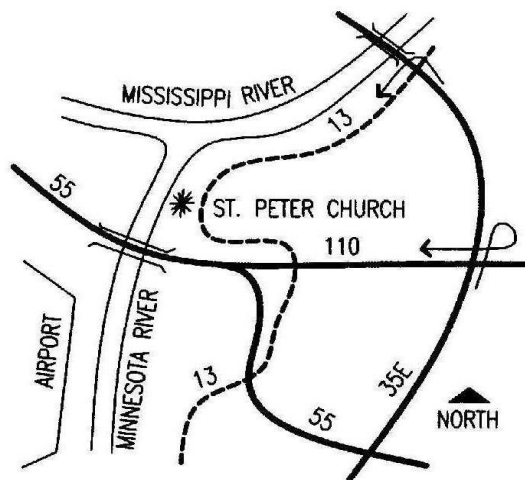


*Sponsored jointly by  
The Interdenominational  
South Suburban Grief Support Coalition*

All Saints, Catholic, Lakeville  
Augustana Lutheran Church, West St. Paul  
Church of St. John Neumann, Eagan  
Church of St. John the Baptist, Catholic, Savage  
Church of St. Joseph, Catholic, Rosemount  
Church of St. Peter, Catholic, Mendota  
Church of St. Thomas Becket, Catholic, Eagan  
Church of the Assumption, Catholic, St. Paul  
Mary, Mother of the Church, Catholic, Burnsville  
Prince of Peace Lutheran Church, Burnsville  
St. James Lutheran Church, Burnsville  
St. Stephen's Lutheran Church, West St. Paul  
Shepherd of the Valley Lutheran, Apple Valley

*Location:*

**Church of St. Peter  
1405 Highway 13  
Mendota, MN 55150  
651-452-4550**



Artwork – Annie Wahl

# Growing Through Loss



*South Suburban  
Spring 2016*

## 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

*"I will turn their mourning into joy,  
I will comfort them."  
Jeremiah 31:13*

**April 5**

*"The Grief Journey"*

Sandie Williams  
Retired Pastoral Care Minister  
St. John Neumann Catholic Church

**April 12**

*"You Don't Know How Strong  
You are Until Strong is the  
Only Choice You're Given"*

Cyndee Cummins  
Member of St. John Neumann Catholic Church

**April 19**

*"From Darkness to Light: Hope, Humor  
and Healing in the Midst of Trauma"*

Dave & Tana Barkhymer

**April 26**

*"Grief and Loss,  
Perhaps a Time for Healing?"*

Father Steve Adrian  
Retired Priest with the Archdiocese  
of St. Paul and Minneapolis

**May 3**

*"Remembering with Grateful Hearts"*

Lisa Amos  
Pastoral Associate  
Church of St. Peter

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



### Time:

Tuesdays, 7:00-9:00 p.m.  
April 5 through May 3

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

### Place:

Church of St. Peter  
1405 Highway 13  
Mendota, MN 55150  
651-452-4550

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

Our next series will be in the Fall of 2016  
Augustana Lutheran Church, West St. Paul  
Thursdays, Sept. 15, 22, 29 and Oct. 6