

# 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 BLOOM page to learn more about our monthly Pregnancy & Infant Loss support group meetings.

## 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 2025 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. Dottie brought delicious little snack cakes to share with our group in honor of her daughter, Xara's, Birthday!



**Happy  
Second  
Birthday,  
Xara!**

March 2nd

## DATES & EVENTS

### BLOOM

April 3rd @ 7:00 pm - 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

### Kyleigh's Gift

April 28th - May 5th

Annual Diaper Drive

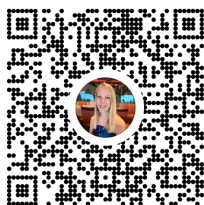
Diapers will be distributed among Liberty North Star - Baby Grace, Happy Bottoms, and Lee's Summit Social Services. Diapers can be dropped off at the Liberty Hospital Foundation Office.

## OTHER

### Donations

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

Charmel Clough  
@Charmel-Clough



**venmo**

One of the topics of conversation at BLOOM last month, was the powerful effect that music and film productions can have on a grieving heart. We listed off several different songs, movies, and tv shows that touch on grief and/or pregnancy and infant loss. Below you will find a link to my personal apple playlist. I would love to hear what songs and films you have collected over time that have moved you during your time of grief. Feel free to text or email me your playlist and I will include them in next month's newsletter for everyone to enjoy.

Emilia  
Charmel Clough  
Apple Music



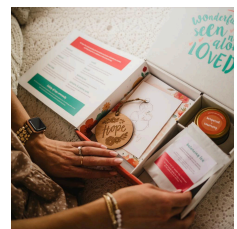
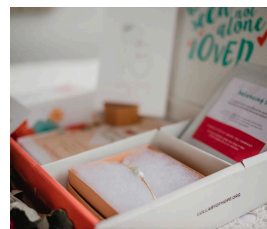
[Click Here to Listen](#)

### Looking Toward April

We hope you will all join us for our April BLOOM Meeting on Thursday, April 3rd from 7:00-8:30pm.

### Lullaby of Hope Community Volunteer Opportunity

Unveiling Hope: A Packing Party with a Purpose



Lullaby of Hope Headquarters

Saturday April 5th at 10:00 am

14300 E US Highway 40  
Kansas City, MO 64136

<https://lullabyofhope.org/>  
Please RSVP by March 28

In the quiet corners of grief, there exists a poignant camaraderie among those who have endured loss. For many couples, the journey through miscarriage, stillbirth, or loss in the womb can

be isolating and immensely painful. Yet, amidst this pain, there is a glimmer of light—a community known as Lullaby of Hope, dedicated to weaving threads of comfort and support through thoughtful gestures.

Lend your hands and hearts to assemble these precious gift boxes, each a testament to the power of community and compassion. Together, we can turn moments of sorrow into opportunities for healing and hope. Together, we can transform a packing party into an ultimate act of love and solidarity.

The agenda is simple yet powerful: assemble hundreds of Wonderfully Made Gift Boxes, each tailored with love and empathy. These boxes are more than mere packages; they are tokens of solidarity, carefully crafted to speak volumes of compassion to women traversing the depths of loss.

Last September, a small group of BLOOM members came together for a day of giving back to the loss community. It was such a wonderful experience for these ladies, that we want to do it again! Please join us in giving to a cause that is near to each of us. Not only will we be supporting our own bereaved community, we will all get the opportunity to deepen our relationships together outside our normal meeting hours.

Please reach out to Samantha Gabriel (816-565-1542) to RSVP and to answer any of your questions. **Please RSVP no later than March 28th.** Our group plans are to meet at Lullaby of Hope at 10:00 am. We will meet at the left (west) side of the building, at the door. After packing all of the boxes, we will grab lunch nearby at Red Lobster (4328 S Noland Rd Independence, MO 64055). We would love to have as many people who are able to join us for this fun charitable community event!

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## SAVE THE DATE

### Thursday, May 15th - Mother's Day Tea

Our May Meeting will be in the format of a Mother's Day Tea. BLOOM usually meets on the first Thursday of every month, but this year our tea will be held on the third Thursday of the month. Our meeting will still take place downstairs at North Kansas City Public Library. 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, artwork, a baby book, jewelry, Molly Bear (or another stuffed animal), playing a significant song, etc. Bring anything that is special to you.

Mother's Day Tea can sometimes feel discouraging as everyone is sharing their cherished items. Some of us with earlier losses may have little to no items that belonged or represent our babies. 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. This may be the perfect opportunity to find or create something that is special between you and your baby. I cannot wait to see what you all bring!

\*\*\*If you plan to attend, PLEASE rsvp no later than **Wednesday, May 7th** so that I may make proper preparations. Please include any dietary restrictions with your rsvp. Thank You!\*\*\*

### **Saturday, October 4th - Walk To Remember**

October is Pregnancy and Infant Loss Month. In remembrance and celebration of our babies, we would like to invite each of our families to our Annual Walk To Remember.

This year it will be held again at E.H. Young Riverfront Park in Riverside, Missouri. Our event is very casual and will include a light walk along the walking trail - with cake, drinks, and fellowship to follow. Close family are more than welcome to attend, so that they may remember and celebrate this time with each of us too.

More details about our walk will be announced at a later date!

### **Thursday, December 4th - Holiday Candlelight Ceremony**

The Holidays are often thought of as joyful times of the year, but they can be incredibly painful when you are celebrating the season without your baby.

During our regularly scheduled December BLOOM Meeting, we will gather for a Holiday Candlelight Ceremony. Members are encouraged to bring their household to join us for the evening.

More details about our holiday event will be announced at a later date!



*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 April we Remember...*

**Baby Council** - April 2003  
**Baby Peterson** - April 2005  
**Baby Thurin #2** - April 2, 1985  
**Julianna** - April 3, 2011  
**Bradley Jacob** - April 5, 2003  
**Darcy Robert Guntert** - April 6, 2018  
**Bryson James Stanfill** - April 6-8, 2022  
**Morgan** - April 8, 1997  
**Baby Belcher** - April 12, 2001  
**Emma Grace** - April 14, 2006  
**Baby Sullivan** - April 19, 2000  
**Zachary** - April 19, 2000  
**Lydia Elaine Clay** - April 19, 2024  
**Morgan** - April 20, 1993  
**Baby Grauberger** - April 22, 1990  
**Holli Ann** - April 22, 2004  
**Baby Otte** - April 22, 2023  
**Sean** - April 24, 1993  
**Baby Kimbrough** - April 26, 2000  
**Duncan Phillip McNaughton** - April 26, 2017  
**Christian Lee** - April 27, 2001

*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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### *5 Tips For Holding On To Your Marriage When Grieving by Amanda*

"I love you." "I can't live without you." "I hate you." "It's all your fault."

When your child is dead, it can be hard to hold on to your marriage.

You'll hear a lot of frightening statistics about marriage after the death of a child. Pretty much everyone will tell you your relationship will be in rough shape. Plenty of people will tell you it won't survive.

Ignore them. Only you know what's going on with your relationship.

When the boys died, I couldn't imagine anyone splitting up with their husband after a loss. I immediately thought: "I've lost so much, how could I lose my marriage too?"

But then the doubts creep in. *"Does he blame me for their death the way I blame myself?" "Why is he so angry all the time?" "Why doesn't he grieve the way I do?" "Doesn't he love them as much?" "Is he ready to try again to get pregnant? Why so soon? Why not yet?"*

So here are my tips for holding on to a marriage after a loss:

*-Your relationship with your child is yours and yours alone.* Your partner's relationship with your child is theirs and theirs alone. All connections are unique. That's what makes them special. That's why your child is not replaceable, even if you were to get pregnant again and have another baby. It would be best if you recognized this.

*-Love cannot be measured by how you express your emotions.* If he doesn't cry as much as you do, it doesn't mean that he didn't love your child as much as you. It doesn't mean her grief is more profound than yours if she isn't ready to try again for a baby.

The emotions we feel and how we express them are two different things and are shaped by our personalities, culture, religion, gender expectations imposed on us, and so much more. But our outward expression of emotion has nothing to do with the love we feel inside.

*-You will be selfish in grief. Your partner will, too.* That's how grief works. Recognize when they need time to themselves and grant them that. You'll need time to yourself, too.

*-You also need time together.* Make a point of spending time working on your relationship. You would need to do this even if your child were still alive. When you become a mother, you shouldn't stop being a wife/girlfriend/partner/lover/friend. Plan a date night, even for a walk after dinner or coffee before work. Think of one positive thing you can do for your partner each week and do it.

*-Get help! It is okay to go to couples counseling.* It is okay to see a counselor alone, too. Reach out for help wherever you can find it. Many employers have employee assistance programs that include counseling. You might be able to find a counselor through your church, synagogue, mosque, or another faith-based organization.

Many counselors have sliding scale fees to ensure the help you need is available to you, no matter your income level. And if the first counselor you meet isn't a good fit, don't give up! They may not be the right counselor for you.

My husband and I have had regular ups and downs since losing the boys. Grief-wise, it can be phenomenally challenging when you aren't on the same page. I went to counseling on my own. I went to a mother's group that met once a month.

We went to counseling together. And it took a lot of time. It was probably two years before it felt like our marriage was back on track.

But as someone told us: "You might be married for 50-60 years. And even if you spent 2 whole years at each other's throats, that means that your marriage was happy 96% of the time! **And that's pretty good.**"