

*sudSSpirit* Bereavement Support Group is available to those who have experienced the Sudden Unexpected Death of a Spouse or significant other and are Survivors in Participation to Inform, Renew, Improve and Triumph.

*sudSSpirit is . . .*

A place where a common bond develops among strangers.

A place where sensitivity, care and compassion is there to help you.

A place where you know you are understood and not judged.

A place where hope, encouragement, faith, renewal and survival eventually become a reality.

“What we have once enjoyed, we can never lose. All that we love deeply becomes a part of us.” — *Helen Keller*

“My grief and pain are mine. I have earned them, they are part of me. Only in feeling them do I open myself to the lessons they can teach.”

— *Anne Wilson Schaff*

“Memory nourishes the heart, and grief abates.” — *Marcel Proust*



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BEREAVEMENT  
SUPPORT  
GROUP

For more  
information,  
call  
(717) 866-2401

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Together We Can Help  
Each Other Heal



BEREAVEMENT  
SUPPORT  
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**O**n January 16, 2006, Dominic Murgido's life changed in an instant when his wife of 26 and half years was killed in a fatal vehicle accident when a tractor trailer ran a red light in Brecknock Township, Berks County. His wife, Sue, celebrated her 48th birthday with him just three days prior. Dominic became a survivor of the sudden unexpected death of his spouse.

sudSSpirit Bereavement Support group was created in April, 2008 from a need to help those that suffer from the tragic, sudden, and unexpected death of a spouse or significant other. Recognizing this kind of loss to be very different in emotions and healing, and no group specifically addressing this issue was in existence, Dominic started one.

It was Dominic's desire to try to coordinate a time and a place that would bring people together that experienced specifically the sudden unexpected death of a spouse just like he did. The intention was to facilitate such a group that would work together to express feelings and share their stories of their loss. This would help people come to terms with their new role, realize that they are not alone, and slowly heal and become improved in their "new" life without their spouse or significant other. Within an informal group setting, people would help each other cope as they move forward through the grieving process.

The loss of one's spouse is horrific in it-self, but when it occurs when no one was expecting it and so suddenly, the grief takes on a dimension all its own and propels us into a life changing situation. Our grief is unique in that it regards a wife or a husband, a soul mate, a friend, a companion, perhaps the mother or father of our children.

This terrible untimely loss will affect us in ways that most other losses do not. It is monumental just in the understanding of the thought that we will no longer be with our spouse again physically. The feelings associated with this can be difficult to deal with alone and hard to accept in our "new" life without them.

Providing a non judgmental environment for those that are survivors of the sudden unexpected death of a spouse or significant other is the first step towards a sense of healing and peace. The ongoing informal gathering that meets monthly allows those that attend to feel free to participate in conversation that is confidential to the group

The group will meet in an open forum and there will be one or two topics each month to discuss along with handouts. We encourage the sharing of thoughts, feelings, what works for us, what doesn't, the difficult times, the sad moments, the ways that we can become accepting and better with time. We must be able to move forward with our lives without forgetting about our important past with our spouses. Participation in the group is FREE and monthly attendance is not mandatory.

*This group is facilitated by someone who is not a therapist or counselor. They are one of you, a survivor of the sudden unexpected death of a spouse or significant other.*

## **Our mission is simple:**

**sudSSpirit** wants to provide you with a supplemental group experience in addition to professional therapy and /or counseling sessions that are currently happening in the lives of those interested.

**sudSSpirit** does not take the place of professional guidance and we encourage you to seek therapy as required.

**sudSSpirit** wants to provide a comfortable setting with a sense of community among those in attendance. People should feel free to communicate and share feelings as it pertains to their journey through the grieving process.

**sudSSpirit** wants those in attendance to realize that they are not alone with this problem and the group is available to provide infinite support.

