

THE POST

THE LATEST NEWS FROM EMBRACE EQUINE MINISTRY

www.embraceequineministry.org

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Upcoming Events

OCTOBER 2020

Our team is planning to attend a leadership conference with our sister ministry, Crystal Peaks Youth Ranch. An online fundraiser, as well as in-person fundraisers to support relationships with your horses and your loved ones will take place this summer! Check out social media for more information!

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The Gift of a Timely Release

By Samantha Means



Stock Photo, 2020 © Unsplash

We tend to look at pressure as a negative thing. We don't like to be pressured to make a decision, we don't like too much pressure in a handshake and we prefer hugs to be only so tight and we always like to be let go, eventually.

Used properly, pressure can be positive. The InstaPot is a perfect example. Anyone who has ever purchased one expects intense amounts of pressure in order to get the results they desire. Pressure used appropriately can be a very good thing, but in the wrong circumstance it can be damaging.

In this season, as we do in every season, we continue to fix our eyes on Jesus. We do what we can in our small way to bring some release to the pressure in the hearts and minds of people we serve. For the girls we serve in addiction recovery, the pressure they face

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can be overwhelming. Learning how to let go of that pressure is difficult to teach. We've found, however, there is no better teacher than the horses in our ministry.

When Kaitlyn* first came to our ministry, she was overdue for some release. She'd survived a car accident that should have left her paralyzed, but she arrived limping across the lawn eager to greet the horses. She was smiling, and according to the staff that accompanied the girls, this was the first smile she'd seen in weeks.

When it came time to muck, Kaitlyn forgot all about the rake in her hand and stood by Shea, one of our veteran Embrace horses. She ran her hands over Shea's cheeks and down her neck, fascinated. Shea dropped her head and closed her eyes, completely at peace to just stand in Kaitlyn's presence. The two of them remained in that place while staff and kids mucked around them, content to let Shea do what only a horse could do in that moment.

Like a steady release of steam from an InstaPot, tension fizzled out of Kaitlyn's body. With every passing minute, Shea seemed to guide this young girl who'd never been around horses into that peaceful place of being. The place where nothing mattered but what was happening in that very moment. When it was time to return to the barn, Shea yawned and the silent exchange ended. Smiling, Kaitlyn left something behind in that pasture.

Whatever pressure had been weighing her down, she let go.

DID YOU KNOW?

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

When you visit 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 and choose EMBRACE Equine Ministry as your nonprofit of choice to donate those pennies to!

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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



GOLDEN MOMENT

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

“Missed it by That Much”



Jasmine, Dixie and Jayne, 2020 © EMBRACE

Amy Mort, 2019 © EMBRACE



AMY MORT

Volunteer of the Month

Amy has served faithfully with EMBRACE for more than a year in multiple departments of the ministry. From leading horse sessions to providing support in the craft room and leading the devotional time, Amy has an amazing ability to see a need and fill it without hesitation.

Not only does she serve with enthusiasm and efficiency, Amy gives what she has without reservation and continues to learn, desiring above all else to see the love of Jesus fill the hearts of those she ministers to.

As much as EMBRACE has been blessed by Amy's talents, her love for the Lord and her love for Jesus and others has been the greatest blessing of all. Amy, thank you for sharing yourself with us!

JULIANA'S TESTIMONY

"My favorite thing about Embrace was the ladies here. They have a lot of knowledgeable words and learning about Jesus was one of my favorite things because I was close with him when I was younger but I kinda drifted away from him. The ladies here are caring and supportive of where you're at in your life. I learned how to be accepting of myself through the truth and lies part of Embrace. A lot of the lies I told myself I read the truths and the truths outweigh the bad. It was accepting that I do go through hard things and a listening to the words of encouragement all the women had and going to (Sam's) Bible study was nice because it laid it out for me how I support myself and how I can accept that I am human and that I do mess up but that I can get back to it."



Juliana and Robbie, 2020 © EMBRACE

BECOMING PARTNERS

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

The Bolt | By Julie Behnke



Zoe and Nikki, 2020 © EMBRACE

Recently I've been working with my mustang. She has a tendency to bolt. I've had to research the cause and the cure, and from what I've read it's caused by a build up of fear and anxiety. When afraid, the horse's instinct to run, it's number one defense, takes over. The horse does not feel safe and secure and does not fully trust its rider/leader to protect them. So they run from the perceived danger, because they no longer can trust their leader for safety and protection, so they bolt. Before I owned her, she had a leader she trusted. She didn't bolt. I thought I could just step right in and she would trust me in the same way.

Relationship and trust just does not work that way.

Everything I've read about the cure says there is a hole in her foundation. I found the hole. She does not trust me. I need to build my own trustworthy relationship with her. I can not rely on a trusting relationship she had with her prior owner. I need to spend time with her so she knows I'll be there for her. She needs to be able to trust me always and know that as her leader I am there for her. When that trust is built, instead of being anxious and afraid she'll look to me for guidance and assurance to release the pressure incrementally before she bolts. The key is that she must trust me unconditionally for her safety and well being in order to resist her instinct to run away in fear.

During these stormy times, fear and anxiety can be overwhelming. Is there a hole in your foundation of trust? Who do you run to when you're afraid? Who is it you can trust unconditionally before you break down? Jesus says we don't need to be afraid in life's storms, because he is here with us (John 6:20).

God is there. Always. You can trust him. Let him be your one and only leader. Build your relationship by spending time with him in his Word and he will give you peace (John 14:27). Immerse yourself in his Word. The fear and anxiety will wash away because you will know the one who is trustworthy (2 Timothy 1:7). My hope for you during these times is that your foundation of trust builds with the Lord and you will find the peace that passes understanding.

Training Tip:

Spend time with your horse. Let him know you're a leader he can rely on. This can be as simple as hanging out, helping him through fearful and scary obstacles, and leading him on a hike. Be constantly calm and reliable through the good, bad and the ugly. It takes time and experience together to build mutual trust.