



We hope everyone's year is off to a great start so far. Here at the Big Red Barn Retreat, we've got a lot going on including programs, services, volunteering, and fundraising/events.

If are receiving this newsletter, please know that we sincerely appreciate your support and we hope to see you soon at the Big Red Barn Retreat!

My Life Since PATHH

Not all Warrior's traumas are combat related. Take Jessica Borneo for example. Her story of struggle to strength is a unique look into a female Warrior's journey. Now a PATHH Guide at the BRBR, she shares her story in hopes of inspiring others.

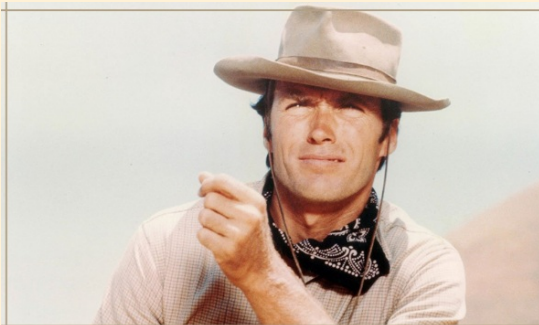
"I don't consider myself a victim, not anymore, the mindset since



Warrior PATHH has shifted. It's so exciting now, it's all joy and nothing is holding me back anymore." - PATHH Guide
Jessica Boreno

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

Programs



Transcendental Meditation



Did you know some of your favorite celebrities practice transcendental meditation? Fan favorites such as The Beatles, Jerry Seinfeld, Clint Eastwood, Kendall Jenner, and Oprah all practice TM. TM is a simple technique that is easily taught through one-on-one instruction by a certified teacher. It's not a religion, philosophy or lifestyle, and is used to regulate and avoid distracting thoughts and promote a state of relaxed awareness.

The BRBR is the only location in South Carolina to offer TM training FREE to Veterans, Active Duty, First Responders, and their families! There are still a few spots left in our

April 28th - May 1st sessions, as well as plenty of available space for our **September 16th- 19th sessions**. Registration is **REQUIRED**, please click the buttons below to sign up for our interest forms.

**April 28th - May 1st
TM**

**September 15th - 18th
TM**

Form Up Fridays

The Big Red Barn is excited to announce our new equine-assisted psychotherapy (EAP) program “Form Up Fridays”, where Warrior PATHH alumni can come back to the barn and revisit the horse module! Attendance is on a monthly basis, but not required for all sessions. You **MUST** register to attend. Click the button below to sign up for our February 25th and March 25th classes!

**February Form Up
Fridays**

**March Form Up
Fridays**



Volunteer Opportunities

Come volunteer with us! Here at the BRBR, our volunteers mean the world to us, and we're always in need of more! Without the hard work of our volunteers, our dream would be impossible. During our monthly Warrior PATHH program, there are various volunteer opportunities available that help our efforts greatly. By volunteering, you have the opportunity to put together meals for our Warriors and do your part to show your support for our Veterans. Click the buttons below to sign up for our March 11th-17th, April 8th-14th, and April 22nd-28th classes, we still have plenty of time slots available for our breakfast, lunch, and dinner shifts.



Click any of the buttons below to sign up!

March 11th -
12th

April 8th -
14th

April 22nd -
28th

Fundraisers

5th Annual Doko Rib Fest

The annual Doko Rib Fest Cook-off is back for 2022! Presented by The Greater Blythewood Chamber of Commerce & The Town of Blythewood, the RibFest will include a cook-off, rib eating contest, beers, food trucks, music and more. Portions of the proceeds from this event are to benefit The Big Red Barn Retreat and Stonehouse Ministries, in addition to the chamber's scholarship fund. Join us in the evening on Friday, March 11th from 6 pm to 10 pm and/or come join us all day on Saturday, March 12th from 6 am to 6 pm by visiting the event website via the buttons below.

Tasting
Tickets

#CarWashforaCause

We are pleased to announce that the Big Red Barn is once again the #carwashforacause featured nonprofit for March 2022! Thanks to the kindness of those at Mighty Wash Auto Spa, a portion of all car wash sales will go directly to the BRBR to support our Veterans, Active Duty, and First Responders. We are so incredibly grateful for local businesses doing their part to support our mission. So if your car or truck needs a little shining, visit 2 W Ford, Lugoff, SC 29078 in March and you can be a part of this great cause too!

Visit their website for more information at www.mightywashautospa.com

Competitors Sign Up
Here



Events

Midlands Gives is a great outlet to support the Big Red Barn Retreat year round!

Create a Champion Page! On the Midlands Gives website, you can create a "Champion Page" that allows you to fundraise for specific participating organizations. Each champion page receives a unique URL, so all donations are automatically sent to the nonprofit you select. If you're interested in creating a champion page for the BRBR, click the button below for instructions on how to start.

Create a Champion
Page!

Have a Business? Another great way to support our mission is to participate in Matching Funds, where local businesses can reach out to participating nonprofits and offer to provide matching funds – motivating other donors to contribute! Fill out the form by clicking the link below and we will reach out to you!

Match
Funds!



RESCHEDULED: Governor's Cup Road Race

SAVE THE DATE!! Lake Murray Charity Boat Race

Due to challenges caused by the COVID-19 pandemic, the Lexington Medical Center's 2022 Governor's Cup Road Race has been postponed to **April 22nd - 23rd**. The goal of the annual race is to promote health and fitness across the state, and rising COVID-19 cases in South Carolina led the Governor's Cup Event Committee to reschedule in everyone's best interest.

Featuring a half-marathon, 5 kilometer run/walk, Main Street Mile, and a kid's 1-mile run, the event is one of the oldest, continuously conducted road races in the Southeast. All that hard work finishes up with festivities and awards for runners AND volunteers! Various volunteer opportunities for both dates are available and you **MUST** register to attend. Don't miss out! Click the buttons below to sign up to run or volunteer.

**VOLUNTEERS Sign Up
here**

RUNNERS Sign Up

The Lake Murray Charity Boat Race's registration for 2022 is now open! This annual race will feature 75 boaters racing across Lake Murray all in the name of giving to local Midlands nonprofits, including The Big Red Barn Retreat! Beginning on June 24th, this two day event brings together boaters, family, friends, and people who just want to give! In order to reserve your spot, you **MUST** register **COMPLETELY** and the payment must be made in **FULL**. Spots will be filled on a first come first serve basis. Sign up to race using the button below today!



Register to

here

RACE!



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

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