

Courtney Grieta Iesalnieks Frohling, passed away at the age of 20, on February 26, 2024 after a courageous battle with cancer. Her love of life didn't come to an end with her death, and her legacy and passion for embracing and celebrating the joys of life will be carried on by her parents Mara and Ryan, her brothers Quentin and Kaleb, and by everyone who had the honor of knowing Courtney.

Courtney knew from the beginning that she wasn't going to let her cancer diagnosis define how she lived her life. She embraced a "WTF" attitude ("Worth the Fight" for those of you who didn't know the acronym). Courtney knew that she had a life worth living and made sure everyone around her knew that cancer wasn't about to slow her down. With a passion for laughter, music, outdoors, her family and friends, and making the world a better place, she used every day to create a life she wanted to live. She was attending Augustana University in Sioux Falls, where she put her incredible knowledge to use to pursue a degree in the medical field. She took road trips with friends, saw her favorite musical artists, and everyone around her felt the love and joy she exuded.

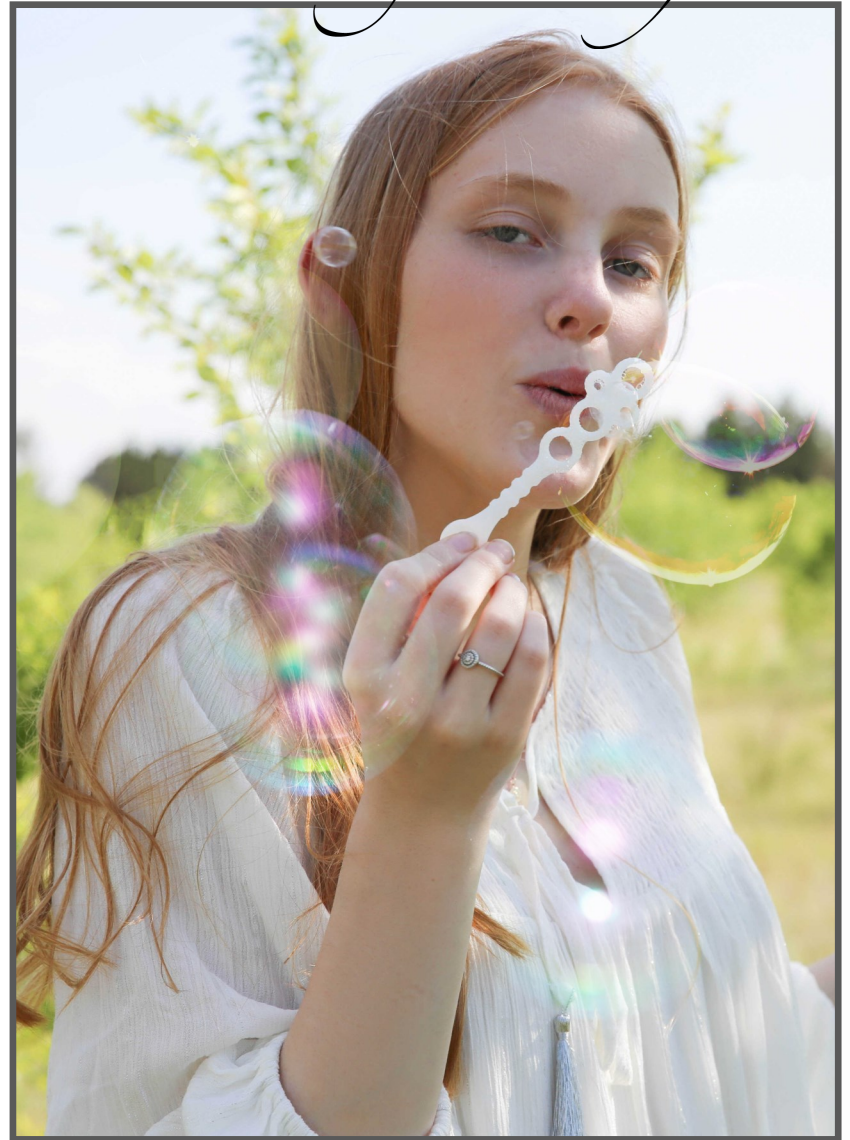
Courtney's grace in the toughest of times taught her family, friends, doctors, teachers, running partners and community the power of perseverance, persistence, and hope. Even if she didn't know it, she challenged everyone around her to embrace their faith, not make excuses and to lead a life that would reflect the passion she showed for her own. Courtney wanted those around her to embrace the sadness around her death, but to also make these hard times a celebration and a reflection of the life she lived with all of us. She will watch over us from heaven and send us "WTF" encouragements in her own special way.

Memorials can be made to:

Courage for Courtney benefit account at Magnifi Financial,
108 Judd St, PO Box 399, Perham, MN 56573 (888) 330-8482.



Celebrating THE *Life* OF



Courtney Grieta Iesalnieks Frohling
November 9, 2003 ~ February 26, 2024

"So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy...I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."

John 16:22, 33 NIV



Funeral Service

Monday, March 4, 2024 at 11:00 a.m.
St. Paul's Lutheran Church
Perham, Minnesota

Officiated By

Pastor Andrew Ratcliffe

Musicians

Amy Bochman
Pastor Andrew Ratcliffe

Casket Bearers

Quentin Frohling - Kaleb Frohling - Luke Brockman
Micah Henschen - Ben Iesalnieks

Honorary Casket Bearers

Larisa Brockman - Maddie Brockman - Preethy Brockman
Rebekah Henschen - Marga Weber

Interment

St. Paul's Lutheran Cemetery
Perham, Minnesota