



Grateful Thread – April 2026

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

UPCOMING EVENTS



SOAP SACK SATURDAY April 18 - 10 a.m. to 2 p.m. Richmond Workshop



We've received a request for **600** soap sacks from [Backpacks for the Homeless](#) (soap not required!), and we're excited to jump in and help meet this need.

To make it even more fun, we're turning our workshop on April 18th into a relaxed and meaningful make-along event! Bring your hook or needles, grab a ball of cotton (from home or the workshop), and join us as we crochet and knit soap sacks together. We'll stitch, chat, laugh, and see just how many we can create in one day!

Not sure how to make a soap sack? No problem—someone will be available in the workshop to help you get started. They're quick, easy, and a lot of fun (some even say a little addictive!).

There's no set deadline, but we know our amazing volunteers will rise to the occasion and make it happen. **We can't wait to see you there for a day full of stitching, laughter, and giving back!**



A big thank you to **Lilly R.** from the Quioccasin Middle School Yarn Club for making and donating three soap sacks to From the Heart (photo left)! We're so proud of this wonderful group of young crocheters who are building their skills each week, and many are already contributing by making soap sacks to help us reach our goal.

This is an enthusiastic and fast-growing group of students who are eager to learn and give back. To support their continued success, we are currently looking for **one** additional FtH volunteer, please, to assist on Thursday mornings from 8:30–9:30 a.m.

Quioccasin Middle School is conveniently located near Regency Square at 9400 Quioccasin Road. If you're interested in helping inspire the next generation of stitchers, we'd love to have you. Just email: fromtheheartstitchers@gmail.com.

Mark your Calendar - Knit in Public Day: Share Your Stitching Spirit - June 13, 2026. Stay tuned. We will be planning an event.





MARK YOUR CALENDAR!

The FtH SILVER JUBILEE RETREAT

Saturday, August 29, 2026, 10 a.m. – 3:30 p.m.

At The Place in Innsbrook



We're thrilled to celebrate 25 wonderful years together! The Retreat Planning Committee is already hard at work, thoughtfully preparing a memorable and fun-filled event to honor this special milestone.

Retreat Raffle Update - We've had an amazing response for raffle items! Thank you all for your generosity and creativity! As we move forward, we will continue accepting items that have been specifically handmade for the raffle. A bin labeled for Retreat items is located in the workshop. When donating, please be sure to complete a donation form (blank forms are available in the bin) and place it in the bin along with your item.

Thank you again for helping make this year's Retreat extra special!

We don't want to miss a single suggestion or question! To help us stay organized, the Retreat now has its own email address: ftHretreat@gmail.com.

We're also happy to share that retreat registration will open in May—stay tuned for more details!

Spinning Up the Fun: Loom Knitting Demo a Big Hit!

What a wonderful time we had at the workshop on March 7th! A big



thank you to **Barry Kennedy** (husband of FtH board member **Rebecca**) for leading such an engaging and informative



loom knitting demonstration. His clear instruction and friendly approach made it easy for everyone. No matter if you are a beginner or experienced, Barry made it easy to follow along and feel inspired.

Participants enjoyed learning new techniques, exploring different sizes of looms, and discovering just how fun and versatile loom knitting can be. The demo sparked lots of excitement, and we're sure it will lead to many beautiful handmade items for our community.

If you have a crank loom and would like a little extra guidance, be sure to check out the helpful videos **Debbie M.** shared on our [Facebook page](#).

Thank you again, Barry, for sharing your time and talents—and to everyone who joined us and made the day such a success!



March Distribution Numbers and Current Needs



Richmond FtH needs: These are our **GREATEST** needs for the next few months. Our bins are **full** of baby hats (until July 4th), adult hats, and adult scarves, so please rest your needles and hooks for those items. We will reach out later in the summer for these fall items! If requests change, you will be the **first to know**.

WE DO NEED THE FOLLOWING:

- Children’s pillowcases - We need 120+ per month.
- Adult Blankets (40x60/70") We need 80+ per month for hospice, dialysis, and palliative care patients.
- Red/White/Blue Blankets (lap or larger) We need 40 per month.
- NICU Octopus - We need 30-60 per month.
- Fidget Mats – Always a lot of requests for these.

**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.

Donation Inventory Numbers as of March 30, 2026	
Previous Total	
Mid 2002 - 2025.....	643,553
In 2026:	
Jan. - Feb.....	6,342
March.....	3,674
Year to date total.....	10,016
Grand Total	653,569

Fredericksburg Needs:

- Colorful hats for school kids of all ages for the *Annual Dressing Days* in July
 - Toys- we need lots!
 - 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.
- Thank you to everyone for providing 100 dark hats for men and boys for the *Annual Dressing Days* in July!**

Happy Birthday, Lois Moore!



Happy Birthday to our Founder, **Lois Moore**. Lois enjoyed a semi-surprise party to celebrate another spin around the sun. (Photo right) Joining the fun were (seated) **Ann Hald**, Board Member Emeritus, **Kulla Ficare**; (standing) **Lois Moore**, Founder, **Liz Hald Wilkes**, and **Tricia Ennis**, Board Member Emeritus. These ladies enjoy a weekly knitting group. Absent on this day was **Dr. Alice Linyear**. Best wishes (and stitches) to Lois for a happy and healthy year ahead! —**Kulla Ficare**

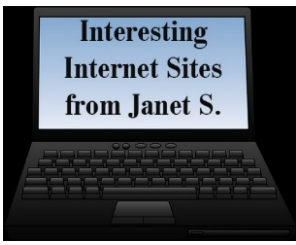


“Elf of the Month” is Changing to “Volunteer of the Month”

We think the world of all of our volunteers and truly appreciate the time, talent, and heart each of you brings to From the Heart. Your dedication is what makes our mission possible, and we want to be sure everyone’s contributions are recognized and celebrated.

With that in mind, beginning in April, the FtH Volunteer of the Month will be selected by FtH Board members. This recognition is just one small way for us to say “thank you” and highlight the wonderful impact our volunteers make each and every day!





Go to Facebook and look at theloopylamb.com and view free Christmas crochet patterns as well as beginning crochet stitches demonstrations. Also on Facebook simplymelaniejane.com for crochet home decor and lap blanket patterns for charity. Her 25 Quick Projects has many new ideas. HandyLittleMe.com lets you explore hundreds of patterns both knitting and crochet. Read her blog and how devoted she is to knitting. I especially liked her 43 easy lace knitting shawl patterns. Happy Easter April 5 and Happy Earth Day April 22. —**Janet Spartzak**

Our Sincerest Thanks to...

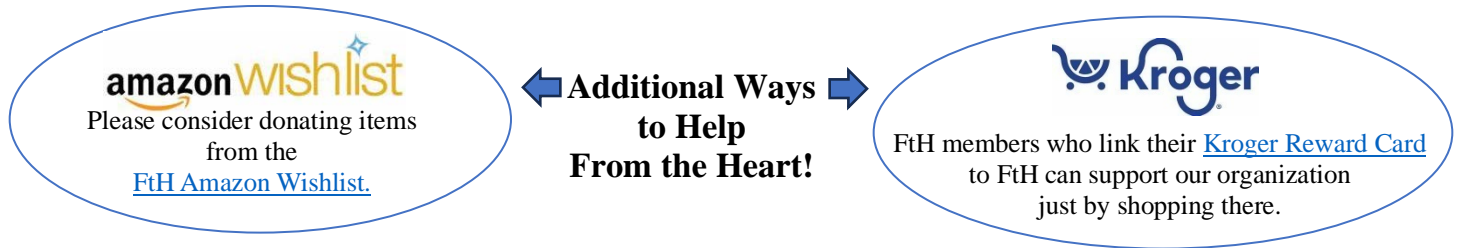


Thank you to the 88 households (2 more joined since November) who have linked their [Kroger Rewards](#) card to From the Heart! Your everyday grocery shopping is making a real difference. Between Dec. 1 and Feb. 28, 2026, your purchases generated a Kroger donation of **\$215.66** to From the Heart! Thank you for your support! It's easy to join and costs nothing to participate!

Thank you, **Alice L.**, for your generous monetary donation.

Thank you to the **anonymous donor** who gave a very generous monetary donation through the Community Foundation for a Greater Richmond.

Elizabeth G. for sending us several items from our Amazon Wish List. We greatly appreciate you keeping us supplied with so many of our much needed items.



Messages That Made Our Day!

My mother, **Frances H.**, passed away unexpectedly on February 10, 2026, at VCU Medical Center after a four-month battle with lung cancer. When our family came to pay our final respects and pray over her, we were deeply touched to see a beautiful handmade quilt gently placed over her—a true blanket of love and warmth. On behalf of my family, I would like to express our heartfelt gratitude to the “From the Heart” Stitchers for creating such a meaningful and comforting gift. In a world that can often feel heavy, it is a blessing to witness the kindness of those who generously give their time and God-given talents to bring comfort to others. I would be honored to make a donation to support your wonderful mission. Please let me know the best way to contribute. - With sincere thanks, **Teresa A.**

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