

# Emilia's Wings



"There is no footprint so small that it does not leave an imprint on this world."

## Website

[www.emilias-wings.org](http://www.emilias-wings.org)

Our website includes different materials which we hope will provide support on your journey through grief and healing. We offer a variety of resources including eBooks, list of supporting organizations, reading material, music selections, and more.

Be sure to check out our Forget-Me-Not page, an online memorial dedicated to the children that live on in our hearts.

## Facebook

[facebook.com/EmiliasWings/](https://facebook.com/EmiliasWings/)

Stay up-to-date on projects, special events, and programs by liking us on Facebook!

## Contact Us

[info@emilias-wings.org](mailto:info@emilias-wings.org)

You need not walk alone. Together we can make it! Feel free to reach out by email.



## January 2023 Newsletter

We welcome you all to Emilia's Wings! To all who are newly bereaved, we know how devastated you are. You are not alone in your grief. We have been in the depths of despair and we are here to help you with unconditional love and understanding. We hope this newsletter will help you while you navigate grief and provide additional resources on your journey. If you know someone who would find our resources helpful, please direct them to our website at [www.emilias-wings.org](http://www.emilias-wings.org) and to our KC Hope monthly meetings.

### *December in Review*

Thank you to everyone who attended last month's Christmas meeting! It was wonderful seeing many familiar faces and to be greeted by multiple new and old members. I hope the Christmas Candlelight was just as meaningful to you and your family as it was for my own. Our hopes are that this event brought peace & joy to your hearts as you remembered your babies this Christmas

## DATES & EVENTS

### KC Hope

January 4th @ 7:00 pm

Kansas City Northland Support Group - Meetings are held every first Wednesday of each month.

#### CHANGED MEETING LOCATION

Panera Bread  
311 NE Englewood Rd  
Kansas City, MO 64118

## OTHER

### Donations

-Donations can be sent & made payable to Emilia's Wings at:  
10637 N. Holmes St, Kansas City, MO 64155

-Consider supporting KC Hope every time you shop online! Select Emilia's Wings as your charity of choice on AmazonSmile and have Amazon donate 0.5% of your eligible purchases to KC Hope projects & events!

Season. This year's Christmas Candlelight was extra special and sentimental as we celebrated Sue Burford and all she has done for KC Hope throughout the years. Sue has graciously led KC Hope for the last 25 years!! We are so grateful for Sue and for all the love, support, and friendship she has provided all of us throughout her time with HOPE. THANK YOU, SUE!! We wish you nothing but the best on your next adventure!

### Looking Toward January

\*Good Shepherd recently sustained a significant amount of damage to their building due to a sprinkler pipe that bursted on Christmas morning. Due to the extent of damage, we will turn our January Meeting into a lighthearted and casual Meet & Greet at a different location. Please plan to meet at Panera off of Englewood Road (address listed below) on January 4th @ 7:00pm. Stop by, introduce yourself, grab a coffee, share your story, and I will have some baked goodies for all to enjoy! Hope to see you there and we will cross our fingers that next month's gathering will take place, as scheduled, at Good Shepherd on February 1st.\*

Panera Bread

311 NE Englewood Rd

Kansas City, MO 64118



Greetings! My name is Charmel Clough and I am the new facilitator for KC Hope. My husband Dan and I have called the Kansas City Northland home for over 10 years. We have been blessed with four beautiful children – Adelaide, Emilia, Roselyn, and Owen – each of whom bring so much love and joy to our family. In my free time I enjoy crafting, cooking/baking,

eating delicious cuisines, exercising, traveling, and of course advocating for Pregnancy and Infant Loss through our family's nonprofit, Emilia's Wings.

My journey with loss began with the sudden death of my second daughter, Emilia Madeleine Rose Clough. Emilia was born asleep on March 15, 2017 at 33 weeks gestation due to an infarct in her umbilical cord. Life lost all meaning and purpose when Emilia died. Completing simple tasks such as showering, eating meals, and caring for my then three-year-old daughter all became labor-intensive chores that required conscious effort. During this time of raw and intense grief, I found KC HOPE. It was empowering to sit among other parents who understood my pain and whom I could also easily relate to. I could cry; say Emilia's name out loud; curse, scream, and shout; and know that I was surrounded by others who wouldn't judge me or treat me differently because of what I had been through. Almost five years later, my husband and I again experienced a second loss. On February 25, 2021 we miscarried at 7 weeks gestation quietly and safely within the walls of our home. KC HOPE remained a steady source of comfort and hope for our family during this time.

My own personal experience with loss and grief has molded me into the person I am today. The support and compassion my family received from groups such as KC HOPE have helped lessen the burden that so many of us carry alone. KC HOPE has always been a place where parents can come to honor their babies in meaningful ways. We say our children's names out loud and we remind the world that their short lives matter, too. We laugh, we cry, we hold onto the happy memories, and we help carry each other through the tough moments in life when grief is too heavy to shoulder alone. My ambition is to continue to lead KC HOPE with these same values in mind. May all bereaved parents feel welcomed into our HOPE family and be given the comfort they need to carry on. In times of grief, when our world has lost all its color, all we need is someone to take us by the hand and remind us that we are not alone.

I hope you all, if schedules permit, will join us for future meetings. I look forward to working closely with the members of KC HOPE and helping families to find their footings as they navigate life without their dearly loved babies.

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Transitions with new environments and unfamiliar faces can be overwhelming! Here is a helpful list of *\*What to Expect\** at our upcoming meetings. We hope the following list will help answer all of your questions, so that your first visit is a little less awkward, allowing you too feel a little less anxious.

### **Come As You Are**

» KC HOPE will be sponsored and funded by Emilia's Wings. *We are incredibly grateful for any and all donations. Monetary donations will help to fund all special meetings, events, and activities that we as a group enjoy throughout the year. Checks can be made out to Emilia's Wings & sent to: 10637 N. Holmes St. Kansas City, MO 64155* Our gatherings are small and informal. We generally have 4-12 individuals present per meeting.

» We gather at Good Shepherd United Methodist (North Oak Location.) *You will find the address and 2023 meeting dates listed below.* Please email or Facebook message our facilitator, Charmel Clough, prior to your first meeting so that we may plan for attendance.

» Meetings take place the first Wednesday of each month (*unless otherwise noted.*) We begin at 7:00 pm and finish promptly at 9:00 pm. We ask that you try your best to arrive on-time. *Don't let this discourage you from coming. If you are running late, please still come! Your presence is more than wanted & appreciated!*

» Because of the sensitive nature of our group, babies and children are not allowed at our monthly meetings. However, we do welcome babies/young children and all other family members at our special events that take place throughout the year (Father's Day BBQ, Walk to Remember, Christmas Candlelight Ceremony, etc.)

» Pregnancy after loss is a unique experience of grief and joy that requires recognition from family, friends, and peers. KC HOPE supports courageous mamas pregnant again after a loss and those who have recently welcomed a rainbow baby into their families. We embrace and encourage ALL to continue attendance at our gatherings as necessary to support their needs.

» Listen generously. Silence all electronics and step out if you must take a call or text.

» Each participant will be given an opportunity to share as much or as little of their story as they wish. We ask all participants to keep the conversation relevant to Pregnancy & Infant Loss so that everyone can participate.

» Participation in our group discussions is completely voluntary and we welcome our members to say "pass" on any topics they do not feel comfortable sharing with the group. Everyone's presence is appreciated and can be a source of healing for others. Choosing to just listen is a gift to our group, too.

» Everything said and heard in the group will be treated with respect for the participants' privacy. What is said in the group stays in the group.

» We share feelings and experiences just as they are. There are no right or wrong statements and we give ourselves permission to be vulnerable in the moment, to not bury our feelings, or put on a "brave face."

» We do not compare ourselves or our experiences to others, as everyone's grief and circumstances are unique.

» Some topics may be emotionally overwhelming. If you need to leave or take a break, at any time and for any reason, you are free to do so.

» Participants are welcome to attend as many or as few meetings as necessary to support their needs.

» Our website will be hosted from the [Emilia's Wings](#) site and monthly newsletters will be sent electronically via email, allowing us to allocate more money towards meaningful projects and events. *To*

*have your baby's name added to the memorial portion of our newsletters (on the edition of their remembrance month), please register your baby as a Forget-Me-Not on our [website](#).*

» Like and follow [Emilia's Wings](#) on Facebook to stay up-to-date on regular activities and special events. We will use and update THIS Facebook page often to communicate with our KC HOPE past and present members.

*Disclaimer: KC HOPE and its members are not licensed counselors or medical providers. Although it can be therapeutic, KC HOPE gatherings are not intended to be a replacement for therapy or medical advice. Diagnosis and treatment of physical, mental, or emotional conditions should be given by your own medical provider or licensed counselor.*

Whew! That was a lot of information! But No Worries! We will continue to inform you of changes made and of upcoming events being held via the Emilia's Wings Facebook page, our monthly newsletters, our website, and by word of mouth. I hope to make this transition as smooth as possible and look forward to watching KC HOPE evolve and grow! If you have any questions feel free to reach out to Charmel via text or email ([info@emilias-wings.org](mailto:info@emilias-wings.org).)

### **Meeting Location:**

Good Shepherd United Methodist (North Oak Location)

9555 N Oak Trafficway

Kansas City, MO 64155

### **2023 Meeting Dates:**

First Wednesday of each month -

January 4 <b>*(MEETING @ PANERA)*</b>	May 3	September 6
February 1	June 7	October 4
March 1	July 5	November 1
April 5	August 2	December 6

*The New Year comes when all the world is ready for changes, resolutions great beginnings.  
For us to whom that stroke of midnight means a missing child remembered,  
For us, the New Year comes more like another darkness.  
But let us not forget that this may be the year when love and hope and courage find each other  
somewhere in the darkness to lift their voices and speak: Let there be light.*

*Wishing you a Blessed and Peaceful New Years!*

- Emilia's Wings

*We extend our most sincere sympathy to those who have recently lost a child.*

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Please know that we are thinking of you and share in your hurt and sorrow

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### *This January we Remember...*

**Ella Grace Rucereto** - January 2, 2011  
**Olivia Rose Carmichael** - January 2, 2021  
**Edward Elliot** - January 4, 2021  
**Dominick Nathaniel Burris** - January 9, 1997  
**Nyla Jane Marie Simmons** - January 11, 2022  
**Hudson Mueller** - January 13, 2015  
**Titan Jax Logan** - January 17, 2016  
**Ila Bernice** - January 18, 1982

*To have your baby's name added to our remembrance list, please fill out the [Forget-Me-Not submission form](#) on our website. This form can be found on our [Forget-Me-Not page](#).*

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**HAPPY NEW YEAR**

*The Holidays Are Behind Us - by Marie Andrews*

It is the New Year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of both, they are now a part of our memories. In a strange way, as

a memory in our hearts and in our minds, our child's place is there amongst all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look out on a winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the energy and warmth of our earth is guarding and providing life to all that grows. We may personally know the coldness and hardness of a grief so fresh that we feel numb - a grief so hurtful that our body feels physically hard, our throats tight from tears shed or unshed, our chests banded tightly by our mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet as we live these days, like the earth from which we receive our sustenance, we too, in our searching, find places of warmth and change and love and growth deep within. Let our hearts and minds dwell in them and let us have the courage and love to share them with our loved ones. To talk about even that first dim shape of new hope or of new acceptance or of new understanding or of new love. These are the new roots, born of our love of our child that are forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.