



September 2025

It's hard to believe we're already 3 weeks into our FALL program!

Here are a few examples of our equine-assisted learning sessions....

BUILD YOUR HEART

Each participant was asked to choose at least 8 items that represented what's in their heart. For example, things that represent who and what they love and value, what they struggle with, lies and wounds they're holding onto, foundational beliefs, etc. And then they chose where they wanted to lay their hearts out.



Then food was placed in the middle of their heart and horses and dogs were let in.

Interestingly enough, instead of *protecting* their hearts, each participant stood by and just watched the horse invade their heart. More than that, while the horse stepped on various parts of their heart, knocked things over and pushed their way through, looking for every crumb and morsel, without boundary or consequence, each participant actually PET the horse - *rewarding* it rather than correcting it!

Can you relate?
Who or what does the horse represent in your life?



These ladies realized they had resources and could set boundaries to guard and protect their hearts, and afterwards, on their terms, the horses reapproached them, only this time, in a respectful way! The ladies realized that standing their ground, valuing themselves and setting boundaries, did NOT make the horse not like them, but just the opposite!

So, again, who does the horse represent in YOUR life?

OBSTACLE ALLEY



The group of women were asked to attach their lead ropes to the horse. The ladies could not step into the path, and the horse could not step out of the path. They had to get the horse through the obstacle course without knocking anything over. The first time through, only half the group was allowed to talk. They had to work together to navigate the path!



The second time through, food was added to the path, thus increasing the challenge for the group! Teamwork, communication - with each other and with the horse, who's pushing, who's pulling...

So much came out of this activity as each person reflected on who the horse represented in their life. It was also good for them to practice using their voice to ask for help. They also realized that sometimes they make things more difficult than they need to be, and sometimes a change in attitude and perspective can make all the difference!

Are obstacles truly obstacles, or are they opportunities for gleaning different things along the path and accomplishing the task a different way? As they processed and reflected, it took on very personal and relevant meaning and application for each lady.

What obstacles are YOU facing in your life? How can you change your perspective to see how they might be God opportunities? Do you relate more to the horse in these photos, or to the people?

We won't be having our annual Fall Festivities this year.... instead, we'll gather for an evening of WORSHIP IN THE BARN!

There's still time to RSVP if you haven't done so already!



WHEN: 630-830PM on Friday the 3rd of October

WHERE: The Son and Reins Ranch, 2401 S. Tarryall Way, Franktown

WHAT: An evening of Worship in the cozy ambience of our barn. The Worship Team from Discover Community Church will be leading our time of Worship.

Simple snacks will be provided.

RSVP: By the 29th of September to Sharron by text: 720.237.1235 or email: thesonandreinsranch@gmail.com




WOMEN'S FELLOWSHIP

Our next Women's Fellowship is coming up on Saturday the 11th of October from 2-4pm!
We'd love for you to join us! As always, you're welcome to invite the women in your life, and you're welcome to bring a snack to share. This is always a fun, emotionally safe, insightful, heartfelt time of fellowship.

We would love to hear from you! Please let us know if you have any specific prayer requests and praises so we can join with you!

And let us know if you'd like more information on sessions, volunteering, or you'd just like to schedule a visit. Our herd of people, horses and dogs would all love that!

The Son and Reins Ranch | 720.237.1235 | thesonandreinsranch@gmail.com | www.thesonandreinsranch.org



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