

# 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. **Contact Us**

## January – Auger

### Holding steady through grief

The auger's deep spiral reflects the strength it takes to keep going when loss changes everything.



## January 2026 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.

### *December in Review*

Thank you to everyone who attended last month's Holiday Candlelight meeting! It was truly special to celebrate the winter season with each of you. We know the holidays can be an especially difficult time for those of us grieving the loss of our babies. I hope last month's Candlelight provided a safe space to

## DATES & EVENTS

### BLOOM

January 8th @ 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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remember, celebrate, and honor your children. As a society, we often associate the holiday season with joy and cheer, but please know that any sadness, "humbug" emotions, or numbness to seasonal festivities is completely normal after a loss - no matter how much time has passed. At BLOOM, we encourage embracing all the emotions you may be feeling, both the good and the difficult.

Those who attended this year's Candlelight service received a kintsugi ornament as a keepsake. Be sure to check out some photos from the event, along with a slideshow of moments from our 2025 meetings and events!



#### *Looking Toward January*

Please join us for our next BLOOM support group meeting on Thursday, January 8th, from 7:00 to 8:30 pm.

**\*\*\*PLEASE NOTE THAT THIS MONTH'S MEETING WILL NOT TAKE PLACE TONIGHT (JAN 1st), AS TO ALLOW MEMBERS THE EVENING TO SPEND THE HOLIDAY WITH THEIR FAMILIES. WE WILL, INSTEAD, MEET ON THE 2nd THURSDAY OF THE MONTH (JAN 8th).\*\*\***

#### Meeting Location:

North Kansas City Public Library

2251 Howell St.

North Kansas City, MO 64116

#### 2026 Meeting Dates:

First Thursday of each month (*unless otherwise noted*) -

January 8*	May 7	September 3	<u>KEY</u>
February 5	June 4	October 1	*2nd Thursday
March 5	July 2	November 5	
April 2	August 6	December 3	

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When your child dies, the idea of a new year can be hard. The idea of 2026 being your "best year ever" or "a fresh start" or "the happiest yet" can seem like the furthest from your reality. New Years celebrations can feel like your baby is being left behind in the past, as you enter a new year which they never existed in. Or perhaps your loss was long ago and the New Year is another reminder of just how much time has passed since you were last physically together. It can feel extra heavy as the world around us celebrates the passage of time and focuses on the happy, shiny, hopeful new year.

This month, I challenge you to change the narrative! Remember:

- ✿ This day (and tomorrow) are just like every other day without them. Nothing changes!
- ✿ We always think of them, honor them, carry them with us... we never leave them behind.
- ✿ Remind yourself they still exist... even in our 2026... not the way we want, but they are here.
- ✿ Time is a man-made thing. Our kids exist beyond it.

So, set an intention for this upcoming year. What do you want or need it to be? Some good suggestions... more self-care, self-compassion, grace, peace... less stress. Take a small step toward creating a life you can show up in and live. People like to choose a word for their year... what will your 2026 word be?!

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### *Special Notes*

- ✿ It's time for some New Years cleaning -

\*If you noticed any errors (such as spelling mistakes in your baby's name or incorrect dates for significant memorial dates) in past newsletters, please text or email Charmel with the corrections.  
 \*Each month, I send out texts reminders to BLOOM members about upcoming meetings and other updates. If you attend our support group meetings and would like to be added to our text group, please email your name and phone number to Charmel at [info@emilias-wings.org](mailto:info@emilias-wings.org).

✿ If you no longer wish to receive our monthly newsletters, there should be an unsubscribe button on the bottom of each email.

✿ Wishing you all a peaceful New Year. As we enter 2026 without our babies, please know that I am thinking of each of you. My hope is that the coming year brings genuine peace to our hearts. 

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### *Inclement Weather*



It's that time of year again when the weather can be unpredictable, sometimes making it unsafe to gather for our monthly BLOOM meetings. Just a reminder that BLOOM follows North Kansas City School Districts' severe weather procedures. If North Kansas City Schools are canceled due to weather conditions, our BLOOM meetings will also be canceled for the evening. I will send updates via text and email to notify you of any cancellations, providing as much advance notice as possible.

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### *Gratitude Corner*

♦ Emilia's Wings and all of our BLOOM projects are run solely through the generosity of our community. A tremendous thank you to those who help make our extra activities and events possible. We appreciate your support more than you know. The following gifts were made in the last quarter:

✿ **Sister Mary & the Diocese of Lincoln**

✿ Christmas memorial donation in honor of **Emilia Madeleine Rose Clough**  
- Gifted by her grandparents, **Kent & Robin Brown**

✿ **Schier Products Charitable Foundation | Greater Kansas City Community Foundation**  
- Donation made at the request of employee, **Andy Carbajo**

✿ Memorial Donations in Memory of **Donald Dean Brown** (Great-Grandfather of Emilia Clough):

- **Brett & Kim Joneson**

- **Ursula Geary**

- **Walt & Cindy Johnson**

- **Brian & Becky Hergenrader**

*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 January we Remember...*

**Baby Amato** - January 1993  
**Baby Crisman** - January 1993  
**Jan** - January 1994  
**Jacob** - January 2003  
**Baby Davis** - January 2012  
**Ella Grace Rucereto** - January 2, 2011  
**Murray David** - January 3, 1995  
**Baby Sullivan** - January 6, 2000  
**Birdie** - January 7, 2006  
**Nicholas Daniel Burford** - January 11, 1993  
**Amber** - January 15, 1993  
**Tara Mia** - January 18, 2000  
**Baby Day** - January 19, 1995  
**Mason Daniel** - January 19, 2004  
**Sydney Lynne** - January 24, 1996  
**Morgan** - January 25, 2004  
**Kelsey** - January 26, 1993  
**Baby Svanda** - January 26, 2003  
**Baby Twist** - January 27, 2020  
**Christopher** - January 29, 1993

*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.*



### *The Holidays Are Behind Us - by Marie Andrews*

It is the New Year. The holidays are behind us. We did with them what we could. Whether they were a time of sorrow, a time of joy, or a combination of both, they are now a part of our memories. In a strange way, as a memory in our hearts and in our minds, our child's place is there amongst all the other memories of the season. There is hurt along with the memory, but also thankfulness for the memory.

Now we look out on a winter landscape. The earth is cold, the land sharply defined. Yet underneath the hard crust, the energy and warmth of our earth is guarding and providing life to all that grows. We may

personally know the coldness and hardness of a grief so fresh that we feel numb - a grief so hurtful that our body feels physically hard, our throats tight from tears shed or unshed, our chests banded tightly by our mourning heart.

If we are not now experiencing this, our memories recollect so easily those early days. Yet as we live these days, like the earth from which we receive our sustenance, we too, in our searching, find places of warmth and change and love and growth deep within. Let our hearts and minds dwell in them and let us have the courage and love to share them with our loved ones. To talk about even that first dim shape of new hope or of new acceptance or of new understanding or of new love. These are the new roots, born of our love of our child that are forming and stirring within, gathering strength so that our lives, at the right time, can blossom once again and be fruitful in a new and deep way.