



Winter 2018

Grace Lake Ministries Newsletter

On behalf of the Grace Lake staff and Board of Directors, we are fortunate to see God at work in the lives of our riders at Grace Lake. It is a blessing to be on the front lines to experience “horses, hope, and healing.” At this time, we would like to take a moment to thank our donors of 2017 for making it possible.

WALK PARTNERS

Albertsons Safeway, Becky Allen, Amazon Smile Foundation, Ann Butler, Victoria Carr, Del and Joyce Church, Guy and Laura Church, Lance and Deborah Clack, Mary Beth Cranfill, Natalie Creel, John and Suzanne Creel, Brian Currie, Marcus and Kelli Currie, Marlene Currie, DEW Contracting & Metal Works, Dorothy Ellinghaus, William Felini, Lisa Gilbreath, Rita Green, Anylish Gueira, Laurie Helton, Roland C. Jones, Kroger Southwest Community Rewards, Adelia Lee, Cindy Long, Lainey McDonald, Dale and Vicki Meredith, Amanda Morgan, Steffani Morgan, North Texas Giving Day Fund, Christine Ott, Alyssa Palmer, John Parker, Janet Passmore, Chad Poe, Ginger Rippley, Naomi Scott, Bruce Sperling, Dan and Rebecca Tatsch, Jennifer Tissue, William Toon, Amanda Tucker, Michael Tucker, Gayle Valice, Gloria A. Wagner, Christy Williams, Sonya Wolf, Judy Ziola, 2 anonymous donors

In honor of Olivia Tiede's birthday: Jennifer Bourgeois, Amberlee Bosse, Rebecca Greene, Camilla Flotte, Archi Ponce, Sonya Wolfe

TROT PARTNERS

Terry Alderson, John Bailey, Karen and Evan Crump, Tasha Escoto in honor of Shelley Bogan, Joe and Michele Larche in honor of Sarah Larche, Frank and Kathleen Lauinger, Amie Mitchell, Krupa Nayakanti, Mr. and Mrs. Pellegrini, James and Cecilia Poe, Ashok Sundaram, Bradley and Pamela Simpson, Zrench, 2 anonymous donors

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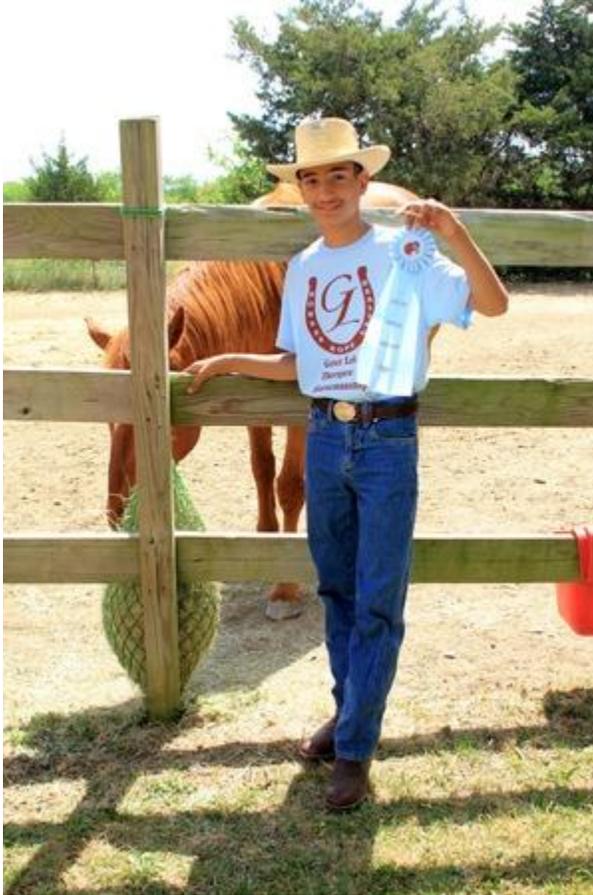
Cutting Edge Pediatric & Adult Therapy, Kingdom Faith Bible Church, Reinhard and Shelley Egger, Kyle and Holly Robinson, Vere Shelton, Dwight and Charlotte Strouse, Bill and Beverly Warren

GALLOP PARTNERS

Randy and Connie Christopher, Tracy Matern, 1 anonymous donor

Rider Spotlight

Hawkins was a participant in the first ever Grace Lake Ministries horse show. The show was an awesome opportunity for the riders at GLM to showcase their skills. Hawkins rode Dakota in the show which is the same horse he rides for his weekly lessons. He was incredibly proud of his ribbon! His mom loved that he had the opportunity to show focus and work towards the goal of performing in the show.



His horse leader is Lexie who also helps him communicate with the horse and others. "They truly work as a team with the horse," says his mom, "and have developed their own style of communication with each other while they are in the arena" They have a special bond!

Like many riders at Grace Lake the benefit of riding has improved more than just muscle tone. By stimulating the body's muscles, he has gained a greater awareness of where he is in space. Called proprioception by therapists and doctors. It is the process by which the body can vary muscle contraction in immediate response to incoming information regarding external forces, by utilizing stretch receptors in the muscles to keep track of the joint position in the body. Basically, if you close your eyes you don't know where your body is in space. Those with severe proprioception struggle with this even with their eyes open.

Riding therapy is Hawkins only therapy and he is making improvements everyday!



Volunteer Spotlight

Mary Beth has been volunteering at Grace Lake for three years but it is by no means her first time to work with special needs children. She began volunteering 25 years ago in her church's special needs ministry. "Even though I had no experience with special needs children, I decided to volunteer. After all, how hard could it be?" Mary Beth said as she recalled her first experience volunteering at her church. "On the first night that I volunteered, I was exhausted!"

"I still remember the family I worked with." Mary Beth said of that first night. "It is what the parents said to me that night that made want to continue to volunteer. They made me realize that my special gift was to be able to work with special needs children. That night started my desire to volunteer."

Mary Beth hasn't stopped volunteering at her church and speaks of the program in such glowing terms that everyone who hears about the program wants to see it in action.



Charlotte Strouse told her about Grace Lake at an Aggie Mom's Bunko night. Since then she has been a horse leader at GLM. She had no experience with horses prior to volunteering but that didn't stop her. She has become so enamored with horses that she is taking lessons herself.

I asked Mary Beth what she has learned from volunteering. Here is what she said in her own words. "It is hard to put into words what I have gained from volunteering. I now tell new volunteers that I work to treat each child like you would any other child. Look past the disability and see the child. I have learned that these children do not let others define them. I have seen kids with major physical disabilities do things that no one thought they could do. It makes me think about how easy I would give up because I wouldn't want to put forth the effort. They changed my attitude about how I set my goals and how to achieve them."





Hugs and Kisses to ONYX!

This beautiful black Tennessee Walking Horse gelding began his role as a therapy horse at Grace Lake in 2011. In that time, he has impacted the hearts of countless riders and volunteers with his caring, cooperative spirit. Onyx is known to put his head in the halter when it's time for classes. I think he understands the importance and the impact of his job. His long strided walk helps to build his rider's core strength and provides a gentle yet dynamic sensory input.

Onyx is a great horse for riders who are beginning to grasp independent riding skills. He kindly accepts and willingly responds to imperfect communication and cues. Onyx has also taught a few riders the joy of cantering, as he has that smooth steady "Rocking Horse"

canter. Onyx is 22 years young. His registered name is "I'm Going Pro". He has definitely proven that he is a true Pro, at what matters most.

1 Peter 4:10 "Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

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
Grace Lake NP # 16826**

**Tom Thumb~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

Dates to Remember:

- 2/24 Spring Session Begins for Saturday Classes**
- 3/12 Spring Session Begins for Monday Classes**
- 3/15 Spring Session Begins for Thursday Classes**
- 5/5 Trail Trimming Work Day (1-4pm)**
- 5/12 Grace Lake Horse Show**