

# 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 offers a range of materials designed to support you on your journey through grief and healing. You'll find a variety of resources, including eBooks, lists of supporting organizations, recommended reading, music selections, and more.

Be sure to visit our BLOOM page to learn about our monthly Pregnancy & Infant Loss support group meetings.

## Facebook

[facebook.com/EmiliasWings/](https://facebook.com/EmiliasWings/)

Stay up to date on our projects, special events, and programs by following us on Facebook!

## Contact Us

[info@emilias-wings.org](mailto:info@emilias-wings.org)

You don't have to walk this path alone. Together, we can get through it. Please feel free to reach out to us by email anytime.

"Loss didn't end our story—it rewrote it in gold. I carry you now in every line."



## July 2024 Newsletter

We welcome you to Emilia's Wings. To those who are newly bereaved, we understand the depth of your devastation and want you to know that you are not alone. We have walked through the darkest valleys of grief ourselves, and we are here to offer unconditional love, support, and understanding. We hope this newsletter provides comfort, guidance, and helpful resources as you navigate your journey through grief. If you know someone who might benefit from our support, please share our website - [www.emilias-wings.org](http://www.emilias-wings.org) and invite them to join our BLOOM monthly meetings.

### June in Review

父の日 (**Chichi no hi**): "Father's Day".

Thank you to everyone who joined us for our June BLOOM meeting! We were grateful for the chance to honor a few of the

## DATES & EVENTS

### BLOOM

July 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

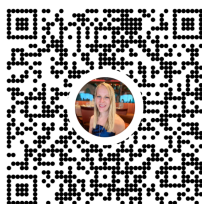
### OTHER

### 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



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incredible dads in our group with some delicious Japanese roll cakes in celebration of Father's Day. We hope the men in your lives felt seen and recognized this Father's Day and that they know this holiday belongs to them, too.

### *Looking Toward July*

We hope you all will join us for our July BLOOM Gathering. If you know someone who has experienced the loss of a baby, we invite you to share our group with them. We're always open to welcoming new faces and expanding our circle of support.

**REMINDER:** This year, the Fourth of July falls the day after our BLOOM meeting. Our meeting will still take place as scheduled on the first Thursday of the month.

**Thursday, July 3rd at 7:00 to 8:30 pm**

North Kansas City Public Library  
2251 Howell St, North Kansas City, MO 64116



*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 July we Remember...*

**Baby Mason** - July 1988  
**Chloe Anna** - July 1996  
**Baby Council** - July 2001  
**Baby Peterson** - July 2005  
**Orris** - July 2, 1991  
**Tyler** - July 3, 2004  
**Charity Nicole** - July 5, 2001  
**Gloria** - July 6, 2013  
**Jacob Adam** - July 7, 2001  
**Alex & Adam** - July 9, 1998  
**Savon Irby** - July 10, 2001  
**Livi Hannah-Joy** - July 10, 2008  
**Isabella Jimenez-Pettibon** - July 13, 2025  
**Levi** - July 17, 2008  
**Daniel** - July 20, 1989  
**Jack** - July 20, 2007  
**Baby Hall** - July 22, 2002  
**Baby Beers** - July 23, 2002  
**Justin** - July 26, 1999  
**MacKenzie Grace** - July 28, 2011  
**Jack** - July 31, 2004

*To add your baby's name to our remembrance list, please email us at [info@emilias-wings.org](mailto:info@emilias-wings.org).  
Please include your baby's name along with any significant dates you'd like us to honor.*

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*Dear Newly Bereaved Parent - Angela Miller*

This will likely be the hardest thing you'll ever do. Survive this. And eventually, maybe even thrive again. At times it will feel virtually impossible. You'll wonder how a human being can survive such pain.

You'll learn you know how to defy the impossible. You did it from the moment your child's heart stopped, and yours kept beating. You do it with every breath and step you take. You're doing it now. And now. And now.

Your fingernails will become bloodied from clawing your way from the depths of despair. Your spirit will grow weary from fighting to survive. Your eyes will cry more tears than you ever thought possible. Your arms will ache an ache for which there aren't words. For a lifetime. Your heart will break into a million tiny pieces. You'll wonder how it will ever mend again.

But with every morsel of unspeakable pain, there is love. An abundance of love. A love so strong, so powerful, it will buoy you. You will not drown.

Others will say things that are intended to be helpful but aren't. Take what is, leave what isn't. Still, you'll meet others along the journey who will get it without ever saying a word. Kind souls who will breathe you back to life again. Let them.

Years down the road you'll tire of hearing the same advice and clichés, over and over again. Advice you don't want or need. Everyone will try to tell you how to best "fix" your broken heart. The trouble is, you don't need fixing. There is no fix for this.

Eventually, you'll learn how to carry the weight of this pain. At times it will crush you. At other times you'll learn how to shoulder the burden with newfound grit and grace. Either way, you'll learn how to bend with the weight of it. It will not break you. Not entirely.

And even if you don't believe in hope- not even a little- hope will light the way for you. At times you won't realize your path is lit. The darkness feels all-consuming when you're in it. But know the light is there. Surrounding you now. And now. And now.

Know you're being guided, by all of us who have survived this impossible hell. You may not hear us, or see us, but we are with you. Beside you. Hand in hand, heart to heart. Always. Just like your child still is.

Above all else, know that no one can save you but yourself. You are the heroine/hero of this sad story. You are the one who gets to decide how, and if, you'll survive this. You are the one who will figure out a way to survive the sleepless nights and the endless days. You are the one who will decide if and when you'll find a purpose again that means something to you. You are the one who will choose how you'll live with the pain. You are the one who will decide what you'll cling to, what will make your life worth living again. You, and only you get to decide how you'll survive. No one else can do this for you.

People will speak of "closure," or "moving on," or "getting over it," of grief coming to an end. Smile kindly, and know, anyone who says these things hasn't lived this thing called grief.

To lose a child is to lose the very heart and soul of you. It is overwhelmingly disorienting. It takes a long, long time to find yourself again. It takes a long time to grow new life around the chasm of such grave loss. It takes a long time to grow beauty from ashes.

There will always be a hole in your heart, the size, and shape of your child. Your child is absolutely irreplaceable. Nothing will fill the void your child left. But your heart will grow bigger- beautifully bigger- around the empty space your child left behind.

The love and pain you carry for your precious child will be woven into every thread of your being. It will fuel you to do things you never dreamed you could do. Eventually, you'll figure out how to live for both of you. It will be beautiful, and it will be hard. But, the love you two share will carry you through. You will spread this love everywhere you go.



Eventually, you'll be able to see again. Eventually, you'll find your way again. Eventually, you'll realize you survived.