

# 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.



## July 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.

### *June in Review*

Last month we wanted to help our families celebrate Father's Day in a special way. Our plan was to have a Backyard BBQ with a special surprise. That surprise was a butterfly release! We hope the men in your lives had a meaningful Father's Day and were able to feel the love of the child you all are missing. Click on the photo on the next page to check out our butterfly release.

## DATES & EVENTS

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### Bereaved Parents Awareness Month

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Bereaved Parents Awareness Month is recognized every year in July. It is dedicated to raising awareness about the grief parents go through after the unfortunate loss of a child and the kind of support needed to overcome this unimaginable grief.

### KC Hope

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July 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

## OTHER

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### Donations

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



Our June Meeting was a B.Y.O.B. (Bring Your Own Bear). Members were invited to bring their Molly Bears or similar items to share at our June gathering. Some of our stuffed animals are weighted (weigh the exact measurement of our child), some are made with articles of clothing that were worn by our child, and some of our bears were given to us by our hospital... One thing that each of our bears had in common was their special significance to the baby we each miss and love so dearly. Thank you all for sharing a piece of your baby with each of us last month.

A portion of our meeting was devoted to talking about Father's Day... We spoke about what Father's Day looks like in each of our homes after having experienced child loss. We talked about the differences in grief and mourning among men and women.

### Looking Toward July

We hope you all will join us for our July Meeting.

July 5th at 7:00-9:00 pm

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

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Did you know that July is Bereaved Parent's Awareness Month?

"For many bereaved parents, they suffer a deep hurt that doesn't get seen or understood nearly enough. Society as a whole shies

away from talking about death. When it comes to the death of someone's daughter or son, there's even more hesitation to discuss the event.

Why the hesitation? Losing a child is a tragedy of unspeakable proportions. Talking about it forces everyone to look at their own family and ask, "What if that happened to me?" Discussing the death of a child brings everyone face to face with the fact that losing a child can happen to anyone. Whether the child is unborn, two-years-old, or twenty years old, a tragic, unexpected, death could happen.

From the place of unspoken-about pain, bereaved parents have started to band together to bring awareness, opportunities for discussion, and support for one another through Bereaved Parents Awareness Month." -*Sherie Johnson*

For more information on how to participate in Bereaved Parent's Awareness Month, visit:

[www.joincake.com/blog/bereaved-parents-awareness-month/](http://www.joincake.com/blog/bereaved-parents-awareness-month/)

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*Each year on the 4th of July we celebrate the birth of a great nation - a nation of people "united" in a dream. It was through hope, determination, and a bonded strength that the people of America strived to achieve their dream of freedom - to be a free nation.*

*Nothing, however, is achieved without a strong will. We to, as bereaved parents are fighting a battle to be free - free of the pain that has become a part of our waking days. We want to be happy. We want to be able to enjoy life again. You are one of those proud Americans, who refuses to give up. Fight for your dream. There is a peace to be found in freedom.*

***Wishing you a Blessed and Peaceful Fourth of July!***

- 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 July we Remember...*

**Baby Curtis** - July 7, 2021  
**Alia Barbara Wilson** - July 8, 2005  
**Larry Eugene Brown** - July 10, 1972  
**Angel Villafane** - July 10, 2016  
**Skylar Jones Creasy** - July 14, 2014  
**Un-named** - July 19, 2018  
**Jarred Lee McCoy** - July 24, 2020  
**Lillian Dawn Merksick** - July 25, 2017  
**Logan DeVoto** - July 26, 2016  
**Erica Alexis** - July 28, 1993  
**Waverly Hope-Justine** - July 28, 2018

*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](#).*



### *The Twelve Freedoms of Grief - by Alan D. Wolfelt, Ph.D.*

As citizens of the United States, we celebrate the freedom of our country on July 4th. Acknowledging the freedom within our country, may we also allow ourselves to acknowledge our freedom to grieve and cope with our loss at our own individual pace.

**Freedom #1** - *You have the freedom to realize your grief is unique.* Others may grieve in different ways than you because your experience will be influenced by a variety of factors, including: the relationship you had with the person who died; the circumstances of the death (whether it was sudden or expected); your support system; and your cultural and religious background. It is important not to compare oneself with others who are grieving. Consider the "one-day-at-a-time" approach to allow yourself to proceed at your own pace.

**Freedom #2** - *You have the freedom to talk about your grief.* By expressing your grief openly, healing occurs and you are likely to feel better. Ignoring it will not make your grief go away. It is important to seek out those who will listen without judging.



**Freedom #3** - *You have the freedom to expect to feel a multitude of emotions.* Your head, heart, and spirit will be affected when you are experiencing grief. As a result, you may experience feelings of confusion, disorganization, fear, guilt, relief, overwhelmed, and various other emotions. Sometimes the feelings may come simultaneously or follow each other within a short period of time. It is important to know that these emotions are a normal response, even though you may be feeling overwhelmed at the time.

**Freedom #4** - *You have the freedom to allow for numbness.* Part of the grief experience includes feeling numb and disoriented. This allows your emotions to 'catch up' with what you know intellectually and allows you to be insulated from the reality of the death until you can tolerate what you don't want to believe.

**Freedom #5** - *You have the freedom to be tolerant of physical and emotional limits.* You may feel very tired as a result of your feelings of loss and sadness. Your low energy level may impair your ability to think clearly and to make decisions. It is important to nurture yourself by getting daily rest, eating balanced meals, and lowering your expectations on yourself and on your daily "things to do" lists.

**Freedom #6** - *You have the freedom to experience grief attacks or memory embraces.* You may experience 'surges of grief' or flashbacks (memory embraces) which can be frightening and leave you feeling overwhelmed. These feelings are normal. Try to find someone who understands how you're feeling and is willing to listen. **\*\*This does not refer to serious PTSD\*\***

**Freedom #7** - *You have the freedom to develop a support system.* Although reaching out to others and accepting their help may be difficult, finding people who will provide the understanding you need and who will let you be yourself may be the best action you can take on your own behalf.

**Freedom #8** - *You have the freedom to make use of an event or ceremony.* The funeral ritual serves the dual purpose of acknowledging the death of your loved one and allowing you to express your grief.

**Freedom #9** - *You have the freedom to embrace your spirituality.* Express your faith in whatever way that seems appropriate to you. Try to have people around you who support your religious beliefs. You may feel hurt and abandoned; even angry at God because of the death. It is important to realize this also is normal. Try to find someone who won't be judgmental about your feelings and will allow you to express both positive and negative thoughts and feelings.

**Freedom #10** - *You have the freedom to allow a search for meaning.* You may find yourself asking, "Why did he or she die? Why now? How?" This search for meaning is often another normal part of the healing process. Some questions have answers. Some do not. Actually, healing occurs in the opportunity to pose the questions, not necessarily in answering them. Find supportive friends who will listen responsively as you search for meaning.

**Freedom #11** - *You have the freedom to cherish memories.* Treasure your memories. Share them with your family and friends. Recognize that your memories may make you laugh or cry. In either case, they are a lasting part of the relationship that you had with a very special person in your life.

**Freedom #12** - *You have the freedom to move through your grief and heal.* The capacity to love requires the necessity to grieve. You cannot heal unless you openly express your grief. Denying your grief will only make it become more confusing and overwhelming. Embrace your grief and open yourself to healing. Reconciling grief will not happen quickly. Remember grief is a process, not an event. Be patient and tolerant with yourself. Never forget that death has changed your life forever. It's not that you cannot be happy again. It's simply that you will never be exactly the same as you were before.