

## I Found A Quilted Heart

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Thank you for participating in the IFAQH project! The concept is simple: place hearts in a public place to be found by a random stranger. That's it!

The hearts enclosed were lovingly handcrafted for the IFAQH project. When sowing these hearts, kindly follow the guidelines below. Also, as tempting as it may be, do not keep any of the hearts for yourself or give them as a gift to others. They were made to be placed in a public place to brighten the day of a random stranger.

Examples of good places to sow hearts: A local park, coffee shop, hiking trail, highway rest stop, library, community center, outdoor areas of shopping centers, town square, foyer, beach, nature trail, museum, tourist attraction, trees, bushes and fences in downtown areas, etc.

### **When sowing the hearts, please follow the guidelines below:**

- Do not hand, give or gift hearts to people. (Hearts need to be "found.")
- Do not leave hearts on personal or private property, such as a front porch, vehicle, door, desk, bicycle, mailbox, gate, etc. (Not random.)
- Do not leave hearts in retail stores. (Can be mistaken for merchandise.)
- Do not leave hearts in airports. (Homeland security does not approve!)
- Do not leave hearts in National Parks or Wilderness areas. (IFAQH actually received a written complaint from the Federal Government! *Federal Regulation Title 36, 2.22 (a)*)
- Do not leave hearts in public bathrooms or places where they may be thrown away by staff.

If you sew, create your own hearts! Visit the web site for more information.  
[www.ifoundaquiltedheart.com](http://www.ifoundaquiltedheart.com)

Remember to check the website and see if the hearts are reported as found.  
Not all hearts will be reported, but they will be found and enjoyed by someone!

Thanks for participating!  
Oh, the simple joys in life.

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