

**SPONSORED JOINTLY BY THE NORTH
SUBURBAN GRIEF SUPPORT COALITION**

Abiding Savior Lutheran Church (*Mounds View*)
 Atonement Lutheran Church (*New Brighton*)
 Catholic Community of St. Odilia (*Shoreview*)
 Centennial United Methodist Church (*Roseville*)
 Christ the King Lutheran Church (*New Brighton*)
 Church of St. William, The (*Fridley*)
 Galilee Lutheran Church, ELCA (*Roseville*)
 Immaculate Conception (*Columbia Heights*)
 Incarnation Lutheran Church (*Shoreview*)
 Nativity Lutheran Church (*St. Anthony*)
 Prince of Peace Lutheran Church (*Roseville*)
 St. John the Baptist Catholic Church (*New Brighton*)
 St. Joseph of the Lakes Catholic Church (*Lino Lakes*)
 St. Michael's Lutheran Church, ELCA (*Roseville*)
 St. Philip's Lutheran Church (*Fridley*)

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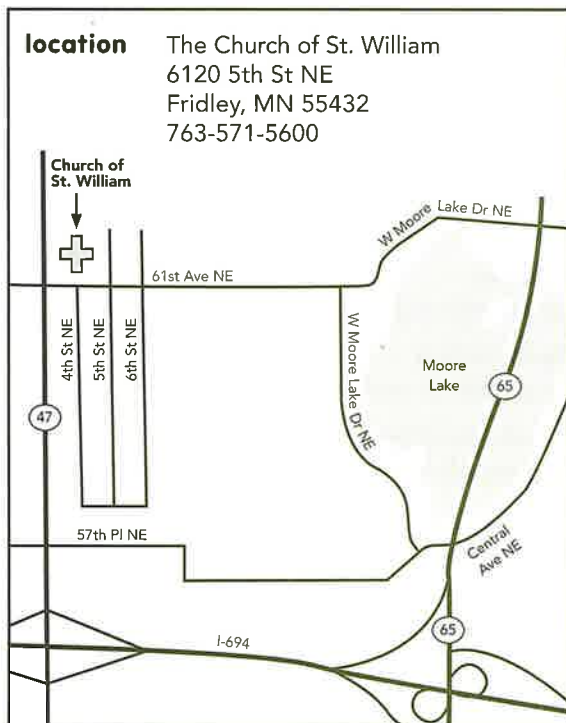
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Pastoral Care
 St. Genevieve Catholic Church
 7087 Goiffon Rd
 Centerville MN 55038-9125



Growing Through Loss
 c/o St. John the Baptist Catholic Church
 835 - 2nd Avenue NW
 New Brighton, MN 55112



GRIEF SUPPORT SERIES

Growing Through Loss



FALL 2026

Growing Through Loss

PURPOSE

The series provides an opportunity for individuals to obtain information and support for a variety of loss and grief issues.

PLACE	The Church of St. William, Fridley (see map on back of brochure)	
TIME	Mondays	6:45 to 9 p.m.
AGENDA	Registration	6:45 to 7 p.m.
	Speaker	7 to 7:45 p.m.
	Small groups	8 to 9 p.m.

Registration takes place each program night at the host church. Each session is complete in itself. You are welcome to attend one or all. Donations are accepted. For more information, call Margie Alexander at **763-755-5335**.

HAVE YOU EXPERIENCED

- the death of a loved one
- a broken relationship
- a divorce or separation
- pregnancy or infant loss
- a job loss or change
- a move to a new home or city
- a loved one who needs your support

DO YOU FEEL

- in need of support, or
- interested in learning more about grief

If you answered “yes” to any of these questions, then this series is for you.

SCHEDULE

Sept. 21 **Grief: A Natural Disaster of the Heart**

Kris Linner

Retired Lutheran Pastor, National Speaker and Author

Sept. 28 **The Power of Staying in Your Story**

Annie Lumbar Bendson

Director of Health Services for Minnetonka Public Schools

Oct. 5 **The Mystery of Grief and Stress**

Stacy Eichman-Cardwell

Retired Adult Ministry Director, MA in Counseling

Oct. 12 **A beacon of hope and renewal for all seeking solace and the courage to begin again**

Jacqueline Werket, BSN MS

Retired Nurse Practitioner; Certified Grief Recovery Method Specialist

Oct. 19 **Personal Story: Loss of Spouse**

Margarita Alvarez

Grief Support Volunteer

Oct. 26 **Prayer and Healing Service**

Anne Marie Bartlett

Retired Social Worker and Pastoral Minister; current PT Hospice Spiritual Care

The next series will be at St. John the Baptist in New Brighton, beginning **April 8, 2027, Thursdays.**

Visit our website at:
www.growingthroughloss.org



GROUPS AVAILABLE

- loss of spouse
- loss of child
- loss of parent
- loss of sibling or friend
- loss of grandparent
- suicide survivors
- divorce or separation
- transitional loss (for example, empty nest, moving, job loss, broken relationship, financial setbacks)

Founder

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