



From the Heart Newsletter

October 2026

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Thank You for Making Our Silver Jubilee Retreat a Huge Success!

On Saturday, August 29th, FtH Silver Jubilee Retreat was held at The Place at Innsbrook. We celebrated the past, present and future of our organization. There were speakers and videos from several of our recipients and a surprise video from a local street artist, KnitorioUs M.E.G., congratulating us on 25 years of community impact. (two videos can be viewed on our website – [HERE](#)). A big **THANK YOU** to the Retreat Committee and all that were able to attend the event.

Don't worry, the momentum doesn't stop here. Throughout 2026 we will host many events at the shop to gather, learn and celebrate our Silver Jubilee. Join us this fall for even more events! Specifics about those plans (dates and subjects) to be announced very soon.



View more
photos from the
retreat [HERE](#).



Note from Lois and Russ Moore to FtH Board



What a wonderful Silver Jubilee Anniversary Retreat you presented this year. To say Russ and I were overwhelmed is a definite understatement! We thank you so very much for recognizing the two of us.

For me, these 25 years have sped by, thanks to the amazing group of volunteers we have attracted. These years are



right at the top of my lifelong list of pride in accomplishments.

I am so grateful to witness the continued success of our organization. Under your leadership, I am confident our many recipients will continue to be given love and compassion for many years to come.

All our best to you, and I look forward to many more visits to our shop. Sincerely, **Lois and Russ Moore**



UPCOMING EVENTS



October Diaper Drive!

This October, From the Heart is collecting packages of disposable diapers to support [Little Hands Virginia and HCA Virginia's](#) diaper drive.

A diaper may be small, but its impact is huge! Access to diapers means healthier babies, less stress for families, and more opportunities for children to learn and thrive.

Bring your diaper donations to the From the Heart workshop throughout October. It's another wonderful way we can help keep babies healthy and happy!



Bowling for Chairs — October 7, 2026

From the Heart is excited to once again be part of the Pink Chair Project RVA's Bowling for Chairs fundraiser

Pink Chair Project RVA has invited us to showcase a display of the beautiful, handcrafted items our volunteers create to bring comfort and support to breast cancer patients. Come see our display, and join us for an evening of bowling, our volunteers create to bring comfort and support to breast cancer patients. Come see our display, and join us for an evening of bowling, fun, and community spirit!

Where: River City Roll, 939 Myers Street, Richmond, VA 23230

Date & Time: October 7, 2026, 5–9 p.m.

For ticket information and to register, click [HERE](#).

The Pink Chair Project RVA provides remote-controlled chairs to help breast cancer patients recover in comfort.





Saturday, October 10

Love yarn? Oh yes, we do! October is all about celebrating our **love of yarn** at From the Heart! And we'd love for you to join the fun. Throughout the month—and **especially on I Love Yarn Day, October 10**—please bring a skein or two of **#4 acrylic yarn** to the From the Heart workshop and help us fill our shelves with possibilities!

Can't make it to the workshop? You can still join the fun! Shop our [Amazon Wish List](#) and send some yarn our way. **Let's see how many skeins we can collect!**

Sarah Cannon Cancer Institute at Henrico Doctor's Hospital Present

Rooted in Strength

October 22nd

4 p.m. – 6:30 p.m.



Rooted in Strength is a **FREE** celebration honoring the strength, courage, and resilience of cancer survivors and those currently undergoing cancer treatment.

From the Heart will have a table at the event where we'll share who we are, what we do, and how our amazing volunteers help make the cancer journey a little easier. Stop by to see samples of the thoughtful, handcrafted items we provide to cancer patients.

It is a free event, but you must register. Information is available by clicking [HERE](#).

CLASS
in session

Joining Granny Squares

with Nancy Wright

Tuesday, October 27th

Time: 2 p.m. – 4 p.m.

Class is limited to 10 -You must register to attend.

Register by email to: fromtheheartstitchers@gmail.com

Nancy will teach an easy way to join granny squares.



Do you have a pile of granny squares waiting to be assembled into a blanket? Or maybe there's a box of squares on the UFO shelf at FtH whispering to you to make them into a blanket? Are you tired of sewing them together? This is the class for you! An easy to master crochet join-as-you-go technique!

Prerequisites: able to confidently make chain stitches, single crochets, and count to three. ☺

Materials to bring with you: 6 or 9 granny squares (all the same size and with the same number of stitches), yarn to join them, and a crochet hook similar to the one used to make your squares.



Fredericksburg FALL GATHERING Tuesday, October 27th, from 10am-2pm!

Eastland United Methodist Church

RSVP to FALL Gathering 2026

Come and go or stay all day! Join us for fun, fellowship, and the sharing of many new ideas. We always look forward to the "show and tells," too. What to bring: Lunch and a beverage, a project to work on, a project or ideas for sharing (optional), cash for raffles, and a non-perishable food donation for the church food pantry. We're looking forward to lots of smiles and laughs!

CLASS
in session

Crochet Poncho for a Stuffed Bear/Critter (Stuffie) Give a Toy a Little Extra Love!

Saturday, November 7th

10 a.m. – 2 p.m.

Class is limited to 25 participants – you must register to attend.

Register by email to: fromtheheartstitchers@gmail.com



The holidays are coming, and From the Heart receives lots of requests for toys for children in our community. Here's a fun and easy way to turn a **new** stuffed friend (stuffie as the kids call them) into an extra-special gift!

Join **Francine Nelson** as she teaches us how to crochet an adorable poncho for a 12–18-inch stuffie.

Bring: A **NEW 12–18-inch stuffie** and crochet hooks in sizes **H, I, and J**

From the Heart will provide: Yarn, hair ties, and scissors.

Come crochet, create, and give a cuddly friend a little holiday flair!

One stitch at a time, we'll make a toy extra special for a child to love. ❤️



August and September Distribution Numbers and Current Needs for October



Richmond FtH needs:

PINS WERE FOUND IN PILLOWCASES!!!!

PLEASE Give Every Item a Final Check!

We know how easy it is for a needle or pin to hide in a finished project. Before donating your beautiful creations, please take a moment for a careful final check. Your extra attention will help keep our volunteers and recipients safe!

Before you donate, please:

- **Remove all needles and pins of any kind.**

Donation Inventory Numbers as of September 28, 2026

Previous Total	
Mid 2002 – 2025.....	643,553
In 2026:	
Jan. - Aug.....	28,676
Sept.....	2,896
Year to date total.....	31,572
Grand Total	675,125

- Check pockets, seams, folds, and corners for anything that may be hiding.
- Trim loose threads.
- Weave in yarn ends and trim any hanging yarn.

Thank you for helping us keep every donation safe and ready to share!

Below are our **GREATEST** needs for the month of October:

• Fleece Blankets with crochet edge: adult & child – 48”x 60/70”	• Scarves: adult and school age
• Toys: bears, dolls jingle blocks, hedgehogs, crocheted/knit animals	• Large blankets/quilts
• Hats: adult & school age	• Neck pillows



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:

• Kids Blankets	• Shawls
• Lap Blankets	• Ladies Totes

Help Us Inspire the Next Generation of Fiber Artists!
Quioccasin Middle School's Yarn Club is growing—and we need you!

Thursday mornings from 8:30 a.m. to 9:15 a.m



MaryJo F. helps students with crochet basics.

We're excited to begin our **second year** with this enthusiastic group of young knitters and crocheters. With more students joining the club this year, **we need a few extra helping hands!**

Whether you're a knitting pro, a crochet enthusiast, or simply love sharing what you know, you can make a difference. Come help students learn new skills, build confidence, and discover the joy of creating with yarn!

Email fromtheheartstitchers@gmail.com and we'll connect you with the school librarian to get you started.





A Gift of Comfort Comes Full Circle from Lydia Ballentine

I was working at the USO when two women walked in. The older woman explained that she was there to thank us for a service we provided on July 26, when her 21-year-old son, who died in an accident in Guam, had his remains delivered to the family through Richmond Airport. The other woman was her sister.

The USO has a room for the family to wait, with military escorts, until it is time to go down to the tarmac to witness the transfer of the remains to a hearse or another plane. The USO team gives them one of our Red, White and Blue blankets to comfort the family. They are always very pleased and grateful for the gesture.

In this particular case, the family discussed what a kind and meaningful gesture that was, and the daughter (sister of the soldier) decided she wanted to pass it on. She crocheted this blanket, included a note, and delivered it to us at the USO while I was there on Monday. She plans to make the same gesture on an annual basis. They were pleased to find that I was also a volunteer at From the Heart and asked a lot of questions. I answered them all and gave them the website. The daughter has young children but hopes to figure out a way to get involved with us.

All of us felt it was amazing that we were there at the exact time they arrived with the donated blanket.



Websites to Check Out from Janet Sparzak

This year's Stitch Along with knotions.com has a monthly lesson talking about the history of the color purple and how to use it effectively in the knit/crochet blanket blocks patterns that are free. Purple was at one time expensive and for the wealthy and royal. The tutorial started in January so you may have to back track but is worth reading. Craft & Crochet on YouTube has many free patterns to pick and choose and starts with a crochet cardigan. The website anniedesigncrochet.com has a pattern for a crochet star when you subscribe and to help you get started on Christmas decorations. There are other free crochet patterns for flowers, washcloths, shawls and more! —Janet Sparzak



Volunteer of the Month for October is...

Marilyn H.

Marilyn is a longtime From the Heart volunteer and our Fredericksburg liaison. She's always ready to lend a hand, and she certainly went above and beyond at our Silver Jubilee Retreat, where she led the fidget project and did an amazing job! We're so grateful for Marilyn and all the time, talent, and enthusiasm she brings to From the Heart. **Thank you, Marilyn, for all you do!** ❤️



Our Sincerest Thanks to...

❤️ **Linda** from Rhode Island for your box of lovely handmade donations.



♥ Graceful Knitters from Yorktown for your donation of hats and mitts!



Photo by Karen P.

Photo left: Suzanna G. came to FTH with items she made to donate as part of her community service project. Suzanna and her dad were given a tour of the workshop and were very impressed with the services FtH volunteers provide and left feeling uplifted about Suzanna's donations!

Photo right: Rob & Don and all the fiber artists who belong to the **Forest Lake Needlers.**



Photo by Deb A.



A very **heartfelt thank-you** to the following supporters for making a monetary donation to FtH. Your generosity helps us purchase yarn and fabric, supports our ongoing projects, and enables us to continue serving our community. We are truly grateful for your support:

- ❖ **Lauren C.**
- ❖ **Shasha A.**
- ❖ **Hopewell Loyal Order of Moose**
- ❖ **CarMax**
- ❖ **Molly S.**

Photo right: Molly S. (left) presented a generous donation to **FtH President Susan R.** to purchase novelty fabric for children's pillowcases. Molly is a long-time FtH volunteer and a volunteer with the All Brands Charity Sew Group.



Thank you so much, Molly, for all you do for From the Heart!

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.

Please consider donating from our Amazon Wishlist! We are greatly in need of bears, dolls, yarn, child and adult socks and gloves.

Messages That Made Our Day!

Email received Aug. 1st from our Fredericksburg group.

We wanted to send along a few pictures of the Hat Room at the very successful School Dressing Days event last weekend. As always, it was well received and with comments heard like ‘will we get a hat this year’ you can’t help but smile.

This year there were over 1,200 kids served and the addition of the funds to buy shoes was extremely needed and welcome. Out of your donation of well over 1,000 hats, we had just 233 left which will be used for the next event...

We are so grateful for you and your members’ time and talent to provide these beautiful hats for our community. The complements we hear are so much fun and the vibes are a joy.

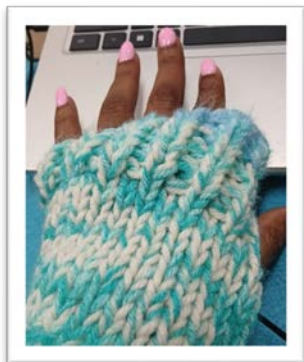
We look forward to working with you next year! Blessings, **Jaye and the School Dressing Days Team**



Email received Sept. 3rd

...I just want to thank your organization from my heart. I had the chance at Goochland Cares today to obtain such a beautiful gift of a hat before winter. Gorgeous workmanship...God Bless — **Robin W.**

Email received Sept. 17th



Thank you for the amazing hand-knitted gloves! I've been wearing them while working on my computer and they keep me so cozy. I truly appreciate your thoughtfulness. Thank You, **Wallene M. O.**

Email received Sept. 18th

I just wanted to personally write and say thank you. My husband is a new dialysis patient...As you know it is very cold during their treatments and can be uncomfortable.

Last week one of the technicians provided him with your products to help keep his hands & arm warm. This truly has made a difference for him & he was so touched. He keeps it in his bag to use all the time.

Thank you for your thoughtfulness and the time that you selflessly give making these products. You truly are angels and thank you for blessing others with such a small gesture that makes an impact. —**JoAnn B.**

Mary D. lives in The Village of Amberleigh in North Chesterfield and leads a group there on Wednesday afternoons. Mary is hoping to attract more members to the group. If you are interested in joining the Amberleigh group, please email fromtheheartstitchers@gmail.com, and we will put you in contact with Mary.

Established Groups Picking UP Yarn: Please Note!

Are you planning a visit to the workshop to drop off donations and pick up yarn? We want to be sure we have what you need! Please email Fromtheheartstitchers@gmail.com a few days before your visit to schedule a day and time.

A little advance planning will save you time and effort—and help us keep workshop visits running smoothly! Thank you for helping us make every visit a success!



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

