



Grateful Thread – March 2026 

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UPCOMING EVENTS



Looming Large: A Loom Knitting Demonstration with Barry Kennedy



Mark your calendars! On Saturday, March 7, from 10 a.m. to 2 p.m., at the **Richmond workshop**, we are in for a special treat! **Barry Kennedy** (husband of FtH board member, Rebecca) will be hosting a live demonstration on the art of knitting with a **loom**. Throughout the day, Barry will showcase several different loom sizes and explain which types of yarn work best for round, hand-cranked machines. Whether you are curious about how they work or looking to speed up your own production, come see these helpful tools in action and learn from Barry's expertise!



MARK YOUR CALENDAR!

The FtH SILVER JUBILEE RETREAT

Saturday, August 29, 2026
At The Place in Innsbrook
10:00 A.M. – 3:30 P.M.



We're excited to celebrate 25 wonderful years together!
The Retreat Planning Committee will be busy with lots of fun planning and preparation ahead to make this milestone truly special. If you have questions, suggestions or concerns, please email ftretreat@gmail.com.

Retreat registration will begin in May.

Fredericksburg SPRING Gathering



When: Tuesday, March 31, 2026, 10 a.m.-2 p.m., (Come and go or stay all day)
Where: Eastland United Methodist Church, Fellowship Hall, (follow signs in parking lot)
10718 Courthouse Rd., Fredericksburg, Va.

RSVP by clicking [HERE](#).



What to bring:

- Lunch and a beverage
- A project to work on
- A project or ideas for sharing (optional)
- Cash for raffles
- A non-perishable food donation for church food pantry
- Smiles and laughs

REMINDER

ELF APPRECIATION AND TRAINING

Saturday, March 21, 2026

1:30 p.m.

St. Matthew's Parish Hall
1101 Forest Ave., Henrico, Va., 23229
RSVP by March 17th



Please come and celebrate all things Elf and meet your fellow Elves!

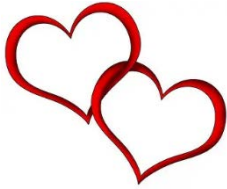


There will be door prizes and light refreshments including desserts from Laurie Heilman.

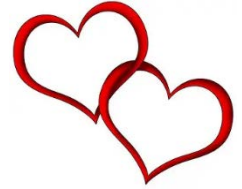
Please bring a non-perishable food item to donate to St. Matthew's for using their space. They are partners with Welborne Food Pantry.

Make-up session to be scheduled in April.

If you have questions, please email fromtheheartstitchers@gmail.com



February Distribution Numbers and Current Needs



Richmond FtH needs:

PLEASE rest your needles and yarn from scarves and outdoor hats of all sizes until further notice. Love them starting in August!

WE DO NEED THE FOLLOWING:

- Baby Blankets (30x30" and 30x40" needed for Little Hands RVA)
- Adult Blankets (40x60" and 40x70" needed for hospice, dialysis, palliative care)
- Shawls
- Octopus
- Fidget Mats
- Pillowcases for Youth and Children (all hospitals are requesting)

Donation Inventory Numbers as of February 26, 2026

Previous Total	
Mid 2002 - 2025.....	643,553
In 2026:	
January.....	3,049
February.....	3,293
Year to date total.....	6,342
Grand Total	649,895

FtH Fredericksburg - 10718 Courthouse Road, Fredericksburg, VA.

Everyone is welcome on the **2nd and 4th Tuesday of each month from 9 a.m. to noon.**

Fredericksburg Needs:

- 400 colorful hats for school kids of all ages for the *Annual Dressing Days* in July
- Spotsylvania Health Department Population nurse is holding a baby shower on May 16th for 30 – 50 moms and is requesting blankets and toys.
- 100 black or dark hats for middle and high school age males this is also for the *Annual Dressing Days* in July
- The Fredericksburg Health Department’s WIC Program is hosting a baby shower in August for about 20 moms, and they are requesting blankets and toys.



My best friend had a 6-foot-tall male student knit in her classroom before the start of homeroom. He was taught knitting as a way of controlling anxiety by his psychiatrist. We would watch him knit simple patterns beautifully. There are male knitters on the internet. Stephen West Westknits.com has many patterns on Ravelry for sale. Arne&Carlos.com have beautiful patterns available and a KAL Christmas stocking. Read their blog as they travel extensively. Queerjoe.com is a weekly blog about his knitting with some knitting tutorials. —**Janet Sparzak**

Jeanne F. shared an inspiring article we located on the AARP website, [“Michelle Obama’s Surprising New Hobby.”](#) The article highlights how the former First Lady turned to knitting during the pandemic. She found the craft to be an excellent stress reliever—a sentiment we certainly share! Thank you **Jeanne** for sharing this wonderful story with us.

Our Sincerest Thanks to...

Katherine M. for sending us two blankets and two baby sacks all the way from **Phoenix, AZ!**

Heather B. for your kind monetary donation. Your generosity is greatly appreciated.



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

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



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

 **Messages That Made Our Day!** 

Email received Feb.2, 2026

Hello, My name is Mindy and I am currently a patient at Encompass across from Mary Washington Hospital. A lady dropped by my room with a bag of handmade blankets to choose from today. I have attached a close-up photo of the blanket I chose.

I was just asking my brother to go by the house in all the ice because my legs were very cold sitting here in the wheelchair. Then less than an hour later, a lady showed up at my door with a blanket for my legs!



I am the daughter of a fellow crafty lady (my mom, Janet, who I lost last year). She co-owned the store Crafts 'n Stitchery in the 80s. I also had a great grandmother who crocheted and knitted every day. Having grown up around creative women, I appreciate the time and love all of you put into your projects. This throw blanket is perfect for sitting in my wheelchair. I have also been missing my best friend, my mom, quite often this past year. This gift means so much to me. It makes me think it's a hug from my mom while I am sick. Thank you for this beautiful and useful gift. Sincerely, **Mindy C.**



Email received Feb. 6, 2026

Good afternoon, I wanted to take the time to thank you for the beautiful hat and scarf offered to me at the USO in Richmond! They are remarkably well made and with so much love! Thank you for all you do! Blessings, **Joseph K.**



Email received Feb. 18, 2026

Hi, From the Heart Stickers Team, I'm reaching out on behalf of the [Virginia Down Syndrome Association](#) to share our heartfelt thanks for all of the beautiful handmade items you've donated. Your kindness brings comfort and joy to the families we serve, and we are truly grateful for your generosity.

Please find the attached Certificate of Appreciation as a small token of our gratitude. Thank you for all you do to support our community.

Warmly, **Misti P.**, Family Care Director, Virginia Down Syndrome Association



(Photo left) The adorable babies are holding octopuses made by From the Heart volunteers.



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