

The Grateful Thread

Visit our website at www.fromtheheartstitchers.org

Letter from Lois

These cool rainy days here at the end of September bring to mind the changing of seasons and the folks who are so chilled this time of year. Our homeless who are trying to find a dry spot to sleep, or even worse, having to sleep in clothes wet from their day long battle with the elements...we can help!

The cancer patients having to go out in the cool temperatures for treatments, and once arriving at their infusion centers having to endure hours and hours of chilled medication dripping into their vein, chilling them to their very core...our blankets, hats and scarves can help!

What about the newborn leaving the hospital, very first time outside, without a warm outfit or blanket...again, we can help!

Then there are those who are currently hospitalized away from their friends, families and their normal routines.

Something hand stitched, a brightly colored blanket or maybe even a cute and lively dressed teddy bear could bring comfort...let's do our best to help!

In all of these situations, we can send comfort in the form of our stitches. Please, come by the shop, check out the yarn supply and if you are ready for new patterns, we have many from which you can choose.

We need your help!

Ever ask yourself why we do what we do? Why do we knit and crochet so many items month after month and year after year?

While we may enjoy the spirit of fellowship among the volunteers and board members, we do it to bring comfort, love and solace to others.

Many of these individuals are in a less than desirable health situation. Their bodies are compromised by whatever has brought them to the current state of needing comfort and solace.

As a group it is important that we all keep this in mind as we stitch our items and turn them in for distribution. We know that no one would ever intentionally cause a problem for any of our recipients. We do however have a problem when items come in for distribution with odors.

Our recipients may be very sensitive to any type of smell from the items. Anything such as scented detergent, scented fabric softeners, pet dander and/or smoke may cause a serious problem for the already weakened system.

How can you help prevent these problems?

- If you are going to launder items please use baby detergent, baby shampoo or a gentle type of detergent and no fabric softener (especially scented ones)
- If you are stitching in a location with pet dander or smoke, please launder, dry and securely bag immediately to avoid exposure to these scents.

Any exposure to these will compromise the patient's health.

We need your help to make sure that we are not triggering anyone's allergies or making someone any sicker than they are already.

We greatly appreciate all of your hard work and efforts every month and could not continue without you. Keep up the good work!

Stop by the Shop

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

When is the last time you sat, stitched and enjoyed the camaraderie at the shop?

Tricia Ennis is the October Scheduler. Contact her at 804/683-9015 or ennis1000@verizon.net to volunteer for a shift.

Shopkeeping Prize Award

The August winner is Brenda Schmidt

Please contact the scheduler to get your name in for the October drawing. Shopkeeping is easy, fun and a great time visit with other stitchers.

Thank you, Brenda for all your help; we can't wait to see what you make with your new yarn.

Donation Inventory Numbers

Previous Total

Mid 2002 – 2009: 71,805

2010

Jan - Aug 11,613

September 1,442

Grand Total 84,860

Urgent Needs!

Our weather is finally starting to change! The temperatures are finally out of the 90s and autumn is officially here. As we move through October the weather will get cooler and cooler. It is time to start moving away from cotton to the warmer yarns.

This means our Urgent Needs is more hats and blankets. While these are the most urgent needs we can use anything you want to make.

We Never Have Enough Hats!!

We have been contacted by the homeless education liaison for Henrico County Public School. They tell us that last year they had 887 homeless children in their school system. These are kids from ages 3 to 20. There is a federal definition that defines homelessness as children in shelters, in hotels, living doubled up after having lost their homes/jobs, etc., and children who are not living with parents or guardians.

The request to From the Heart is for help in keeping some of these kids warm this winter. They would like as many hats or hat/scarf sets as we can spare. It's just the beginning of October so we do have time to make a difference for these children. We certainly don't want you to stop stitching projects for those programs closest to your heart; goodness knows we try not to take away from one group in order to attend to the needs of a new to us organization. But, if you would like to help in this hat area, maybe an occasionally hat stitched between other projects might work.

As usual, we will be collecting these items at the shop and bagging as they come in preparation for pick up by the school's representative.

First Weekend Every October

The Montpelier Sheep and Wool Festival will be October 2nd and 3rd this year. If you would like to take a look at what's happening there this year check out their web site at <http://fallfiberfestival.org/> for all the information. If using your GPS, their address is 11407 Constitution Highway, Montpelier Station, VA 22957. As usual, the cost is \$5 each with kids 16 and under free.

I look forward to this every year. It's definitely one of my favorite fiber places to go. So much yarn, so many patterns, lot of good food and every year I seem to run into friends I haven't seen in ages! Maybe this year I'll see you there?

Sayings

"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

~ Helen Keller ~

"More bliss can be got from serving others than from merely serving oneself."

~ Sri Sathya Sai Baba ~

Recycling Ideas

- When wanting to split 1 ball of yarn into 2, wind yarn around an empty toilet paper roll counting each turn then use another roll and wind 1/2 the amount on that roll therefore having the same amount of yarn on each. You can also use an empty small water bottle.
 - One of my favorite cheap and easy stitch markers is to cut up drinking straws! If I lose them, I don't worry because I haven't invested very much into them
-

5th Annual Retreat

And a great time was had by all!

We had a record number in attendance at our 5th Annual From the Heart Retreat...about 85 folks!

There were so many activities going on its

almost impossible to properly report on each. We had an all day felting workshop. At least 50 beautiful potholders were created using the needle felting method,



Happy 5th Annual Retreat
From the Heart

Wonderful Embellishments
were on display



Felted Potholders

From the Heart Newsletter

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Starbucks – Huguenot 11 am 1:30 pm	2 Starbucks Oxbridge Square 10 – noon Atlee Library 1 – 3
3	4 Harvest Glen Stitchers 2 - 4 pm Park @ Ridgedale 2-4pm	5 Panera Bread Breckenridge Shop Center 10 – noon Chesterfield Heights Community Center 2:00 pm Martin's Grocery 5:30 – 7:30 pm	6 Colonial Heights Senior Center 10 – noon ElmCroft Retirement 1:30 pm	7 The Mall Group @ Chesterfield Towne Center (food court) 9-12 The Ladies of Gayton Terrace 3:30 p.m. Hopewell Library 6-8 pm Panera Bread Midlothian 6:30-8:00 pm	8 Starbucks – Huguenot 11 am -1:30 pm Kay's Krafters 2 –6 pm	9 Atlee Library 10 – noon Louisa Group Hardee's 10 - noon
10 Fun Day 2-5 p.m	11 Park @ Ridgedale 2 – 4 pm	12 Martin's Grocery 5:30 – 7:30 pm	13 Colonial Heights Senior Center 10-12 Hopewell Library 10 – noon Dinwiddie Library 1:00	14 Chamberlayne Hts United Meth Church 1:30 – 3:00 Panera Bread Midlothian 6-8 pm	15 Starbucks – Huguenot 11 am 1:30 pm	16
17 Fun Day 2-5 p.m	18 Harvest Glen Stitchers 2 - 4 pm Park @ Ridgedale 2 – 4 pm	19 Panera Bread Breckenridge Shop Center 10 – noon Chesterfield Heights Community Center 2:00 pm Martin's Grocery 5:30-7:30pm Tuckahoe Library 6:30 – 8:30 p.m.	20 Colonial Heights Senior Center 10-12 Hopewell Library 10 – noon Dinwiddie Library 1:00 ElmCroft Retirement 1:30 pm	21 The Mall Group @ Chesterfield Towne Center (food court) 9-12 Hopewell Library 6-8 pm	22 Starbucks – Huguenot 11 am 1:30 pm Kay's Krafters 2 –6 pm	23
24	25 Park @ Ridgedale 2 – 4 pm	26 Summerhill Retirement 1:30 - 3:30 pm Martin's Grocery 5:30-7:30 pm	27 Colonial Heights Senior Center 10-12 Hopewell Library 10 – noon Dinwiddie Library 1:00	28	29 Starbucks – Huguenot 11 am 1:30 pm	30
31						

October 2010

Name	Address	City	Day of Month	Time of Day
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 1st	1 - 3 pm
Atlee Library	9161 Atlee Rd	Mechanicsville	Saturday 2nd	10 am - noon
Chamberlayne Hgts Methodist Church	6100 Chamberlayne Rd	Richmond	Thursday 2nd	1:30 - 3 pm
Chesterfield Heights Community Center	901 Madrona Street	Midlothian	Tuesday, every other	2:00 pm
Colonial Heights Senior Center	Roanoke Avenue	Colonial Heights	Wednesday every	10 am - noon
Dinwiddie Library	14103 Boydton Plank Road	Dinwiddie	Wednesday 2nd,4th	1:00 pm
ElmCroft Retirement Group	1000 Twinridge Lane	Richmond	Wednesday 1st, 3rd	1:30 pm
From the Heart	1114 Westbriar Drive	Henrico	Tuesday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Wednesday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Thursday every	10 am - 2 pm
From the Heart	1114 Westbriar Drive	Henrico	Saturday every	10 am – 2 pm
Harvest Glen Stitchers			Mondays 1st, 3rd	2 - 4 pm
Hopewell Library	209 E. Cawson Street	Hopewell	Wednesday 2nd, 4th	10 am - noon
Hopewell Library	209 E. Cawson Street	Hopewell	Thursday 1st, 3rd	6 - 8 pm
Kay's Krafters	3105 Three Bridge Road	Powhatan	Friday 2nd, 4th	2 - 6 pm
Louisa Hardee's	881 Jeff Davis Hwy	Louisa	Saturday 2nd	10 am - noon
Panera Bread	12540 Jeff Davis Hwy	Chester	Tuesday 1st, 3rd	10 am - noon
Mall Group	Chesterfield Town Center	Midlothian	Thursday 1st, 3rd	9 am - noon
Martin's Grocery Store	5201 Chippenham Crossing Center		Tuesday every	5:30 – 7:30 pm
Panera Bread	11649 Midlothian TnPk	Midlothian	Thursday 1st, 3rd	6:30 - 8:30 pm
Park at Ridgedale	5001 Ridgedale Pkwy	Richmond	Monday Every	2 - 4 pm
Starbucks	5001 Huguenot Rd	Richmond	Friday Every	11 am-1:30 pm
Starbucks	10009 Hull Street Rd	Richmond	Saturday 1st, 3rd	10 am - noon
Summerhill Retirement Center	3158 Lake Village Drive	Richmond	Tuesday Last	1:30 - 3:30pm
Tuckahoe Library	1700 Parham Rd	Henrico	Tuesday 3rd	6:30 - 8:30 pm