

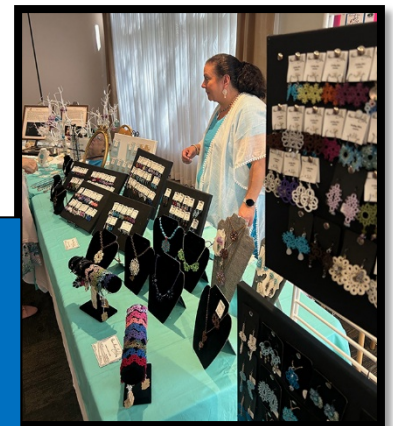
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Grateful Thread – September 2025

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

# We All Wear Different Hats 2025 Retreat: A Wonderful Day!



Stay  
tuned!  
We'll  
share more  
photos on  
the FtH  
website.

**Save the Date!**  
**Our next retreat is scheduled  
for August 29<sup>th</sup>, 2026!**  
**We hope to see you there!**



## FtH to Showcase at The Pink Chair Project RVA's

### Bowling for Chairs Fundraiser

We are delighted to share that **The Pink Chair Project RVA** has once again invited From the Heart to showcase a display of the beautiful, handcrafted items our volunteers create to bring comfort to breast cancer patients. This display will be featured during their annual [Bowling for Chairs fundraiser](#). Come and join us for an evening of fun!

**Where: River City Roll | 939 Myers Street, Richmond VA 23230**

**Date: October 1, 2025**

**Time: 5pm-9pm**

General admission tickets for this event are \$35 per person and include bowling (first come, first serve with sign-up at the event), shoes, appetizers, and fun! Great RAFFLE prizes and a silent auction.

The Pink Chair Project RVA grants remote-controlled chairs for post-surgery breast cancer patients to heal in comfort.

### Wrap Someone in Comfort: Help Us Meet This Urgent Need Deadline: November 15, 2025



**Backpacks for the Homeless/RVA has requested 300–500 scarves for adults in need. Please follow these guidelines:**

- **Pattern:** Any pattern you enjoy
- **Fiber:** Acrylic preferred; wool blends allowed if machine washable
- **Special Note:** If using wool blend, attach a small piece of red yarn to indicate wool content (to prevent allergic reactions)
- **Size:** At least 6 - 8 inches wide x 48 - 72 inches long

Thank you for helping us provide warmth and comfort this winter!



### Nominate From the Heart for the Red Heart Community Spotlight

Next year, [Red Heart Community Spotlight](#) will feature 10 individuals or groups whose stitching makes a positive impact in their communities. Each winner will be highlighted alongside their favorite Red Heart patterns and receive 150 balls of Red Heart yarn to continue their work.

**We think From the Heart would be a perfect nominee!**

**Nomination Link: [HERE](#)**

When submitting your nomination, here are a few facts you may wish to include:

1. Founded by Lois Moore in 2001, From the Heart has grown to nearly 2,000 members in 2025.
2. Members meet at various locations across Richmond, Fredericksburg, Chester, and surrounding areas—or work from home.
3. Over 600,000 items have been donated to local communities.
4. From the Heart is 100% volunteer-run and provides all items free of charge.
5. Donations support a wide range of causes for both people and animals. See list of recipients [HERE](#)

Our Facebook page can be found [HERE](#). Our website can be found [HERE](#) if you wish to do a little bit more research to find out additional details of what we do to assist those in need.

From the Heart is truly inspiring and makes a positive impact on so many. With your nomination, we can be featured in the Red Heart Community Spotlight, sharing our work as we continue our mission of giving. Thank you for your support!



### FtH Diaper Drive for Little Hands Virginia

Throughout October, From the Heart is collecting disposable diapers for [Little Hands Virginia](#). Your donation will help ensure babies in our community stay clean, comfortable, and cared for.

#### Did you know?

- 1 in 2 families struggles with diaper need.
- Diapers can cost up to \$100 per month.
- Babies require 10 – 15 diapers per day.
- Parents may miss work if they cannot send children to daycare without diapers.

Let's help Little Hands Virginia reach their goal of collecting over 250,000 diapers for children in our community!

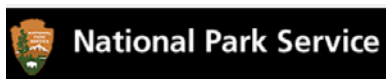


Use this QR code for monetary contributions to Little Hands VA.

### FtH Fredericksburg Group Recognized for Community Impact

Matt Brandt, a State Farm agent from Northern Virginia, features a monthly spotlight on individuals and organizations making a positive impact in their communities on his Facebook page. In August, he recognized the From the Heart Fredericksburg group for their work with the Interfaith Community Council's *School Dressing Days* program. To view the article, click [here](#).

*School Dressing Days* provides school clothing and supplies to disadvantaged families in Fredericksburg and the surrounding counties of Caroline, King George, Spotsylvania, and Stafford. This year, 1,230 children benefited from the program. **Sally Moore**, Coordinator of the FtH Fredericksburg group, and her dedicated volunteers generously donated handmade hats for all the children in attendance, bringing warmth and joy to those in need. **Great job, FtH Fredericksburg!**



### Guess Who Has Free Patterns? The National Park Service!

Yes, really! [The National Park Service](#) offers **free crochet patterns** featuring the Ocracoke Lighthouse, a mountain goat, and even a halibut. It's a creative and quirky way to combine your love of crafting with a little national park spirit.





## To Knit or to Crochet: That Is the Question

There are those who like to knit, those who like to crochet, and those who like to do both. Those who prefer to crochet may say it is a little easier than knitting, as it requires only a single hook, whereas knitting generally uses two needles (one for circular knitting but as many as five or more when



working with double-pointed needles). This may make crochet feel more accessible to some beginners. Those who prefer to knit may say they like the drape and stretch of a knitted project over that of a crocheted one. Crochet typically creates larger stitches, resulting in a thicker, more textured fabric. And, of course, there are those who will pick up either a hook or one or more needles, depending on their mood.

Both knitting and crocheting offer quite an array of benefits for both the mind and the body, all of which are believed to help reduce the risk of cognitive decline.

- The repetitive motions of both can induce a calming, somewhat meditative state, which can lower the heart rate and reduce stress and anxiety.
- They both encourage focus and concentration, and a finished project provides a sense of accomplishment, boosting self-esteem, which can lead to an improved mood over time.
- Both engage various parts of the brain, improving memory, attention, and problem-solving skills. They also enhance dexterity, visual-spatial processing, and hand-eye coordination.
- Both allow for creative expression through color choices, patterns, stitch variations, and designs.
- Both offer the opportunity for social connections through, for example, local groups, in-person classes, and online communities.

Whichever you prefer, From the Heart’s pattern pages offer many possibilities for you to choose from—with the added benefit of knowing that whatever you decide to work on, you are contributing to the well-being of those with whom you share a community. 😊 Visit our crochet pattern pages [HERE](#) and our knitting pattern pages [HERE](#). — **Tricia Ennis**

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## FtH Richmond Workshop Happenings!



*Photo by Mary Jo F.*

**Cathy G.** (left) knows how to make kids smile! On August 16, she brought in a stack of bright, cheerful pillowcases—perfect for adding a little comfort and joy to children during their hospital stay.

**Lauren C.** (right) is sure to make any child’s day with her lovable crochet critters! From Snoopy and Woodstock to the sweetest elephant, raccoon, and ladybug, her creativity never fails to impress us.



*Photo by Mary Jo F.*

**Sewing Pattern Book Now Available!**

Looking for your next sewing project? **Jane W. and Chris R.** have put together a sewing pattern book filled with creative ideas to spark your imagination! You can find it in the Richmond workshop near the knitting needles.



Regards!  
 Chris Rose and I have prepared this pattern book for you to copy one of the patterns that you have chosen to make.  
 For the Bib, there is a large pattern tucked into the plastic sleeve. You will want to ask one of the elves to make you a copy out of butcher paper that is in the lower cabinet in the sewing area. We have loads of fabric and Velcro in the drawer marked Velcro. You only need a little.  
 I hope you will enjoy making items for our many charities. We also have sewing machines for your use. Ask an elf if you need help.  
 Happy sewing!  
 Jane and Chris

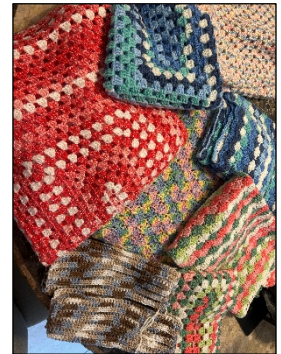


**Our Sincerest Thanks to...**

**Elizabeth G.** for sending a box of clear trash bags from our Amazon Wish List!

**Kathy A.** for sending us seven blankets and two pairs of fingerless gloves (photo right) from **Lititz, PA!**

**Anonymous** for the two large bags of fiberfill from our Amazon Wish List.



**A Heartfelt Thank You to Our Monetary Donors:**

We are sincerely thankful for your kindness, generosity, and support. Your contributions make it possible for us to provide comfort and care to so many throughout our community and beyond.

**Velma B.** for your generous donation



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



**Messages That Made Our Day!**

Website comment Aug. 19, 2025

...Thank you for the beautiful pillowcases for children in Children’s Hospital of Richmond!! I see a lot of fabric used for pillowcases, but so much of yours is unique and very fun!! ...Again, thank you for sharing your time and skills to bring joy to children. — **Christine M.**, Richmond Coordinator for *Ryan’s Case for Smiles*



August 21, 2025

Dear All;

Thank you for your generous donation of the handcrafted stuffies, blankets, booties, and baby sweaters for our first Richmond USO Special Delivery Baby Shower. Your generosity and support of this event truly helped to make it very special for our military moms and spouses. Your donation is enabling the USO's ability to support and empower the military community. We truly appreciate all of your ongoing support to our center. You all are making a difference in the lives of our military travelers.

Every day, the USO carries out our mission to strengthen the men and women of America's military by keeping them connected to family, home and country. We remain dedicated to expanding access to USO centers and programs around the world, increasing annual service connections and boosting transition services for our service members and their families throughout their time of duty.

We rely on the spirit and loyalty of individuals like you who care about this great mission. Thank you for making our work possible.

Best regards, **Tricia Riggs**, Center Operations Richmond International Airport

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August 24, 2025

To all of you wonderful stitchers,

My adult daughter recently graduated from the Henrico County Behavioral Health Docket which was a huge success story in one chapter of her life. During one of her times when attending court, she was presented with a beautiful lap blanket made by one of your precious stitchers. We both want to thank you so very much.

It's amazing how much a gift made by a person, a stranger, can mean to the recipient. Having knitted many chemo hats in my day, I also know how much it means to the stitchers.

Thanks so very much from the bottom of my heart and with huge appreciation, **Sherri R.**, MSN, FNP, PNP, HPN (retired)



A big thank you to the **quilters at Epiphany Lutheran Church!** The quilters rely primarily on material that has been donated to them to make quilts that are then distributed through Lutheran World Relief. Happily, for us, they pass on any fabric that they cannot use to From the Heart. For example, they don't use flannel or fleece in their quilts or may have fabric that is in smaller pieces than they can use.

Also, one of the quilters recently had a grandson who was born prematurely and spent several weeks in a NICU unit. The grandmother reported that her daughter had received scent hearts from FtH and **loved them!** —**Mary Jo F.**



### Elf of the Month

The Elf of the Month for August is **Anne Bryant**. Anne, please select some of the nicer yarn that is set aside for this purpose.

Thank you to all our elves for generously volunteering your time in August!

## Workshop Scheduler for September

The Richmond workshop scheduler for September is Ellen Dukette . Please contact Ellen at [jbluvr57@yahoo.com](mailto:jbluvr57@yahoo.com) to volunteer.



**Would you like to be a workshop scheduler? It's a fun way to connect with fellow elves, and the commitment is only one to two months per year!**



In Fredericksburg, please contact Nancy Phillips at [phillips5831@gmail.com](mailto:phillips5831@gmail.com).

If you would like to become a workshop elf or a scheduler, please email [fromtheheartstitchers@gmail.com](mailto:fromtheheartstitchers@gmail.com). It is fun and you get to know a lot of people so much better.



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



### **RICHMOND: Most Requested Items to Date:**

- Scarves (warm, approximately 6-8" wide and 48-72" long preferred)
- Dialysis sleeves (patterns on our website, requests for 200+)
- Crocheted toys for children and adults
- Blankets (all sizes)
- Hats (YES, we are looking forward to cool weather and ready to accept adult and youth (school age) hats)
- Newborn pumpkin and Santa hats (must fit a 4"-5" ball)
- Mittens & Gloves (can be store-bought)
- Toiletry Items (full- and sample-size items needed)

**Donation Inventory Numbers  
as of  
August 31, 2025**

Previous Total	
Mid 2002 - 2024.....	597,362
2025	
Jan.- July.....	24,982
August.....	3,786
Grand Total .....	626,130



### **\*\*\*\*Fredericksburg FtH Workshop Hours \*\*\*\***

The current location is not air conditioned, and the workshop will now only be open from 9 a.m. to noon until further notice.



**Fredericksburg Fall Gathering  
The October 7 event has been postponed.  
A new date will be shared soon.**



**Fredericksburg Needs:** Please keep creating the lovely items you enjoy making! Your handmade creations are always needed and will be warmly welcomed by those we serve in the Fredericksburg/Spotsylvania area.

**Fredericksburg Workshop Access:** The FXBG workshop is open on the second and fourth Tuesdays of each month. The address is [1320 Central Park Blvd., Suite 108 Fredericksburg, VA 22401](https://www.fxbg.org/). Enter through the front entrance on Central Park Bld. For hours see note above.

Group Meetings	Address	City	Day of Month	Time of Day	Contact
Atlee Angels	Legacy Park Social Ctr Midday Ln	Mechanicsville	Saturday 1 <sup>st</sup> , 3 <sup>rd</sup>	1- 3 pm	Laurie Fuller, 804-467-9109, fullerlc@comcast.net
Chesterfield Heights Comm Ctr	901 Madrona Street	Midlothian	Tuesday, every	2-3:30pm	
Chesterfield Needlework Friends	Central Library, 7051 Lucy Corr Blvd.	Chesterfield	Wednesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	1-2:30pm	
Colonial Heights Sr Ctr	Roanoke Avenue	Colonial Hgts	Wednesday, every	8:30am-noon	Laura Logan 804-526-4202
Colony Critters	Patriot's Colony	Williamsburg	Wednesday 1 <sup>st</sup>	1.30pm	Betsy Ziomek, <a href="mailto:betsyziomek@gmail.com">betsyziomek@gmail.com</a> 804-221-2217
Chester Stitch Squad	11800 Centre Street	Chester	Wednesday 3 <sup>rd</sup>	6pm – 7:30pm	Barbara R. 804-920-8005 <a href="mailto:bababs@verizon.net">bababs@verizon.net</a>
Dawn Library	31046 Richmond Turnpike	Hanover	Wednesday, every	2:30 – 4:30pm	Ann Wade, 804-632-8241
Dinwiddie Designers	Library, 14103 Boydton Plank Rd	Dinwiddie	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:00-3:00pm	
Elmcroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 2 <sup>nd</sup> , 4 <sup>th</sup>	1:30pm	Kathleen, 804-327-1990
Five Rivers Fiber Guild	Rice's Hotel/Hughlett's Tavern	Heathsville	Friday, every	10am-noon	Judy Mooers, 804-366-1133, <a href="mailto:jkmooers@aol.com">jkmooers@aol.com</a>
Fredericksburg	1320 Central Park Blvd., #108	Fredericksburg	Tuesday, 2 <sup>nd</sup> , 4 <sup>th</sup>	10:00am- 1:00pm	Sally Moore 540.295.6224, <a href="mailto:slmoorefth@gmail.com">slmoorefth@gmail.com</a>
From the Heart Quilters	Quilter's Corner, Sycamore Square	Midlothian	Monday 1 <sup>st</sup> , 3 <sup>rd</sup>	10:00am -12:30pm.	Betsy Vest. 804-747-0297, <a href="mailto:epvest3@gmail.com">epvest3@gmail.com</a>
Gayton Kirk Knitters/Crocheters	11421 Gayton Rd	Richmond	Monday, every	7pm	
Glen Allen Library Knitting Group	10501 Staples Mill Rd	Glen Allen	Thursday, every	1 – 3:00pm	Barbara Robinson 804-310-3790
Hampton Roads		Virginia Beach			Michelle Sartelle <a href="mailto:Michellesartelle@gmail.com">Michellesartelle@gmail.com</a>
Hanover Fiber Arts	Atlee Library, 9212 Rutlandshire Dr	Mechanicsville	Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup>	1 – 4:00pm	Phaedra Knoller 804-933-0708 Beth Watkins 804-347-9286
Hopewell Happy Caps	Hopewell Library, 209 E. Cawson St	Hopewell	Thursday 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup>	10am-noon	804-458-6329
Hopewell Helpful Hearts	Hopewell Library, 209 E. Cawson St	Hopewell	Tuesday 2 <sup>nd</sup> , 4 <sup>th</sup>	5:30-7:30pm	804-458-6329
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2 <sup>nd</sup>	1-5pm	Deborah Corbett 804-794-1251 <a href="mailto:corbett0@gmail.com">corbett0@gmail.com</a>
Knitwickers, Newfound Church of Christ	14166 Gordon Lane	Glen Allen	Friday, 2 <sup>nd</sup>	10am-noon	Linda Simon, 804-320-0133
Lake Forest Needlers	Lake Forest At Swift Creek Sr. Living	Midlothian	Wednesdays		Elenor Delaney 609-828-3308
Louisa Hardees	881 Jeff Davis Hwy	Louisa	Saturday, 2 <sup>nd</sup>	10am-noon	Pat Gibson 540-872-5524
Mathews Group, A Common Thread	Ch of Francis De Sales, 176 Lovers	Mathews	Wednesday, 1 <sup>st</sup>	10:30am-2:00pm	<b>Not Currently Meeting</b>
Ragsdale Community Center	20916 Old School Road	McKenney	Tuesday 2nd and 4th	5pm – 7pm	(804) 478-6146
Southside RVA Stitchers	Publix upstairs café, 7045 Forest Hill Ave.	Richmond	Tuesday, every	6:30-8pm	Patricia Selinger 804-467-5699
Spring Arbor Senior Living	9991Ridgefield Parkway	Richmond	Wednesday, every	1:30pm	(804) 754-8700
Stitchin' in the Stacks, Heritage Public Library, Charles City	10790 Courthouse Rd	Charles City	Wednesday, 3 <sup>rd</sup>	2:00pm	Charles City County Library (804) 652-2450 In Person
Stitchin' in the Stacks, Heritage Public Library, New Kent Branch	7791 Invicta Lane	New Kent	Tuesday 1 <sup>st</sup>	2:00pm	Heritage Public Library, 804-966-2480 In Person Mtg.
Stonebridge Recreation Ctr	230 Karl Linn Drive	N. Chesterfield	Monday every	10:00am-1:00pm	<b>Must call Stonebridge Rec. Ctr. To confirm first</b>
Summerhill Retirement Ctr	3158 Lake Village Drive	Richmond	Thursday 4 <sup>th</sup>	1:30-3:30pm	
Twin Hickory Clubhouse Group	4601 Twin Hickory Lake Drive	Glen Allen	Friday 2 <sup>nd</sup> , 4 <sup>th</sup> ,	10:30am-12:30pm	Ginger Todaro <a href="mailto:gbtodaro@gmail.com">gibtodaro@gmail.com</a>
Verena at the Glen	10285 Brook Road	Glen Allen	Thursday, every	3pm Tracy Lonski	Tracy Lonski. 804-261-1100, ext./ 207
Violet Bank Stitchers	Violet Bank Museum, 303 Virginia Ave	Colonial Hgts	Tuesday, every	10a-noon	Wendy Alvis - 804-520-9395
Yarn Buddies for Charity	12651 Three Chopt Road	Henrico	Tuesday, every	11:00 am	Rosa Castrechini – 814-831-6391