

## Upcoming Events

### JULY 2020

– Children’s Village begins

### SEPTEMBER 2020

– EMBRACE equine retreat

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# Adjusting to Growth & Change

*By Samantha Means*



Dove and youth, 2020 © EMBRACE

Every year each of us experiences degrees of change. Some change feels good, some feels bad, but most change is uncomfortable. In the midst of change, it helps if we have someone we trust guiding us through the process.

Dove is a three-year-old mustang from the Warm Springs HMA. She was untouched until just six weeks ago when one of our volunteers received her from

the Bureau of Land Management. In the last six weeks, Dove has had to learn that people are safe, the hands that feed her can be trusted, and new things—while scary—are not the end of her.

Recently Dove had her first experience with multiple hands in her space

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at once. A group of young ladies who come to our weekly EMBRACE session stepped into Dove's pen to muck, and every young hand desired to reach for her and show some love.

If Dove hadn't experienced the patient, consistent, trusting hand of her owner, she never would have been able to experience the multiple hands of strangers. As we go through our own series of changes, even kind gestures from uncertain places can be looked at with a leery eye.

Our heavenly Father is holding out His own patient, consistent, and trusting hand to us in these uncertain times. Circumstances may be frightening, what's around the corner is entirely unknown (as much as we'd like to say we can predict what's coming), and our heavenly Father is waiting for us to trust him with the outcome. With every step of trust, we're able to endure the bigger changes and slower transitions with the grace and strength we need to move forward.

Dove had to trust her owner to make progress in their relationship. We must trust our heavenly Father to experience better connection with Him, and a better life with Him. Dove has grown even more as she continues to choose to trust. She serves as a reminder that when we trust our Provider our life gets richer, and our influence, and His influence, grows.

Girls who struggled to connect with people softened when they received Dove's trust. How can you soften those around you with the trust you demonstrate in your heavenly Father and Provider?

## DID YOU KNOW?

Shopping on Amazon is another way you can donate to EMBRACE!

When you visit [smile.amazon.com](https://smile.amazon.com) you can choose to donate a percentage of your purchase to a nonprofit of your choice, and EMBRACE is one of your choices!

Every penny matters to our ministry, so when you make those orders on Amazon, just type [smile.amazon.com](https://smile.amazon.com) and choose EMBRACE Equine Ministry as your nonprofit of choice to donate those pennies to!

## EMBRACE BOARD & STAFF

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# CURRENT NEEDS

- Riding boots for participants; sizes 5-7 and 9-11
- Currently fundraising for a Leadership Conference for our staff in October
- PA system for fundraisers & events; \$750.00 | funds toward system
- Prayers: continued unity within our ministry, protection over our horses, families and supporters, precision during ministry sessions.

**WHEN do we need you:**

- Thursdays, March—November 2020  
*Serving women from UGM*  
12pm—4:00pm
- Tuesdays, March—November 2020  
*Serving youth in substance abuse recovery*  
12pm—4:00pm
- One Saturday per month, June—August, 2020  
*Serving Children's Village*  
2pm—4pm

**WHO we are looking for:**  
Horse Session Leaders, Childcare, & Craft Leaders (supplies & projects provided)

Call our volunteer coordinator, Becca Ward: 208-920-3422  
or fill out a Volunteer Application on our website!

*Volunteers Make the Difference*

## WE NEED YOU



EmbraceEquineMinistry  

Abigail and Shea, 2020 © EMBRACE



# GOLDEN MOMENT

*Each month we'll feature a photo that stood out from one of our sessions*

**“Blind Trust”**



Chris Holloway, 2020 © EMBRACE



## CHRIS HOLLOWAY

### *Volunteer of the Month*

Chris has served with EMBRACE for the last year. She has shown herself to be a woman of integrity, compassion, wisdom and insight in every season since she has served with EMBRACE.

Chris has a soft heart and a keen eye for those she serves, and a heart willing to meet any need she can. In a season of transition Chris has gone above and beyond using her equine partner Oscar to serve both Tuesdays and Thursdays as a horse session leader. Even with COVID-19 and a variety of other potential distractions, Chris has maintained an admirable consistency and dependability within the ministry.

Chris we are so thankful you are part of our team and we are blessed to have you with us!

## KATY'S TESTIMONY

“This time here taught me a lot. I’m just really going to miss you guys. I’m going to be back. You guys have had an impact on my life that I’m never going to forget. I want to come back and have you guys see the progress I’ve made. None of this was invalid. I learned with God’s help I’ll get far. He wants me to get far. He doesn’t want me to go back to the life I used to be in. The knowledge that I’ve earned and learned here, I’m going to put it to use in life. Thank you. Thank you for everything.”



Katy, Jayne and Dixie, 2020 © EMBRACE

# BECOMING PARTNERS

*Each month one of our staff will provide a horse training tip and reflection.*

*When They Cannot See* | By Madeline Loren

My horse has been through tunnels before. So a tunnel is a tunnel – they are all the same, right? Not so to a horse. A new tunnel, or anything in a new environment, often requires a relearning process.

I was attempting to ride my horse into a dark situation where he could not see ahead, nor could he see me, as I was on his back. All he knew was that there was a constant pressure to move ahead into the scary blackness, and he wanted nothing of it!

In such situations there are a number of options that might work to get your horse moving forward, and you need to adjust your technique to the situation, the horse, and the safety of both.

A few options may include:

- Allow the horse to stand still, relax and gain courage
- Talk in soothing tones to provide assurance and encourage calm
- Squeeze the horse forward, kick, instantly stop the pressure and praise the horse for each time there is a single step forward.
- Turn your horse around and back it through the tunnel so that it cannot focus on the obstacle.
- Work the horse in tight fast circles to the left and to the right so that forward seems a better choice
- Use a crop on the horse's flank to make it appear that something is worse from behind than it is ahead.

None of these worked for my horse. His anxiety increased, as did his negative responses. I realized, my assumption that all tunnels are the same was totally wrong. The tunnel was beyond his perceived abilities to handle alone. I recognized that my horse, like all herd animals, trusted and depended on me to be his leader when things get scary.

The light bulb turned on, and I got off. When I walked step-by-step beside him, he had the confidence to walk through the tunnel. We repeated this a number of times. Then I went back to the starting point, mounted, and we walked through with me on his back.

Is that not so often our response when God is directing us through the unknown asking us to move ahead when we can't see the future? We doubt, try to retreat, or may even pitch a fit. But God leads the way, walking beside us, alleviating our fears and demonstrating we can trust Him to get us through the scary tunnels of life even when we cannot see Him.

## Training Tip:

Take time to discover what works for your horse when navigating new and scary things. All of the methods mentioned have proven to be helpful depending on the temperament of the horse. Be willing to meet your horse where he or she is at to strengthen the partnership between you two.