

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.



March 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.

February in Review

BLOOM met at NKC Public Library for our February gathering. Members in attendance were given heart shaped worry stones to keep as their own. "The history of worry stones isn't clear-cut, but they have been traced back to Ancient Greece, Ireland, North America, and Tibet. They were commonly used in folk practices, and odds are - they were used similarly to how we use them today - as a physical touchpoint for letting go of our worries

DATES & EVENTS

BLOOM

March 7th @ 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

and anxieties.” -Tiny Rituals Blog. For more information and best practices on how to use your worry stone to help calm and ground you, visit [HERE](#).



Looking Toward March

Join us on March 7th at NKC Public Library from 7:00-8:30 pm for BLOOM's March Gathering! We will have a sweet treat for everyone to enjoy.

“March is Pregnancy After Loss Awareness Month. And because becoming pregnant again after losing a baby is complicated, it can be hard to understand, specifically if you haven't experienced loss yourself. In an effort to bring awareness to an often misunderstood experience, here are 10 things unique to pregnancy after loss that you might not realize...” Click the link posted below to read more.

[Here Are 10 Things You Might Not Realize About PAL](#)

- Another Great Resource: [Pregnancy After Loss Support](#)

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 March we Remember...

Baby Hill - March 2016
Reagan Yeager Le - March 1, 2011
Savannah Taylor Le - March 1, 2011
Cole Thomas Cahill - March 2, 2019
4" Spearman Smith - March 4, 2023
Emilia Madeleine Rose Clough - March 15, 2017
Baby Neill - March 17, 2018
Reanna Alexandria Monroe - March 23, 2007
Draven Xavier Dennis - March 23, 2017
"Bean" Baby Fuller #2 - March 23, 2024
Tyson River Creasy - March 28, 2012

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](#).



*Adapted from "Reflection About Time and Change"
 By Dennis Klass, PhD, Webster University, St. Louis, MO*

I often wonder what people are thinking when they say "You'll get over it." Sometimes it sounds to me as if they are talking about a case of mumps or my despair at income tax time. But what can they mean when they say it about grief? Maybe they mean that grief is just an interruption in life. Their theory seems to be that life is basically happy -- buying stuff, working, watching TV -- but that a time of death and grief is an unnatural and sad time in that happy life. I can't agree with that view.

Time can lessen the hurt; the empty place we have can seem smaller as other things and experiences fill our life; we can forget for periods of time the hurt and pain... we can learn to remember the good and hold on to that.

But we cannot "get over it" because to get over it would mean we were not changed by the experience. It would mean we did not grow by the experience. It would mean that death made no difference in our life.

There is an interesting discussion in the Talmud, an ancient Jewish writing. Jews had the custom of rending their garments -- literally tearing their clothes -- to symbolize the 'ripping apart' that death brings. But the

question was raised, after the period of mourning, could you sew the garment up and use it again? The teachers answered yes, but when you mended it, you should not tuck the edges under so it looks as if it had never torn. This symbolized the fact that life after grief is not the same as before. The rent will show. The next question was, can you sell that garment? The teachers answered No. The rending and mending of our life is ours and others cannot wear it.

No, we don't get over it. We change and grow. our life as a difference which is ours alone. Perhaps we can help each other make that difference the kind of difference that increases the world's supply of compassion, love and healing.