

*Sponsored jointly by  
The Interdenominational  
South Suburban Grief Support Coalition*

All Saints Catholic Church, Lakeville  
Augustana Lutheran Church, West St. Paul  
Church of the Risen Savior, Catholic, Burnsville  
Church of St. John Neumann, Catholic, Eagan  
Church of St. John the Baptist, Catholic, Savage  
Church of St. Joseph, Catholic, Rosemount  
Church of St. Michael, Farmington  
Church of St. Thomas Becket, Catholic, Eagan  
Easter Lutheran Church, Eagan  
Good Shepherd Lutheran Church, Inver Grove Hgts.  
Mary, Mother of the Church, Catholic, Burnsville  
New Spirit United Church of Christ, Savage  
Prince of Peace Lutheran Church, Burnsville  
St. James Lutheran Church, Burnsville  
Shepherd of the Lake Lutheran Church, Prior Lake  
Shepherd of the Valley Lutheran, Apple Valley

*Location:*

**Good Shepherd Lutheran Church  
7600 Cahill Avenue East  
Inver Grove Heights, MN 55076  
651-451-6225**

Artwork – Annie Wahl

# Growing Through Loss



*South Suburban  
Fall 2019*

## 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

### 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
- ✦ Multiple Losses
- ✦ One-on-One Support

*Following the speaker, a trained facilitator will be at each table to lead the discussion and offer help and support through conversation among the participants. One-on-one listeners will also be available each week.*

#### For Further Information —

Call: 651-452-8261

E-mail: [growingthroughloss@gmail.com](mailto:growingthroughloss@gmail.com)

Website: <http://www.growingthroughlosssouth.com>

'Like' us on Facebook at:

Growing Through Loss – Twin Cities – South Suburban

### September 10

*“Open-Soften-Allow:  
Allowing Grief to Come Close”*

Christy Moe Marek  
Certified End of Life Doula and  
Anamcara End of Life Practitioner

### September 17

*“Forgiveness and Hope in Grief:  
One Story, Two Perspectives”*

Amanda Markle, Bereaved Mother  
Mary Seefeld, Bereaved Grandmother

### September 24

*“Accepting, Managing and Embracing  
Our Difficult Emotions”*

Jim Becker  
Group Facilitator and Presenter  
Prince of Peace Grief Support Group

### October 1

*“Let Music be a Bridge Between  
This Life and the Next”*

Bonnie Bowman  
Speaker on Grief  
Musician

### October 8

*“Evening of Remembrance”*

Pastor Lindsey Bina  
Congregational Care Pastor  
Shepherd of the Valley Lutheran Church

*Each session is complete in itself.  
You are welcome to attend one or all.*



### Time:

Tuesdays, 7:00-9:00 p.m.  
September 10 through October 8, 2019

Registration	6:30-7:00
Speaker	7:00-7:50
Support Groups	8:00-9:00

### Place:

Good Shepherd Lutheran Church  
7600 Cahill Avenue East  
Inver Grove Heights, MN 55076  
651-451-6225

Suggested Donation: \$3.00 per session  
(All proceeds support the  
*Growing Through Loss* ministry.)

Our next series will be held in the Spring of 2020  
Shepherd of the Lake Lutheran Church  
Prior Lake  
Thursdays — March 5, 12, 19, 26 and April 2