

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 includes different materials which we hope will provide support on your journey through grief and healing. We offer a variety of resources including eBooks, list of supporting organizations, reading material, music selections, and more.

Be sure to check out our Forget-Me-Not page, an online memorial dedicated to the children that live on in our hearts.

Facebook

facebook.com/EmiliasWings/

Stay up-to-date on projects, special events, and programs by liking us on Facebook!

Contact Us

info@emilias-wings.org

You need not walk alone. Together we can make it! Feel free to reach out by email.



August 2024 Newsletter

We welcome you all to Emilia's Wings. To all who are newly bereaved, we know how devastated you are. You are not alone in your grief. We have been in the depths of despair and we are here to help you with unconditional love and understanding. We hope this newsletter will help you while you navigate grief and provide additional resources on your journey. If you know someone who would find our resources helpful, please direct them to our website at www.emilias-wings.org and to our **BLOOM** monthly meetings.

July in Review

Every October marks Pregnancy and Infant Loss Month. Each year we devote a portion of October to honoring our babies in a special and meaningful way. Walking in memory of our babies is just one way to pay tribute to the tiny little feet that are forever imprinted on each of our hearts.

Last month you all should have received an email with

DATES & EVENTS

BLOOM

August 1st @ 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

National Rainbow Baby Day

August 22nd

Bereaved Father's Day

August 26th

OTHER

Donations

-Donations can be sent & made payable to Emilia's Wings at:
10637 N. Holmes St
Kansas City, MO 64155

information regarding this year's Walk to Remember. Our walk will take place on the afternoon of **Saturday, October 5th** at **E.H. Young Riverfront Park** in Riverside, MO. Feel free to bring your family along to join us in walking in memory of our babies.

For more information about the Walk to Remember and how to RSVP, click on the the E.H. Young Riverfront Park image below.



T-shirts will also be available for purchase. T-shirt sales are BLOOM's sole fundraiser. Your support in purchasing a shirt helps to offset the costs of special events and activities we have throughout the year. The back of each shirt is personalized with all of the names of the babies we will be honoring at this year's walk. Consider buying a shirt to support our group and to memorialize your baby's name. You will find an example of the shirt posted below. The shirt's final color and design may slightly differ from the example shown. For more t-shirt ordering details, please click on the image of the shirt.



Looking Toward August

Please join us tonight (August 1) for our August BLOOM Gathering from 7:00-8:30 pm at the North Kansas City Public Library. We will meet downstairs in the Public Meeting Room.

NATIONAL RAINBOW BABY DAY!

National Rainbow Baby Day is marked each year on August 22nd. This day allows the pregnancy and infant loss community a time to celebrate the joy and hope that comes with the arrival of rainbow babies, while also recognizing the struggles and challenges that come with loss.

A rainbow baby is a term used to describe a baby born after the loss of a previous pregnancy or pregnancies. Just like a beautiful rainbow that appears after a storm, these babies bring light, healing, and renewed hope to families who have experienced loss.

This month we would like to pay tribute to all of the rainbow babies born into our BLOOM family since our group came into existence in the late 1980s. We honor our members who are currently pregnant - who may be anxious and filled with an array of emotions as they wait for the arrival of their little one. Lastly, we look to the couples who have yet to welcome their rainbow. We see your grief and we yearn alongside you for your rainbow to come too.

OUR LITTLEST RAINBOWS



Luna Jane Boatwright
Daughter of Christie Samples
Eva & Nova's Little Sister
November 14, 2023



Addilyn Mae Stanfill
Daughter of Morgan Stanfill
Bryson's Little Sister
November 17, 2023



Xavier Dean Gabriel
Son of Samantha Gabriel
Thea's Little Brother
January 15, 2024

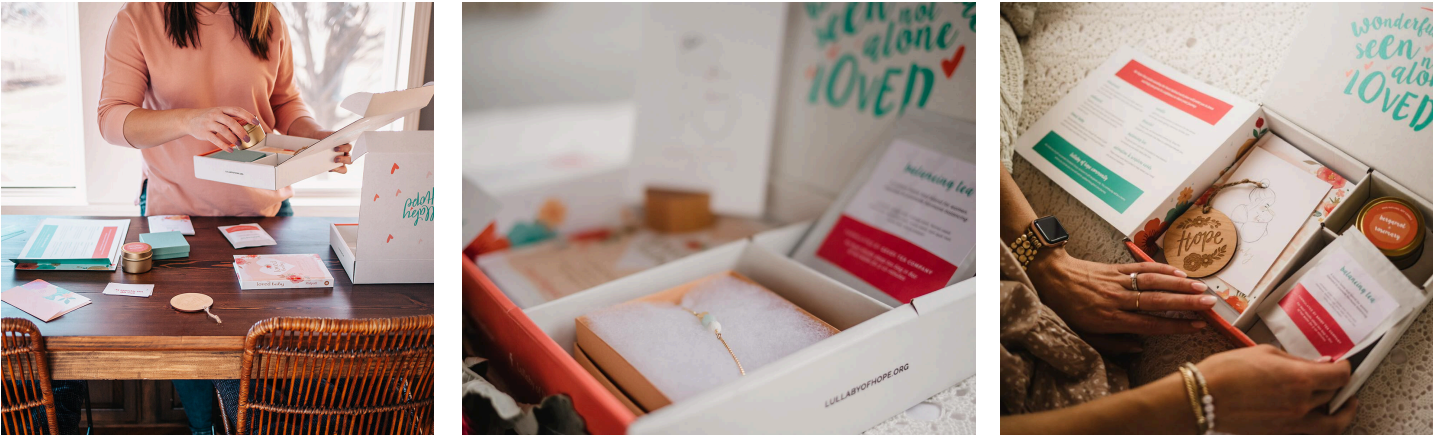


Rylan Grace Beckett
Daughter of Micaiah Beckett
Joseph, Makenzie, & Noah's lil Sis
May 1, 2024

****COMMUNITY VOLUNTEER OPPORTUNITY*****Unveiling Hope: A Packing Party with a Purpose*

Saturday September 21, 2024

Lullaby of Hope Headquarters Independence, MO 64055



In the quiet corners of grief, there exists a poignant camaraderie among those who have endured loss. For many women, the journey through miscarriage, stillbirth, or loss in the womb can be isolating and immensely painful. Yet, amidst this pain, there is a glimmer of light—a community known as Lullaby of Hope, dedicated to weaving threads of comfort and support through thoughtful gestures.

Lend your hands and hearts to assemble these precious gift boxes, each a testament to the power of community and compassion. Together, we can turn moments of sorrow into opportunities for healing and hope. Together, we can transform a packing party into an ultimate act of love and solidarity.

The agenda is simple yet powerful: assemble hundreds of Wonderfully Made Gift Boxes, each tailored with love and empathy. These boxes are more than mere packages; they are tokens of solidarity, carefully crafted to speak volumes of compassion to women traversing the depths of loss.

Join us for a day of giving back to the loss community while getting to deepen our relationships together outside our normal meeting hours. Stay tuned for more information and discussion at August's meeting.

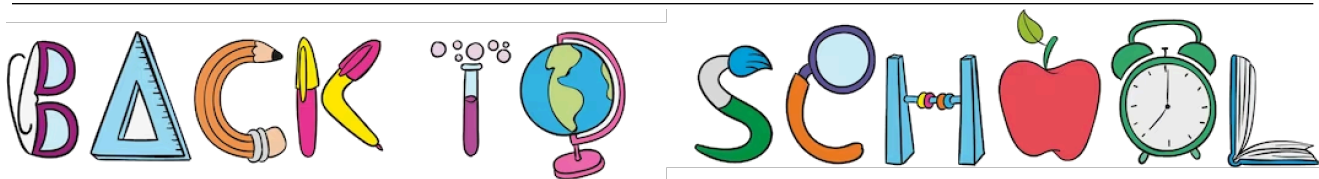
We extend our most sincere sympathy to those who have recently lost a child.

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

This August we Remember...

- Baby Clough #1** - August 1, 1986
- Baby Clough #2** - August 1, 1986
- Patience Lillian Conant** - August 3, 2015
- Oliver Monroe Rorke** - August 5, 2019
- Aiven Weston** - August 6, 2019
- Ethan Thomas** - August 7, 2008
- Eva** - August 9, 2019
- Daniel Edward Boenker** - August 10, 1976
- Amelia Kimberly Apel** - August 11, 2022
- Baby Curtis** - August 13, 2012
- Emilia Herrera** - August 13, 2018
- Elijah Mueller** - August 19, 2014
- Alexis Noelle Canaan** - August 19, 2017
- Baby Baldwin** - August 20, 2013
- Richard Amos Norman** - August 24, 2017
- Makenzie Beckett** - August 24, 2022

To have your baby's name added to our remembrance list, please fill out the Forget-Me-Not submission form on our website. This form can be found on our [Forget-Me-Not page](#).



How Can I Find Relief?... - From a "Time To Mourn, A Time To Dance"

Some people see the process of grief and healing as a journey through a gigantic maze. It feels like there may be many ways in, but the way out is well hidden and difficult to reach. There are seven key turns to successfully negotiate the maze of healing.

HOW to HEAL includes:

Having the experience. This is the entry point.

Owning the experience as a loss. This means not denying it, pretending it doesn't hurt, or minimizing its importance.

Willingness and readiness to walk the path of healing.

Hurting. There is no quick fix and no path that allows us to avoid the pain. We must face the pain and experience it.

Expressing and not repressing the hurt. That means finding a support system or a friend who is willing to let us experience and share our feelings. This isn't always easy. Many times our family and friends want to fix it by finding us a shortcut. There are no shortcuts to grief.

Assessing and re-evaluating ourselves and the situation. It may seem to delay our progress, but it's a necessary part of healing. Early in grief, it feels like we'll never survive long enough to find the end of the maze. But then, somewhere down the path, we find ourselves having our first good belly laugh and feeling guilty about it. Later we may find ourselves laughing without even thinking about it or going the whole day without thinking about the pain. That's because we are moving into the final stages of healing and nearing the end of the maze.

Learning to live with a redefinition of self. This final step requires finding ways to reinvest our emotional energy, rather than having all of our energy stuck in re-experiencing the loss. This takes place slowly over time. Expect successes, but also setbacks and readjustments.

There is no straight line of healing from loss. In fact, there are multiple routes, including dead ends and blind spots. There are detours that cause us to change direction, often leaving us feeling lost and confused. Some of the potential detours take us through shock, denial, and disbelief. Others may draw us into paths of anger, depression and despair. These dangerous detours can make us withdrawn and bitter – even destructive. If we can't find a way to turn round and reconnect with the main path, this detour is a sign of complicated grief—grief that may need special attention.

Ideally, in navigating the maze, we will learn much about ourselves. We'll leave the maze with a new depth of character – a new definition of self that prepares us to move into the future.