



Hope Held by a Horse

Issue 1

Quarterly Newsletter

Fall 2022

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One Day at a Time

As tomorrow has not yet come; let's deal with today's issues, instead of worrying about the future. Try not to think too much, try to relax, and take care of you. You are the most important person in the World. You Matter. You are Enough.



Editor's Note

'Hay' everyone! We haven't forgotten about you. We are 'rebooting' our quarterly newsletter! We are so excited to provide you with upcoming events, pictures, inspiration and highlights of the horses! This quarter we will be catching you up on past events you may have missed, our wonderful sponsors, and ongoing events that have continued during a socially-trying time period in all of our lives.

We hope you enjoy reading through our refreshed newsletter, as much as we enjoyed putting it together for you.

Please read all about it! Let us know if you would like to add an article in the future. Send me an email: gnhargraves@gmail.com Newsletters will be published each quarter on our website: HopeHeldByAHorse.org (January, April, July, and October) See you soon!

Presidents Corner

Hope Held by a Horse has had a fabulous 2022, which began with our February program. With the help of our lead facilitator, Joanie Mankus, and 18 coaches, we have transformed the lives of 40 women. This included a pilot program in July, consisting of women with all cancers.

We have implemented a volunteer committee to assist the coaches with photography, food service, and horse handling. We are looking forward to two more programs this year, then will take off December and January. We love what we do. We thank you; the participants, the coaches, the volunteers, and the horses.

CHS Rebel Volleyball

October 11th is "Think Pink" day at Columbine High School! The Varsity Volleyball team will be confronting Lakewood at 6:00PM, in the Columbine HS Gym. Columbine will be holding a silent auction, with the proceeds to be distributed to Hope Held by a Horse. All CHS volleyball teams will be putting baskets together with donations contributed to them, via gift certificates, artwork, cash etc. Please consider attending this game to show the team all your support, and purchase some raffle tickets! Come out to bid on silent auction items! Let's all give them a HUGE THANK YOU!!!



Upcoming Events

October is Breast Cancer Awareness Month!

OCT 1 - Power of Pink Bracelet sale Kick off

OCT 11 - Columbine High School Rebel Volleyball game! 6:00pm at the High School

OCT 15 - Volunteer Training, 11a-1p

OCT 22 - 23 - HHH Monthly Program at Happy Dog Ranch

NOV 19 - 20 - HHH Monthly Program at Happy Dog Ranch

DEC 3 - Holiday Party

DEC 6 - Colorado Gives Day

JUN 10, 2023 - Beauty from Within: Beyond the Stables, Hope Held by a Horse Fashion Show





POWER *of* PINK

OCTOBER 1 – 31, 2022

**BRIGHTON WILL
DONATE \$10**

for each 2022 Power of Pink
bracelet sold through Brighton retail stores.

Limited quantities, while supplies last.

Brighton.

Starting October 1st, Brighton will be selling the 2022 Power of Pink bracelet. It will be on sale at the Belmar location (7223 W Alaska Dr., Lakewood, CO 80226), and at Flatiron Crossing Mall. Bracelets cost \$78, with \$10 of each purchase to be donated to Hope Held by a Horse. Get yours today!





Volunteering Orientation/Training

October 15th, 11am-1pm in Lakewood, CO

This is our last training day scheduled for this year and there will not be another one until Spring 2023.

If you would like to Volunteer we strongly recommend you attend!

You will get all the information that the coaches and facilitators need you to know before coming to help, and we will practice haltering and handling horses for when we need help with our equine partners as well!

To attend please email either our wonderful volunteer coordinator Gwen Regenwether at gmapson@gmail.com OR our wonderful coach trainer Zoe Moraitis at zoe@mindfulharmonycoaching.com

Beauty from Within: Beyond the Stables
Hope Held by a Horse Fashion Show

**JUNE
10
2023**

To become a sponsor, vendor,
or to make a cash donation,
contact:
info@hopeheldbyahorse.org

Scan the QR code for more information



Follow us on Social Media!



SAVE THE DATE

You may have seen the above flyer, either on social media, or at an event. We hope you will save the date, and attend what will be a wonderful, fun event; supporting your favorite non-profit, Hope Held by a Horse! There will be models, modeling some fantastic designs, vendor booths, a silent auction and lunch!

To become a sponsor, vendor, or to make a cash donation, please contact info@hopeheldbyahorse.org!

We hope to see you there!

I love people that
have no idea how
wonderful they are
and just wander
around making the
world a better place.



If you would like to be a model.....

CASTING CALL!!

Hope Held by a Horse needs YOU to be a model for the Fashion Show! We're looking for a diverse group of breast cancer thrivers and survivors, who love our organization and what it stands for, to walk the runway! It's a great opportunity to be pampered the day of the event, have your hair styled, makeup done, and wear a fantastic designer outfit!

Let's show everyone what a warrior you are!

All shapes and sizes are welcome.

We do ask that models participate in a \$500 fundraising goal for this event as part of their participation. Applications due no later than October 15th and can be sent to the email address [Hope Held by a Horse](mailto:HopeHeldbyaHorse@gmail.com).



Please apply!



**"You're braver than
you believe, stronger
than you seem,
and smarter than
you think."**

A.A. MILNE, AUTHOR & POET

A.A. MILNE, AUTHOR & POET

Flashback!

Although life slowed down during Covid lockdown, Hope Held by a Horse still tried to carry on as normal as possible. Monthly programs continued as often as possible.

What we've been up to...

June 2020 was the first month after Covid lockdown, to experience somewhat of a normal program again. Masks were worn and Covid safety protocols were put in place, to ensure the health of the participants. Slowly, but surely, conditions with the Covid virus improved, and Hope Held by a Horse was able to continue with the monthly programs. More participants were able to join, and encounter firsthand the heartfelt connections with the horses. Participants have been guided to make the shift from 'survivor' to 'thrivers'!



June 2020



June 2021



October 2021 program, was able to celebrate the fundraising efforts of the CHS Rebels Volleyball Team!



August 2022





Photo Credit: Wister Hart

Our Fave Horse of the Quarter, ZEUS

Zeus has a fun personality and we always enjoy partnering with him during Hope Held by a Horse programs. Zeus is an Arabian gelding, whose dam, Dtsara is also part of the Happy Dog Ranch herd. He came to Happy Dog Ranch when his pasture was threatened by the Black Forest Fire. We love partnering with this gentle and sweet horse! Zeus is awesome!



Mindful Harmony Coaching, Zoe Moraitis, Equine Gestaltist, Mindful Harmony Coaching, LLC

In Zoe's words, "I have been a horsewoman for many years and have always been drawn to the natural ways horses heal people, whenever I was and am around horses I feel an immediate sense of peace, calm, and happiness. For as long as I can remember, I have known I wanted to do something with horses and something to help people. In high school, I discovered Equine Gestalt Coaching and after personally experiencing the powerful and life changing healing of horses and gestalt, I discovered my life's purpose. In 2021, I completed the Touched By a Horse Equine Gestalt Coaching Method Certification and became a certified Equine Gestaltist."

Through Mindful Harmony Coaching, LLC in Lakewood, CO; Zoe has offered a quarterly volunteer session. These sessions train volunteers to learn how to handle horses, and become confident in leading horses for the monthly programs.



Photo Credit: Wister Hart



Cancer League

We appreciate Cancer League of Colorado for their contribution. Their generosity has sponsored two monthly programs supporting 12 participants plus part of a third monthly program. We hope to continue our valuable relationship with Cancer League in the future.

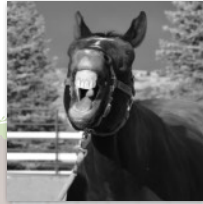


"I am so grateful to Cancer League for funding the Hope Held by a Horse monthly program in November 2021. Participating in Hope Held by a Horse uplifted my spirit, inspired my sense of wholeness, and provided me with the feeling of being at home. Hope Held by a Horse helped me be in the present moment more often and focus more on gratitude. I learned to Thrive, not just survive. I am so grateful to have found my tribe and to have learned to celebrate the milestones of healing. Thank you Cancer League for transforming my life! I will always be grateful!" - Katrina D



To all the people who are loving and kind to me. **THANK YOU** for the sunshine you bring into my life - Brigitte Nicole

ETC, ETC!



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Soopers



The King Soopers Community Rewards Program donates to Hope Held by a Horse when you use your loyalty card to shop! Simply select Hope Held by a Horse under the community rewards program section in your King Soopers account.

KING SOOPERS
COMMUNITY REWARDS

