

# 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.



## April 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.

### *March in Review*

Last month at BLOOM, we met at North Kansas City Public Library for our March Gathering. Charmel brought cheesecake butterfly cupcakes in honor of her daughter, Emilia's 7th Birthday.



## DATES & EVENTS

### BLOOM

April 4th @ 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

### Kyleigh's Gift

April 22-28th

Annual Diaper Drive

Diapers will be distributed among Liberty North Star - Baby Grace, Happy Bottoms, and Lee's Summit Social Services. Diapers can be dropped off at the Liberty Hospital Foundation Office.

## OTHER

### Donations

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

### Looking Toward April

We hope you will all join us for our April BLOOM Meeting on Thursday, April 4th from 7:00-8:30pm.

## SAVE THE DATE

### Thursday, May 2nd - Mother's Day Tea

Our May Meeting will be in the format of a Mother's Day Tea. Come with a sweet tooth! We will have dessert and of course tea!

If you wish, feel free to bring a special item to share with our group... this could be photos, reading out loud a poem, a baby book, Molly Bear, playing a significant song, etc.

Mother's Day Tea can feel discouraging as everyone is sharing their cherished items, and some may feel like they have nothing in comparison to bring. Please know there is no item that is too small or insignificant to share. Choose anything that is symbolic of your baby or your journey through grief.

**\*\*\*If you plan to attend, PLEASE rsvp no later than Wednesday, April 24th so that I may make proper preparations. Please include any dietary restrictions. Thank You!\*\*\***

### Saturday, October 5th - Walk To Remember

Details will be announced at a later date!

### Thursday, December 5th - Holiday Candlelight Ceremony

Details will be announced at a later date!



*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 April we Remember...*

**Baby Thurin #2** - April 2, 1985  
**Manon Marie Laroche** - April 3, 1974  
**Kyleigh Elizabeth Weller** - April 5, 2012  
**Jamie Ryan** - April 6, 1985  
**Darcy Robert Guntert** - April 6, 2018  
**Felicity** - April 8, 2010  
**Bryson James Stanfill** - April 8, 2022  
**Erika Rose** - April 9, 2020  
**Ellison Michael** - April 15, 2019  
**Michael Smith** - April 17, 2019  
**Alexander Charles Corvaia** - April 20, 2015  
**Baby Otte** - April 22, 2023  
**Raylen** - April 24, 2018  
**Miloh Walter Jahsman** - April 26, 2017  
**Duncan Phillip McNaughton** - April 26, 2017  
**Tanner Baum** - April 29, 2019

*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 Top 10 Things I have Learned about Grieving as a Couple by Caroline, Mom of Jack Robinson*

1. Go to Grief Counseling as a couple if you can - it will help you understand and accept differences in grieving at a time when you both need each other so much.
2. Know that you each have strengths, weaknesses and limitations - chances are these are different for each of you. It sounds obvious, but it can be very hard to accept that both of you have suffered a great loss and one of you may not be able to give the other what you need in such a desperate time. Grief takes a lot of energy and you may not always have much to give your partner during this time. Also, you each have different ways of coping and dealing with your grief - neither of you are wrong - allow the other space to do what they need to do, whatever that is.

3. It is normal to have disagreements over nothing that turn into big blow-out fights.
4. It is normal to get frustrated with each other. Grief requires tremendous patience. Try to be as patient as you can with yourself and your partner.
5. It is normal to take things out on each other. Try to be aware of this and stop yourself from doing this as much as you can.
6. Know that no matter how good your relationship is, or how supportive your partner is, grief can make you miserable, cloud your judgement, and make you feel like you need a divorce.
7. It is usually not a good idea to make any big changes when you are grieving - and this includes leaving your relationship.
8. No matter how alike you are, each of you will have different things that upset and bother you more than other things, and different stages and time frames for your grief. Do your best to understand that you do not have to agree or be feeling the same things at the same time to accept each other's feelings and support each other.
9. No matter how much you love each other, there will be times when you will feel completely alone while grieving the loss of your child. Grief is lonely.
10. Always do your best to have a united front to family, friends and the rest of the world - no matter if you agree or not. Other's judgements have a great potential during this time to pull you apart. You are much stronger as a pair than as two separate individuals. There will be times when it feels like you have no one in the world to support, listen, and stand up for you. Try your very hardest to be there for each other as much as you can. NO-One else in the world loved your child more than each of you. Therefore, no-one else in the world shares this world of grief the same as the two of you.