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.



December 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.

November in Review

BLOOM held our November support group meeting last month at the North Kansas City Public Library. Thank you to everyone who attended. Your presence and the experiences you share offer meaningful opportunities for other parents to connect and find empathy within the group. We value each of you and are so thankful to have you as part of our monthly meetings!

DATES & EVENTS

BLOOM

Holiday Candlelight Ceremony
December 3rd @ 7:00 - 8:15 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.

Special Announcements

Congratulations to Cameron and Melody Akeson on the arrival of their son, Charles Adair Akeson! Born on November 4, 2026 - weighing 8lbs, 8oz and measuring 21 1/4 inches long.

We are so happy for your family! Continued thoughts to all as you love on your sweet addition. May you feel big brother, Theodore's presence during this special time!



We are so proud of our fellow BLOOM mom, Melia, who was recently featured on the latest episode of Confessions of a Grieving Mother. Hearing Melia courageously share her daughter McKenna's story, and what life looks like before and after loss, was deeply moving.
Melia, thank you for your vulnerability, your strength, and for holding space for other moms walking this path.

🎧 Listen to the episode here.

Looking Toward December

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

This December, we will gather for a Holiday Candlelight Ceremony. The act of lighting a candle in honor of those who have passed is a centuries-old tradition that allows us to express what words cannot. By lighting a candle for our babies, we remember and honor their lives and memories. This year's ceremony will take place on **Thursday, December 3rd, from**

7:00 to 8:15 p.m. Please note, the meeting will wrap up a bit earlier than usual to allow time for cleanup.

A gentle reminder: members are welcome to bring their household to this meeting. Several new faces may join us, so guests of *all* ages - including infants, rainbow children, pregnant women, and other possible triggers - may be present.

Due to the North Kansas City Public Library's no-flame policy, please leave your candles at home. We will instead hold a flameless candlelight ceremony, and LED candles will be provided.

We kindly ask each family to bring a dessert or appetizer to share with the group. Think finger-foods. If you haven't yet RSVP'd, please reach out to Charmel so she can plan accordingly.

Stocking Stuffer Exchange

If you chose to participate in this year's Stocking Stuffer Exchange, do not forget to bring your items to our Candlelight Ceremony on Thursday, December 3rd. At the end of the ceremony we will take a moment to hand out our stocking stuffers to the families who participated.

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.

How to Handle Grief at Christmas By Josephine Hughes

December can be a very poignant time of year for bereaved people. It can feel very lonely. The happiness that everyone else seems to be experiencing underlines the pain of loss.

What might have once been a happy time now seems to have lost its luster. The glitter, the lights, the music - all seem as though they belong to a different time, a different universe. Many people say that Christmas just isn't the same and it's something to be endured rather than enjoyed.

People can also feel a sense of pressure to enjoy themselves, because that's what is expected. This can add to the burden of the season when it is already quite painful.

If you're facing Christmas this year and have a sense of loss, here are just a few thoughts on how you can help yourself at a challenging time, when it feels like you're the only person with feelings like yours.

Click here to read five tips to surviving the holidays.

2027 Meeting Dates:

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

January 7	May 13*	September 2
February 11*	June 3	October 7
March 4	July 1	November 4
April 1	August 5	December 2

KEY

*2nd Thursday

"A Bereaved Mother's Christmas Wish List"

Adapted from Lindsey Henke - Still Standing Magazine

1. I wish my child hadn't died.

2. I wish I could hold him, smell his sweet scent, and kiss his beautiful forehead.

3. I wish her dad could be a dad like the others, one who gets to tickle her, hug her, and protect her.

4. I wish I could see him grow and watch him learn how to crawl, walk, talk, and explore the wonders of the world with him through his innocent and unknowing eyes.

5. I wish I could tuck her in at night, read her a bedtime story, and hold her hand as she fell asleep.

6. I wish I could hear him cry all night long and complain about having to change his stinking diaper and be sleep deprived because of his beautiful smelly, loud, little self.

7. I wish I could comb her hair, put it in bows, dress her up for the holidays in little princess outfits I swore I never would let her wear, and watch her dance around the house.

8. I wish I could see his eyes shine and twinkle as he opens presents for the first time and smashes his face into a one year birthday cake as we take silly pictures.

9. I wish others could understand my pain without judgment and without having to lose a child.

10. I wish no one ever had to know this grief.

11. I wish I could rewind time and save her.

12. I just really wish he was here and none of this happened.

13. I wish my child lived.

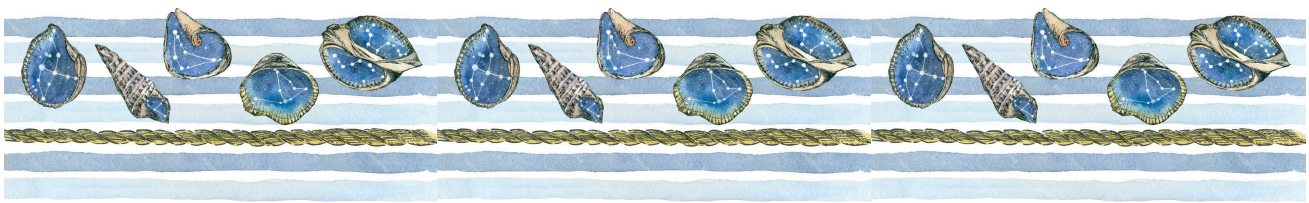
We extend our most sincere sympathy to those who have recently lost a child.

Please know that we are thinking of you and share in your hurt and sorrow

This December we Remember...

Grauberger Baby #1 - December 1990
Grauberger Baby #2 - December 1991
Baby Siren - December 1998
Baby Bliss - December 2002
Baby Jacob - December 2006
Baby Walker-Troxler - December 1, 2006
Margaret Ann - December 4, 1975
Dillon Joseph - December 6, 1993
William Henry Johnson - December 13, 2007
Levi Michael Alley - December 13, 2016
Baby Nichols - December 19, 2001
Meagen Irene - December 21, 2006
Madeline - December 22, 2015
Asa Timothy - December 25, 2012
Elizabeth - December 27, 2003
Marissa Ann - December 28, 1994
Alexandrina Marie - December 30, 2005
Gavin Cole - December 31, 2002

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.



The Shore Holds Our Love

Seashells rest on the shore long after the waves have passed, holding within them the essence of life, water, and time. They remind us that memory is enduring, and that love, once given, never fades. In grief, remembrance can be both comforting and tender - an acknowledgment of absence, and a celebration of the life and love that continues to shape us.

Embracing remembrance does not mean letting go, nor does it mean moving on from loss. It is a quiet act of holding, of honoring, and of allowing our hearts to carry what is precious. Just as a shell is shaped by tides, each memory we hold shapes the heart in ways that are beautiful, lasting, and transformative. By pausing to remember, to touch, or to reflect, we give ourselves permission to feel, to honor, and to love - a love that endures, shimmering quietly, like the soft glow of a shell in the sun or the gentle sparkle of waves on the shore.

Reflection Questions

- What does remembrance mean to me, and how do I currently practice it in my own way?
- In what ways do I feel that my love for my child continues to exist and shape my life today?
- What memories feel most important for me to gently hold onto right now?
- How can I create small moments of pause or reflection that allow me to honor my grief and my love at the same time?