



sudS Spirit

dominicmurgido.com



Quarterly Newsletter

THIS ISSUE IS DEDICATED IN
LOVING MEMORY OF...

Louree Juste
Mark D. Drey

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Welcome *from the Editor*

I don't believe that anyone who has lost a loved one can say that their life has continued on uninterrupted from how it was since their death. It becomes different. Everything changes. Grief will stay with you through the years. I'm not talking the gut-wrenching raw emotion that occurred in the first few days, weeks, months of the loss you experienced. As time passes the worst grief is softened and will eventually end up in the background of your life, possibly in your subconscious.

You will experience happiness again. You will smile and laugh again. You will always remember them and love them as you make choices for your future. Making choices always comes with risks, and there is that possibility of regrets at times. Don't let that discourage you. Everyday life is a risk, and without risk, there is no life to be had.

sudSSpirit, founded in 2008, stands for "Sudden Unexpected Death of a Spouse – Survivors in Participation to Inform, Renew, Improve, and Triumph." 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.



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 sudsspirit@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.

Entries From My Journal



"I am amazed at how much of your past life is in still photos and how they capture the essence of life as you knew it at the time. Forever frozen in a time you once knew."

"Sometimes you find yourself doing things you would normally not do and, in another respect, you don't do things anymore because those things were ones that involved a couple, not a single person."

-Editor

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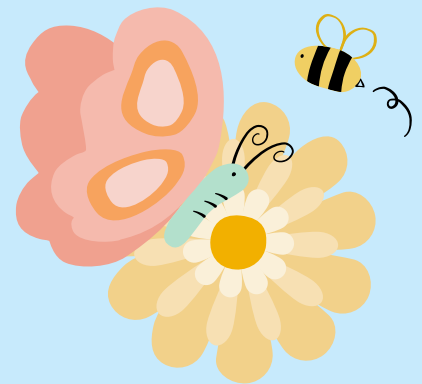
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"How far you go in life depends on your being tender with the young, compassionate with the aged, sympathetic with the striving and tolerant of the weak and strong; because someday in life you will have been all of these."

-George Washington Carver

Resources

-Editor

www.dominicismurgido.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



Inside

by Dominic Murgido

If we never talk with anyone concerning our own personal feelings, thoughts, memories, or ambitions, no one will ever know what we are all about. Under regular circumstances such as everyday life, this can be a problem with our own socialization as an individual person, sibling, mother, father, friend. When you place grief in the situation, it takes on a whole new meaning that can have a significant effect on you and your behavior.

Keeping things inside is not healthy for you. Grief is very isolating, and the more times it is emphasized that you are not alone in your grief, the better we will be able to accept this and desire to share our thoughts and feelings with other like-minded people.

I look back at myself and consider that I am different. A man who was not in the least hesitant to tell people how much I was hurting, crying in public without fear, and asking for help from anyone who can guide me as to where to go and whom to call. I was searching to find some kind of comfort and relief to the pain I was experiencing. Most men, not all, wouldn't be doing that. They would keep things inside. They would try to get through it on their own. They would ignore their feelings and inquiries from friends, co-workers, and family. They would lose sleep, have no appetite, refuse to seek medical advice or therapy and be miserable and negative going forward. Some would act like it never happened despite the heartache they were experiencing and try to make immediate changes proving to those around them that they are fine even though they really aren't. They don't want to be known that they can't handle this on their own even if it is destroying the person they are.

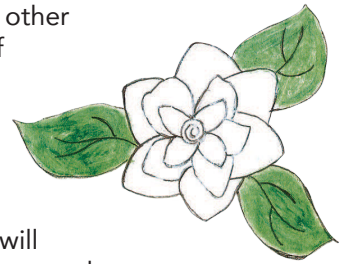
Most women, not all, wear their hearts on their sleeve and will be open and honest with how they are feeling after the loss of a loved one. I believe an incredible bond exists among women

to help each other regardless of what the need is at the time.

They will not keep it inside. They will share their fears and seek help and guidance from friends, family and co-workers. They would seek medical attention if needed and certainly would feel more receptive to therapy or support. They realize that keeping things inside is harmful to them and their behavior and how they interact with others.

Those who know me, read my books, attended my support group, or hear me speak at events know that I am vocal about my own grief journey. I think it is important to share with others what we have been through. Through sharing, we can make a difference within ourselves and help others know that they are not alone and that there are so many of us out there that have been through similar situations that at one time seemed unbearable. By sharing, we can open the dialogue that everyone is afraid to talk about – death. It is such a part of life, and we need, as a society, to feel more comfortable talking about it.

I truly hope that we become better at this and stop keeping things inside. We need to be there for each other and remove the taboo of talking about death. Together, we can help each other heal.



Find your
Support

Pursue your
Strength

Fuel your
Spirit

www.dominicismurgido.com

Getting Through the Sadness

by Karen Rowinsky

Many say the first year after the loss of a loved one is the hardest, but most people find that different seasons or dates bring up sadness and feelings of grief years after our loved one has died. There are things we can do to ease our pain during these seasons of sadness, no matter when they occur.

I've never really been a summer person, but since 1994, the dog days of summer have really become my season of sadness. My first husband died on August 19th of that year. Ever since, the weeks surrounding that date have been difficult for me.

Most people mark their anniversaries – the celebration of birthdays, holidays, and days significant to us for one reason or another. After a loss, those anniversaries can be quite painful. I, personally, have found the days and weeks leading up to each anniversary date to be harder than the date itself. I call this anticipatory grief.

The dictionary defines grief as, "keen mental suffering, distress over affliction or loss, and sharp sadness." We often associate grieving with the death of a loved one, but we can grieve anytime we suffer a loss. We can grieve over the loss of a job, a relationship, or our health. We can grieve when we move from a home, have financial difficulties, or do not realize a dream. We can grieve alone, as a family or community.

While we share the experience of grieving with every other person on this planet, the way we grieve is unique to each of us. Some describe the act of grieving in different stages. Yet grieving is not a linear experience but a process that weaves through the fabric of our life. While the intensity of our grief can ebb and flow, there are no time boundaries to our grief. Even if our loss occurred years ago, we can experience grief at any time. Sometimes our grief surprises us, as if it is saying, "Hey, I'm not done with you yet!"

I've had a love/hate relationship with my grief. Grief is good; it just hurts so badly. Because I had experienced many losses prior to my husband's death, I was familiar with grieving and healthy ways to do it. In the days, weeks, and months after my husband's death, I even welcomed those times of intense sadness and pain because in some way, they made me feel closer to him. But,

when my heart began aching, my natural inclination was to run away from the feelings rather than let them wash over me. I had to constantly remind myself to just "be" in my grief.

I have found the following helpful during my seasons of sadness:

- Embrace your grief
- Experience your uniqueness
- Be kind to yourself
- Express yourself
- Surround yourself with love

We need to honor our losses by letting ourselves grieve them. Life has many seasons of sadness. Just like spring follows winter, our sorrow is eventually followed by joy. We need both to truly make our life work.

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HOPELine newsletter, October 2010



Thoughts to Ponder

"To take the first step in faith, you don't have to see the whole staircase: just take the first step."
-Dr. Martin Luther King Jr.

"There are only two ways of spreading light – to be the candle or the mirror that reflects it."

-Edith Wharton,
American Writer

-Editor



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
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www.dominicmurgido.com
717-866-2401

-Editor



Navigating the Spiritual Path of Grief: A Journey Through Healing

Grief is a profound and transformative experience that touches the core of our being. As we navigate the tumultuous waters of loss, many find solace and guidance on a spiritual path. We will explore the spiritual dimensions of grief, delving into how this journey can catalyze profound inner transformation and healing.

Embracing the Sacred Cycle of Grief

Grief, often seen as a painful journey, can also be viewed as a sacred cycle. Embracing the ebb and flow of emotions allows us to connect with the spiritual essence of our humanity. As we navigate through denial, anger, bargaining, depression, and acceptance, we embark on a soulful journey that mirrors the cycles of life, death, and rebirth.

Connecting with Higher Realms

The spiritual path of grief invites us to connect with higher realms and seek meaning beyond the tangible world. Through prayer, meditation, or rituals, individuals often find a bridge to the divine that provides comfort, guidance, and a sense of purpose during profound loss.

Transformative Power of Reflection

Grief serves as a mirror, reflecting our deepest fears, hopes, and unresolved issues. By engaging in self-reflection, individuals on the spiritual path of grief can uncover hidden aspects of themselves, leading to personal growth and an increased understanding of the interconnectedness of all things.

Sacred Rituals and Ceremonies

Many cultures have sacred rituals and ceremonies to honor and remember the departed. These rituals provide a sense of closure and open a channel for

spiritual connection. Whether through candle lighting, prayer circles, or other symbolic acts, these ceremonies become a conduit for expressing grief and finding solace in the spiritual realm.

Communing with Nature

Nature has long been considered a powerful healer. The spiritual path of grief often involves spending time in natural surroundings, allowing the beauty and tranquility of the outdoors to provide comfort and perspective. Connecting with the elements can foster a sense of unity with the universe, promoting healing on a deep, spiritual level.

Seeking Guidance from Spiritual Teachers

Many turn to spiritual leaders, counselors, or trusted guides for support on their journey through grief. Through religious teachings, philosophical wisdom, or personal guidance, these mentors can provide valuable insights and help individuals navigate the complex emotions accompanying loss.



The spiritual path of grief is a transformative journey that invites individuals to explore the depths of their souls, connect with higher realms, and find meaning in the face of loss. By embracing the sacred cycle of grief, engaging in self-reflection, participating in rituals, communing with nature, and seeking guidance, one can navigate this profound experience with a sense of purpose and healing. As we honor the spiritual dimensions of grief, we discover that even in the darkest moments, there is a potential for profound inner transformation and a reconnection with the eternal essence of life.

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stillwaterhospice.com**

Mission Statement

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.

For additional information: www.dominicismurgido.com