



Spring 2018

## Grace Lake Ministries Newsletter

You are invited!!

# GRACE LAKE HORSE SHOW & OPEN HOUSE



Free  
Admission

**May 12th 10am**

**9611 FM 1827, Anna, TX**

Join us in celebrating as our riders  
showcase their skills!

Come meet our horses, see our facility, and  
learn more about our therapeutic riding  
program.

In case of rain, check the Grace Lake  
Ministries Facebook page.

[www.gracelakeministries.org](http://www.gracelakeministries.org)

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## Rider Spotlight

Horseback riding for therapy is very beneficial for someone like me, or anyone who has a disability. I myself have rheumatoid arthritis and cerebral palsy, where cerebral palsy causes my muscles to become very tight 24/7; like a stretched rubber band. I was born at 26 weeks gestation, weighing 1 pound 10 ounces.

The benefit of therapeutic horseback riding includes the way the horse moves which mimics a human's gait. Horses either have a side to side gait, or a forward and back gait; the former allowing for an increased stretch in the muscles on the inside of the thigh, and the latter allowing for increased trunk strength. In my years of riding horses since I was 3 years old, I've become aware of sense of balance, and have also found an increase in my trunk strength and overall balance. Horses are actually mentally beneficial as well, as they teach the rider to become more patient and calm.

In the Grace Lake Program, the instructors teach the rider to develop a relationship with the horse that includes not necessarily getting the horse to do what that rider wants by using physical force, but rather by sense of touch, and subtle body movements; such as a slight heel press into the side of the horse to get the horse to turn left or right. Grace Lake isn't just a place to go ride a horse, but a place to find hope, healing, and peace. Whether a person has a disability like me or just needs a place to help find themselves, Grace Lake is a place that could possibly help those individuals. I thank you for your interest in this wonderful program.

God Bless, Chad



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## Volunteer Spotlight

Ginger Rippley has been volunteering for a total of ten years at various Therapeutic riding centers. She has been with Grace Lake Ministries for the past two years. Volunteering once a week on Saturdays for an hour and a half as a horse leader, she loves that GLM is faith-based. She says, “The instructors, staff, volunteers, families, and children are all so wonderful.”

Ginger already had a great deal of experience to offer Grace Lake. She has horses of her own and has been riding since 2003. Ginger has three rescued horses so she knows the special challenges horse of different backgrounds can bring to the riding arena.

Of her volunteer work with GLM, she says “there is no better feeling in the world than seeing children learn and become independent. Miracles happen each and every lesson.



We are almost to 1,000 likes on Facebook. Help us get there by liking our page and sharing it with other people. This helps get the word out about Grace Lake and the services we provide.

You can find us at Grace Lake Ministries or by following this link [FB page](#).

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## How Can I Help?



**There is an easy way for you to help Grace Lake! The following stores will contribute a percentage of what you spend at their store to our organization. All you have to do is register using the links provided below. Giving to Grace Lake can be as easy as doing your weekly shopping!**

**Kroger~[www.kroger.com/account/enrollcommunityrewardsnow](http://www.kroger.com/account/enrollcommunityrewardsnow)  
Grace Lake NP # 16826**

**Tom Thumb~[www.tomthumb.com/shopstores/good-neighbor.page](http://www.tomthumb.com/shopstores/good-neighbor.page)  
Grace Lake Charity # 11426**

**iGive~<https://www.igive.com>**

**Amazon Smile~<https://smile.amazon.com>**

**Our Wishlist~[www.amazon.com/gp/registry/wishlist/3PNAU2CPVIUYV](http://www.amazon.com/gp/registry/wishlist/3PNAU2CPVIUYV)**

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**A big THANK YOU** to our volunteer, Cynda Felini for writing the Volunteer and Rider Spotlight!!

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### **Dates to Remember:**

**5/5 Trail Trimming Work Day (1-4pm)**

**5/12 Grace Lake Horse Show**

**5/19 New Volunteer Training & Orientation**

**6/2 Summer Session Begins**

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Get social with us!

