



# THE POST

THE LATEST NEWS FROM EMBRACE EQUINE MINISTRY

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

FEBRUARY 2020

ISSUE NO. 11

## Upcoming Events

### FEBRUARY 2020

-Sessions begin with the Union Gospel Mission

### MARCH 2020

-General Sessions Begin

### APRIL 2020

-Start Ordering Your Spring Flower Baskets!

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# We Are Trauma Informed

*By Samantha Means*



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It's one thing to offer help when someone is suffering. It's another thing to know *how* to help. In EMBRACE we have found most of the people we serve are struggling with the after effects of trauma. Many of them to such a degree that we took our break to receive training to serve better in 2020.

The last few months, our team has sought the professional guidance of Rikki Gruen, MA LMHC, NCC, CCTP from Restoring Hope Counseling Spokane to ensure our volunteers, regardless of their prior education, are trauma informed and effectively equipped. Rikki has more than twenty-five years experience in counseling, most of it working with victims of trauma of all ages and demographics. She was an invaluable

INFORMED, cont'd...

asset to our ministry. As we seek to be as intentional and precise as possible, this trauma-informed training provided us with the tools and resources essential to assisting a community of children, teenagers, families and adults struggling with the symptoms caused by trauma in varying degrees of impact.

Rikki, who is also certified in Equine Therapy, provided EMBRACE additional tools to use our horses with those struggling with trauma. She gave education on the physiology of trauma and equipped our all-volunteer staff to come alongside those struggling with anxiety, depression, flashbacks, panic attacks and more as a result of trauma and bring them to a place of mental and emotional safety and stability. While none of our volunteer staff is certified in counseling or social work, these methods do not require such a certification to practice them.

In addition to the practical training we received from Rikki Gruen, EMBRACE has also spent the break studying how to love like Jesus through Dr. Les Parrott's book "Love Like That" as well as digging deeper into God's Word as a team. As always, our heart is to serve those God brings to our door and help those we serve grow in bringing relationships alive through a Christ-centered experience with our horses.

## CURRENT NEEDS

- Riding boots for participants; sizes 5-7 and 9-11
- Child saddle; regular horse tree, 13" seat (leather)
- 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  



# Newest Members of EMBRACE

Every year the Lord blesses our ministry with some of the most incredible volunteers who, every week, serve the community and share the gospel. We are immensely thankful to welcome Narcissa Yelland and Jayne Erickson to our team!

Narcissa Yelland, 2020 © EMBRACE



Narcissa serves on children’s ministry at her church, is married and blessed with six children and five grandchildren. She serves primarily as a craft leader.

Jayne Erickson, 2020 © EMBRACE



Jayne is an avid horsewoman, has been married for thirty-seven years and has four daughters. She serves primarily as a horse session leader.

Read more about them and our other volunteer staff in their bios on our website under Ministry Staff!

## EMBRACE BOARD & STAFF

PRESIDENT | Renae Buck  
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MEDIA/MARKETING COORDINATOR |  
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# HORSE DAY CAMP

## Summer 2020



Subscribe to our Newsletter to Get Updates

# BECOMING PARTNERS

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

## *The Ultimate Choice* | By Renae Buck

Choice is a deep and, sometimes, complicated concept. We, as horsemen, are often very fortunate that our horses choose to let us ride them. We're even more fortunate that they continue to choose to learn what we teach them. Horsemanship and a personal relationship with God have many similar aspects. Choice is deeply intertwined within both of them.

As a horseman, I do my best to clearly communicate with my horse to help her make the right choice as we ride together. Sometimes I'm trying to encourage her to make a specific choice—right hind over left, not the other way around. As a believer in Jesus Christ, he is my Lord and Savior, counselor and friend, and in my relationship with Him I can sometimes act a lot like my horse acts with me.

Sometimes He speaks to me and I'm not really listening. Sometimes He speaks to me and I doubt He has the best suggestion. Sometimes He speaks to me and I just ignore him or refuse to acknowledge Him. All the while He asks again and again. He patiently waits for me to make the right choice. The choice that will ultimately execute His will in my life and impact the world around me.

The ultimate give in horsemanship is a soft, responsive, willing execution of the maneuver the rider asks of the horse. That is a satisfying, encouraging and fulfilling moment for the rider. In our Christian walk, it actually works in a similar way. When we choose to be soft, willing and responsive to God, it's fulfilling for Him as well and in works in our favor. It amazes me how loving and giving our God is!

His teaching and direction is always right, but the reward is ours when we choose Him. All He longs for is that we come to Him, by no work of our own; just grace through faith (Ephesians 2:8)!

Are you a willing partner with God? Are you a soft and patient leader for your horse? We get to choose. Our horsemanship and our walk with God is all about choices! The ultimate choice is to believe in Jesus Christ as your Lord, and the savior of your life. If you make this decision, you choose life (John 3:16)!

Once the decision is made, you get to choose to accept His forgiveness, acceptance, healing, freedom, love, mercy, counsel, grace... the list goes on!

*We have an entire session devoted to the power and impact of choices. You can find it on our website under the Horse Sessions tab.*



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