

Sent with love...



Grateful Thread – December 2025

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



NOTE: For the Christmas holiday, the Richmond workshop will be closed on Wednesday, December 24, and Thursday, December 25.

Grab Bag December!

A fun surprise in every bag!



You've spent the season shopping for others—now it's time to treat yourself (or pick up a fun surprise for your fiber-arts friends)!



During the month of December, or while supplies last, stop by the Richmond FtH workshop and snag a “Grab Bag” (or two) filled with the same luscious, high-quality yarn we offer at Donation Daze for just a \$5 donation! We will also have a few sewist Grab Bags (red bags) filled with quilting and sewing goodies.

Remember—no peeking inside the bags and no exchanges. The mystery is part of the fun!
Cash is preferred but checks are accepted as well.
Stop by soon and treat yourself!

Fidget Mat/Mitt Saturday

When: January 24, 2026 • 10 a.m.–2 p.m.

Where: Richmond FtH Workshop

What Are Fidget Mats?

Fidget mats and mitts feature various textures, items, and activities that are sewn to them. They are designed to engage the user's senses and keep their hands busy, helping to ease anxiety, agitation, and boredom often experienced by dementia patients.

Why Have a Fidget Mat/Mitt Saturday?

We receive lots of requests for fidget mats and mitts because our talented volunteers are truly exceptional at creating these comforting, engaging items that make a real difference in our community.





Are They Easy to Make?

If you've never made one before, getting started can feel a bit daunting—but once you dive in, you'll be surprised at how quickly the ideas begin to flow! Before long, you'll start spotting all kinds of everyday items that can be transformed into wonderful fidget elements.

So bring a friend, let your creativity run wild, and enjoy a fun and meaningful day.

We'll provide all the supplies you need to make

one—or even two—fidget mats or mitts to donate to one of our many recipient agencies.



Donation Daze: A Wonderful Success!

Thank you to everyone who stopped by and found some beautiful yarn for a future project—your support helped make Donation Daze a tremendous success! Because of your generous donations, we continue to be in a strong financial position and can confidently fund our yarn purchases and workshop expenses for the coming months. Additionally, we are also able to move forward with a few special projects we're excited to complete in the coming weeks!

We're so grateful for your continued kindness and support.

Thank you all so much!



From the Heart Inclement Weather Policy

Just a reminder: although we have not seen bad weather yet, it will be on the way before we know it.

**The From the Heart policy is:
If the schools are closed, or opening late,
the workshop will be closed.**

This rule applies regardless of where you live. For the Richmond-area, we look at Chesterfield, Henrico, Hanover, and Richmond City schools. For Fredericksburg, we look at Spotsylvania County schools. If the schools that determine your meeting location are closed or opening late, your meeting spot will be closed. A separate notice will be sent out on Friday evening if we are not opening on a Saturday, since the schools cannot be the guide.



Beth and 4-legged friend, Bubba

Spotlight on Beth Williamson

Beth is a familiar face to anybody who has spent any amount of time at the Richmond workshop. Beth was born in Portsmouth, Virginia, and was taught to crochet by her mom when she was only 4-5 years old. In those days, Beth was only involved with crochet by using thread to crochet borders around handkerchiefs and pillowcases. In 1963, Beth's family moved to Richmond when her father was transferred in connection with his job at AT&T. Years later, Beth found out about From the Heart when somebody she was working with gave her a copy of our newsletter. Having expanded her crocheting abilities beyond crocheting edges, Beth's interest was piqued, and once she

became involved with From the Heart, she was off and running with her natural leadership abilities.

During her years of working with From the Heart, Beth has done almost everything one can imagine. She has served as an elf and a scheduler; she oversaw and managed the retreat registrations for many years, and she has served on the Board of Directors. During COVID, Beth was instrumental in keeping the organization running and spent many Sunday afternoons filling bags with yarn and helping to “deliver” them to members through a no-touch procedure. During her board service, Beth operated as workshop manager and was the absolute go-to person for all and everything needed for the maintenance of the workshop and its efficient functioning.

Now Beth’s main involvement has been crocheting large blankets for use in many ways, including, but not limited to, donation to dialysis centers. When asked what she enjoys most about From the Heart, Beth responded that she loves getting to know different people and seeing the amazing things they create. Above all, she enjoys knowing all the good things FtH does in the community. — **Tricia E.**

Quick and Easy Holiday Knit & Crochet Projects from Janet S.

How about trying some new and different knitting patterns listed by appearance, alphabetically, and stitch count under [Knitting Fool](#)? All can be used effectively in scarves, shawls, etc.

Get super crochet organized with a crochet project list, a crochet cheat sheet and printable tags for your holiday gifts at [MARIASBLUECRAYON.COM](#).

[KNITHACKER.COM](#) has some wonderful t-shirts with sayings like "Why I Knit" which I love. Try Amigurumi crochet under [DAISYANDSTORM.COM](#). Also, on this website there are at least a hundred knitted washcloths/dishcloths with various patterns.

Our Sincerest Thanks to...

A big thank-you to **Dianne G.** for sending us **33 dressed bears** and **18 pairs of gloves** (photo right)—wow! These wonderful gifts are sure to bring joy to many children and help keep their little hands warm. We are so grateful for your generosity!



Elizabeth G. for the two sweatshirts and four t-shirts from the [FtH Amazon Wish List](#).

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.

Messages That Made Our Day!

Card received October 2025

Dear From the Heart Stitchers,

What a lovely blessing you have given the babies here at St. Francis! The baby hats, blankets, stroller covers and especially the pumpkin hats are just darling and so colorful!

We very much appreciate your creative efforts in the service of our youngest patients.
With sincere thanks, **Karen D. and Tracy T., St. Francis Medical Center Volunteer Services**

Email received Nov. 2, 2025

Just a quick note to say thank you for the beautiful drain bags I received at Henrico Doctor's Hospital! It has made recovery easier, and I really appreciate how pretty they are. Thank you! **Margaret**



**November Distribution & Current Needs
Thanks to Our Volunteers!**



**YOU HAVE DONE IT AGAIN!!!
From the Heart Stitchers have turned in an astounding
number of creations during November!**

We are so THANKFUL for each of you!

Please REST your needles from Pumpkin/Santa Hats and Baby Hats for December.

Richmond FtH continues to need:

- Blankets of ALL SIZES(except white baby blankets)
- School-age (8-16 years) hats.

Donation Inventory Numbers as of November 29, 2025	
Previous Total	
Mid 2002 - 2024.....	597,362
In 2025:	
Jan.- Oct.....	36,973
Nov.....	4,790
Year to date total.....	41,763
Grand Total	639,125

**Thank you for all your donations, the Distribution Team and
our recipients are so grateful!!!**

FtH Fredericksburg

Everyone is welcome on the **2nd and 4th Tuesday of each month from 9 a.m. to noon**, Location: **10718 Courthouse Road, Fredericksburg, VA.** **NOTE: Fredericksburg location will meet on December 9th but is closed on December 23rd.**

Fredericksburg Needs:

- Ladies Totes
- Lap and Large Blankets
- Shawls

For a list of From the Heart group meetings, please click [HERE](#).