

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.



December 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 BLOOM monthly meetings.

November in Review

BLOOM held our first meeting at North Kansas City Public Library last month. A big thank you to the library for lending us the perfect space to meet each month from now on. At our gathering, each of us channeled our inner swiftie by creating "bereaved motherhood" friendship bracelets - pregnancy & infant loss style. I think Taylor Swift would approve! Thank you to all the ladies who attended. I enjoyed the laughter intermingled with our personal discussions about our walks with grief. Check out the photos of each of our bracelets on the next page.

DATES & EVENTS

BLOOM

Holiday Candlelight Ceremony
December 7th @ 7:00 - 8:30 pm

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

North Kansas City Public Library
2251 Howell St.
North Kansas City, MO 64116

OTHER

Donations

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



♪♪ Goodbye, goodbye, goodbye | You were bigger than the whole sky
You were more than just a short time | And I've got a lot to pine about
I've got a lot to live without | I'm never gonna meet | What could've
been, would've been | What should've been you ♪♪

Click on the link 🖱️ to view Taylor Swift's "Bigger Than The Whole Sky"

Special Announcements

Congratulations to Christie Samples and husband, Brandon Boatwright, on the arrival of their daughter, Luna Jane Boatwright; and to Morgan Stanfill and husband, Cody, on the arrival of their daughter, Addilyn Mae Stanfill.

We are so happy for your families! Continued thoughts to all as you love on your sweet additions. May you also feel Nova, Eva, and Bryson's presence during this special time!



Luna Jane Boatwright
Nova & Eva's Little Sister

November 14, 2023



Addilyn Mae Stanfill
Bryson's Little Sister

November 17, 2023

Looking Toward December

The Holidays are often thought of as joyful times of the year, but they can be incredibly painful when you are celebrating the season without your baby.

This December, we will gather for a Holiday Candlelight Ceremony. The act of lighting a candle in honor of those who have passed is a centuries old tradition that allows us to express what we cannot communicate with words. By lighting a candle for our babies, we remember and honor their life and their memory. This year's ceremony will take place on Thursday, December 7th from 7:00-8:30pm.

A gentle reminder that family members will be joining us for this event, so guests of ALL ages (including infants, rainbow children, pregnant women, & other miscellaneous triggers) may be present.

North Kansas City Public Library has a no flame policy, so leave your candles at home and, instead, we will have a flameless candlelight ceremony. LED candles will be provided.

We do ask that each family bring a dessert or appetizer to share with everyone who is in attendance. If you have yet to RSVP, please reach out to Charmel so she may plan accordingly.

Inclement Weather



It's that time of year again when the weather can be unpredictable, making gathering for our monthly BLOOM meetings unsafe. Just a reminder that BLOOM follows North Kansas City School Districts' severe weather procedures. In the event that North Kansas City Schools are canceled due to weather conditions, our BLOOM meetings will also be cancelled for the evening. I will utilize text and email to update you all on cancelled gatherings with as much advanced notice as possible.

How to Handle Grief at Christmas By Josephine Hughes

December can be a very poignant time of year for bereaved people. It can feel very lonely. The happiness that everyone else seems to be experiencing underlines the pain of loss.

What might have once been a happy time now seems to have lost its luster. The glitter, the lights, the music - all seem as though they belong to a different time, a different universe. Many people say that Christmas just isn't the same and it's something to be endured rather than enjoyed.

People can also feel a sense of pressure to enjoy themselves, because that's what is expected. This can add to the burden of the season when it is already quite painful.

If you're facing Christmas this year and have a sense of loss, here are just a few thoughts on how you can help yourself at a challenging time, when it feels like you're the only person with feelings like yours.

Click [here](#) to read five tips to surviving the holidays.

“A Bereaved Mother’s Christmas Wish List”

Adapted from Lindsey Henke - Still Standing Magazine

1. I wish my child hadn't died.
2. I wish I could hold him, smell his sweet scent, and kiss his beautiful forehead.
3. I wish her dad could be a dad like the others, one who gets to tickle her, hug her, and protect her.
4. I wish I could see him grow and watch him learn how to crawl, walk, talk, and explore the wonders of the world with him through his innocent and unknowing eyes.
5. I wish I could tuck her in at night, read her a bedtime story, and hold her hand as she fell asleep.
6. I wish I could hear him cry all night long and complain about having to change his stinking diaper and be sleep deprived because of his beautiful smelly, loud, little self.
7. I wish I could comb her hair, put it in bows, dress her up for the holidays in little princess outfits I swore I never would let her wear, and watch her dance around the house.
8. I wish I could see his eyes shine and twinkle as he opens presents for the first time and smashes his face into a one year birthday cake as we take silly pictures.
9. I wish others could understand my pain without judgment and without having to lose a child.
10. I wish no one ever had to know this grief.
11. I wish I could rewind time and save her.
12. I just really wish he was here and none of this happened.
13. I wish my child lived.

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 December we Remember...

Ollie Tindle - December 1, 2019
Danielle Paige Baez - December 6, 2003
Patrick Mason Roberts - December 11, 2018
Levi Michael Alley - December 13, 2016
Victoria Sage Lambert - December 15, 2016
Weller Baby #2 - December 18, 2008
Baby Manning - December 18, 2012
Sebastian James - December 20, 2016
Nadia Lovell - December 20, 2017
Elizabeth Grace - December 24, 2016
Ashley Noel Miller - December 26, 1992
Paula Grace Roberts - December 28, 2008

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](#).



Christmas Without You

The perfect winter scene is painted by the snow. Holiday decorations seem each day to grow.

The trappings of the season do not help me be right. Someone is still missing; the world just isn't right.

So how will I make it, how to be bright and merry, When the coming days loom dark and scary.

I will remember and share the memories thank abound. I will talk of the love with everyone around.

As I gaze at the snow and the lights on the tree. I know in my soul that you are here with me.