

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.



January 2025 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.

December in Review

Thank you to everyone who attended last month's Holiday Candlelight meeting! It was wonderful getting to celebrate the winter season with each of you. The Holidays are understandably a hard time for so many of us when we are missing our babies. I hope last month's Candlelight gave you all a safe space to remember, celebrate, and honor each of your children. We as a

DATES & EVENTS

BLOOM

January 2nd @ 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

society associate joy and yuletide-cheer with this time of the year. Know that any sadness, 'humbug' emotions, and numbness to seasonal celebrations is normal after a loss, regardless of how much time that may have passed since your loss. We at BLOOM encourage the embracement of all feelings - the good & the bad - that you may be experiencing this Christmas.

Members who attended this years' Candlelight were given butterfly gem ornaments. Check out some photos from the Candlelight and a slideshow of photos from our 2024 meetings and events!



Looking Toward January

Please join us for our next BLOOM support group meeting on Thursday, January 2nd from 7:00-8:30 pm.

Meeting Location:

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

2024 Meeting Dates:

First Thursday of each month -

January 2	May 1	September 4
February 6	June 5	October 2
March 6	July 3	November 6
April 3	August 7	December 4

Special Notes


❄️ I am doing some New Years cleaning -

*If you noticed any errors (spelling typos of your baby's name/incorrect dates for their significant memorial date) in past newsletters, please text or email Charmel with the appropriate corrections.

*Each month I send out texts reminders to BLOOM members about upcoming meetings and miscellaneous. If you attend our support group meetings and would like to be added to our text group, send an email with your name and phone number to Charmel (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 and know I am thinking of each of you as we enter a new calendar year without our babies. My hopes are that 2025 fills each of our hearts with a genuine peace. ❄️🕒🍷



"Some people may not understand why those grieving are reluctant to move into a new year. For them, they see a fresh year, a new season... but for the bereaved, it's moving into a new calendar year which their loved one will never live in."

Zoe Clark-Coates
sayinggoodbye.org

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 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 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](#).



12 Ways To Honor Your Child And Grief In Your New Year's Resolutions

"I invite you to do one thing each month that will honor your children and/or your grief"

For some of us, the new year feels like more distance placed between us and our babies.

For others of us, it's a welcome shift away from a painful year.

Wherever we may fall in that spectrum, the new year signifies change and often brings with them resolutions, promises that we make to ourselves.

As part of these New Year's resolutions, I invite you to do one thing each month that will honor your children and/or your grief.

❄️ January: Write your child's name/nickname

❄️ February: Reach out

🌸 March: Find a cause

🌸 April: Acknowledge your feelings

🌸 May: Get a remembrance keepsake

☀️ June: Start a playlist

☀️ July: Write a letter to your child

☀️ August: Be kind to someone

🍂 September: Practice stillness

🍂 October: Light a candle

🍂 November: Send a thank you note or card

❄️ December: Buy a gift to donate in memory of your child

And if a prompt doesn't resonate with you, that's okay, too – feel free to skip that month or do something else that feels right for you, for your grief, for your child.

For a more detailed list of each prompt and how to complete each month, visit the original article here: [Twelve Ways](#)