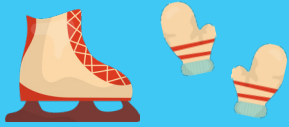


SUDDEN UNEXPECTED DEATH OF A SPOUSE
BEREAVEMENT SUPPORT GROUP



dominicmurgido.com

Quarterly Newsletter

THIS ISSUE IS DEDICATED IN
LOVING MEMORY OF...

Ellen Perry Berkely
Marie Caruano

WINTER 2025

Volume 17, Issue 2

Welcome *from the Editor*

Happy New Year!

If this is the first time you are reading our newsletter, Thank you and Welcome! This newsletter is published four times per year and is available to anyone for free forever because all of them since 2008 are now on our website www.dominicmurgido.com under the **sudSSpirit** tab.

Inside this issue, there is reference to new beginnings and recognizing the new year as well as a comparison of a cut finger to grief. There is also a new life change that I have recognized.

Social media posts concerning **sudSSpirit** are now on my personal facebook page: www.facebook.com/dominic.murgido. Please check out my website: www.dominicmurgido.com for more information.

sudSSpirit was founded in 2008 to help provide a place of comfort, compassion, and hope for those that have experienced a sudden unexpected death of their spouse or significant other. Meetings are held monthly in Reading, PA. All meetings are Free, and No registration is required. **sudSSpirit** stands for "Sudden Unexpected Death of a Spouse – Survivors in Participation to Inform, Renew, Improve, and Triumph."

We also have a list of resources for support inside that may be helpful to you. Additional grief resources, videos, suggested books to read, and past issues of this newsletter can be found at www.dominicmurgido.com. You may also contact the editor/founder directly at 717-866-2401 or sudspirit@gmail.com

or dmurgido@gmail.com
or www.dominicmurgido.com

A huge THANK YOU to those that have been long time supporters of our group such as other grief support groups, churches, social service agencies and the Exeter Community Library. A thank you to all of the past attendees that have been helped and to the current attendees for believing in **sudSSpirit** as a helpful resource to help you in your time of need. **Together, We Can Help Each Other Heal.**

Find your Support
Pursue your Strength
Fuel your Spirit
www.dominicmurgido.com

An Entry From My Journal



"Why do I feel abandoned as I drive home from a lunch or dinner with someone? There is an emptiness in my heart, and then upon arrival home, I feel isolated and alone and just want to go to bed and not deal with anything."

-Editor

Dominic Murgido - Editor

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Quarterly Quote -Editor

"It's just something that I walk around with. You just have a broken heart, and that's just the way it is, and you learn to live with these holes and the sadness and the pain, and the love and the yearning and the missing and the confusion and all of it. It's very complicated. I think you just have to allow grief to be there."

-Riley Keough,
Author/daughter of
Lisa Marie Presley

Together, we can help each other heal



717-866-2401 / dominicmurgido.com

Resources

-Editor

www.dominicmurgido.com

St. Joseph's Spiritual Care, St. Joseph Medical Center

bereavement@pennstatehealth.psu.edu
610-378-2297

Family Guidance Center

www.familyguidancecenter.com
610-374-4963

Clear Water Wellness

www.cwwellness.com
610-750-9096

Greater Reading Mental Health Alliance

www.grmha.org
610-775-3000

Diakon/Lutheran Home at Topton

www.diakon.org/fls/NPLoss.asp
610-682-1337 / 877-342-5667

Lori Kuhn, RN-BC

Grief Recovery Method Specialist

www.lorikuhngriefrecovery.com
610-334-9845

Pathways Center for Grief & Loss

www.pathwaysthroughgrief.org
800-924-7610

<https://www.211.org>

www.speakinggrief.org

www.save.org (suicide loss)

www.griefshare.org

www.grief.com (David Kessler)

www.opentohope.com

www.unitedway.org

(bereavement support)

www.healingenergy.world



Life Change 4: My next chapter until...

by Dominic Murgido

In the book, *Life Changes While Grieving*, I took my grief timeline and divided it into three Life Changes. The last life change began after the death of my dog Hal, as I struggled to continue without his support and unconditional love that he supplied to me for the first twelve years of my grief journey. I didn't realize that a change was coming, nor did I label these transitions of life as changes at all. Not until I looked back at my new life without my wife did I come to realize that life itself changes while grieving,

Life Change 3 lasted from January 2018 till the Fall of 2023. It was at that time that some friends and acquaintances began to ask the question of how long it has been since my wife, Sue, died. Saying the number of years it has been out loud repeatedly over the course of a few months stirred something inside of me and not in a good way. I became more unsettled, anxious, and uncertain and really began to focus on the loss I experienced. I felt sad, depressed, and so very alone.

It is unknown what made me react in this way, and there are times we never will know. It is during this time you must re-think your life situation and decide on a new approach of how you look at things. And, at times, you can't do this alone.

As I have done many times before, I sought help with these thoughts and feelings that I was having. The help I received lasted most of the following year, and even as I write this, I am a work in progress trying to understand and focus my energy on the person I am and how to manage some of the troubled thoughts that I experience. So now, I am in Life Change 4, and if anything, it shows me the progress I am making because I own it and accept it.

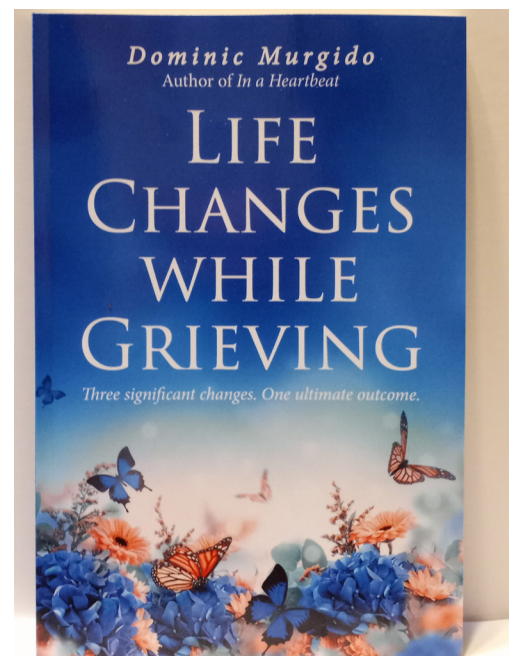
I share this with you because it is important to know that grief is with us, always and forever. Where there

was great love, there will be grief. As the years increase since your loss, your individual grief will come to the surface less, but be warned, it is still there and lurking in your sub-conscious.

If I learned anything on this journey of grief and life, it is that life changes can be both negative and positive. I think every one of us who grieves goes through life changes at different times during our grief journey that intersects with our continuing lives. None of us has the same circumstances, so our changes will be totally different from each other. And most of us will not even recognize the life change when it is happening. We will continue on not knowing that we just crossed an invisible line that puts us in another place, a place that is hopefully better than where we have been.

I recognize and continue to acknowledge the changes that I personally went through, the causation of the changes, and the results that transformed me into another person in another chapter (life change) in this new life of mine.

Be kind. Be grateful. Be positive. Help others when you can. Don't take your loved ones for granted. Don't fear asking for guidance and help. Please know that you are not alone in whatever hardship you are facing.



When You're Not Feeling the "Happy New Year" Spirit

by Jill S. Cohen, Family Grief Counselor

Time can stand still when you're grieving. Days turn into nights and weeks, and you find you're still grieving. Maybe you have optimistic times, thwarted by pessimistic ones. Maybe you are so confused as to what and how you're supposed to be doing that you're just stuck.

Then, here comes the BIG NEW YEAR'S HOLIDAY that seemingly everyone seems to prepare for and celebrate. All this, while you still want to crawl under the covers. So, what can you do when you find the world around you filled with exclamations of Happy New Year and suggestions offering up the possibility of a new and happy year and a "new" you?

You may want to shout back, "No. It's a NEW YEAR, SAME ME." and tell them to just leave you alone. You're not in the mood right now to plan exotic adventures, get impressive new jobs or find the love of your life.

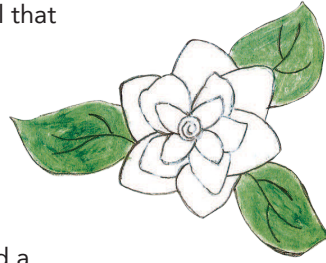
For grievers, it can be daunting to see a whole new year stretching out in front of them. It's scary to think that the new year may not feel much better than the previous one. If you're feeling gloomy and isolated, you may not be alone with those feelings this year. Even those who are not grieving the death of a loved one, are living with the losses and isolation as the aftermath of the pandemic, and the loss of community and togetherness.

No matter where you are in your grief process, the arrival of a new year may feel very "charged" and "emotional" for you. Consider the following thoughts.

If your loss was recent, sudden, or unexpected, you might experience it as a shock, as if you're living a bad dream or someone else's life, trying desperately to get back to your "old" life. The last thing on your mind might be the challenge of a new year. As your grief moves in time, you'll at some point believe that it's necessary to look at the new year with interest and wonderment about what it could be like. You may actually want to open the new year for change.

Give yourself a mental rest. Acknowledge that YOU HAD A REALLY HARD YEAR. Take a little time out for yourself to do even

something small that makes you feel alive. Consider starting the year off by getting the support you deserve as you grieve. Find a bereavement support group or a grief counselor, and start to do the work of healing and recovery.



Don't make a New Year's resolution to be less sad. People often think they want to "quit grieving" at the beginning of the year. And then, they are more upset when the resolution is broken. And "sad" isn't really something you can turn off with the flip of a switch after a loved one dies. It's normal to feel even more alone on New Year's as you watch others celebrating and making plans for the new year with great gusto. When you're grieving, there is a poignancy to the notion of time, and New Year's can be a cold reminder of its passage.

Allow yourself some "alone" time to grieve. Let grief be a part of your New Year. You can return to celebrations another year, when you are more ready.

Don't worry yourself with the typical resolutions to eat right, exercise more, start journaling, be more organized, or whatever you may have done in the past. Resolve this year to honor your feelings and allow grief to be one of them. This year, your grief is an opportunity to honor the relationship with your deceased loved one. So, handle yourself and your grief with gentle care.

THE YEAR OF LETTING GO: This could be your year of letting go of all the expectations you've put upon yourself. You won't ever let go of your love for the deceased, but to begin to heal, you need to let go of the idea that your life can remain the same as it was prior to the death of your loved one.

When you start judging your grieving process (too much, too little, too mad, too sad, etc), let go and understand that whatever you are feeling at that time is normal and natural. You will feel different ways until at some point, you adjust to your "new normal."

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Jillgriefcounselor.com 2023



sudSSpirit
Bereavement
Support Group
meets monthly.

Berks Chapter
Reading, PA
4th Tues. of the month
6 PM

Exeter Community Library
4569 Prestwick Drive
Reading, PA 19606

sudsspirit@gmail.com
dmurgido@gmail.com

www.dominicmurgido.com
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-Editor



Believe in New Beginnings

by Ligia M. Houben, MA, CG-C, CPC

When we face a difficult transition or a loss, we may think our life is over...that we don't have any hope, or that we don't have options.

My purpose in life is to help people embrace hope and make them believe in new beginnings. Because...this is possible. I have gone through so many losses in my life when I thought my life was over...and I found resources inside myself to keep on going and believe there was a tomorrow.

Every day is a new beginning. When the sun rises, it is an opportunity to start with new strength, renewed hopes and the self-confidence we can make it. Have faith you can do it...and you will! It doesn't

happen without commitment and effort...but it is possible. The first step is to recognize we are facing a loss... or that we have a loss from the past that is still blocking our growth and development. Do you think this time you can make the decision to face it, process the grief, and transform your life?



You can do it! Remember, as you transform your loss, you can change your life!

**Reprinted with permission:
HOPELine Newsletter,
December 2010**

A Cut Finger

A cut finger is numb before it bleeds, it bleeds before it hurts, it hurts until it begins to heal, it forms a scab and itches until finally, the scab is gone and a small scar is left where once there was a wound.

Grief is the deepest wound you ever had. Like a cut finger, it goes through stages, and leaves a scar.

-Source unknown



Book Review

Awakening Through Grief: A Spiritual Journey of Healing and Transformation After Loss

by Angela Clement



From the introduction to the final message by the author, this newly published book concerning grief is a complete guide to help you along your grief journey. Angela tells her story providing a glimpse within her world and offers suggestions on how each of us can deal with our loss during the spiritual journey we are on. The author divides her book into four parts that include such topics like energy healing, the grieving brain, messages from our loved ones, facing

fears, acceptance and surrender, and resilience. Angela closes each chapter with exercises to take part in, journal questions, or a call to action. It is all great stuff to help you reflect on your grief journey and enable you to see the light. The reader will feel the author's emotions and insights. Highly recommended! For additional information: HealingEnergy.world

-Editor

Thoughts to Ponder

"Grief is in two parts. The first is loss. The second is the remaking of life."

-Anne Roiphe

"I am not what happened to me. I am what I choose to become."

-Carl Jung

"To forgive is to set a prisoner free and discover that the prisoner is you."

-Louis B. Smedes

-Editor

