

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 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/

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

Contact Us

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.

"If my heart is cracked, it's only because it once held something precious—and now holds it still, in another form."



October 2025 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 and invite them to join our **BLOOM** monthly meetings.

September in Review

Last month, BLOOM gathered for our September meeting. In preparation for Pregnancy & Infant Loss Awareness Month, every parent was given a paper bag to decorate and recreate into a luminary. These luminaries will be used at our October meeting to honor each of our babies.

If you took your luminary home after the September gathering, please remember to bring it with you to this month's meeting. If

DATES & EVENTS

BLOOM

October 2nd @ 7:00 - 9:00 pm

Kansas City Northland Support Group - Meetings are held every first Thursday of each month.

This month we will meet at Facilitator, Charmel's House
Please Email/Text for Address

Walk to Remember

Sunday, October 5th @ 2:00 pm
E.H. Young Riverfront Park

1001 Argosy Pkwy, Riverside, MO 64150

Infant Loss Month

Several Events Across the KC metro are listed at the bottom of the "Looking Toward October" Section

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

you couldn't attend in September but plan to join us this month, no worries. I will have supplies available for you to quickly make your own.

Looking Toward October

We have a big month ahead, and I am so excited to be honoring and celebrating our babies with each of you!



I'd like to invite everyone to our October meeting. In celebration of Pregnancy & Infant Loss Awareness Month, we will be gathering at Charmel's house for a cozy backyard bonfire, instead of meeting at the North Kansas City Public Library. The date

and time remain the same - Thursday, October 2nd, from 7:00 to 8:30 pm - just a different location. We will meet at Charmel's, rain or shine; if it rains, we'll move the gathering indoors.

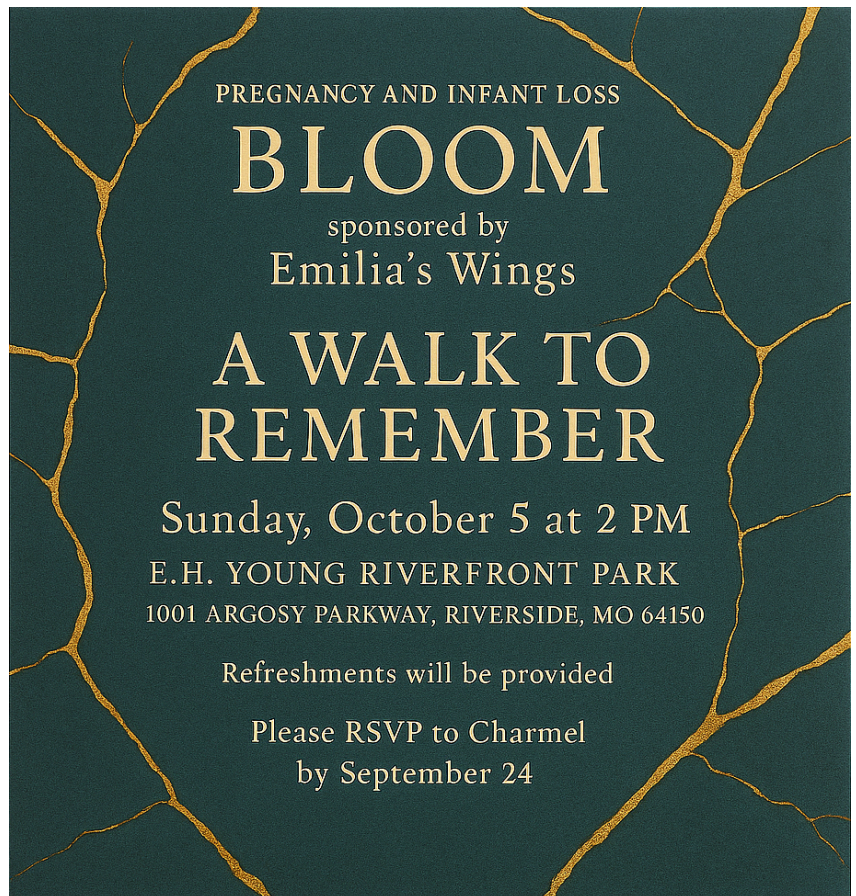
If you plan to attend, please reach out to Charmel to get the address. There is some outdoor seating available, but chairs are limited, so you may want to bring a folding chair or anything else you might need for the evening.

As mentioned in the "*September in Review*" section, if you took your lantern home, please bring it with you to the October meeting. If you were unable to attend last month's meeting, I will have supplies available for you to quickly make your own.

Our Walk to Remember will take place on **Sunday, October 5th** at 2:00 p.m. at **E.H. Young Riverfront Park (1001 NW Argosy Pkwy, Riverside, MO 64150)**. This is a casual, relaxed event with a walk-at-your-own-pace format. Feel free to bring your family along to help celebrate the day. *A gentle reminder: because this is a multi-family event, guests of all ages - including infants, rainbow children, pregnant women, and other possible triggers - may be present.*

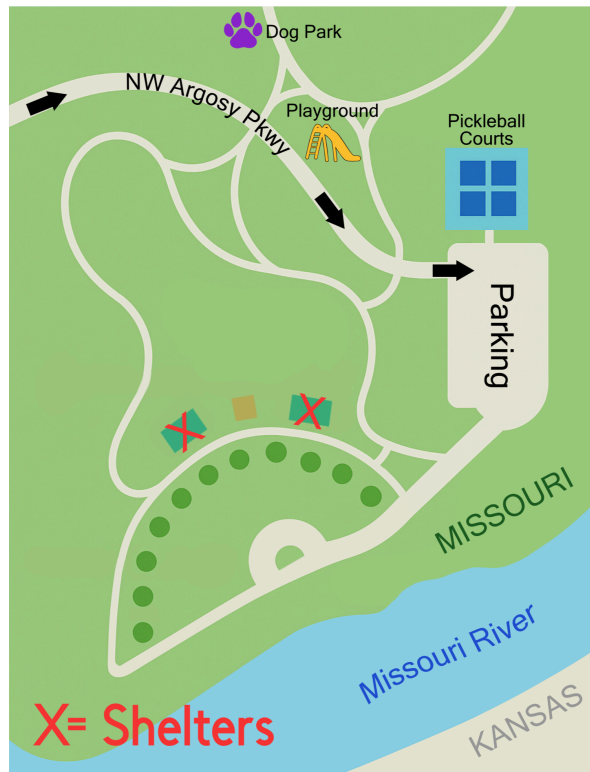
Unfortunately, the park's two large shelters are available on a first-come, first-served basis. While we'll do our best to secure one, I can't guarantee availability. If the shelters aren't open, there are several small pergolas with picnic tables scattered around the park where we can gather. Either way, it should be easy to spot our group when you arrive. Look for our black Kintsugi shirts! 😊

Please try to arrive by 2:00 pm so we can begin the walk together. Cake and refreshments will be provided afterward.



E.H. Young Riverfront Park

1001 NW Argosy Pkwy, Riverside, MO 64150



I'm including a map of the park to help with driving and parking. Please refer to it if you have trouble navigating, as I'll be hard to reach by phone the day of the walk and won't be available to take calls or texts.

A HUGE thank you to everyone who purchased a shirt! T-shirt sales are our only fundraiser for special events (like the walk) and other activities throughout the year, and I really appreciate your support. Shirts will be available for pickup at our October meeting. If you can't make it then, feel free to pick yours up at the walk on the 5th or contact me (Charmel) to arrange a time to pick them up from my house.

Other relevant events happening around the metro this month. Click on each event's links for more info:

♦ **Saturday, October 11th - Kyleigh's Gift Candlelight & Luminary Walk** - (requires a

reservation) Taking a new spin on our classic walk, our 12th year focuses on lighting up our path and our hearts. Starting at the TreeHouse, registration will open at 6:00 PM, with our Glow Walk beginning around twilight at 7:00 PM. Immediately following the walk, reconvene in the TreeHouse Gardens for our Candlelight remembrance ceremony. Join us with glow lanterns, harpists, poetry, name readings, fun trail lighting, and refreshments.

- ♦ **Sunday, October 6th - Day of Remembrance** - (Kindly asks for RSVP) This event starts at 3pm and takes place at AdventHealth Shawnee Mission ParCourse. You will receive a butterfly to release as we remember the tiny loved ones we have lost. Families from throughout the community are encouraged to join. Please RSVP to Tricia Rausch at, 913-632-4223 or Tricia.rausch@adventhealth.com
- ♦ **Tuesday, October 15th** - Participate in the **International Wave of Light** by lighting a candle at 7 pm local time to honor all babies that have died too soon. Keep your candle lit for at least one hour to create a continuous "wave of light" across all time zones covering the entire globe! If you'd like to share with the virtual community, use the hashtag #waveoflight.

If you know of any other Pregnancy & Infant Loss-related events happening this month, please let me know - I'd love to share them with our group. Be sure to follow Emilia's Wings on Facebook - where I regularly post about events around the metro, BLOOM-specific reminders, and other PAIL-related

updates. It's one of the easiest ways to stay connected with our group. For those who live in or near the Kansas City metro, we also have a BLOOM text message group where I send out reminders for upcoming meetings and events. If you would like to be added to our text message group, feel free to reach out to me (Charmel) and I will get you added.



"At times our own light goes out and is rekindled by a spark from another person.

Each of us has cause to think with deep gratitude of those who have lighted the flame within us.



Other Notes

Hannah Guntert (Darcy's mom) a former BLOOM member, has reached out to share about an upcoming grief support group for anyone who may be interested in additional support:

"My church is starting a grief support group on Wednesday evenings from like 7-8 at Liberty Church of Christ (1401 Glenn Hendren Dr. Liberty, MO 64068). This is a general grief group, however, not just infant and pregnancy loss."

If you are interested and would like more information, feel free to reach out to me and I'll connect you with Hannah.

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 October we Remember...

Joy - October 1985
Baby Bliss - October 1995
Kevin Monagan - October 1, 1985
Seth - October 3, 2002
Wagner Moonie Bernard - October 4, 2000
Baby Thurin #3 - October 5, 1985
Gabriel - October 5, 2005
Adriel Michele - October 6, 2014
Raymond Lawrence - October 12, 2005
Ivy Allison - October 12, 2008
Nova Ann Boatwright - October 14, 2021
Sarah Christina - October 15, 2002
Opal - October 16, 2007
Josie Victoria - October 16, 2020
Alexander - October 17, 1993
Kale - October 19, 2011
Baby Adams - October 21, 1991
Baby Hill #2 - October 21, 2015
Lois Ruth - October 22, 2003
Kelly - October 24-25, 2000

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



Empathy In The Impossible Choices

I am now five years on after having to make an impossible choice in my first pregnancy.

We ended up deciding to proceed with termination for medical reasons when I was 22 weeks pregnant.

My darling son Jacob had multiple medical issues as well as myself being at risk with recurrent placental abruptions. I am only now starting to unpack everything that has happened and getting professional help to work through it all.

I struggle with the guilt, and one exercise my psychologist has me do is try to find empathy for myself.

Below is what I came up with.

I hope it may help anyone out there, who is also struggling with the guilt of living without their baby, to be kinder to themselves and find empathy for their situation.

I feel empathy for the woman who was going for her ultrasound and didn't know what was about to happen.

I feel empathy for the woman who was laying on the ultrasound table and whose whole world fell apart.

I feel empathy for the woman who was put in the situation of being asked to decide whether she should continue with a pregnancy or to end it – even though there was nothing more she wanted than to take her baby home with her.

I feel empathy for the woman who had to sit and listen to everyone's opinion on what to do when nobody else could feel that baby move and kick.

I feel empathy for the woman who felt like the weight of the world was on her shoulders, and there was no way out no way to save her baby.

I feel empathy for the woman who had to deliver her baby, who had long dreamed of the moment she would deliver her first child and how amazing that would be.

I feel empathy for her because that was not how it turned out.

I feel empathy for the woman who held her baby close to her chest, but the baby didn't move, didn't breathe, didn't open his eyes, and was cold. I feel her pain and her sadness I feel her longing for a miracle.

I feel empathy for the woman who had to hold her dead baby, who had to look at her child and see their whole future together slip away.

I feel empathy for the woman who didn't know what to do, who was overwhelmed by the fact this baby she had loved so much is now dead.

I feel empathy for the woman who had to hand her baby over and walk away.

I feel empathy for the woman who was asked whether she wanted to bury or cremate her child when the answer was – she wanted to have her baby with her forever.

I feel empathy for the woman who wondered if there would ever be happiness in her heart again.

I feel empathy for the woman who has questioned her ability to be a mother.

I feel empathy for the woman who managed to get up and keep going even though all she wanted to do was hide under the covers and never come out.

I feel empathy for the woman who wondered if she would ever have a live baby.

I feel empathy for the woman who still doesn't know how to heal her broken heart.

I feel empathy for the woman who feels like it's all her fault, even though she did the best she could in a situation she never wanted to be in.

I Didn't Choose Death, Death Chose Me: On The Late-Term Abortion Law In New York

I feel empathy for the woman who doesn't know how to forgive herself for letting her baby go even though it was what had to be done.

I feel empathy for the woman who still feels lost and doesn't know how to live her life without her first baby.