

Grace Lake Ministries

Quarterly Newsletter 2021

Issue 1

www.gracelakeministries.org

Thank You 2020 Donors!

We would like to extend a special thank you to everyone who gave so generously to Grace Lake this past year. Our mission continues because of you!

WALK

Linda & Jerry Adams, Albertsons Safeway, Amazon Smile Foundation, John Bailey, Leah Baugh, Tobie Carcano, Mary Beth Cranfill, Chris & Freda Ellinghaus, Dorothy Ellinghaus, FTC, Laurie Garza & Family, Lisa Gilbreath, Valarie Goar, Laura Green, Sandra Hargrove, Robert Fuhrman & Anita Hershey, Kroger Southwest Community Rewards, Frances Lawrence in memory of Betty Kasten, Adelia Lee, Debbie Lewis, Rollie and Marilyn Little, Lainey McDonald, Heather and Jason McDonald, Gary and Bobby Jack Minshew, Siobhan Pederson, Pepsico, Ginger Rippley, Ashok Sundaram, Michael Tucker, Earnest & Diane Woods, Michael Young, Terry Ziola, 4 anonymous donors

TROT

Jeffrey George, Cindy Long in honor of Hank and Trip, Amie Mitchell, Network for Good, Mr. and Mrs. Pelligrini, Cheryl Roberts, Bradley & Pamela Simpson

CANTER

Kathleen Bates, Cutting Edge Pediatric & Adult Therapy, Reinhard & Shelley Egger, Ryan Gilbreath & Matt Ast, Harry and Diana W. Hamilton Foundation, King's Trail Cowboy Church, Tracy Matern, Thomas Palmer, Marie Ruiz, Brent & Liz Strange, Charlotte Strouse, Toyota, Gayle Valice, The Gil and Dody Weaver Foundation, 1 anonymous



Important Dates

- 2/1~New Rider Paperwork due
- 2/20~New Volunteer Training
- 2/20~Horse Handler Training
- 2/27~ Horse Handler II Training
- 3/6~Spring Session Begins
- 5/15~Horse Show/Open House

[Online Calendar Link](#)



Grace Lake received an \$85,000 check from the Targets for Christ Skeet Shoot event held on September 24th! Did you get that...\$85,000!! We feel truly blessed to have this opportunity to participate annually. Words cannot express our gratitude as this is a game changer for our organization. Thank You, Mart Armstrong for your generosity and vision that will open the

GALLOP

J. Mart & Tonya Armstrong, Randy & Connie Christopher in honor of Chanda Smith, Communities Foundation of Texas, God's Gift, Kyle & Holly Robinson, Earl W. and Hazel C. Pierson Foundation, Targets for Christ, 1 anonymous.

Groundwork Connection

Highlights

There have been many recent blessings from the arena! We are unpacking more benefits weekly for those participating in a new type of class taught by Instructor Cindy Long. Groundwork Connection has created fans in the family members of all the participants. Are improvement in communication and relational skills important for anyone? Why yes! YES, THEY ARE! Let's take a look at some things family members are saying about this class and the impacts they're seeing.

Susan has been riding with Grace Lake since 2014. In the Groundwork Connection classes, Dakota gently allows her to learn about caring for horses. It takes a lot of upper body strength to clean and care for Dakota which is a target area for Susan. Slow, deliberate actions with Dakota are helping to lessen the anxiety of learning new tasks for her. Her mom notes that she has gained wisdom and feels so much peace during her lessons. For parents considering Groundwork Connection for their child, Susan's mom offers her opinion that the program has allowed greater meaningful opportunities for connecting to the horse, as well as increased visual perception and brain development exercises. Susan has exhibited less fear and anxiety when facing tough situations; she's more outgoing and empathetic since beginning her therapy sessions at Grace Lake. We couldn't be prouder of her!

Jason has been at Grace Lake for 5 years since being adopted. He is intense, social, and insecure in some areas. His individual Groundwork Connection classes with Dakota are teaching him new skills that will reach far beyond the arena. His favorite activity is the "Circle Game", which involves lunging Dakota and practicing his leadership ability. Physical benefits for Jason include less

doors of growth for Grace Lake!

We are looking for sponsors for the next skeet shooting event. Please contact Holly at director@gracelakeministries.org for more information. You can also find more info at targetsforchrist.org.



Hi, Denver here! My wish came true! I now have my very own family! This is my new mom. She was very excited to meet me and I can't wait to get to know her and the other members of my new family.

I came to Grace Lake as a young horse and have learned so much since being here. I love all my Grace Lake friends and it's been fun but it's time for me to spread my wings. Now that I'm older, I want to try new

stiffness while walking and better sleep. Not only that, but Mom reports he's getting along better with his siblings and even helps more around the house. Guess who else has noticed changes in Jason? The dogs! They are responding to his calmer demeanor and are willing to sit with him for longer periods now.

We've enjoyed watching Kelly grow over the past 3.5 years as she's adjusted to life changes that adoption offers. She's soaking up every moment of being with the horses. She loves the challenge of doing patterns with Dakota. It's thrilling to see her physical coordination improve so much.

Alex is learning to have a softer hand with the horse (body control); he's less impulsive, and he's also sleeping better. At home, Alex is better able to express his thoughts and feelings. He's also kinder to the dogs.

Wow, the focus when Lily steps into that arena! The ADHD she was recently diagnosed with is replaced with a calm, quiet stillness. She's more creative and focused and has increased confidence. The changes we see at home are heartwarming.

It really encourages me to see that my kids DO have the potential for attending to instruction, focusing on goals, and not giving up after "failing". In the day-to-day frustrations of dealing with trauma backgrounds, it's easy to lose sight of the big picture. Seeing them in equine therapy classes helps me pull back and see the long game, including the progress that has already been made that I overlook. It gives me something to reference when dealing with challenges at home. We can talk about, "remember when you had to lead Snickers to the ground pole...", and they access information that makes their brain grow and develop in new ways, and helps them apply what they are learning in the Groundwork classes to their "real life".

Grace Lake is excited to continue offering the Groundwork Connection class in 2021, and we look forward to hearing more success stories that extend from the arena into every day lives.

*Names have been changed for privacy.

things and go see new places. I want to be someone's #1 guy. Look at that smile on my mom's face...I think she loves me already.

Thanks for all the hugs and kisses over the years. Happy trails, Denver



Congrats to our 10 participants who completed this Winter's Groundwork Connection classes. We are so proud of you!!

GRACE LAKE VOLUNTEER TRAINING



SATURDAY
Feb. 20, 2021
1PM-3PM

9611 FM
1827
Anna, TX
75409

Looking for a rewarding way to give back to your community? Become a Sidewalker!! Sidewalkers walk along side the rider during their class. Horse experience not required. Must be at least 14 years old and able to walk in sand and on uneven ground for 30 to 40 minutes.
R.S.V.P. to admin@gracelakeministries.org



Facebook

Follow us on Facebook to see pictures of classes and other happenings around the barn.
[Link](#)

Galations 5:22-23~But the fruit of the spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

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.