen, MN 55317
Interim Pastor Christine Wenzel
52-934-5659 / www.familyofchristonline.com

Indian Prairie United Methodist Church

5050 Scenic Heights Road
Indian Prairie, MN 55344
Linda McCollough—pastorlinda@prairiechurch.org
52-937-8781 / www.prairiechurch.org

Immanuel Lutheran Church

6515 Luther Way
Indian Prairie, MN 55346
Deacon Savannah Olaphson—savannah@immanuel.us
52-230-0357 / www.immanuel.us

Pax Christi Catholic Community

2100 Pioneer Trail
Indian Prairie, MN 55347
Jerry Cronkhite—kcronkhite@paxchristi.com
Jan Miltenberger—jmiltenberger@paxchristi.com
52-405-7207 / www.paxchristi.com

Prairie Lutheran Church

1000 Blossom Road
Indian Prairie, MN 55347
Pastor Ashley Updegraff—pastorashley@plcchurch.org
52-234-4784 / www.plcchurch.org

St. Andrew Lutheran Church

3600 Technology Drive
Indian Prairie, MN 55344
Pastor Kristin Skare—pastorkristin@standrewlu.org
52-697-7111 / www.standrewlu.org

St. Hubert Catholic Community

201 Main Street
Chanhassen, MN 55317
Denise Kozojed, Pastoral Minister
52-934-9106 / 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."*

The Southwest Grief Coalition provides an opportunity for individuals to obtain information, support, and a welcoming community for grief issues following the loss of a loved one. We desire all to be heard, to be respected, and to be held in a community of support for your grief.



Southwest
Grief Coalition

*A coalition of churches providing
faith based grief support*

www.swgriefcoalition.org

Fall 2026

Mondays

October 12 - November 16

Living & Growing Through Loss



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