



Grateful Thread – June 2026

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



President's Note:

Dear Members of From the Heart,

Thank you for all your support during the first part of our 25th Silver Jubilee Year. Your response to all of our workshop days, volunteer opportunities, donations, and requests for items for recipients is amazing! We ask, and you create - what a beautiful testament to the mission of From the Heart!

The Board and I are looking forward to many celebratory events in the months ahead. Your timely response to our retreat registration is greatly appreciated by all of us. Many thanks to our Retreat Committee for all their planning and to The Place for providing the venue and the food at comparable cost to last year.

I welcome your questions, suggestions, or concerns anytime at our FtH Gmail – fromtheheartstitchers@gmail.com. Best regards, **Susan R.**



**UPCOMING
EVENTS**



**From the Heart Joins This Worldwide Event!
And We Are Adding an Acrylic Yarn Drive!**

**When: June 13, 2026 - 10 a.m. – 12 p.m.
Where: Stella's Grocery, 5001 Huguenot Road
Join in the Fun!**

From the Heart volunteers will gather at the location above on June 13th, and we'd love to have volunteers host additional locations throughout the community! It's a fun and easy way to spend time with fellow knitters and crocheters while sharing the wonderful work From the Heart does for those in need.

Interested in hosting a Knit in Public/Acrylic Yarn Drive? A Michael's or Hobby Lobby location near you would be ideal, giving crafters a chance to learn more about our mission while making it easy for them to purchase and donate acrylic yarn. FtH will provide signage and brochures — all you need to do is choose

a location, receive approval from the store's management, and email fromtheheartstitchers@gmail.com by June 5 with your location details.

We'll be happy to answer any questions and help promote your event through Constant Contact and our Facebook page. Join us for a day of stitching, friendship, and community outreach!

FROM THE HEART RETREAT
REGISTRATION
OPEN

Silver
JUBILEE

JOIN US IN CELEBRATING 25 YEARS

- FOOD, FUN & FELLOWSHIP
- VENDORS
- CLASSES
- DOOR PRIZES

SATURDAY, AUGUST 29, 2026
10:00 a.m. - 4:00 p.m.
At The Place in Innsbrook

We are almost at full capacity! Register soon!

The registration form can be found on the FtH website by clicking [HERE](#).

How About These Vendors! Here are a few that have confirmed so far:

- [Center of the Yarniverse](#)- local yarn shop
- [All Things New](#)- sewing and service, As featured in [Quiltfolk](#) Magazine
- [Sugar n Crumb](#)- home-baked goods
- Bloomage ([Sheila Weisensales Creations](#))- pressed flower decor, paper products



We still need a photographer for the retreat. Would you like to volunteer, or do you know someone who would like to do this? If so, please email fthretreat@gmail.com.

Do you have questions, suggestions, or comments? Email fthretreat@gmail.com



SOAP SACK GOAL ACHIEVED!!!! YOU DID IT!!!!

You met our challenge to make **600** soapsacks and then some! Please turn all your leftover cotton yarn into washcloths starting now. You all are amazing as always!



May Distribution Numbers and Current Needs



Richmond FtH needs:

These are our **GREATEST** needs for the month of June.

- Red, White and Blue Blankets - 40x50/60" afghan size
- Bright color school-age hats 100% acrylic
- Pillowcases - child/youth print (not baby)
- Small bags for toiletries - zipper/drawstring

Donation Inventory Numbers as of May 26, 2026	
Previous Total	
Mid 2002 - 2025.....	643,553
In 2026:	
Jan. - April.....	12,936
May.....	3,993
Year to date total.....	16,929
Grand Total	660,482



We are in great need of FABRIC: **MUST be new!** 100% cotton for pillowcases! Child novelty/Youth novelty prints in 1yd/2yd/3/yd cuts. Please purchase or check your stash for unused fabric to donate!



Distribution REMINDER: We **ONLY ACCEPT** new and unused items. Please donate your gently used items to a thrift store or other agency accepting used items. If it is **USED, PLEASE** do not bring it to From the Heart!

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:

- Colorful winter hats for children 5 – 12 years old. There are now bright colors and neon colors in stock at the Richmond workshop. This is a project with the Interfaith Council of Churches' Dressing Days! Fredericksburg will collect these hats until **July 15th**. Richmond **FROM THE HEART** will collect these hats until **July 10th** and deliver them to Fredericksburg.
- Wheelchair totes
- Lap, Baby and Kid Blankets



Volunteer of the Month for June is... Jane Ward and Chris Rose!

This mighty duo has spent countless hours transforming our fabric area into something truly amazing! They've sorted and organized countless supplies, created beautiful samples of the items we make, and assembled quick-and-easy take-home kits making it easy for volunteers to make at home. Thanks to their hard work and creativity, FtH's sewing section has grown from just a bit of material into the wonderful space it is today.



A huge thank-you to Chris and Jane for ALL you do for FtH! We couldn't do all that we do without YOU!

FtH Wants to Refresh and Update our Website.

Can you or someone you know help with this?

The FtH website is one of our most important tools for communication, credibility, and connecting with volunteers and the community. Like many growing organizations, our website needs to grow with us!



FtH Board members will provide content, we simply need someone who can refresh the look of the site and organize the information in a way that makes it easy for visitors to find exactly what they need.

If you can help us with this exciting project, or know someone who can, we would love to hear from you. Please email us at fromtheheartstitchers@gmail.com.

Websites to Check Out from Janet Sparzak

Everyone likes an oldie but goodie website and that would be yarnspirations.com. The site claims to have over 11000 patterns and counting and they offer kits. If you try to get the pattern without buying a kit simply put the pattern title or the type of item (like blanket) and the pattern will come up for you to print out. A new subscription service is available from Vogue Knitting that promises forward thinking fashion patterns both in knitting and crochet. It is called InTheLoop Knitting.com and will start in September. Hooked on Homemade Happiness.com. has a crochet stitch sampler blanket that gives a new pattern each week to add to the blanket. It started in January but anyone can catch and make a lovely sampler blanket. Allfreecrochet.com gives lots of patterns for many useful items for free. D60crochet.com tells us to have a "hooky day" as well as providing mandala patterns. Happy Flag Day June 14th. Happy Father's Day June 26. —**Janet Sparzak**

Our Sincerest Thanks to...

Mary M., Matt Davis Foundation, Dinwiddie Ruritan Club, and Elizabeth P. for your generous monetary donations! We truly appreciate your generosity and support!

The All Brands Charity Sew Volunteers Have Been BUSY!!

On April 19th, the incredibly generous and amazingly productive ladies of the All Brands Charity Sew group delivered a HUGE donation to From the Heart — 269 scent hearts, 131 drain bags, 29 adult bibs, 38 small tote bags, 18 neck pillows, and so much more!

Thank you, ladies, for your continued support, hard work, and generous hearts. Your kindness, creativity, and dedication will bring comfort and smiles to so many people throughout our community. We are truly grateful for all you do!



Members of the All Brands Charity Sew Group stopped for a quick photo and then were right back to work! R-L Donna M., Carol J. (holding the blanket), Meg M. (new to the group), Phyllis B., Brenda R., and Amy P.



Yarn Donations Inspire Creativity at James River Juvenile Detention Center

From the Heart is fortunate to receive many generous donations of yarn and more. While we aren't able to use every item, we are proud to pay that generosity forward by sharing extra supplies with local art programs and community organizations. Recently, the art teacher at James River Juvenile Detention Center requested yarn for the students' annual yarn painting project. She shared that the students absolutely love creating these unique works of art, and judging by these photos, they are incredibly talented as well!



We are grateful to everyone who donates supplies to From the Heart. Your generosity not only supports our mission, but also helps inspire creativity, learning, and joy throughout the community.—**Dorothy B.**



(Photo left) Thank you, **São B.**, for making **50** baby socks/booties for FtH! We are so fortunate to have so many wonderful volunteers who always step up when much-needed items are requested.

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.

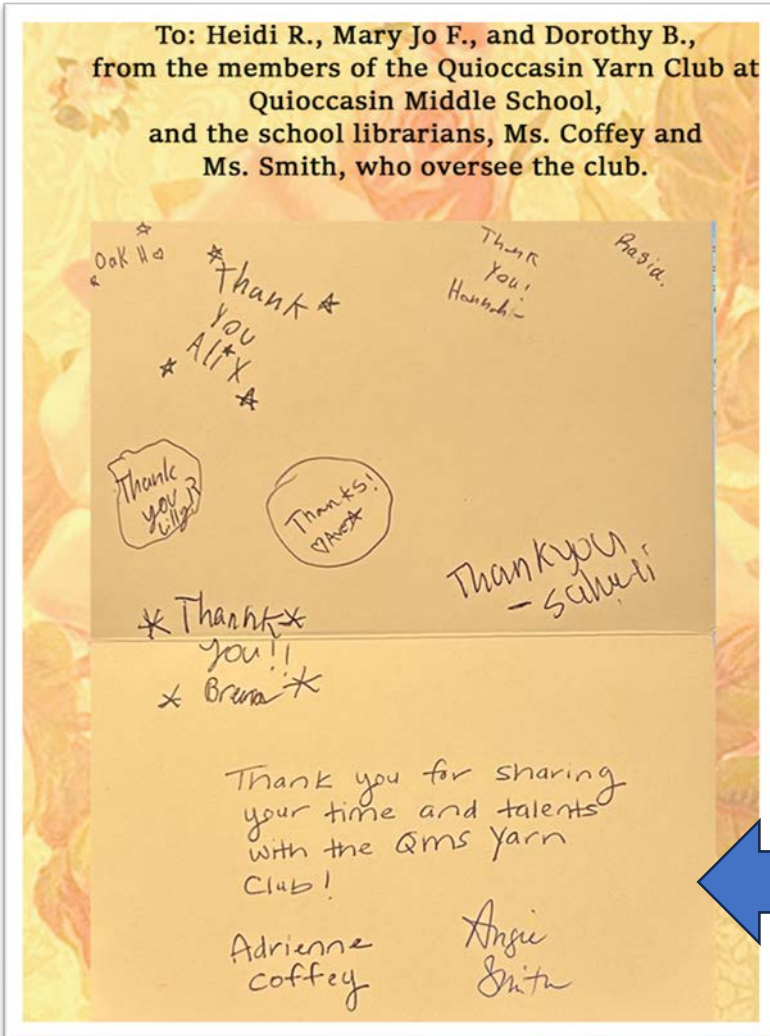
Messages That Made Our Day!

Email received May 13, 2026

My mom (photo right) is 93 years old and lives in northern N.Y. She started making and donating items to From the Heart Stitchers in 2020 when I learned about the group and started donating items also...My mom makes items and puts them aside. When I visit a couple times a year I pick them up and bring them to From the Heart Stitcher's Richmond location. The items she donates includes, mittens, fingerless mittens, lap robes, and hats.

Mom, **Helen P.**, started knitting in her 20's. Her neighbor, a senior citizen, knitted and taught mom to knit mittens. Mom later taught herself to crochet and started crocheting blankets.

Mom knit us sweaters, hats, scarves and socks when we were kids. She also taught me and my 3 sisters to knit when we were small. We all share the same love for crafting that she does. — **Valerie R.**



Email Received May 28, 2026

Thank you sooo much! ...We received the donations [yarn and fabric] and the kids are thrilled! I have a student who looked up wearable crochet patterns to work on this summer and was over-the-moon to see the Merino wool yarn in the bag! You're awesome and we appreciate you!

... Christina and I would love to collaborate with you for a fiber art focused event at Freeman next year (quilting, weaving, knitting, crocheting, etc.)! Sincerely,
Tiffany F. art teacher Freeman H.S.



If you would like to help teach knitting or crochet at Quiocassin Middle School or assist with projects at Freeman High School next year, please email us at fromtheheartstitchers@gmail.com. Help us pass these wonderful skills on to the next generation!



For an updated list of FtH group meetings, please click [HERE](#).

If our list is missing a group that meets to donate handcrafted items to FtH, please let us know by emailing fromtheheartstitchers@gmail.com.

Our thanks to **Lydia B.** for making all the calls, verifying the information, and updating the listing!