



Grateful Thread – May 2026

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

UPCOMING EVENTS



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

Registration form can be found at the end of this newsletter

From the Heart Retreat REGISTRATION IS OPEN!

The registration form can be found at the end of this newsletter or by clicking [HERE](#).

Don't miss out! Register before we reach full capacity.

The last day to register is July 20th unless we have reached full capacity before that date.

Sorry, no walk-ins allowed.

Would you like a reserved table?

There is a limit of 10 reserved tables. Please submit your information before they are gone.

For the table registration form, please click [HERE](#).

We also 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 SATURDAY WAS SO MUCH FUN!

We did it—goal achieved! 🎉 We've made **600** soap sacks for [Backpacks for the Homeless](#)! Soap Sack Saturday was filled with fun, laughter, and productivity, resulting in 46 completed soap sacks.

If you are enjoying making soap sacks, please continue. They are always in demand and are such a wonderful, considerate item to give to those experiencing homelessness.



(Photo left) The **Yarn Club** members from Quiocasin Middle School were **BUSY** during their spring break! When we met on April 10th, they were excited to donate 25 soap sacks to From the Heart! One student even said she would have made more, but she ran out of yarn! Our thanks to **Saheli D., Rasia S., Hannah H., and Lilly R.** for your wonderful donation!—**Dorothy B.**



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





April Distribution Numbers and Current Needs



Richmond FtH needs: These are our **GREATEST** needs for the month of May.

- ❖ 75 pairs of infant/baby booties
- ❖ 40 large blankets (40"x60/70" knit, crochet, fleece with edging)
- ❖ 60 sleep sacks for infants
- ❖ 40 small bags with zippers or drawstrings for toiletries (between 5x8" to 9x12" approx.)
- ❖ 30 quilts in children's print fabric (36x36, up to 40x50")
- ❖ 25 lap blankets Deadline is June 1st. Broadus Memorial Baptist Church has requested 25 lap blankets for toddlers to teens as part of their "Bed Build" on June 6th. The church will be providing beds for kids currently sleeping on the floor. Blankets will be placed at the foot of each bed and may be knit, crocheted, or quilted, sized approximately 36" x 40"-48". Thank you for helping bring comfort to these children! ❤️

Donation Inventory Numbers as of April 28, 2026	
Previous Total	
Mid 2002 - 2025.....	643,553
In 2026:	
Jan. - Mar.....	10,016
April.....	2,920
Year to date total.....	12,936
Grand Total	656,489

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: Please just make what you enjoy making. We have received enough baby items for our 2 baby showers. Thank you for all of your contributions! We still need a few more colorful children's hats for dressing days.

Also, our thanks to **Dianne G.** from Jarratt, Va. for 40 beautifully dressed bears! —**Sally M.**



Volunteer of the Month for May is...Betsy Vest!



Betsy has been a dedicated From the Heart volunteer for many, many years, and her impact is felt in countless ways. She has served on FtH's Board of Directors, taken on the important role of yarn and cloth purchaser and yarn sorter, as well as helped with retreats.

And here's something you might not know—thanks to Betsy, we never have to wonder who will take out the trash! Every Sunday, she generously collects it and takes it all the way home with her, since we don't have a dumpster. Now that's going above and beyond!

Betsy, thank you for everything you do to keep FtH running smoothly—and cleanly. We truly appreciate you! Please select some sewing items and/or yarn from the Volunteer of the Month box in the workshop.

Do You Have Mad Computer Skills or Know Someone Who Does?

We are looking to refresh and update our website.



Your FtH Board of Directors handles not only current needs but also looks ahead to plan for the future. As FtH continues to grow, so does the need for a fresh, vibrant website that reflects our mission and impact. Our website is one of our most important tools for communication, credibility, and engaging volunteers and the community.

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

Helpful Hat Sizing Chart

The chart to the left is a great resource for determining the correct size when making a hat. It's a handy guide to keep nearby while you work!

And as you are making hats this summer and fall, please use these measurements. Consistent sizing truly helps us deliver usable items to our recipient agencies. Also, please continue to hold onto your completed hats until we need them in the fall.

You can also find this chart on our website—just click [HERE](#). Printed copies will be available at the workshop in early May. “when considering hats late summer/fall, please use these measurements”.

A special thank-you to **Susan R.** for discovering and sharing this helpful resource!

Sizes	Crown Width	Height	Circumference
Preemie	3-3.5"	4"	12-13"
Newborn - 3mths	4-4.5"	5-5.5"	13-14"
3-6 Months	5"	6"	14-15"
6-12 Months	5.25"	6.25"	15.5-16.5"
12-24 Months	5.5-6"	6.5-7"	16-18"
Toddler	6"	7-7.5"	18-19"
Child	6.5"	7.5-8"	19-21"
Teen / Small Adult	6.5-7"	8"	21"
Medium Adult	7-7.25"	8.5"	22"
Large Adult	7.5"	8.5-9"	23"

SeeLoveShare

Our Sincerest Thanks to...

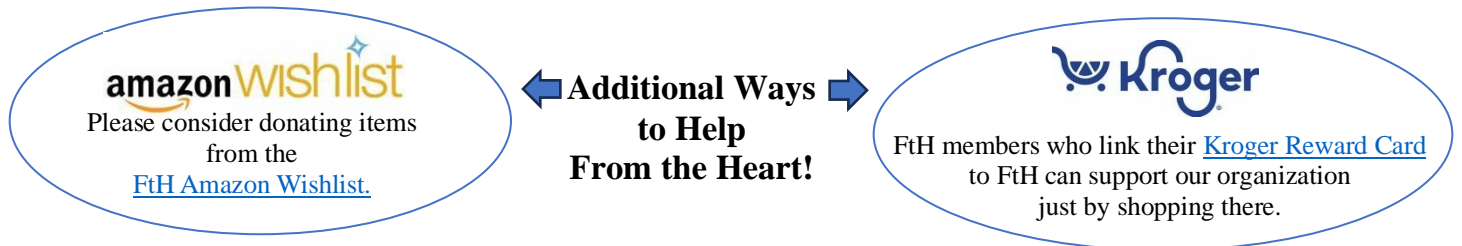
Dances With Wool for their generous donation of yarn.

Elizabeth G. for the packages of children's graphic t-shirts from our Amazon Wish List. These will make cute port shirts and hopefully bring a little ray of sunshine to children going through medical treatments.

The generous individual who made a monetary donation in honor of **Christy Woody**.

Thank you to the **anonymous donor** who made a monetary donation through Bank of America. With yarn costs going up, we will certainly put this to good use.

Our thanks to the person who gave FtH six dolls from our Amazon Wish List this month. We really needed these and greatly appreciate your kind gift!



Messages That Made Our Day!

From the Heart is fortunate to receive many generous donations of yarn, fabric, buttons, zippers, thread, needles, hooks, and more. While we're not able to use every item, we are proud to pay that generosity forward by sharing excess supplies with local art programs.

Currently, nine Henrico schools, one Chesterfield school, and a Goochland juvenile detention center receive materials from FtH, and they couldn't be more appreciative as the comments below indicate.

*I wanted to let you know that I received the yarn!! I love it! Thank you very much for your donation to our art program here at juvenile detention. Take care, **Stephanie G.** Exceptional Education & Art Teacher Henrico/James River Detention Centers Education Programs - PS. If you know of anyone who would like to donate canvas for painting- that would be something we need!*

*We are so excited about all of the yarn!!! Thanks so much! My crafts class has been excited to learn how to crochet - now we can! —**Annie D.,** Art Teacher, Moody Middle School*

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



21st Annual Retreat Registration Form

Your Name: _____

Email: _____

Phone #: _____ Is this your first FtH retreat? _____

Do you have any specific requirements (e.g. dietary, accessibility) we should be aware of?

Please explain:

Register by May 31 to lock in the \$45 early bird rate!

On June 1, the price increases to **\$50** per person.

The deadline to register is July 20 or when we reach capacity.

Place your check and registration in the donation box at the workshop or mail to:

or mail to From the Heart's new mailing address:

PO Box 29582, Henrico, VA 23242

Please make checks payable to **FROM THE HEART**

Classes

Choose One Now, One Later!

Each includes **supplies** so you can create a signature item for From the Heart!
Mark your first choice now to save your spot.
Sign-ups for a second class will open in July.
Watch your email for the announcement!

- Tutorial: Sewn Pillowcases Made Easy
- Crochet Amigurumi Basics, Magic Ring
- Other Sewing Projects for FtH:
- Scrap-Knit C2C Blanket, Tips and Tricks

****No refunds after July 20th but substitutions will be allowed****

Every attendee of the retreat must complete this registration form, even those with a table registration.

Note- A photographer will be in attendance and photos taken may be used by From the Heart to promote future events and/or activities.

Questions? Email ftHretreat@gmail.com