

# Grace Lake Ministries

Quarterly Newsletter 2020

Issue 3

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

## Welcome, Romeo!



Romeo is a 20-year-old Rocky Mountain horse who has done a lot over the years. Here are a few of his accomplishments; he's won multiple championships at the International Rocky Mountain Horse Show, he's a multi year winner of the Ohio State Fair gaited horse championship, won multiple extreme cowboy races, won most versatile horse 2 times and multi year best therapy horse for EGALA. He has also won many long distance (endurance riding) awards and one of those was 30 miles long!

Romeo has worked in a juvenile delinquent program and has gone to inner city Cincinnati multiple times to give city kiddos an up close and personal introduction to horses. He's also ridden



### Important Dates

**12/5~Ground Connection Class Begins**

**1/30~Scholarship Applications for 2021 are due**

**2/1~New Rider Paperwork due for Spring Session**

**2/20~New Volunteer Orientation and Training**

**3/6~Spring Session Begins**



**Rider Scholarships are available and applications are due by 1/30/21. Click [HERE](#) for more information.**

several times in the Ft. Worth parade and presided at weddings and funerals. Romeo is a very special horse and we are honored to have him serving our Grace Lake riders!!

## Instructor Spotlight



Cindy Long is a Certified Brain Injury Specialist and a PATH Registered Instructor. Cindy has been working in the field of neuro rehab for more than 20 years and has been a PATH Instructor since 2013. Cindy has been studying horse psychology and behavior and the horse/human connection extensively for over 10 years. She has been incorporating horses into her treatment plans for many years, often working with very impaired patients and clients who otherwise wouldn't have the opportunity. She also works with Veterans using her expertise in non-verbal communication to establish communication between horse and client to help them overcome

**We now have Grace Lake caps available for \$20.00. You can respond to this email if you would like to purchase one.**



**Fall classes are currently in session and we are all enjoying the much cooler weather!**

a variety of challenges.

Cindy often uses her training in brain building to work with clients before they work with the horse. The work with the horses can be either riding or communicating on the ground. Learning to read and thus communicate with a horse on the ground can elicit huge changes in the brain.

In working with a variety of individuals, Cindy has created a whole program working with horses on the ground.

## Ground Connection

Cindy Long has brought her Ground Connection program to Grace Lake. We know all the incredible things that can happen when our riders have a lesson riding a horse. Ground Connection is all about having fun and building relationships with horses on the ground rather than riding them.

When you're on the ground with your horse, the relationship is very personal and close. Because you are eye-to-eye with your horse, you are able to form a bond and relationship that you can't form when riding. Horses communicate with each other through non-verbal communication. Horses begin "reading" us from the moment they can see us. Many of our clients struggle with communication skills, both verbal and non-verbal, ADHD, ability to focus, impulsivity, balance, lack of self-confidence, etc. Because horses are so honest, they give direct feedback to the client on how their behavior is affecting them. It doesn't take long before our client is "reading" what the horse is "saying" and a wonderful dialogue and relationship begins.

Through fun patterns and exercises, the client observes the horse's wonderful characteristics such as acceptance, compassion and forgiveness. This can quickly carry over into human relationships. They work together as a team to figure out the patterns.

When you are with a horse on the ground, your



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focus turns from self to the horse. Parents of children participating in the Groundwork Connection program have reported seeing improvements such as; increased ability to focus, better balance, sleeping better, ability to read and understand non-verbal communication with humans and increased compassion, increased positive self-talk/thoughts, more fluid movements, better body control, increased spatial awareness, more calm demeanor and increased ability in being able to express themselves and even being kinder to the family pets.

This is a unique Equine Assisted Therapy and we are excited to offer it at Grace Lake.

## Happy Trails to Murphy

Murphy has been a part of the Grace Lake herd for several years and anyone that's been around for any length of time knows this big and handsome boy. He has served big riders as well as little riders over the years. His gift has been his tolerance and patience with the unbalanced riders, the ones who bounced a bit too hard, the ones who told him to go left when they really meant right and the ones who maybe moved their legs a little too much. Murphy carried these riders without complaint. He made a lot of friends and fans over the years! But his biggest fan is his owner, Gayle. It's now time for them to hit the trails whenever they want. Murphy moved to a barn that's much closer to her and they have access to miles and miles of the beautiful Lavon trails.



Thank you, Murphy for your service and all the smiles you created along the way and thank you, Gayle for sharing him with everyone. Happy trails you two!!

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Thank you, Michael Cunningham of SouthStar Systems for providing excellent arena lighting for our arena for the remainder of our Fall Session. Check out Premier Mobile Lighting Solutions at [southstarsystems.com](http://southstarsystems.com).



**1 Corinthians 15:58~"Therefore, my dear brothers and sisters, be steadfast, immovable, always abounding in the work of the Lord, knowing that in the Lord your labor is not in vain."**

**Grace Lake's mission is to provide therapeutic horsemanship to people with disabilities and others in need of hope and healing in a Christian environment.**