

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.

September — Limpet

Holding fast
through the tides

Clinging firmly to rock,
the limpet represents
enduring love that does
not let go.



September 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 and invite them to join our BLOOM monthly meetings.

August in Review

BLOOM met last month at NKC Public Library for our monthly gathering.

Looking Toward September

Join us on September 3rd at 7:00 pm for our September BLOOM

DATES & EVENTS

BLOOM

September 3rd @ 7:00 - 8:30 pm

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

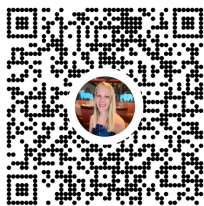
North Kansas City Public Library
2251 Howell St.
North Kansas City, MO 64116

OTHER

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

Meeting. In preparation for Pregnancy and Infant Loss Month and for our October meeting, we will be completing a small craft. All supplies will be provided. We hope you will join us!

As a heads up, our October meeting will not be held at North Kansas City Public Library, but instead at Charmel's house. More details will be discussed at our September meeting and shared again in next month's newsletter.

"You cannot mourn unless you claim the story. Telling the story is a huge step in the healing, much more important than any of us realized."

-Elizabeth Devita-Raeburn

Author of "Empty Room: Surviving the Loss of a Brother or Sister at Any Age"

REMINDERS

Our Walk to Remember is coming up next month on Sunday,
October 4th, at 2:00 p.m.

For more details about the walk, please visit the following link:

<https://www.emilias-wings.org/walk/>



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 September we Remember...

Baby Waldschmidt - September 1991
Alex - September 1997
Baby Rose - September 2004
Baby Gordon - September 2005
William - September 2023
Tatum - September 2023
Aspen - September 2023
Emily - September 2, 1992
Nicholas William - September 7, 2000
Baby Hill #4 - September 8, 2017
Baby Hill #5 - September 8, 2017
Madeline Marie - September 12, 2003
Baby Adams - September 14, 1994
Stephen Carroll - September 14, 1994
Samantha - September 15, 1992
Kyle Phillip Bowen - September 16, 1992
Abigail - September 21, 2001
Nyla Nicole Acevedo - September 22, 2004
Ella Marie - September 24, 2013
Albert Olen - September 26, 2003
Jacob Ryan - September 27, 1999
Baby Latham - September 28, 2019
Kira - September 30, 2012

*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.*



Rising and Falling Like the Sea

Grief moves in waves. Some days, sorrow rises gently, lapping at the edges of the heart like a calm tide. Other days, it crashes in sudden surges, overwhelming and relentless. Seashells remind us that this is natural - each shell once moved by the same waters, carried by currents, shaped by ebb and flow. Just as the ocean has rhythms that cannot be controlled, so too does grief follow its own cycles. There is a pattern

to loss, though it may not always be visible: moments of calm, moments of storm, and moments where we feel carried along by forces larger than ourselves.

Yet within these tides, there is also life, memory, and meaning. Each wave leaves behind treasures - just as each moment of grief leaves the heart marked with love, remembrance, and resilience. The cycles of the ocean mirror the cycles of life: beginnings, endings, and transformations that continue beyond what we can see. Holding or observing a shell reminds us that even when the water feels overwhelming, love endures, and the waves - like grief - will eventually recede, leaving behind beauty shaped by every current they carried.

Reflection Questions

- ✦ In what ways have I noticed my grief moving in waves—moments of calm, and moments that feel overwhelming?
- ✦ When I am in a “storm” moment of grief, what helps me get through it, even in small ways?
- ✦ What have I learned about myself during the quieter, more gentle tides of my grief?
- ✦ Looking back, what signs of love, memory, or resilience can I see that have been left behind through my grief journey?

