



## Karen Lorraine Holm Coleman

December 8, 1958 - May 10, 2026

Dateline; Spring Grove, MN

Karen Holm Coleman, 67, passed away unexpectedly on Sunday, May 10 th 2026. A

devoted mother, grandmother, sister and friend, she lived a life rooted in faith, compassion, and unconditional love.

Karen was born on December 8, 1958, in Spring Grove, Minnesota to Laurence and

Audrey Holm. She was the youngest of four sisters raised on the family farm in Black Hammer,

Minnesota, where she learned compassion, faith, and a strength in family which would guide

her throughout her life. She was baptized and confirmed at Faith Lutheran Church of Black

Hammer, a place that remained close to her heart through the years. Karen graduated from

Spring Grove High School in 1976. In 1978, she married Paul Morken at Black Hammer Church.

A few years later, they welcomed a son, Michael; their marriage ended in the early 1980's.

Karen and Michael lived in Rollingstone, MN, until moving to Winona, MN in 1997.

Karen dedicated her life to caring for others both personally and professionally. She worked her way through college as a single mom and graduated from Winona State University. She continued her education, earning a master's degree as a Licensed Professional Counselor. While working for the Police Department in La Crosse, WI, she founded a support group for troubled youth called Another Way. She was nationally recognized by the President of the United States as a community hero in the city of La Crosse for the positive impact of the program. She had the remarkable ability to make people feel heard, valued, and loved. As an accomplished EMDR therapist, she touched countless lives with her wisdom, kindness, patience and gentle spirit. Karen retired in 2024 from Peace of Mind Counseling in LaCrosse, WI.

In 2002, Karen met the love of her life and soulmate, Marcus Coleman, while attending training for work in Milwaukee, WI. Their relationship was based upon partnership, faith, and love. Their bond was one that inspired those around them – steady, enduring, and full of warmth. It was a strong, always growing partnership. Karen moved to Milwaukee with Marcus from 2003-2011. In 2011, work opportunities in La Crosse led the couple to move back to Spring Grove, Minnesota. On October 7, 2023, Karen and Marcus officially married at Faith Lutheran

Church, surrounded by the love that had carried them through more than twenty years. After Marcus passed in early 2024, Karen deeply missed the man who was her greatest companion and comfort. Those who knew them find peace in believing their souls are united once again, together in eternal love.

Karen will be greatly missed by family and friends. She had a wonderful sense of humor and was fun to be around. She loved to watch Saturday Night Live since Season one and enjoyed taking funny pictures to lighten up the moment. Karen enjoyed traveling to new places, boating with friends, and attending the MN State Fair with Michael and Shannon. She cherished spending time with her grandson Leo, whether they were going to the children's museum, playing at the park, or reading bedtime stories. Above all else, her greatest joy was her family. She was a proud, loving mother, grandmother, and sister whose home and heart were always open. Karen is survived by her son Michael (Shannon) Morken and grandson Leo Morken, who was the light of her life. She is also survived by sisters Kathy (Bruce) Anderson, Patty (Lee) Buxengard, Sue (Randy) Ellingson; aunt Dorothy Rosaaen; several cousins; many beloved nieces, nephews, and dear friends. She was preceded in death by her husband, Marcus, her parents, grandparents,

and many aunts  
and uncles. Though her family's hearts are heavy with loss, they take comfort  
in knowing she is  
now at peace in the presence of the Lord.

A committal service will be held at the Minnesota State Veterans Cemetery –  
Preston,

Minnesota on Friday, May 29 th at 2:00pm. Pastor Leonard Liptack will  
officiate. A celebration of

Karen's life will follow at American Legion Post 249 in Spring Grove, MN from  
4:00-6:00 pm.

The family is being assisted by Roble Funeral Home. In lieu of memorial, the  
family would like

donations given to Faith Lutheran Church in Black Hammer, MN.

# Cemetery Details

## Veteran's Cemetery

1112 Overlook Dr.  
Preston, MN 55965

# Previous Events

## Service

MAY **29**. 2:00 PM (CT)

Minnesota State Veteran's Cemetery  
715 US-52  
Preston, MN 55965  
(507) 765-7320

## CELEBRATION OF LIFE

MAY **29**. 4:00 PM - 7:00 PM (CT)

American Legion  
104 W Main St  
Spring Grove, MN 55974-1444  
(507) 498-3908

# Tribute Wall

JH

“ I worked with Karen at Mayo for 9 years. She was a trusted colleague & confidant. She cared so deeply about the work we do and was deeply committed to the clients she served. I had the pleasure to get to know she and Marcus. I am so grateful to have known Karen. She was a beautiful soul.  
Jill Hey

Jill Hey - May 22 at 11:29 AM

PC

“ Peace of Mind Counseling purchased the Serene Retreat for the family of Karen Lorraine Holm Coleman.



Peace of Mind Counseling - May 20 at 03:08 PM

MB

“ Melissa Buxengard lit a candle in memory of Karen Lorraine Holm Coleman



Melissa Buxengard - May 20 at 08:26 AM

MB

“ Prayers to the family! Karen was a radiant light in every room, touching the hearts of all who had the privilege of knowing her. She will be deeply and dearly missed. To her and Marcus in heaven - may you have the best eternity together!

Melissa Buxengard - May 20 at 08:24 AM

LB

“ Oh Karen, I'm extremely sad to see you leave us here - and yet so grateful to know you are with Marcus and your parents now! ☐  
You will be missed forever and memories of you will be talked about forever. It was such a blessing to have you as my Aunt and you know my entire family loved you dearly. Keep smiling down on us - and we will look forward to seeing you again at the pearly gates 😊.  
Love, Lucas

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Lucas Buxengard - May 20 at 07:01 AM

PO

“ Karen and I were both from the Spring Grove area and later lived at Rollingstone, MN at the same time. It was there that we developed a best friends relationship helping each other out and enjoying each other's company. Karen and I raised our son's both named Michael for several years as we navigated being single moms while our lives and careers were in transition. Our sons became good friends during their years at Rollingstone Elementary. And they spent many hours together at each of our homes.  
It was also during this time that I became aware of Karen's deep faith in God and that relationship gave her both strength and joy. Maybe you have also experienced that with Karen as it kept her centered and able to focus her energy on her son, friends and the people that she served over the years in her chosen career. Her faith, strength, determination, and joy inspired me to become more focused on my own relationship with God and helped me realize what it meant to be "alive in the Spirit".  
Thank you Karen for touching my life...and so many others! Even though our lives took us in different directions after Rollingstone -- your friendship and spirit remained ---and I feel it still. I know you are with God and your loved ones, and I am happy for you!  
.....Phyllis Onstad.....

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Phyllis Onstad - May 19 at 11:14 PM

LG

“ My condolences to the family. 🙏 so sorry 😞  
for your loss Michael, Shannon & Leo.



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**Linda St. Germain** - May 19 at 07:59 PM

LG

“ Linda St Germain lit a candle in memory of  
Karen Lorraine Holm Coleman



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**linda st germain** - May 19 at 07:49 PM

CC

“ Claudia M. Coleman purchased the Simply Elegan  
t Spathiphyllum for the family of Karen Lorraine  
Holm Coleman.



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**Claudia M. Coleman** - May 18 at 04:38 PM

CC

“ *My heartfelt prayers to the family! Words alone cannot express my sadness and sincere sympathy for the loss of your mother, grandmother, sister, friend . . . Sending you love, wishing you peace and praying for guidance for healing. I shall miss Karen, my friend and sister-in-Christ; and will always cherish our bond and loving memories of our moments together! May Karen enjoy eternal rest in paradise as she transitioned from elder to ancestor to be reunited with Marcus, the love of her Earthly life, Amen!*

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**Claudia M Coleman** - May 18 at 01:50 PM