

Emilia's Wings

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

Website

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/

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

Contact Us

info@emilias-wings.org

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



March 2019 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 and to our [KC Hope](#) monthly meetings.

February in Review

Have you ever heard of fetal microchimerism? The belief that a child is always a part of you is quite literally at the cellular level in a mother's body tissue. During pregnancy, nutrients from the mother cross through the placenta and into the baby, and fetal cells cross back into the mother. Even if a pregnancy doesn't reach full term, these cells stay in both the baby and mother's bodies for years, sometimes even decades! The next time you feel

DATES & EVENTS

KC Hope

March 1st @ 7:00 pm - 9:00 pm

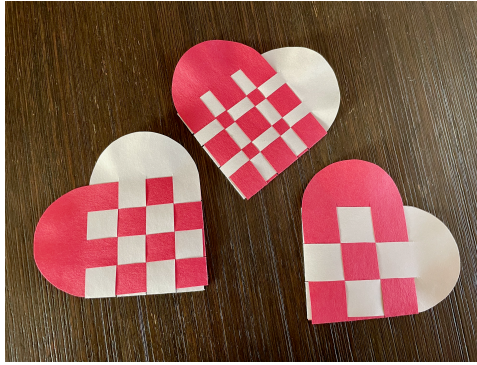
Kansas City Northland Support Group - Meetings are held every first Wednesday of each month.

Good Shepherd Church
9555 N Oak Trafficway
Kansas City, MO 64155

OTHER

Donations

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



sad and distant from your loved baby, just remember that you truly do hold a piece of your child deep within in your heart!

Members last month made paper danish hearts. Half of the heart

in red represents us as the mother. The other half in white represents our baby. Each mother wrote their child's name on a smaller heart; placing and sealing it inside the bigger weaved hearts. These hearts symbolize that a mother and child are forever intertwined. May they serve as a reminder that even death can never truly separate us.

"Before I ever carried the pain, I carried you. And, in my heart, I carry you still."

Looking Toward March

Join us on March 1st at Good Shepherd! Our topic of conversation will be celebrating our babies on significant dates. Holidays, birthdays, anniversaries... they can all be hard to celebrate after experiencing a tremendous loss. Is it impossible for you to find joy when your baby is no longer here to help ring in that notable occasion? Join us as we share the many different ways we each cope with hard dates in our lives and all the different unwanted expectations that often accompany these tough days.

"Please God, make them remember that today is a special day. Make them understand that the memories don't go away. Bless them, with ears to hear and hearts that care. Enable them to listen while I share. Shelter them that they may never know my pain. Help them to help me know that my child's life was not in vain. Help them to remember, Lord, that I wish that my child was here, so we could still celebrate. To understand that I still feel the nearness of my child. To see beyond my smile and the words "I'm Okay." Please God, just let one remember today is a special day!"

- Author Unknown

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

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

This March we Remember...

Reagan Yeager Le - March 1, 2011
Savannah Taylor Le - March 1, 2011
Cole Thomas Cahill - March 2, 2019
Emilia Madeleine Rose Clough - March 15, 2017
Baby Neill - March 17, 2018
Reanna Alexandria Monroe - March 23, 2007
Draven Xavier Dennis - March 23, 2017
Tyson River Creasy - March 28, 2012

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](#).



In the Springtime of Your Grief - by Judi Fisher

Spring has fragile beginnings: a tiny shoot of green that emerges from the cold earth, a hint of pastel against the brownish grass, a bud that awakes with the morning sun. Sometimes spring comes so quietly we almost miss it, but once it begins, it is impossible to ignore the daily growth and change. The morning sun brings sounds that were not there before. The breeze carries warmth that invites us to venture outside of ourselves. A promise is released with the budding and blossoming surrounding us. Hope emerges for the beginning of a new season: change is in the air.

What we experience in the springtime of the year is what we can experience in the springtime of our grief. There begins to be a growing radiance. The radiance is not just around us, it is within us. A gradual warming of the heart silences the chill of intense pain. The natural unfolding of the grief process moves gently to remind us that we will survive.

Life is changing and growth emerges through the changes. The song of our hearts that seemed off key, begins to experience a harmonious blend of the past and the present. The songs of the birds invite us to join them in a celebration of new life. In the springtime of our grief, there can be a new song for us to sing. It will be a song we composed through the heartache of loss.

Optimism for a better day may awaken us one morning. Hearing laughter and discovering it is coming from within ourselves gives us promise for today. Dreams and hopes for a better tomorrow shine brightly with the morning sun.

Surviving the winter of our grief with the openness to embrace change is a decision to embrace loss and integrate its impact into the fabric of our lives. It can be a willingness to explore new possibilities that create a different landscape to behold. We can make a decision that we will begin to appreciate what we still have, not just focus on what is missing.

We will know when we have made that decision. Something buds; something opens. The harshness of winter is softened with new life and new growth. It is not something we can force, it is something that unfolds when the time is right. The springtime of grief arrives with no dramatic entrance, no flashing lights. The stillness of the beauty unfolds and captures our attention. It is happening around us, but it is also happening in us.

If spring has already crossed the path of your personal journey of grief, rejoice! But if the chill of winter remains in your heart; be encouraged; spring is on its way. Look for it, expect it, and it will be yours to experience.