

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.

A father's Love cannot be measured solely by the footsteps that echo through his halls, but by those that will echo forever in his heart and walk unheard beside him everyday.



June 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.

May in Review

Members gathered last month for our annual Mother's Day Tea! We enjoyed cupcakes, macarons, chocolate, and of course - tea! My favorite portion of Mother's Day Tea is getting to bring an item that is special to my baby, sharing it with our group, and listening to others as they share their significant items too. We spent the evening looking at baby photos and books, Molly Bears,

DATES & EVENTS

KC Hope

June 7th @ 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

Father's Day Get-Together

June 3rd @ 5:30 pm - 6:30 pm
Charmel Clough's Backyard

Message Charmel for her address and for more details.

Father's Day

June 18th

OTHER

Donations

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

Molly Bears

May 15th - Order Form Opens
<https://mollybears.org/>

breastmilk rings, hand and foot castings, and sharing stories and memories about our babies! Thank you ladies for spending your evening with us and for sharing all of the precious items that are special to you! I pray that each of you had a gentle Mother's Day and felt your children's presence on your special day!



Click on the image above to view more photos from our Mother's Day Tea!

Looking Toward June

Last month, we discovered that each of our family's had something in common... we all had stuffed bears in memory of our babies. Whether it be a Molly Bear or a stuffed bear that is extra special to us. We had so much fun sharing our special items at our Mother's Day Tea, that we decided to continue the fun for the month of June. For our next meeting, we will have a B.Y.O.B. - **Bring Your Own Bear**. We'll take turns passing around our special bears and talking about their significances. If you do not have a bear, bring another stuffed animal or any other item that reminds you of your baby.

What is a Molly Bear? A Molly Bear is a weighted teddy bear created specifically for families coping with any form of infant loss. Each bear is handcrafted to weigh the same amount as the baby who died. Molly Bears (the nonprofit) was created to serve as a community of support and comfort. Click on the following link to learn more and to sign up for your own Molly Bear:

<https://mollybears.org/>

To The Grieving Dads on Father's Day

by Caila Smith

"I don't know what it's like to be a grieving father on Father's Day, but I find those tangled into this unlucky club to be the strongest and most admirable men out there. And if this is you, I don't know why the world falls so short at acknowledging your hurt..."

... You've shown your strength for so long already, and you are seen. Even in the fog-filled days of acute grief, you put your own needs aside for the well-being of your entire family. It wasn't asked of you, maybe you didn't even want that responsibility, but you grabbed it by the reins because you are *Dad*.

Your child died, and it's not okay. But you are more than the father who lost his child. Though a piece of your heart is and will always be missing, you are still you, your family is still a family, and you are still Daddy."

Read the full article [here](#).

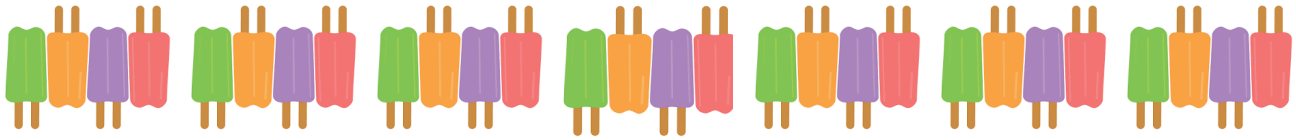
We extend our most sincere sympathy to those who have recently lost a child.

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

This June we Remember...

Eden - June 5, 2021
Ella Smith - June 7, 2005
Porter Matheson Moore - June 7, 2016
Lambert Twins - June 7, 2021
Erica Louise Kotun - June 8, 2018
Jasmine Merksick - June 10, 2020
Samantha Burke - June 12, 2007
Winter Schee - June 13, 2011
Logan Lamar Young - June 14, 2019
Emma Jane Bowers - June 15, 2011
Baby K - June 15, 2017
Baby K - June 15, 2019
Nicholas Edward Roberts - June 22, 2008
Adrian James - June 30, 2017

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](#).



When Does a Father Find Support - by Clara Hinton/author "Silent Grief"

When child loss occurs, for some reason most of the sympathy expressed is pointed in the direction of the mother of the child. Maybe the feeling is that mothers mourn losses more deeply, or perhaps the reasoning is that fathers are the stronger ones. The reality is that fathers grieve the death of their child, too, and they need support during this difficult, lonely time.

Because of the difference between men and women, men cry less often and less openly than women. That one fact often attributes to the thinking that men grieve less. That is so incorrect! Men will work through grief in a different way than women, but the pain of losing a child can run just as deep for a father as for a mother.

A husband wants to be the strong supporter of his wife during this time, telling her that it is time to move on in her grief. This can be very hard on a relationship. Very rarely will a husband and wife grieve together on the same level and timeframe.

Because men by nature are the ones who "fix" problems, fathers look at grief as a fixable problem. A man will often withhold his feelings of pain, and will instead work long hours away from home, or he will think of work projects to keep his time occupied. His wife will often interpret this as a lack of genuine caring. There needs to be a much greater understanding among people about the differences in male and female grieving.

Where does a father find support when child loss occurs? Men are not as social as women, and therefore do not seem to need as much social interaction as women. Men also do not seem to like the idea of support groups or counseling as much as women because of the uncomfortable feeling of expressing their deepest emotions to others.

Many men can find it a great support to privately journal their feelings when child loss occurs. What is found to be so difficult for a man to verbalize can often be easily expressed on paper. Journaling thoughts can be a great support to a father during the personal emotional adjustment to child loss.

Something not often talked about is a man's desire to be sexually intimate with his wife as a means of working through grief. Many times a father will feel stripped of a portion of his manhood when a child dies, and by expressing himself sexually he can work through some of the deep feelings of loss. A wife can misunderstand this, as she might not at all be ready for sexual intimacy. Husbands and wives need to be aware of their differences in grieving! Sex, to a man, is often a very real, very basic way of expressing his feelings.

Finding a work project can also lend support to a father. Many men have the ability to "build" using a hammer and nails. A father might choose to do something positive such as to build a special photo box or bookshelves that will hold pictures and other remembrances of the child who has died. This "hands on" work is a positive way of working through the grief of loss.

A father needs support through his grief, but it will often come in ways very different from a women's support. Men need to be given permission to grieve in their own way.