

# 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.



## January 2024 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 **BLOOM** monthly meetings.

### *December in Review*

Thank you to everyone who attended last month's Holiday Candlelight meeting! It was wonderful getting to celebrate the winter season with each of you. The Holidays are understandably a hard time for so many of us when we are missing our babies. I hope last month's Candlelight gave you all a safe space to remember, celebrate, and honor each of your children. We as a

## DATES & EVENTS

### BLOOM

January 4th @ 7:00 pm - 8:45 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

society associate joy and yuletide-cheer with this time of the year. Know that any sadness, 'humbug' emotions, and numbness to seasonal celebrations is normal after a loss, regardless of how much time that may have passed. We at BLOOM encourage the embracement of all feelings - the good & the bad - that you may be experiencing this Christmas.

Members who attended this years' Candlelight were given personalized 'Planted On Earth To Bloom In Heaven' ornaments. Check out some photos from the Candlelight and a slideshow of photos from our 2023 meetings and events!



### Looking Toward January

Please join us for our next BLOOM support group meeting on Thursday, January 4th from 7:00-8:45 pm.

#### Meeting Location:

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

#### 2024 Meeting Dates:

First Thursday of each month -

January 4	May 2	September 5
February 1	June 6	October 3
March 7	July 11	November 7
April 4	August 1	December 5

### *Special Notes*

- ❄️ Please keep Samantha Gabriel in your thoughts this month as her due date is quickly approaching. What a special time for you and your family. Wishing you a safe and joyous delivery!
  - ❄️ I am doing some New Years cleaning -
    - \*If you noticed any errors (spelling typos of your baby's name/incorrect dates for their significant memorial date) in past newsletters, please text or email Charmel with the appropriate corrections.
    - \*Each month I send out texts reminders to BLOOM members about upcoming meetings and miscellaneous. If you attend our support group meetings and would like to be added to our text group, send an email with your name and phone number to Charmel ([info@emilias-wings.org](mailto:info@emilias-wings.org)).
  - ❄️ If you no longer wish to receive our monthly newsletters, there should be an unsubscribe button on the bottom of each email.
  - ❄️ Wishing you all a peaceful New Year and know I am thinking of each of you as we enter a new calendar year without our babies. My hopes are that 2024 fills each of our hearts with a genuine peace. ❄️🕒🍷
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#### **Another New Year Without My Daughter** by Dawn Jasper

*“ringing in the new year without our daughter will sting each time”*

The New Year — a time to toast the beginning of the new calendar, fresh starts and hope for a better year. I struggle with sharing the sentiment, though. A new year just takes me further from the last time I held my baby girl. Three years later I still miss her. I think this surprises some people. They are taken aback when they realize I'm still grieving. I suppose they think that because she only lived for 120 days, my grieving process would be over by now. But the depth of grief does not correlate with the length of life.

Do they realize everything I'm missing? We lost not only memories already made but also the possibility of every memory I should be making with her. Instead of wishing for a “Happy New Year,” all I can see are the lifetime of moments I wished for her stretching before me.

- ❄️ I wish I'd woken up early Christmas morning to the excited squeals of a three-year-old anxiously awaiting her chance to open the gift with the sparkly silver bow.
- ❄️ I wish I was sitting on the couch on New Year's Eve, desperately trying to stay awake to watch the ball drop, a toddler fighting sleep cuddled beside me.
- ❄️ I wish she was chasing her kitty cat around the living room, begging the kitty to stop just long enough to pet his soft fur.

- ❄️ I wish she was sitting on her daddy's lap watching Disney movies (Star Wars if he gets to choose).
- ❄️ I wish I could see her eyes grow wide as we walk toward Cinderella's castle. Twirling around in her blue tulle dress as she meets a real-life princess. Falling asleep in her dad's arms at the end of the day while clutching her plush Mickey.
- ❄️ I wish her tiny little toes were digging into the sand. Her bright blue eyes glistening in the sun. Rushing into the waves and giggling as they knock her down.
- ❄️ I wish we were baking cookies. Zoey accidentally dumping flour all over the kitchen floor and looking up, worried I'll be mad. But both of us laughing instead as the cat passes through and leaves a trail of little white footprints.
- ❄️ I wish I could I see her running up the stairs at her grandma's house with a bag full of fabric, anxious to get started on sewing her Halloween costume.
- ❄️ I wish I was witnessing her scoring her first goal on the soccer field. Getting a high five from her dad (the coach) as I beam from the sidelines.
- ❄️ I wish we were in a dressing room as she's trying on a prom dress. Falling in love with it. Glancing at the price tag and grimacing. Looking to me, and me grinning as I nod my approval.
- ❄️ I wish she'd catch my eye as she walks across the stage and collects her college diploma.
- ❄️ I wish she was standing in a white dress, the same flowers I'd worn at my wedding pinned in her hair. Tearing up as I give her the blue diamond earrings that her dad gave me so many years before.
- ❄️ I wish she was sliding an ultrasound photo to me. Announcing that her dad and I are about to be grandparents.

Ring in the New Year without our daughter will sting each time. Yes, I lost my four-month-old. And I also lost every beautiful moment I dreamed of with my daughter. **Every breath. Every moment. Every memory that should be.** Another year passing does not make that any easier to swallow.



*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 January we Remember...*

**Ella Grace Rucereto** - January 2, 2011  
**Olivia Rose Carmichael** - January 2, 2021  
**Edward Elliot** - January 4, 2021  
**Dominick Nathaniel Burris** - January 9, 1997  
**Nyla Jane Marie Simmons** - January 11, 2022  
**Hudson Mueller** - January 13, 2015  
**Titan Jax Logan** - January 17, 2016  
**Ila Bernice** - January 18, 1982  
**Baby Edgington** - January 20, 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](#).*

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### *Facing the New Year Without Your Baby-By Suzanne Jones*

On this grief journey, some days we see coming and know they will be difficult. Birthdays, anniversaries, major holidays like Christmas - we look ahead and try to prepare for their arrival, knowing the grief and pain will intensify. Then there are days that sneak up on us, where the pain is unexpected but just as sharp.

My son's birthday is in early January, so after packing up the Christmas tree, I was expecting the next difficult milestone to be his birthday. New Year's Eve and Day were barely on my radar. I was completely looking past them to a first birthday that would be missing a guest of honor.

After losing my son at two months of age, 2017 became the worst year of my life. I first thought I would be glad to say goodbye to 2017, but the exact opposite happened. I was not leaving the pain or trauma of 2017 behind; it was becoming clear that would continue in 2018. Instead, I felt like I was leaving behind my baby. 2017 was the year he died, but it was also the only year he lived.

That first New Year's was the hardest. No other year will have the particular emotional weight of the year that you carried and/or held your baby. However, I still feel a weight of grief each year as the calendar turns over each year, as if I am leaving my son further behind.

I think as grieving moms, we know instinctively that people around us will move on. That is why it is so special to have friends and family members who mark milestones and say our babies' names aloud; we want people to remember them with us. But there is also an irrational fear that deep down, somehow we will move on as well, that as our pain fades, our memories will grow fuzzy until we don't remember our precious child. A hard-earned lesson on my own journey was differentiating between letting go of the pain and letting go of the person. Yes, over time the grief changes and becomes less acute, but our love never diminishes, not at all.