

SUDDEN UNEXPECTED DEATH OF A SPOUSE  
BEREAVEMENT SUPPORT GROUP



*sudS Spirit*



dominicmurgido.com

Quarterly Newsletter

## THIS ISSUE IS DEDICATED IN LOVING MEMORY OF...

The hundreds of lives lost associated with the London-bound flight of an Air-India Boeing 787 that crashed within minutes of take-off from India on June 12, 2025

SUMMER 2025

Volume 17, Issue 4

## Welcome *from the Editor*

Some thoughts.

We are all "broken" to some degree and in some way. Being "broken" can help us with insight, compassion, power, kindness, appreciation, love, encouragement, and a will to be able to help ourselves and at times help others. Most times we think being "broken" is negative and we are losers. We only become losers when we don't make something out of heartache and disappointment of being broken.

It's up to you to have hope and try to make it better for yourself. No two people are the same in how or what they do to become better. You cannot compare yourself to anyone else's progress or lack of progress. It's individual. It's unique. It's what you choose. It's what you do.

**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](http://www.facebook.com/dominic.murgido).

Please check out my website:

[www.dominicmurgido.com](http://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](http://www.dominicmurgido.com). You may also contact the editor/founder directly at

717-866-2401

or [sudsspirit@gmail.com](mailto:sudsspirit@gmail.com)

or [dmurgido@gmail.com](mailto:dmurgido@gmail.com)

or [www.dominicmurgido.com](http://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](http://www.dominicmurgido.com)

## Entries From My Journal



"There is more to life and death than we can possibly understand; death is not a stopping place but a gate to pass through."

"Whatever the present suffering, there is an end. Crying may endure for a night, but joy comes in the morning."

"Events in life are more prominent and sadder when you are alone. Even weather events like a snow storm, a spring rain, or a cool fall day."

-Editor

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## Quarterly Quote -Editor

"Loss is a natural part of life. Something is born, and something dies. It takes time to get through the grieving process. By accepting your feelings and moving through them, you can begin to pick up the pieces of your life and go on."

-James Van Praagh

Together, we can help each other heal



717-866-2401 / [dominicmurgido.com](http://dominicmurgido.com)

## 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](http://www.speakinggrief.org)

[www.save.org](http://www.save.org) (suicide loss)

[www.griefshare.org](http://www.griefshare.org)

[www.grief.com](http://www.grief.com) (David Kessler)

[www.opentohope.com](http://www.opentohope.com)

[www.unitedway.org](http://www.unitedway.org)

(bereavement support)

[www.healingenergy.world](http://www.healingenergy.world)



## A Sign From Heaven? Maybe.

by Dominic Murgido

Up early on a summer Saturday morning and getting dressed to take a morning walk. Opening a dresser drawer to pick out a t-shirt to wear with my shorts for the day. And as I pull out the t-shirt, I hear something click like against the bottom of the dresser drawer. I see in front of me plain as day – a bobby pin. I did a double blink of the eyes, and the hair on my arms began to stand up.

This dresser drawer has held t-shirts forever, in and out, week by week, year after year for many years in three different bedrooms in three homes in two states. This dresser, along with the rest of this four-piece bedroom set, was purchased by my wife and I in the 90's. Sue always wanted a sleigh bed, and that's what we got when we purchased this bedroom set shortly after the move into our single home at the time.

Up until 2006, this dresser contained Sue's clothing while my clothing was in the chest of drawers. Since her death, I have taken over the dresser with my clothing, and, all this time, I have never seen a bobby pin. Besides moving to relocate multiple times and the emptying of these very drawers in the process, I have never come across a bobby pin. In the last six years, I have moved this very dresser twice out of the bedroom for painting of the bedroom and carpet installation and with drawers emptied and removed, no bobby pin.

So how did this bobby pin get there? Where has this bobby pin been all this time, and why show up now? It's not possible that I have missed seeing it, especially looking back at all the movement and repeated emptying of drawers of this dresser. A physical sign for sure, with no reasonable explanation as to how it got there. Interestingly, I did dream about my wife the night before.

I think about her daily, but I'm not seeing this kind of activity daily. Is she showing me a sign like finding a dime



or other coin, seeing a cardinal or a butterfly, playing a song on the radio, or making the lights come on? All of which has happened to me over the years among other signs. Signs from our loved ones are just about everywhere as long as you are open to them and believe. But don't expect them daily. Signs will come on their own time and place, and, most times, it is when you least expect them.

After the shock I had upon this discovery, I smiled and thanked her out loud in the bedroom. I think I'll hold onto this bobby pin and put it in a place so I know where it is.

*"For those who believe, no proof is necessary. For those who don't believe, no proof is possible."*

-Stuart Chase



## Thoughts to Ponder

*"There are times when life works by indirection, not detailed pre-planning."*

-John C. Morgan

*"I shall pass through this world but once. If, therefore, there be any kindness I can show, or any good thing I could do, let me do it now; let me not defer it or neglect it, for I shall not pass this way again."*

-Etienne DeGrellet

-Editor



## Everything is temporary.

The one thing that will change your life forever is accepting that everything is temporary. Happiness. Pain. Failure. Success. Your relationships. Your entire existence is temporary, and the fact that you can't be sure whether you will live another day is enough to show you that whatever it is you're stressing about — it will pass.

Happiness and pain are both fleeting, sprinkled throughout the larger chapters that make up our entire lives. Lives that can pass with a blink of an eye. So, what's the point of comparison? Of wanting what other people have and feeling like a failure if you don't get it? What is the point of holding grudges and letting your ego direct your behavior, and letting your mind take hold of your relationships in a way that your heart wouldn't? Knowing that this exact moment

will never come back should be enough to urge you to pick up the phone and make that call. It should be enough to make you realize that if you're in a difficult place right now hurting, frustrated, upset over something that you don't have any control over, give yourself time.

You won't be here forever. Neither in pain, nor in happiness. So, make the most of it. Forgive more easily, learn to push away the bad stuff, and accept growth in ways that benefit not just you but everyone around you. Let go of all the negative feelings and animosity and be kind. Be soft. Be gentle with other people. And remind yourself that if today was painful, if today was awful, if today was nothing like what you had hoped it would be — tomorrow will be better.

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**Ruby Dhal @ Mindsets**



**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

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717-866-2401

-Editor



## 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.dominicmurgido.com](http://www.dominicmurgido.com)

## Book Review

### The Loneliest Places: Loss, Grief, and the Long Journey Home

by Rachel Dickinson



A heartbreaking, honest, thought-provoking reflection on the struggles associated with the loss of a child to suicide. This is a must read for anyone who may be wondering how someone could survive such a tragic loss. The author takes us through the shock, isolation, and guilt, and finally inklings of hope. As raw as it gets, the family unit holds on due to strong and deep roots. A tour de force of both numbness and emotion.

We can all relate to grief. In this book, the author has shown that grief is universal, but how an individual copes is as different as the person themselves. Just as no two people are alike, neither are the individual journey paths that each must take when coming to terms with the death of a loved one or close friend via suicide.

-Editor



## When Feeling Okay Feels Wrong

by Eleanor Haley

I look at grief as more of a frenemy than anything else. To be honest, it's been this way since day one. That's not to say my relationship with grief hasn't changed over time; it has immensely. But no matter how much emotional torment grief has laid upon me, even in the early days, I've never truly wanted it to go away. Did I regret the necessity of its existence? Heck yes. But if my mother was going to be dead, then doggone it I was going to grieve her.

I know this sounds extremely counter-intuitive to many people because for so long, our society has conceptualized grief as something to be resolved or ended. Grief is painful, right? Especially acute grief. Aren't humans hardwired to try to avoid pain? Then why would anyone want to hold onto it?

It's kind of hard to explain, but even when grief was extremely painful, I didn't want to escape it. I guess at the time, as terrible as grief felt, it also seemed like my memories and connection to my mother existed within it. My grief became an ongoing vigil, allowing me to stay focused and devoted to my mother's memory for as long as her death warranted.

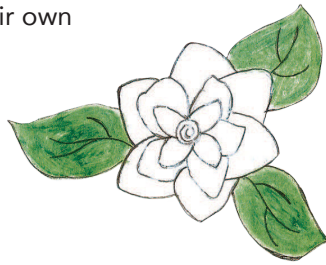
After my mother died, I felt like my love for her was defined by my pain and suffering. My mother's death was devastating, so it was only right that I should feel devastated for a devastatingly long time. For me, feeling okay seemed like getting over it or moving on, which I wasn't ready to do. Not only did feeling better feel inconceivable, but it felt wrong.

Recently I've seen a few people comment that they can't acknowledge positive healing or find things to feel grateful for in their lives because, if they do, it means they are somehow okay with their loved one's death. This thought process is normal and natural in grief, it's also one that I hope our readers are able to eventually put into perspective as they

come to their own realizations about grief and their continued bond with their loved one.

I understand why grieving people feel put off by words like 'growth' and 'healing', especially in the early days of grief. When you feel terrible, these concepts are annoying, but even if you're not open to these concepts now, I hope you're open to being open to them someday (baby steps). I'm not asking you to plant flowers. I'm asking you to believe in the possibility of them. To believe that they could someday grow even in the darkest shadows of your grief.

Obviously, never in a million years would you have chosen for your loved one to die, but this path was chosen for you. Any posttraumatic growth you experience at this point is merely a byproduct of you coping with the only choice you were given - to persevere.



I, like many people, mistakenly believed that my grief and pain had to end before I could feel better. It took a lot of struggles and a pretty significant cognitive shift for me to realize that grief and healing are not mutually exclusive.

For example, I didn't realize that "getting over it" and "moving on" weren't even a part of the grief process. I didn't know that a person could bring their loved one with them as they move forward in life. I didn't know that my grief would eventually become a part of my okay-ness.

I didn't know a lot of things, and if at the time you had told me all the things I didn't know, I wouldn't have believed you. These are realizations I had to come to myself. Just as my words here can't make these realities any more true or attainable for you, I get that.



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**whatsyourgrief.com, March 2018**

## Feeling okay Feels wrong

by what's your grief

