

SPONSORED BY:

**THE INTERDENOMINATIONAL SOUTH
SUBURBAN GRIEF SUPPORT COALITION**

ALL SAINTS CATHOLIC CHURCH, LAKEVILLE

AUGUSTANA LUTHERAN CHURCH, WEST ST. PAUL

CHURCH OF ST. JOHN NEUMANN, CATHOLIC, EAGAN

CHURCH OF ST. JOHN THE BAPTIST, CATHOLIC, SAVAGE

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CHURCH OF ST. PATRICK, INVER GROVE HEIGHTS

CHURCH OF ST. THOMAS BECKET, CATHOLIC, EAGAN

CHURCH OF THE RISEN SAVIOR, CATHOLIC,
BURNSVILLE

EASTER LUTHERAN CHURCH, EAGAN

GOOD SHEPHERD LUTHERAN CHURCH,
INVER GROVE HEIGHTS

MARY, MOTHER OF THE CHURCH, CATHOLIC,
BURNSVILLE

PEACE CHURCH, EAGAN

ST. JAMES LUTHERAN CHURCH, BURNSVILLE

SHEPHERD OF THE LAKE LUTHERAN CHURCH,
PRIOR LAKE

SHEPHERD OF THE VALLEY LUTHERAN CHURCH,
APPLE VALLEY

FOR MORE INFORMATION:

(651) 452-8261

GROWINGTHROUGHLOSS@GMAIL.COM

WWW.GROWINGTHROUGHLOSSTCSOUTH.COM

GROWING THROUGH LOSS
C/O SHEPHERD OF THE VALLEY LUTHERAN CHURCH
12650 JOHNNY CAKE RIDGE ROAD
APPLE VALLEY, MN 55124

GROWING THROUGH LOSS

TWIN CITIES SOUTH
SUBURBAN COALITION

SPRING SERIES

GOOD SHEPHERD LUTHERAN CHURCH
7600 CAHILL AVE E
INVER GROVE HEIGHTS

TUESDAYS, APRIL 11—MAY 9, 2023

7:00—9:00 PM

REGISTRATION: 6:30PM—7:00PM

SPEAKER: 7:00PM—7:50PM

SUPPORT GROUPS: 8:00PM—9:00PM

GROWING THROUGH LOSS

PROVIDES:

- ◇ SUPPORT FOR ADULTS WHO HAVE EXPERIENCED A LOSS
- ◇ INFORMATION ABOUT THE GRIEVING PROCESS
- ◇ CARING AND SUPPORT FROM OTHERS WHO ARE ALSO GRIEVING
- ◇ SHARING OF MEMORIES AND FEELINGS IN A CONFIDENTIAL SETTING
- ◇ ONE-ON-ONE SUPPORT

SUPPORT FOR THE FOLLOWING LOSSES:

- ◇ LOSS OF SPOUSE
- ◇ LOSS OF CHILD
- ◇ LOSS OF PARENT
- ◇ LOSS OF OTHER LOVED ONES
- ◇ LOSS THROUGH SUICIDE
- ◇ LIFE TRANSITIONS: I.E., JOB LOSS, LOSS OF HEALTH, BROKEN RELATIONSHIPS, MID-LIFE CHANGES

FOLLOWING THE SPEAKER, BREAKOUT GROUPS WILL BE OFFERED AND WILL BE FACILITATED BY TRAINED LEADERS WHO UNDERSTAND THE GRIEVING PROCESS. YOU WILL BE ASKED AT REGISTRATION WHICH SUPPORT GROUP YOU WISH TO JOIN. ONE-ON-ONE LISTENERS WILL ALSO BE AVAILABLE EACH WEEK.

SPRING SERIES GUEST SPEAKERS

APRIL 11, 2023
“AN INTRO TO GRIEF”

SUE VENTO
FORMER DIRECTOR OF OUTREACH,
CHURCH OF ASSUMPTION

APRIL 18, 2023
“GRIEF: MOVING THROUGH
BUT NOT MOVING ON”
REV. ROLF OLSON
LUTHERAN (ELCA) PASTOR (RETIRED)

APRIL 25, 2023
“LET’S TALK ABOUT GUILT”
BRENDA DEMOTTE
PROFESSIONAL THERAPIST, SPEAKER
AND AUTHOR

MAY 2, 2023
“SPIRITUALITY DURING TIMES
OF TRAUMA AND LOSS”
DON KNUDSON
PASTOR AND PROFESSIONAL CHAPLAIN
(RETIRED)

MAY 9, 2023
“SERVICE OF REMEMBRANCE”
PASTOR LEESA SODERLIND
PASTOR,
GOOD SHEPHERD LUTHERAN CHURCH,
INVER GROVE HEIGHTS



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PLACE:

GOOD SHEPHERD LUTHERAN CHURCH
7600 CAHILL AVE E
INVER GROVE HEIGHTS
651-451-6225

SUGGESTED DONATION:

\$4.00 PER SESSION

(ALL PROCEEDS SUPPORT THE
GROWING THROUGH LOSS MINISTRY)

EACH SESSION IS COMPLETE IN ITSELF.
YOU ARE WELCOME TO ATTEND ONE OR ALL.

FALL SERIES 2023
THURSDAYS, SEPTEMBER 7—OCTOBER 5
CHURCH OF ST. JOHN NEUMANN,
EAGAN