



Grateful Thread – June 2025

<https://www.facebook.com/FromtheHeartStitchers>
<https://fromtheheartstitchers.org>

Lois Moore and Tricia Ennis Honored with 2025 “Living Your Dash” Award

On May 8, **Lois Moore**, founder of From the Heart, and past president **Tricia Ennis** were honored with the 2025 “**Living Your Dash**” Award during a beautiful and inspirational luncheon at the Country Club of Virginia, hosted by the Full Circle Grief Center.

This prestigious award recognizes individuals who embody courage, kindness, and passion—qualities that Lois and Tricia have demonstrated through their tireless service and leadership. Inspired by the poem *The Dash* by Linda Ellis, the award highlights the significance of how we live the “dash” between our birth and death dates—the legacy we create through meaningful action.

The event featured a powerful keynote address by Carson Clough, a Paralympic athlete and 2024 silver medalist. Carson shared his journey of resilience following a life-altering boating accident at age 30, which resulted in a below-the-knee amputation. Determined not to let the incident or setbacks define him, Carson trained relentlessly, competed in his first triathlon in 2022, and went on to win a silver medal at the 2024 Paralympics in Paris. His story was an inspiring testament to perseverance and believing in your purpose—a spirit deeply reflected in the lives and work of honorees Lois and Tricia.

It was a profoundly proud moment to witness Lois and Tricia receiving this well-deserved recognition. Having had the privilege of working alongside both amazing ladies, I’ve seen firsthand the depth of their compassion, leadership, and impact.

Lois’s vision and steadfast dedication built the foundation for an organization that has touched hundreds of thousands of lives. Tricia’s strength and innovation helped sustain that mission—especially through the unprecedented challenges of the COVID-19 pandemic. Together, their contributions have warmed and comforted countless bodies and lifted even more hearts.

Lois Moore and Tricia Ennis truly exemplify what it means to “Live Your Dash.” Please join me in celebrating their outstanding achievement and lasting legacy. —**Dorothy B.**



Tricia Ennis (left) and Lois Moore (right) at the Living Your Dash Award Luncheon.



Finis Cook

MEGA Mentors



Lois Moore and Tricia Ennis

From the Heart Stitchers



Lawrence Robinson

FACTS RVA



Cheryl Tankersley

Our Laughter in the Rain

The award luncheon program highlighted Lois and Tricia among other inspiring community advocates, honoring their incredible dedication and leadership.



Learn more about the “Living Your Dash” Award and the Full Circle Grief Center [here](#).



We All Wear Different Hats!

REGISTRATION IS OPEN

For the 20th Annual

From the Heart Retreat

SATURDAY, AUGUST 23, 2025, 10:00 a.m. – 3:30 p.m.

At [The Place in Innsbrook](#)

Please note that all reserved tables are now booked.

Vendors this year (so far): *Dances with Wool*, *Sheila Weisensales' Creations*, *Sarah Schumacher Pottery*, and *Dawn Marie's Tatted Lace Jewelry*.



Photo from [Dawn Marie's Tatted Blog](#)

The registration fee will remain at **\$45 per person** again this year. Please be sure to register early — we can only accommodate 125 attendees. You may drop off your completed registration form and check (no cash) in the donation box at the Richmond workshop. The registration form is at the end of this newsletter or you may click [here](#).

We look forward to seeing you there!



Celebrate “Worldwide Knit in Public Day” with From the Heart!

When: Saturday, June 14th

10 a.m. – Noon

Where: 2059 Huguenot Road

Worldwide Knit in Public Day is the perfect chance to show the world that knitting is for everyone—young and old alike! It's a fun, relaxing, and rewarding activity that brings people together. Even better, it's a wonderful opportunity to spread the word about the *incredible* work being done by From the Heart volunteers.

We'd love for you to join our founder, **Lois Moore**, along with a group of enthusiastic From the Heart knitters, for a special Knit in Public morning at **Starbucks, 2059 Huguenot Road** (near the intersection of Huguenot and Robious Roads). **Fun fact:** While this isn't the original Starbucks where From the Heart first began (that location has since moved and downsized), this new spot offers plenty of space for us to gather, stitch, chat, and share what From the Heart is all about!

So—how will *you* celebrate **Worldwide Knit in Public Day**? We hope you'll spend it with us, creating, connecting, and maybe even welcoming a few new members into our community!



Ellen Dukette Delivers Handmade Comfort with Heart.

On May 10, **Ellen D.** arrived at the workshop for her elf shift with her arms full of many needed items! Along with her warm smile, she brought an incredible collection of handmade items: 74 scent hearts, two baby blankets, two dialysis blankets, and four beautiful quilts. Though quick to note that the quilts were gifted to her by a friend—who had received them from someone else—Ellen made sure they found the perfect home with us. She lovingly washed and prepared each beautiful quilt before donating them.



Photo by *Mar Jo.*

Ellen moved to the Richmond area from Plattsburgh, NY, and her connection to From the Heart began in 2019, when she happened to be at *Dances with Wool* when Tricia was giving a presentation. Inspired, she jumped in—and never looked back.

Ellen learned to knit from her mother, taught herself to crochet, and picked up sewing from her 4-H teacher. Her favorite part of being an elf? Spending time in the workshop and marveling at the creativity and generosity of fellow crafters.

Thank you, Ellen, for your dedication and the joy you bring to our community!—**Mary Jo F.**



Richmond FtH Workshop Happenings!

On April 30th, **Jan L.** (left) from *Yarn Buddies* delivered another one of her stunning handmade quilts. **Kulla F.** (right) assisted in proudly displaying the quilt for the photo.



Photo by **Karen P.**

We're thrilled to share a special shoutout to **Lisett O.**, (photo right) who made an incredibly generous donation on April 22nd! Lisett contributed **100** handmade items—including 20 cozy fabric blocks, 10 stylish tote bags, 10 playful fabric balls, and 22 adorable hats, just to name a few. Her creativity and generosity will bring joy and comfort to so many, and we couldn't be more grateful. Thank you, Lisett, for sharing your time, talent, and heart with our community!



Photo by **Mary Jo F.**

Rosa C. (photo left) recently **wowed** us all by bringing in a *boatload* of handmade items—80 baby hats and 29 baby blankets, all created in just a few short weeks! Originally from Altoona, PA, Rosa once ran a beloved Italian restaurant there. After her husband passed away, she moved to Richmond to be closer to her son and settled into a vibrant retirement community.

It was there that Rosa teamed up with her friend **Sandy D.** to start *Yarn Buddies for Charity*, a group where community members gather to craft for a cause. Rosa loves making baby hats (she can whip up three in an hour!), but she's currently focusing on blankets, as there's a greater need for them right now.

Sandy, who moved to the same community about a year ago, hails from Orange County, where her family owns a large farm. She enjoys making blankets and brought one in on the 3rd to share with the group. **And the best news?**

Rosa and Sandy have both registered for our upcoming retreat! —**Mary Jo F.**

Mitzvah Day at Congregation Or Ami



On April 27, **Fran S.** (pictured left on the far left with a warm smile) and members of Congregation Or Ami participated in Mitzvah Day—a special day focused on acts of kindness, social action, and community service. Participants came together to help make the world a better place. The group of mostly children made pompoms, sewed squares together to make fidget mats, and wound yarn for pet cozies. Upon delivery to the shop, **Sue L.**



collected the group's handmade creations, and will use them to create comforting fidget sleeves and mats for those in need.

Sew Much Fun with Shedly R. and Chris R. on Sew-In Day!



Shedly R. and Christine K. measuring (twice) and cutting (once)—just like the old saying goes!



(Photo left) Barbara P.'s jelly roll had the most adorable baby prints. Really looking forward to seeing the finished quilt!

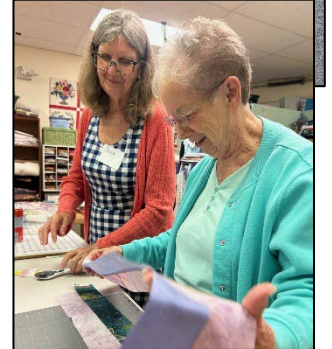
The original Sew-In Day may have been postponed due to AC issues, but the rescheduled workshop on May 16th was worth the wait! With the air conditioning humming and creativity flowing, the room was full of good vibes and great company.

Under the expert guidance of Shedly R., beautiful fabrics were cut, ironed, and stitched with care. Laughter, quilting tips, and stories were shared as members bonded over their love of sewing. It was a relaxed, joy-filled day of connection and creativity.

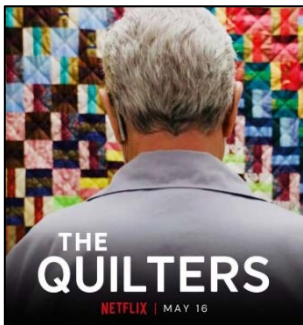
A special cheer for Christine K., who took the exciting first steps on her quilting journey by starting her *very first quilt!* We can't wait to see the finished quilts. I am sure we will be amazed—this group is "sew" talented!

(Photo right) Shedly R. showed us a few of her beautiful quilts—they're truly works of art! Thank you, Shedly, for sharing your time and talents with us!

(Photo top right) Becky R. doing some iron work! (Photo right) Chris R. and Barbara D. preparing to slice and dice!



“The Quilters” Shines a Light on Creativity and Humanity Behind Prison Walls.



The Quilters, now streaming on Netflix, offers a powerful and intimate look into the lives of incarcerated men at South Central Correctional Center, a Level 5 maximum-security prison located two hours south of St. Louis, Missouri.

Set within the confines of a windowless sewing room, the documentary follows several inmates as they dedicate themselves to the art of quilting. Through fabric and thread, these men find a rare opportunity for self-expression, reflection, and connection.



Well, Will You Look at That? Big Twist is Coming to Herrschners!

We've got some exciting news yarn lovers won't want to miss—Big Twist is making its way to [Herrschners](https://www.herrschners.com)!

According to their website, Herrschners will soon be carrying Big Twist yarn! While they haven't released details just yet about the specific varieties, colors, or the official launch date, the anticipation is real.

Want to be the first to know when Big Twist drops? Sign up for Herrschners' email alerts, and you'll get all the latest updates, including when the yarns are available to order.



Tips for Knitting with Double Point Needles from Dana D.



- When buying DPs, I always buy two sets because invariably I'm going to lose some needles. Now I always have a matching set of 5 and some spares. Question is...where do they go???
- To make casting on easier, use a circular needle, then feed the stitches onto your DPs to join and work in the round.
- If you are getting ladders between your needles, knit a couple of stitches from the next needle on to the current one all around.
- If you've got a pattern repeat, it's best to start a repeat at each change of needles, otherwise it's easy to make a mistake. If I don't, I often flub when I'm knitting ribbing for socks or a hat.
- If you need to add a new ball, do so in the middle of a needle, rather than between them.
- Store your work in progress in a Ziploc bag with the fifth needle so you don't lose it.

Taking Inspiration from Nature

In a slump? Devoid of ideas? Can't think of the best color to use for the shawl you want to make?? Take a hike, literally! Or, go for a walk, open a book about nature, find a photograph of your favorite flower. The inherent beauty, complexity, and tranquility of nature is an endless source of inspiration for knitting and crocheting. There are so many ways to be inspired by the world around us. Let's take a look at some of them together.

First, let's think about color and the varied greens you might find in the grass of your own front yard or the blue of the sky with clouds lazily drifting across it or the earth toned hues of a desert landscape. How about the delicate hues of your favorite flower, the iridescent colors of the feathers on the bluejay that just flew past your window, or the striking black and white stripes on a zebra. Mixing and matching yarns can be made to mimic the beautiful colors you see in nature. Even the clouds against the background of a blue sky can be made "to order" by incorporating a line or two of mohair into your project.



Building upon color, let's consider the textures you see in nature. How about the rough texture of tree bark or the intricate pattern of a honeycomb or the wonderful delicate structure of a spider web. All can be created using yarn and some of the many beautiful patterns easily available to yarn crafters. The fuzzy texture of a caterpillar can be mimicked by using a fine strand of mohair carried with the yarn you are working with to give an overall halo appearance. A pattern using a lace stitch can easily be made to mimic a spider web.



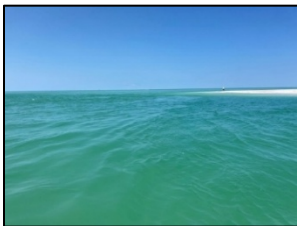
Then, we have the shapes and forms of the natural world. Think about the swirling patterns of rocks, the shape of flowers, the antlers of a deer, or how tree limbs branch out from the tree's trunk. These can be incorporated into your pattern by using cables, slipped stitches, intarsia, short rows, and many other techniques. Carrying on from there, we have the pattern and structure of how, for example, plants grow, how vines climb or the repeating patterns found on the shells of snails or the symmetry of a butterfly wing. The photo to the left, taken by **Nancy W.** in Ginter Gardens, is a beautiful example of when one might see something in a natural setting which lends itself to a gorgeous cable design.

If you feel you don't have the imagination to "make-up" your own pattern although you now have a good concept of what you might want to make with the colors, textures, and shape you have chosen you can always go to Ravelry or do a Google search for any of the following ideas.

- Leaf shaped shawls or scarves
- Animal shaped toys (Amigurumi)
- Floral themed blankets
- Textured garments
- Colorwork projects using granny squares

To truly find inspiration, take a walk in a park, visit a botanical garden, explore a beach, or simply observe the details in your own backyard. Pay attention to the colors, textures, shapes, and patterns that catch your eye, and let your creativity flow!

While on a vacation to Florida some years ago, I was captivated by the shapes and colors of the scene near a small beach which was close to the boat I was on. I took a photo (left), went to the local yarn shop, and got yarn to match the colors in my photo (the yarns weren't the exact colors I was looking for but I was so excited to get on with what was in my mind that I bought yarn



which I thought came close enough.) Then, back at my hotel room, I did a little research for shawl patterns which used short rows to mimic the undulating shape of what I had seen. My result is in the photograph on the right. If I can do it, so can you. Don't be afraid to try. You might actually impress yourself.—**Tricia E.**



Our Sincerest Thanks To:

Thank you to the **anonymous donor**, who sent a doll and yarn from the FtH Amazon Wish List (photo right). The doll will bring comfort to someone in a memory care unit and the yarn...oh my, thank you! We can always use more yarn!



Thank you, **Martha Joan F.**, for the skeins of beautiful yarn and fiber fill from our Amazon Wish List! These are items we will put to good use!!

A heartfelt thank you to **Debbie Floyd** with **Dances with Wool** and her patrons for the enormous amount of yarn donated to us following the conclusion of Dances with Wool's Annual Stash Busting Yard Sale!

Many thanks to the quilting group at **Epiphany Lutheran Church** for donating fabric and fiberfill to FtH. We greatly appreciate their contribution!

Linda Caruthers, Founder of [The Pink Chair Project – RVA](#), made a presentation to the Brandermill Rotary Club recently. As Linda always does, she talks about the items we donate and especially the sweet reaction that our hedgehogs make on the children (and mothers) of those receiving a chair. One of the members of the Rotary Club, **Nancy W. Beasley**, was so moved that after the presentation she gave Linda \$100 to donate to FtH for the hedgehogs!



We thank **Linda Caruthers** for sharing our story and bringing awareness of our partnership with The Pink Chair Project – RVA and also to **Nancy Beasley** for her generous donation so we can continue to provide the coveted hedgehogs.

Thank you, **Kathy A.**, from Lititz, PA for your beautiful donations to FtH - (photo left) four baby blankets (love the cute message – “Babies are such a nice way to start people.”), two pairs of dialysis mitts, 11 soap sacks, and one red, white and blue blanket!

Thank Yous We Received and Greatly Appreciate!

Randi S., a FtH volunteer and dedicated elf, delivered a warm and cozy blanket to Art R. (photo right) to comfort him during his recovery. Art extends his sincere thanks to FtH and to the kind volunteer who crocheted this beautiful blanket.



amazon **wishlist**

Please consider donating items from the [FtH Amazon Wishlist](#).

← **Additional Ways to Help From the Heart!** →

 Kroger

FtH members who link their [Kroger Reward Card](#) to FtH can support our organization just by shopping there.

Elf or Elves of the Month



The Elves for May are **Anne Bryant** and **Becky Theuer**....a two-fer!! Ladies, please select some of the nicer yarn that is set aside for this purpose. If you need assistance, please email fromtheheartstitchers@gmail.com

Thank you to all our elves for generously volunteering your time in May!
We couldn't do this without YOU!!

Workshop Scheduler for June

The Richmond workshop scheduler for June is **Joyce Puller**. Please contact Joyce at joyce.puller4th@gmail.com to volunteer.



In Fredericksburg, please contact **Nancy Phillips** at phillips5831@gmail.com.

If you would like to become a workshop elf, please email fromtheheartstitchers@gmail.com.

The May Distribution Numbers! Thanks to All Our Volunteers for Making this Possible!

Richmond Needs:

- Red/White/Blue blankets -lap and wheelchair size
- Octopus
- Hedgehogs
- Wheelchair/walker totes
- Fidget mats
- Newborn baby hats only

Donation Inventory Numbers as of May 31, 2025

Previous Total
Mid 2002 - 2024.....597,362
2025
Jan.- April15,765
May.....2,824
Grand Total.....615,951

Thanks to all our stitchers for saving hats and scarves for the fall and winter months!

Fredericksburg Needs:

- LOTS of colorful kids hats (pre-school through middle school). These are for Dressing Days held in July.
- Wheelchair totes
- Fidget balls, balls and bears
- Walker totes
- Wheelchair totes
- Shawls
- Book totes

Fredericksburg Workshop Access: The FXBG workshop is open on the second and fourth Tuesdays of each month from 10 am to 1 pm. The address is [1320 Central Park Blvd., Suite 108 Fredericksburg, VA 22401](#). Enter through the front entrance on Central Park Bld.



From the Heart is proud to have a vibrant and growing network of groups meeting throughout Richmond and beyond! Whether you're in Mechanicsville, Midlothian, Chesterfield, Colonial Heights, Williamsburg, Chester, Dinwiddie, Fredericksburg, Virginia Beach—there's likely a group near you! Want to find one close to home? [Click here for the full list!]



From the Heart
20th Annual Retreat Registration Form
“We All Wear Different Hats”
August 23, 2025 – 10:00 am to 3:30 pm
The Place at Innsbrook
4036 Cox Road, Glen Allen, VA 23060
Number of attendees is limited to 125 total



Your Name: _____

Address: _____

Phone: (h): _____ (c) _____

Email: _____

Is this your first time attending the retreat? _____

You will enjoy a lovely selection of breakfast breads and pastries with coffee and/or tea in the morning. Lunch will be buffet style. Attendees needing assistance with their lunches will be assisted by FtH volunteers and the staff of The Place.

**PLEASE LIST ANY KNOWN FOOD ALLERGIES OR IF
 YOU ARE GLUTEN FREE OR A VEGETARIAN _____**

***CHECKS AND REGISTRATIONS CAN BE PLACED IN THE DONATION BOX AT THE
 WORKSHOP OR MAILED TO:***

**Susan Rickman
 1716 Cloister Drive
 Henrico, VA 23238
rickmns@verizon.net**

Registration fee is \$45.00 per person. Please make checks payable to **FROM THE HEART**.

Your check #: _____ Amount: _____

For planning purposes, registrations must be received on or before **August 1, 2025**. Share the fun, bring a friend or two!

Attendance is capped at 125 so do not delay submitting your registration. Sorry, **no walk-ins** are allowed so be sure to register you and your friends **before August 1st**.

A photographer will be in attendance and photos taken may be used by From the Heart to promote future events and/or activities.

No refunds after August 1st but substitutions will be allowed for any reason.