

**Sudden Unexpected Death of a Spouse  
Bereavement Support Group**

# sudSSpirit

## Quarterly Newsletter

**This Issue  
is Dedicated  
To Our Loved  
Ones Who  
Passed In 2008**

Dominic Murgido - Editor

## Welcome from the Editor

### Happy New Year!

sudSSpirit Quarterly Newsletter has been created as a direct result of a Bereavement Support Group of the same name, **sudSSpirit**. **sudSSpirit** stands for "Sudden Unexpected Death of a Spouse — Survivors in Participation to Inform, Renew, Improve and Triumph."

It's a place where a common bond develops among strangers. A place where sensitivity, care, and compassion exists to help you. A place that you know you are understood and not judged. A place of hope, belief, encouragement, faith, renewal and survival.

This group was founded in April, 2008 by Dominic Murgido who saw the need to help those that suffer from the tragic, sudden, unexpected death of a spouse as he had. Whether your loss is recent or it's been many years, you are welcome to be part of our group for as long as you want to be.

The group meets monthly on the 4th Monday of each month at the Exeter Community Library at 6:15pm. We encourage you to contact us for more information at [sudsspirit@gmail.com](mailto:sudsspirit@gmail.com) or call 610-779-6809.

**Coming in Spring, 2009 —**  
[www.sudsspirit.com](http://www.sudsspirit.com)



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## Alone by Richard Nabinger

I woke up in the morning and turned to wake you, you were not there,  
I was alone and it hurt.  
I went to breakfast and you were not there,  
I was alone and it hurt.  
As I read the paper, I started to share an article with you. You were not there,  
I was alone and it hurt.  
I heard from our son about a new job and how our grandchildren are doing.  
You were not there to share.  
I was alone and it hurt.  
I am surrounded by family and friends. You are not there.  
I am alone and it hurts.  
I got ready for bed at the end of the day and found you in my heart.  
I am still alone, but it doesn't hurt as much.

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**Together we can help each other heal!**

## New Year, New Beginnings, Old Feelings, Fond Memories

by Dominic Murgido




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*Time matters ...  
and what you  
do with it is  
even more  
important.*

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Happy New Year 2009! Do you remember when the big deal was “the year 2000”?

Time moves so quickly as we all get older. The seasons seem to change faster. Our lives can become more complex and emotional as we continue with our grieving process as the year advances to a fresh new number.

So much of our lives are based on Time. Time to learn, to be educated, to grow, to understand, to encourage, to be liked, to love, to be in a relationship, to marry, to have children, to own a home, to celebrate, to be in sadness, to grieve. We often say that “there isn’t enough time” or “when I have time, I will ...” or “there is no time”. We talk about time, we experience time and hopefully we are able to spend the right amount of time doing the things we love to do. We also hope that we are able to spend the most amount of our time with those we love.

Time is something that when lost, not given, or taken away from you cannot return to you. Time matters ... and what you do with it is even more important.

As a new year begins, people like to reflect on time past and look forward to time in the future. Those of us that grieve the loss of a loved one, look at time a little differently. Time can be a burden to us, perhaps there is too much time to think about there being too much time when alone. We tend to look at the next 12 months as being another hurdle to get through with all of the special dates that used to be part of our lives when we were with our spouse. This will get easier — in time.

Our attitude and outlook should gradually develop to accept those things that we cannot change — sound familiar? We have to be able to have the desire to move on even if it is in a little sort of way. Moving on is difficult for many of us. Some of us are living in the past yet ... relishing those wonderful moments we shared with our husband or wife. There is nothing wrong with that, and you can always remember those fond memories and old feelings. No one can take that away from you. You cannot be satisfied with that though, you must develop the courage to move forward; and when that mood strikes you, you will take a step in the right direction. A step that may take you to a place in your life that you can have those fond memories and old feelings as well as the new beginnings of a new year and new life.

What can we do to become closer to the old self we once knew we were? What activities did we stop doing or places we stopped going to? Who is in our circle of friends? Who isn’t? What can we do to change that? Is there something we always wanted to try, but never did; a place we wanted to visit, but never went? Maybe this is the time to think of moving closer to these kind of opportunities to reach out, discover and be a part of a new experience in our life.

I know this is easier said than done. But we all must try to become better at this, myself included. Taking the chance, the opportunity, the courage to take a small step towards a small recovery of ourselves

in the New Year will help promote and foster a small sample of a new beginning for our lives. In the end, wherever that is, we will become stronger and better at who we are. Let's face it — we are new people now without our spouse. We are different, we are changeable, and we need to recognize this in order for us to be more comfortable with who we are to become in this New Year and in our life.

## Small Signs by Sascha

Since grief can make us lose many of our own deep feelings, we often disregard what small signs of love we are given by those who are in our life.

When grief makes us lonely, it is difficult to appreciate the small affections, attentions, or connections which come to us.

But those small signs of loving attention do deserve notice. If we let them touch us, they will give us warmth and strength and hope.

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## No Tears in Heaven

by Karen DiRenzo, Brooklyn, Ohio

The memories that I have of my late husband are still very real to me, still very painful but also happy. I find comfort in the fact that my spouse had no choice about leaving me. He was taken from me. He didn't walk away. He loved me very much, as I loved him.

Sometimes when I get wrapped up in how lonely and unhappy I feel, I like to think about what he is experiencing now. I think of him in a place where there is no sadness and no tears — only joy and peace; a place that is so beautiful all the time I imagine it's like spring everyday; a place where you don't have to worry about money or grocery shopping or anything; a place where everything is perfect. And *he* gets to stay there!

He shared my life with me and we were completely happy. I can only imagine how happy he must be now in such a paradise. My only sorrow is that I can not share it with him — at least not just now. I can only hope that someday I will join him and experience the joy and happiness that he now knows.

These thoughts have comforted me during the long, lonely nights of being a widow. I find joy in knowing that my loved one is safe and completely happy. This gives me a reason to go on. **THIS GIVES ME HOPE.**

I have let go of my loved one by telling him, in my own way, that I am happy because he is content and free of pain. I loved him unconditionally. I loved him so much that even if I could have him back, I wouldn't ask because he is too ultimately happy.

For me, this is the meaning of true love; loving enough to be able to *let go*.

*Reprinted with permission from Bereavement Magazine, January 1993 through Hope for Bereaved, Inc., Syracuse, NY*

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Monday at 6:15pm  
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For more information, contact  
Dominic Murgido — Founder  
Phone: 610-779-6809  
E-mail: [sudsspirit@gmail.com](mailto:sudsspirit@gmail.com)

**SUDSSPIRIT**

# Thoughts To Ponder



"I can choose to sit in perpetual sadness, immobilized by the gravity of my loss, or I can choose to rise from the pain and treasure the most precious gift I have — life itself."

...Walter Anderson

"The experience of grief is a great gift ... for the heart that breaks is just opening again."

... Sharon Callahan

"The only courage that matters is the kind that gets you from one moment to the next."

... Mignon McLaughlin

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- ## Resources
- Bereavement Support*
- 
- ? Family Guidance Center...610-374-4963
  - ? Berks Visiting Nurses ... 610-378-0481
  - ? Caron Counseling Services ... 800-678-2332
  - ? Berks Counseling Center ... 610-373-4281
  - ? Mental Health Assn of Reading
  - ? and Berks County ... 610-775-3000
  - ? St. Joseph's Spiritual Care ... 610-378-2297
  - ? Reading Hospital ... 610-988-8070
  - ? Compassionate Care Hospice...800-777-5109
  - ? sudSSpirit ...610-779-6809/sudsspirit@gmail.com
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# Book Review



**Chicken Soup for the Grieving Soul**  
by Jack Canfield and Mark Victor Hansen, 2003

Another fine addition to the Chicken Soup for the Soul Series, this book explores stories that provide insight, coping, healing, and support about overcoming the loss of a loved one. This collection of stories provides a valuable resource to those that are grieving as well as their family and friends to help them through the grieving process. The message throughout the book is that you are not alone, all of society shares in the experience of loss and sadness. Every life has a meaning and there is so much caring and compassion out there for all of us to become stronger as we move forward with our lives.

— Editor

# GRIEF

Grief is a strange phenomenon — it's like going through a storm with sheets of rain flowing from your heart and stumbling to find your way out only to realize that to heal you have to go through it and not around it — there is no escaping it; it is part of living and acceptance of your grief.

Tina Creswell

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