

**From the Heart**  
**5<sup>th</sup> Annual Retreat Registration Form**  
**September 18, 2010**

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (h) \_\_\_\_\_ (c) \_\_\_\_\_

Email: \_\_\_\_\_

Jason's Deli Box Lunch preference: (includes condiments, chips, pickle and cookie)  
Ham or Turkey, each served w/ lettuce & tomato (choose one) \_\_\_\_\_

Served on your choice of bread: White/Wheat (choose one) \_\_\_\_\_

**OR**

Garden greens, cuke, red & yellow pepper w/dressings on multigrain ciabatta \_\_\_\_\_

I would like to participate in the needle felting project                      Yes \_\_\_\_\_ No \_\_\_\_\_

I will bring a Show 'n Tell item to share during lunch                      Yes \_\_\_\_\_  
No \_\_\_\_\_

Reg. Fee \$25.00 per person.    **\*\*\*Make Check payable to From the Heart\*\*\***

Your check # \_\_\_\_\_ Amount \_\_\_\_\_

For planning purposes, registration must be received on or before **September 1, 2010.**

Registration will be available at the door at an increased price of \$30.00

Share the fun, bring a friend! Feel free to use one form for several attendees.

Mail completed registration and payment to:

**Beth Williamson**  
**3300 Southall Avenue**  
**Richmond, VA 23234**  
**804-233-4046**

**OR**

bring your completed form and payment in an envelope to the shop and drop into the donation box.

**Do you need a ride to the Retreat? Yes \_\_\_\_\_ No \_\_\_\_\_**

**If so, from what area? \_\_\_\_\_**

*From the Heart*  
*5<sup>th</sup> Annual Retreat*  
*September 18, 2010*

Come join us at this years' fun. As in the past, we will have some wonderful vendors to share their wares with us. Our own Bernice Koelzer will be there with her soaps and herbs: Sue Henshaw, a local potter, will be with us with her newest work of yarn bowls; and returning this year, Mary Clare Hughes will join us with her home grown, hand spun yarns and various handmade knit items. Another of our own, Tamara Gwathmey, expert machine knitter, will not only offer a demonstration on just how quickly items can be completed on her machine but we hope will also have time to help some of us learn her technique. Her projects are so beautiful!

This year the agenda will be very casual. We will have more opportunity to share our time and expertise with one another. We will offer a problem solving area for knitters and crocheters. You may bring your problem projects for assistance or maybe you might like to ask for help in pattern reading and mistake correcting. We are planning an area for you to browse through interesting stitching/pattern books. We are also planning a book exchange area. Here you may donate your good condition books, novels or stitching related in exchange for other books that grab your interest.

We will have a hands-on felting project area. Here you will have the chance to create your own small item using needle felting. Previously felted potholders will be provided as well as other supplies. Your finished project is yours to keep or possibly use as a holiday gift for someone.

We will have instructors available to teach creative embellishments, both knitted and crocheted. Supplies will be on hand but do bring you own supply of needles and hooks in a variety of sizes if possible.

AND...we have a special project in the works. This year you will be going home with your very own *From the Heart Memory Book* ! Please, submit your paragraph or two on anything relating to you and our organization. It might be how you learned of us, something special that has touched you through your stitching or maybe just a funny tidbit that has happen since becoming a part of this group. Please send your items to Lois Moore at [lois@ftheart.net](mailto:lois@ftheart.net), or mail to From the Heart, 1425 Crawford Wood Place, Midlothian, VA 23114, or call Lois at 804-305-4971. We need your submission no later than August 7<sup>th</sup> to include in the Memory Book.

We will have a corner set up with some very special yarns for you to have for personal use, with a nice donation to FtH. These donations, as always, are used to purchase more suitable yarn for our members to use in their creations for others.

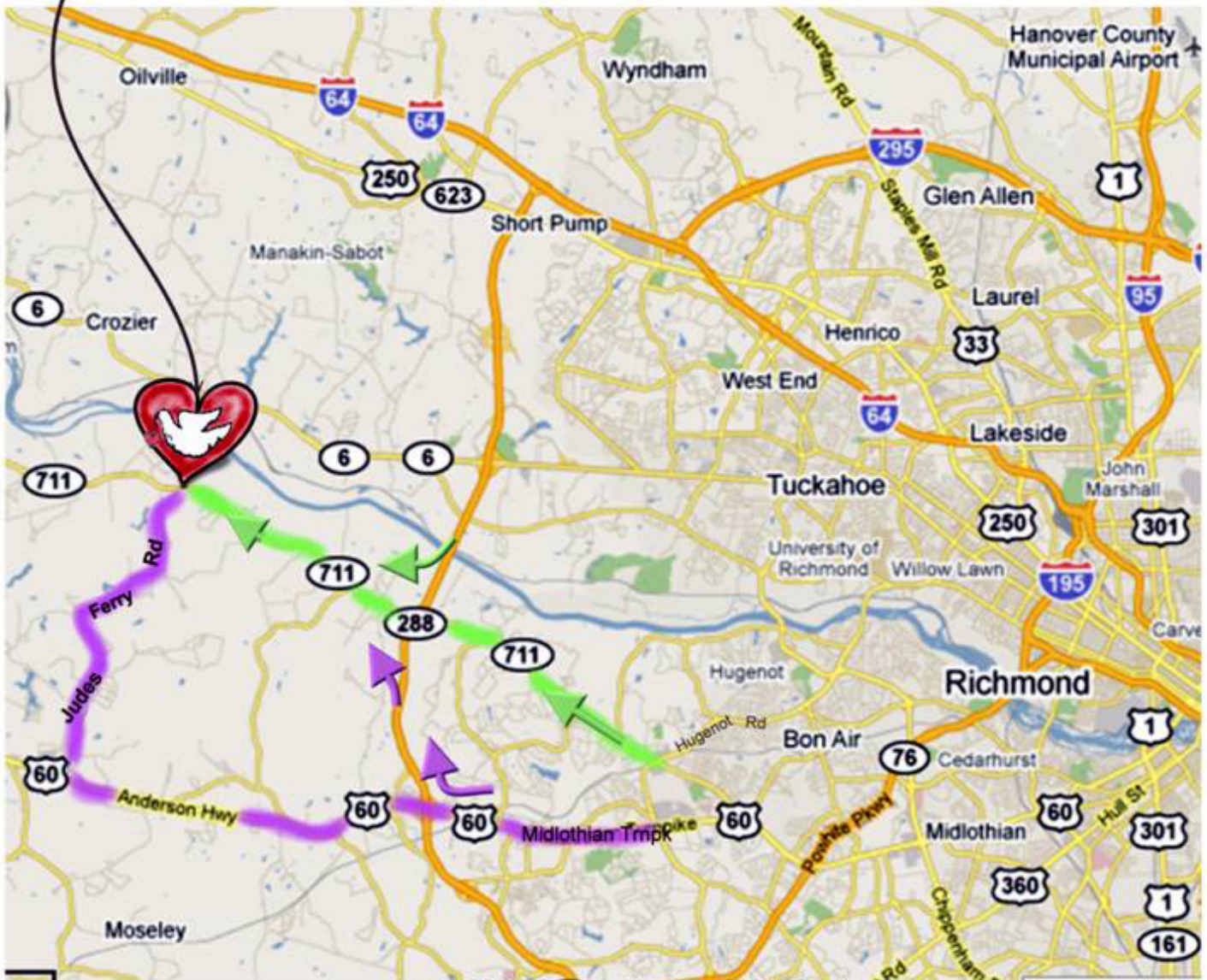
If you'd like, bring your show 'n tell projects to share with others at the Retreat.

A delicious lunch will be provided by Jason's Deli and we will also offer a morning snack and beverages, and an afternoon break will give us a chance to refresh with other beverages and goodies.

**All this for only \$25.00 !!** Mark your calendar, September 18, 2010, from 10 a.m. until 4 p.m. at Emmaus Christian Church, 1801, Huguenot Trail, Powhatan, VA 23139. Registration form and directions to church will follow soon.

# From the Heart Stitchers 2010 Retreat

Emmaus Christian Church  
1801 Huguenot Trail  
Powhatan, VA 23139



Route 711 (Robious Rd / Huguenot Trail) : 10 miles from Huguenot Rd., 4.7 miles from Rt. 288

Route 60 (Anderson Highway to Judes Ferry Rd) : 11 miles from Chesterfield Towne Center, 7 miles on Judes Ferry