

# 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 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/](https://facebook.com/EmiliasWings/)

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

## Contact Us

[info@emilias-wings.org](mailto:info@emilias-wings.org)

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



## October 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](http://www.emilias-wings.org) and to our BLOOM monthly meetings.

### *September in Review*

Last month, BLOOM met for our September gathering. In preparation for Pregnancy & Infant Loss Month, every parent was given a paper bag to decorate and recreate into a luminary in memory of their babies. The luminaries will be used at our October meeting. If you took your luminary home after last month's meeting, don't forget to bring them with you to our October gathering.

If you were unable to make it to our September meeting and you

## DATES & EVENTS

### BLOOM

October 3rd @ 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

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

plan to come to our October gathering, no worries! I will have supplies available for you to quickly make your own.

Members met last month at Lullaby of Hope for a "Packing Party" as a way to honor their babies and give back to the Pregnancy & Infant Loss community. Lullaby of Hope is a local nonprofit, dedicated to providing meaningful gift boxes to women who have endured a devastating loss.

A big thank you to Samantha Gabriel for organizing this event! To learn more about Lullaby of Hope and their mission, click [here](#).



BLOOM Mamas (Micaiah, Samantha, Dottie, & Christie) honoring their babies (Joseph, Makenzie, Noah, Thea, Xara, Kaelin, Eva & Nova), while giving back to the community. Thank you, ladies, for donating your time to help others.

### Looking Toward October

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

I would like to invite everyone to our October meeting! In celebration of Pregnancy & Infant Loss Month, instead of meeting at North Kansas City Public Library, we will be meeting at Charmel's house for a backyard bonfire. Our meeting date and time will remain the same (Thursday, Oct. 3rd from 7:00-8:30pm), just a different location. We will meet at Charmel's house, rain or shine. If it happens to rain, we will move our gathering inside.

If you plan to attend, please reach out to Charmel to get my address. I have some outdoor seating, but chairs are limited. You may want to bring a folding chair or anything else that you may need for the evening. As mentioned above in the “*September in Review*” section, if you went home with your luminary, please bring them with you to the October meeting. If you were unable to attend last month’s meeting, I will have supplies on hand for you to quickly make a luminary for each of your babies.

## WALK TO REMEMBER



Our Walk to Remember will take place on Saturday, October 5th at 2:00 pm at the E.H. Young Riverfront Park. Our walk is very casual and relaxed - a walk at your own pace format. Feel free to bring your family along to help celebrate the day. A gentle reminder that because this is a multi-family event, guests of ALL ages (including infants, rainbow children, pregnant women, and other miscellaneous triggers) may be present.

Unfortunately, the two large shelters at the park are first come, first served. I cannot guarantee that either shelter will be available for us that day, but we will try our best to claim one. If the shelters are not available, there are several small pergolas scattered across the park with picnic tables that we can gather at. Regardless, as you arrive at the park, it should be fairly easy to scout where our group is.

Please try your best to arrive at the shelters by 2:00pm, so we do not start the walk without everyone in attendance. Cake and refreshments will be provided following the walk.

I am including a map of the park for driving and parking purposes. Please refer to this map if you are having trouble navigating the park. I will be hard to reach by phone the day of the walk and will be unavailable to take calls and reply to texts.

A HUGE thank you to everyone who purchased a shirt!! T-shirt sales are our sole-fundraiser for special events (like the walk) and any meeting activities we have throughout the year. I appreciate your support!! I will have t-shirts available for pickup at our October meeting. If you cannot make it to the October meeting, feel free to grab them at the walk on the 5th or you may arrange a time to pick up your shirts from me (Charmel) at my house.

Other relevant events happening around the metro this month:

- ✦ Sunday, October 6th - Day of Remembrance (Kindly asks for RSVP) This event starts at 3pm and is open to anyone in the community who has had a pregnancy or infant loss, regardless of where you delivered and when your loss was. We want all families to attend that are missing their baby or babies. Please RSVP to Tricia at, 913-632-4223 or [Tricia.rausch@adventhealth.com](mailto:Tricia.rausch@adventhealth.com)
- ✦ Saturday, October 12th - Kyleigh's Gift 5k Walk/Run (requires a reservation for some activities)
- ✦ Saturday, October 12th - Kyleigh's Gift Wave of Light Candlelight - Open to all and will begin shortly after the Kyleigh's Gift Walk, at approximately 6 pm. You do not have to participate in the Walk to attend the Wave of Light ceremony. There is no cost associated with the candlelight. Children are welcome to attend with their families. Luminaries will be available and provided at no charge. Please arrive 15-20 minutes early if you are not attending the Walk and wish to decorate a luminary.
- ✦ 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 anyone knows of any other Pregnancy & Infant Loss related events happening this month, please let me know and I will share them with our group. Be sure to follow Emilia's Wings on Facebook - as I often post events happening around the metro, BLOOM specific event reminders, and other PAIL miscellaneous. This is the easiest way to stay connected with our group.



*"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.*



*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 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](#).*



### *Riding The Grief Train - By Jan Warner*

When the grief train pulled into my station I got on and found a comfortable seat to snuggle into. I watched the world go by and was quite content in my unhappiness. Then I saw that other people were getting off the grief train. Some of them I never saw again and I didn't know where they went. Others would get off and get back on again. We talked about the adventures they had. I began to realize that maybe my comfortable seat wasn't so comfortable anymore. Maybe I could participate in some adventures instead of just being an observer. I took my baggage with me and got off at the very next station. I had quite a lovely time. Now I had a story to tell when I got back on the train. I was surprised when someone told me that I could leave my

baggage on the train when I decided to get off. I was rather attached to my baggage. However, I decided to try it. I was given a golden recipe to reclaim it and that reassured me. This time when I got off the train I decided to stay off longer. I had several adventures. When I got back on the train, there was all my baggage waiting for me. I didn't need so much of it now. The man in charge of the baggage compartment told me there were a lot of people who loved to carry a lot of baggage and he would give some of mine to them. And so it went.

I still like to journey on the grief train. Sometimes when I look out of the window I see wonderful memories of events that happened in the past. Sometimes when I curl up in my seat I spend time with people who have died. I've kept the parts of my baggage I'm not ready to let go of yet. I open it up and unpack it a little. It is lighter now. I've discovered that the people who I'm lonely for don't have to stay on the grief train. They come with me wherever I go. I like having them with me on my adventures. I had turned the grief train into a prison. It isn't. It's a way to journey to new places, especially when I am willing to go through the open doors to see what is waiting for me.

I would have rather not been a passenger at all. However, now that I am, I am beginning to see that I am not a desperate or helpless passenger. I am also the person who plans the journey and makes the adventures happen. I have been given tickets to an unlimited number of places. Many colors of tickets. Many sizes of tickets. It is up to me how many of them I use. How will I figure it out? Partly by talking to other people - those who are on this journey and those who are on other journeys.

Partly by listening to the spirits of my beloved dead who still talk to me. Partly by listening to my own heart. Sometimes by looking at myself and the world through the eyes of those who love me instead of my own eyes.

There are many maps and I have time and freedom to find the one that is right for me. Sometimes staying on track. Sometimes getting off and wandering around discovering things. Sometimes getting off with a definite plan to accomplish.

All these choices are mine because I am among the living still. The more I can do here the more I know those who have gone before me will be proud of me that I am still learning.

When you are ready to get off your own grief train I wish you many adventures and that you find that you need less and less baggage as your journey continues.