

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.



September 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.

August in Review

KC Hope met last month at Good Shepherd for our monthly gathering.

Samantha, Thea's mama, brought a customized life-size newborn pillow to share with our group. Samantha's pillow is the exact dimensions of Thea's height and weight at her time of birth. It was even customized to look just like Thea! We thought this was a wonderful keepsake and another great way to fill your empty

DATES & EVENTS

KC Hope

September 6th @ 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

arms when you yearning to hold your baby! Check out the image below and click on it to view the video of Thea's Pillow! Order your Newborn Pillow here:

<https://hopscotchbaby.co/listing/1172883362/customized-life-size-newborn-baby-pillow>



Looking Toward September

Join us on September 6th at 7:00 pm for our September KC Hope Meeting. We will be in the downstairs lobby of Good Shepherd (North Oak Location.) In preparation for Pregnancy and Infant Loss Month and for our October meeting, we will be writing letters to our babies and completing a small craft. We hope you will join us!

“You cannot mourn unless you claim the story. Telling the story is a huge step in the healing, much more important than any of us realized.”

-Elizabeth Devita-Raeburn

Author of “Empty Room: Surviving the Loss of a Brother or Sister at Any Age

REMINDERS

Our Walk to Remember is next month on Sunday, October 8th at 2:00pm.

For additional details about both the walk and t-shirt, please visit the following links:

Walk to Remember - <https://www.emilias-wings.org/2023-walk-to-remember/>

T-Shirts - <https://www.emilias-wings.org/t-shirt-order/>



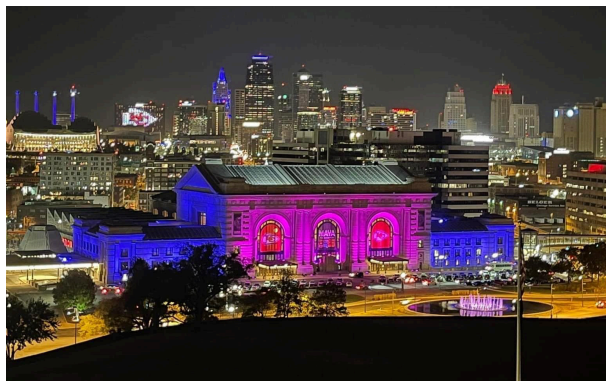
Let's Light Up Kansas City Pink & Blue for Pregnancy and Infant Loss!

We are more than halfway to our donation goal of lighting up the KC Union Station, my friends!!

A recap for those who are just now following - If we raise \$1,000.00 the Kansas City Union Station will light up Pink & Blue (Pregnancy & Infant Loss colors) for World Pregnancy & Infant Loss Remembrance Day on October 15, 2023!

What a great opportunity to celebrate our babies in a truly special way next month! Gather your loved ones and head out to Union Station to see our iconic building lit up in honor and in memory of our babies. Make sure to snap several selfies of you and your crew in front of this KC landmark. Let's honor our babies and remind our community that our children lived too!

But first, we have to meet our donation goal. Please, like and share our GoFundMe link on social media and within your inner circles. You can find this link posted below. If you feel moved and are able, we deeply appreciate any monetary contributions. If you would prefer to donate by other means, feel free to privately reach out to me (Charmel).



(📷 cred: Eric Bowers Photography, 2022)

William's Wishes and Emilia's Wings are so grateful for the generosity of those in our community. We can not make this event possible without your outpouring support. Let's join together to celebrate our babies and paint our Kansas City skyline Pink & Blue!! 💕💙

<https://gofund.me/281c15d6>

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 September we Remember...

Jon Christopher - September 3, 1988

Baby Trujillo - September 11, 2019

Everleigh Skye - September 13, 2018

Isabella Grace - September 13, 2018

Baby Fisk - September 18, 2023

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 Harvest of Your Grief Work - by Margaret Gerner

"It isn't right! I go a month sometimes and don't cry. I actually get involved in something and don't think about my daughter for hours. I had fun at the company picnic last week." "I feel so guilty. Am I forgetting my daughter?"

This mother was two years into her grief. She was doing good grief work—leaning into the pain, talking out feelings, expressing emotions and attending *Bereaved Parent's* meetings regularly. But she was hurting less. When parents begin to reap the harvest of their grief work well done, they fear they are losing their children.

The truth is they are just repeating the harvest of their grief work done well. In the first couple of years, pain ties us to our children. During that time we equate pain with love. By the time we are beginning to resolve our grief (and that is what is happening). Pain has been our companion for so long we feel lost without it. This is one of the few places in grief where our mind needs to take over for a while. We need to look at the illogic of prolonged grieving. We need to see that we are beginning to reach the goal we hoped some day to reach.

Self talk can help us rid ourselves of this illogical emotion. Ask yourself: 1. If you believe to keep your child in your heart for the rest of your life, you must hang onto the pain. 2. Does the fact that your child is dead mean that you must die also? 3. Will your prolonged misery make your child less dead? 4. Will hanging onto your pain make you grow and change, or will it make you unhappy and bitter? 5. What effect will your prolonged grief have on your marriage and/or surviving children? 6. Do you really want to stay in the pit indefinitely? 7. Will your continuing grief honor your child?

These questions can help you see that beginning grief resolution is as healthy and normal after a couple of years, as allowing yourself to enter fully into your grief in the early months after your child has died. Rethink your reactions. Let yourself get to the other side of your grief.

Let yourself appreciate the peace and comfort that is beginning to be yours. Most importantly, let yourself feel the joy of remembering your child without the deep searing pain you have felt for so long.