

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.



February 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 and to our **BLOOM** monthly meetings.

January in Review

Members of BLOOM met at North Kansas City Library for our January meeting.

DATES & EVENTS

BLOOM

February 1st @ 7:00 pm - 8:30 pm

Kansas City Northland Support Group - Meetings are held every first Wednesday 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

Special Announcements

Congratulations to Samantha Gabriel and husband, Cody, on the arrival of their son, Xavier Dean Gabriel! Born on January 15, 2024 - weighing 8lbs, 11oz and measuring 21.75 inches long.

We are so happy for your family! Continued thoughts to all as you love on your sweet addition. May you feel big sister, Thea's presence during this special time!



Looking Toward February

Please join us for our February BLOOM meeting TONIGHT on February 1st from 7:00-8:30 pm at NKC Public Library. From now on, we will cut off our meeting times at 8:30 pm to allow the library staff more time to close the building and for our members that live further away in the metro to travel safely home.

Heads Up - there will be a slight delay in sending out our March Newsletter next month. Expect to receive it a few days into the new month. Thanks for your understanding!

But Love Is Forever - By Elizabeth Lamie

Valentine's Day is almost here. Many people are thinking of chocolates, overpriced dinners, and red roses. I'm thinking of the true meaning of this special day: love.

Over the past few years, I have realized that a lot of things in life can be taken away from you without warning. A car accident, a diagnosis that blindsides you or a family member, a job, a home, or in my case – a precious child who doesn't make it.

All of my life, I have been the type of person who likes to plan

and to be “in control” of things. From my loss, I have realized that I can’t control everything. I have understood that many things are not in my control. I have learned the hard way that sometimes, things happen. We can’t pray, plan, schedule, or wish some life events away.

But I have also learned that there is one thing that can never be taken away – and that is love. From the moment we got our surprise positive pregnancy test, my husband and I loved that baby with every fiber of our beings. When we found out we were having twins, we were thrilled and felt so blessed. Our hearts were overflowing with the love we had for these tiny little souls that had not yet arrived.

I planned. I looked at paint samples, crib reviews, and pacifier brands. When I daydreamed about our future family of four, I am sure happiness beamed out of my face like sunlight. This wonderful future all came to a screeching halt when our boys were born that horrible night prematurely almost three years ago — no more planning. Everything was gone. No more paint samples. No baby room, no matching cribs, no family photos. Everything had been taken away from us.

But there is one thing that has remained and always will. Our love for our boys. They are not here. We don’t get to see them ride their bikes without training wheels, jump off the diving board for the first time, or open Christmas gifts. Instead, we love them. We feel lucky to have met them and no matter what, we will always be theirs, and they will still be ours.

They are part of our family and always will be. Our loved ones may pass away – in fact, we all will. But there is one thing that remains, one thing that can never be taken – love. Love is forever.

Inclement Weather



It’s that time of year again when the weather can be unpredictable, sometimes 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.

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 February we Remember...

Nicholas Daniel Burford - February 2, 1993
Brendaeva Emilia Maryjean Vicente - February 7, 2022
Baby Miller - February 9, 2020
Weeder Baby #2 - February 10, 2017
Noah Beckett - February 13, 2023
Alexis Marie Lee - February 14, 2020
Evan Shay McCoy - February 14, 2023
Scarlett Mae Badgett - February 16, 2016
Santana Rhyatt Leann Grippando - February 18, 2021
Korbyn Henry Mercer - February 19, 2016
Baby Mueller - February 21, 2020
Baby Corbett - February 23, 2008
Erica Spring Boenker - February 24, 1980
Baby Clough - February 25, 2021
Baby Barnes - February 27, 2013

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](#).



Remembering our Loved Ones on Valentine's Day - By Marty Tousley, Bereavement Counselor "The First Year of Grief; Help for the Journey"

We've barely made it through the holidays of December and January, and now the stores are filled with hearts and flowers and candy, all of it in celebration of the gift of love. But February 14th can be a difficult day for those of us who are grieving, and for some it will be the first Valentine's Day since our precious Valentine died. For us there is no celebration; there is only grief.

Sometimes, for fear of "letting go," we may find ourselves "holding on" to our pain as a way of remembering those we love. Letting go of what used to be is not an act of disloyalty, and it does not mean forgetting our loved ones who have died. Letting go means leaving behind the sorrow and pain of grief and choosing to go on, taking with us only those memories and experiences that enhance our ability to grow and expand our capacity for happiness.

If our memories are painful and unpleasant, they can be hurtful and destructive. If they create longing and hold us to the past, they can interfere with our willingness to move forward in our grief journey. But it doesn't have to be that way. We can choose which parts of life we shared that we wish to keep and which parts we wish to leave behind. We can soothe our pain by thinking of happy as well as sad memories. The happiness we experience with our loved ones being to us forever.

If we decided to do so, we can choose to embrace Valentine's Day as a special day on which to commemorate our loved ones and to celebrate our love for them. Death ends a life, but it does not end the relationship we have with our loved ones who have died. The bonds of love are never severed by death, and the love we shared will never die either. For Valentine's Day this year, we can find a way to honor our loved ones, to remember them and to show them that our love is eternal.

We can build a piece of "memory time" into that particular day, or we can pack the entire day with meaning. Think of it this way: It's much easier to come with memories we've chosen than to have them take us by surprise. Whether we are facing Valentine's Day, Mother's Day, Father's Day, Memorial Day, an anniversary or birthday, or any other special day of our own choosing, we can immerse ourselves in the healing power of remembrance. We can go to a special place, read aloud, or listen to a favorite song. We can celebrate what once was and is no more.

Personal grief rituals are those loving activities that help us remember our loved ones, and give us a sense of connectedness, healing, and peace. Creating and practicing personal grief rituals can also help us release painful situations and unpleasant memories, freeing us to make our memories a positive influence in our lives.

What follows are just a few examples of personal grief rituals. The ideas are as unique and as varied as the people who invented them; think of ways that you can adapt them and make them your own. You are limited only by your own imagination.

~If you're a writer, write. It could be an article, an anecdote, a story, a poem, a song, a letter, an obituary or an eulogy. If you don't want to write for someone else, keep a private journal and write about your feelings as you journey through your grief.

~Buy a very special candle, decorate it and light it in honor of your loved one.

~Purchase a book - perhaps a children's book - on coping with the loss of a loved one, and donate it to your local library or school. Ask the librarian to place a label inside the front cover inscribed "in memory of [your loved ones name.]"

~Plant a tree, bush, shrub, garden or flower bed as a permanent growing memorial to your beloved. Mark the site with a memorial plaque, marker, bench or statue.

~Memorialize your beloved in cyberspace by lighting a virtual candle online.

~Write a special note, letter, poem, wish or prayer to your beloved, go outside, attach the paper to a balloon and let it go - or place it in a vessel and burn it, and watch the smoke rise heavenward.

~If you are harboring bad feelings or regrets, gather symbols to represent those hurtful or painful situations, events, or feelings from your past, place them in a container and hold a private burial or burning ceremony, saying goodbye and releasing them as you do so.

~Ask relatives, friends, coworkers and neighbors to gather their contributions, and put together a scrapbook or box of memories containing mementoes, letters and photographs of your loved one.

~Celebrate the life of your loved one by continuing favorite traditions or eating favorite foods.

~Select a Valentine card that you wish your beloved would have picked for you and mail it to yourself.

~Give yourself a gift from your loved one that you always wished he or she would have given you, and think of your beloved whenever you use it or wear it.