

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.



April 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 and to our KC Hope monthly meetings.

March in Review

Last month at KC HOPE our topic of discussion was "Celebrating our Babies on Significant Dates." Holidays, birthdays, anniversaries... they can all be hard to celebrate after experiencing a tremendous loss. Members shared the many different ways we each cope with hard dates in our lives... tending to gardens, planting and growing flowers/trees, decorating headstones, purchasing memorial benches and bricks, baking birthday cupcakes and Victoria sponge cakes, throwing special birthday parties, donating care packages to other babies in

DATES & EVENTS

KC Hope

April 5th @ 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

Kyleigh's Gift

April 10-24th

Annual Diaper Drive

Diapers will be distributed among Liberty North Star - Baby Grace, Happy Bottoms, and Lee's Summit Social Services. Diapers can be dropped off at the Liberty Hospital Foundation Office.

OTHER

Donations

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



Birthday treats in celebration of Emilia Clough's 6th Birthday!

memory of our own, acts of kindness... there are so many different ways we can honor and celebrate our babies in meaningful ways. The way we choose to recognize and remember our babies may look completely different from those around us, but know that however you choose to observe these tough dates is perfectly okay and normal. Society and those closest to us may pressure us to celebrate a certain way or to not celebrate at all. Do what feels the most right to you.

So go ahead and throw that huge birthday party *or* don't celebrate at all. Incorporate your baby into new Christmas traditions *or* maybe tell your family you are sitting this holiday season out. Take the day off from work or from other routine obligations - so your entire focus is on your baby *or* work a little overtime to give yourself some distraction from all the sadness that may be settling in. **Do what feels best for you!**

Looking Toward April

April brings with it spring and rebirth. Tulips begin to push their way through the earth, trees are budding, and the grass becomes greener. Birds return while whistling joyful songs and fluffy, cute critters emerge from their slumber. Nature is fast at work preparing to display its natural beauty and wonder.

Many of us look back on the years and reminisce on the memories of Easters past, and all the joy and excitement that the holiday once brought. But now as we celebrate this time of year without our children, we may find ourselves reevaluating what April, springtime, and the Easter season means to us.

You may find yourself wondering if Easter will be just one of many holidays now filled with pain and grief. We question why we have been robbed of the joy that this special time once brought. We witness the rebirth of nature all around us as we search for answers to why our child's life was cut short.

As the Easter holiday comes & goes, we remember your children & the joy they bring to your lives. We hope that you take comfort in their memories & that you find peace in the rebirth of Spring.

“May God bless you at Easter and keep you all year through.

May God give you all the faith it takes to make your dreams come true.

May His love and wisdom always help to guide on on your way.

May his light shine down upon you now to bless your Easter day.”

SAVE THE DATE

Wednesday, May 3rd - Mother’s Day Tea

Our May Meeting will be in the format of a Mother’s Day Tea Party. Come with a sweet tooth! We will have dessert and of course tea! We will share special memories of our little ones in heaven. If you wish, feel free to bring something to share...an item, a poem, a photo, a gift - anything that is special to you in connection with your baby.

Saturday, June 3rd - Father’s Day BBQ

I am very excited to kick off, what I hope to be, an annual event - A Bereaved Father’s Day BBQ! This event will take place in the afternoon of June 3rd in Charmel Clough’s backyard. Each family has its own special dynamics and I want to make sure that everyone feels welcomed and included to this event. If your baby’s father no longer plays a role in the dynamics of your family circle or maybe the dad in your life would rather not join in the festivities, but you would - PLEASE still consider coming to this event. I have something very special planned that I truly believe ALL would enjoy to be a part of. The BBQ will be a potluck, so plan to bring a dish or two that can serve many. I will have a potluck sign up sheet and more details to share as the date gets closer! If you plan to attend, please RSVP (TEXT/CALL/EMAIL) to Charmel Clough at (816) 986-0749 or info@emilias-wings.org. Make sure to include the number of people in your party. Remember, this is a public event so family and young children (of ALL ages) are more than welcome to attend! Feel free to invite a guest or two! 😊

Saturday, October 7th - Walk To Remember

Details to be sent out at a later date!

Wednesday, December 6th - Christmas Candlelight Ceremony

Details to be sent out at a later date!

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 April we Remember...

Baby Thurin #2 - April 2, 1985
Manon Marie Laroche - April 3, 1974
Kyleigh Elizabeth Weller - April 5, 2012
Jamie Ryan - April 6, 1985
Darcy Robert Guntert - April 6, 2018
Felicity - April 8, 2010
Bryson James Stanfill - April 8, 2022
Erika Rose - April 9, 2020
Ellison Michael - April 15, 2019
Michael Smith - April 17, 2019
Alexander Charles Corvaia - April 20, 2015
Raylen - April 24, 2018
Miloh Walter Jahsman - April 26, 2017
Duncan Phillip McNaughton - April 26, 2017
Tanner Baum - April 29, 2019

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](#).



April Showers Bring May Flowers - by Stephanie Elson

April is a month known for rain, which is a necessary component to bring out the flowers in May. It is a step that cannot be skipped or done away with. Although at times bleak and dreary, this rainy season is a time of rejuvenation for the ground and prepares the soil to be able to nourish the plant life that will soon come.

The death of a loved one creates a personal "rainy season" that lasts much longer than a single month. The days become figuratively dark and gloomy with menacing clouds hanging overhead. This too is a necessary component for personal healing. So many people I see grow (understandably) tired of their "rainy season": full of sudden outbursts of tears and thunderous pangs of pain. These emotional storms cannot only come quickly but may linger unmercilessly as well.

In April, with storms coming at the drop of a hat, I know that if I want to manage the amount I get wet, I need to stay prepared. I will keep an umbrella in my office, in my car, at home and wherever I go. Likewise with those who are weathering "emotional storms" can also prepare themselves. Suggested supplies to keep on

hand are many and may vary from person to person. First and foremost, keep tissues on you at all times. Grief is often unexpectedly triggered in the most inconvenient of places. For many, eating is completely thrown off balance. Keep a snack near you as well for times when you suddenly realize you have not eaten all day and feel like you may pass out. Also, it is nice to have something cold to drink to replenish yourself after having a "good" cry. In addition, keep a small notebook and pen handy and write down anything important that you need to remember. People who are grieving are supposed to have no memory when it comes to appointments or grocery lists. These things take a back seat (if that) to mentally reconstructing one's life after death.

As you continue to weather your own storms, remember that the tears you shed are not wasted. They are necessary and healing, preparing you for your coming springtime when the flowers bloom once again.