

# 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.

Happy Thanksgiving!



## November 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.

### *October in Review*

October was a big month - full of wonderful celebration, reflection, and remembrance!

We started off Pregnancy & Infant Loss Month with a backyard bonfire. Complete with handcrafted luminaries in memory of our babies. Thank you all for joining us and I hope the evening was special! A great kickoff to PAIL Month!

## DATES & EVENTS

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### BLOOM

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November 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

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### Donations

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



Photos from our October Bonfire. For more click [HERE](#).

On Sunday, October 5th members gathered at the E.H. Young Riverfront Park in Riverside, MO for our Annual Walk To Remember! This year's theme was Butterflies. Thank you all for choosing to join us and for allowing us to celebrate your babies this October. We hope the event was meaningful to each of you! Click on the group photo below to view more images from our Walk To Remember. 🦋



🦋 "A butterfly to remind me that even though we are apart.  
your spirit is always with me, forever in my heart." 🦋

### *Looking Toward November*

Our next BLOOM meeting is Thursday, November 7th from 7:00-8:30pm. We hope you will join us!

## SAVE THE DATE

Next month's meeting (Thursday, December 5th from 7:00pm-8:30pm) will be our Annual Holiday Candlelight Ceremony. Bring your household and join us for what I hope to be a meaningful evening. Please let me know by November 15th if you plan on attending, so I can prepare accordingly. We will have desserts and appetizers, potluck style, so please plan to bring a dish to share among the group.

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*We extend our most sincere sympathy to those who have recently lost a child.*

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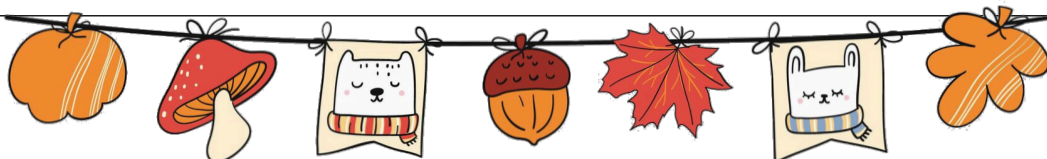
Please know that we are thinking of you and share in your hurt and sorrow

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## *This November we Remember...*

**Baby Pitts** - November 1997  
**Baby Peterson** - November 2004  
**Xara Fuller "Peanut"** - November 2, 2023  
**Thea Elenor Gabriel** - November 4, 2022  
**Christopher Todd** - November 14, 2016  
**Isaiah** - November 17, 2006  
**Baby Hall** - November 19, 2001  
**Jack** - November 19, 2014  
**Lola Alley** - November 23, 2015  
**Aric Michael** - November 25, 2000  
**Luke Aaron** - November 28, 1999  
**Melia** - November 28, 2000  
**Gretchen Mary Kay Stribling** - November 30, 2021

*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](#).*



### *10 Tips for Living with the Holidays this Year*

Remind yourself that you will survive. You will.

Think about what will bring you the most peace this holiday season.

Keeping all traditions intact?

Tweaking some traditions a bit and adding new ones?

Throwing out all the old traditions and starting new ones?

Flying to the Caribbean and completely skipping the holidays this year? It's OK.

Don't expect anyone to mention your child by name. Believe it or not, that's your job. People will look to you to determine whether or not it's safe to talk about the person that died. A few subtle ways to do that:

Serve/bring your child's favorite dish to the holiday get-together - talk about it.

Bring a favorite picture - pass it around. Work it into the dining table centerpiece.

Bring a favorite memento - a book, a poem, a toy, a video, an article of clothing - share it after dinner.

Have music and songs that remind you of your child playing in the background - tell them about it.

Plan a special evening for close family and friends when you REMEMBER. Bring photos and write down special memories. Set time aside to sit in a circle and share the photos and memories.

Remember that it's okay - it's even healthy - to cry.

It's okay to stay in bed... you will get out, when you are ready and able.

It's also okay to smile or even laugh, a bit. You're not being disloyal.

Buy yourself a gift. Wrap it. Write a note - to you - from your beloved child.

Buy someone less fortunate than you a gift.

Light a candle.