



May

NEWSLETTER

Greetings from The Big Red Barn Retreat! As we move further into spring, all of us at the BRBR are ready to get outside and continue some of our beloved programs and services in the beautiful, warm weather.

We wrap up the month with Memorial Day, May 30th, to remember those lost through active military service. For the BRBR, Memorial Day reminds us of why we do what we do, why we support Veterans and their families, and gives us motivation to move forward as an organization. Many of our Warriors have had to leave comrades behind, and we take this day to continue to honor their legacy through our work supporting our Warrior's ability to grow, heal, and remain resilient through life's ongoing challenges.

Take a look at all the exciting things we have coming up within our organization. As always, thank you so much for your support, we couldn't achieve our mission without our dedicated community.

Sincerely,

The Big Red Barn Retreat



MEMORIAL DAY

Honoring and Remembering those
Lost in Service

Give In Honor Of Of Those Who Gave The Ultimate Sacrifice

With the end of May comes Memorial Day, a celebration that includes a day with family and friends, eating, drinking, and enjoying each other's company in the bright shining sun. However, there is another side to Memorial Day. While many celebrate the holiday it can be painful for others. For those who have lost a loved one in combat, Memorial Day marks a day of loss and pain and casts a shadow of pain.

This Memorial Day, May 30th, we ask you consider giving a tax-deductible donation to the Big Red Barn Retreat to honor those who fight to defend our country and our communities. We are so grateful to play a small role in helping our nation's heroes recover from the various traumas they've had to face. With your support, we can continue to make our organization a place where Warriors can experience transformative programs, services, and training so they can become the best version of themselves and live the lives they wish to.

If you would like to donate, please send cash/checks to:

**The Big Red Barn Retreat
8024 Winnsboro Rd.
Blythewood, SC 29016**

OR click the button below for online payments via PayPal.

[Donate to the BRBR Here](#)

My Life Since TM

My TM Experience, from a Veteran's Daughter

Did you know our services extend to Warrior's family members? In February 2022 Angela, BRBR Communications Intern and the daughter of Army Veterans,

participated in Transcendental Meditation Training in an effort to control symptoms of anxiety and depression. She says the effects of TM training have led her down a path of healing and post-traumatic growth that she could have never imagined for herself before. Now, she shares her story in an effort to inspire others to give TM a try. Read her full story using the button here.



[Read Angela's Full Story Here](#)

"Situations that would have stopped me in my tracks and caused panic, are now like tiny speed bumps on the road. I roll right on by them, and that feeling of inner strength is like no other."

-Angela the Intern

Programs and Services

Transcendental Meditation Training



TM is a form of meditation that removes distracting thoughts and produces a state of restful alertness to help alleviate symptoms of depression, anxiety, PTSD, and other mental disorders/illnesses. It's not a religion or philosophy. Instead, it is simply a method of stress relief to improve your health and wellbeing, starting with the mind. You begin simply by closing your eyes, quieting the mind, and repeating the mantra (as seen demonstrated in the photo to the left by our PATHH Guide Carla Walters).

There is still space available in our September 15th-18th and November 17th-21st Transcendental Meditation Training classes. Keep in mind, we offer this training completely for FREE! If you're interested in signing up for TM training, please use the buttons below and we will reach out to you with more information.

[September 15th-18th TM Training](#)

[November 17th-21st TM Training](#)

Form Up Fridays

Horses are known as natural lie detectors. If you have any apprehension, stress, or other wavering emotions, a horse will be able to tell. Through Equine-Assisted Learning, Warrior PATHH alumni are

invited to revisit the horse module and get a refresher on some of the skills learned through the program. By working with our horses here at the BRBR, participants have seen decreased symptoms of depression, anxiety, and other struggles, while seeing positive change in the ways they communicate with the people around them.



June 24th Form Up Fridays

Warrior PATHH Volunteer Opportunities

All of us at the BRBR can't begin to express our gratitude for our amazing and devoted volunteers. When you volunteer your time with our organization, you're providing our Warriors the ability to heal and thrive in an environment where they feel safe, comfortable, and accepted. Volunteer opportunities through Warrior PATHH include assisting our chefs in preparing breakfast, lunch, and dinner for our Warriors.



While we do not have Warrior PATHH classes available for July or August, our September form is live NOW. Volunteer slots for our Warrior PATHH program are closing almost as fast as they open, so go ahead and secure your spot now!

September Warrior PATHH Dates

Fundraising and Events



Lake Murray Charity Race

Summer is on its way and the Lake Murray Charity Run is a great way to get out and have some fun in the sun! From June 23rd-25th, boaters, friends, family, and those just wishing to give will come together to dash across Lake Murray. All proceeds from the race will go directly towards funding The Big Red Barn Retreat's programs and services. Space is running out, so register today using the button below.

[Register for the Boat Race Here!\(limited space available\)](#)

Sponsor our 2022 Fall Jam at the Ballpark!

We've got some **BIG, BIG PLANS!**

Our annual Fall Jam is right around the corner and we've just selected our headline act! This American country music artist has over 1.4 BILLION on-demand streams, three #1 hits to date, as well as receiving nominations from the iHeartRadio Music Awards, ACM Awards and Radio Disney Music Awards. Can you guess who it is?

Our sponsorship packages are now available with information on ticket prices, concourse suite packages, and luxury suite packages. We have multiple sponsorship levels available for purchase NOW! **Interested in sponsoring the Fall Jam? Email us directly at info@thebigredbarnretreat.org**

