



November Newsletter

Warrior PATHH is Here!!

We are honored to announce our first ever Warrior PATHH session took place in the month of October with six male participants.

"I lost my brotherhood...and here I gained it back."
-BRBR Warrior PATHH Alumni



What is Warrior PATHH?

Warrior PATHH is the first ever program in South Carolina, and one of only eight nationally, that is proven to facilitate Posttraumatic Growth among combat veterans, active duty military, and first responders. Warrior PATHH enables these remarkable men and women to transform times of deep struggle into profound strength and growth.

The Warrior PATHH program begins with a seven day on-site intensive, followed by an 18-month home study. Warrior PATHH programs are available for both male and female combat veterans—active duty or first responders.

There are two more sessions as we finish our 2020. November 13-19 is a sessions for ALL Females and December 11-17 is a session for ALL Males.

Here is how you can take part...

If you are a veteran or first responder and are interested in applying for Warrior PATHH, visit the link below.

[Apply for Warrior PATHH](#)

If you are interested in donating your time, we would love for you to be a part of this! Visit this form to learn about different volunteering opportunities.

[Volunteer Interest Form](#)

If you are interested in donating resources for Warrior PATHH, visit our Amazon Wishlist here to see how you can help!

[Amazon Wishlist](#)

The Big Red Barn Retreat is fully run on donations and grants that we receive... if you would like to give a monetary donation, click the link below.

[Donate](#)

Check out the video below to see first hand how Warrior PATHH has made an impact on our nations heroes...



MARK YOUR CALENDARS.....

**Veterans Day is
November 11!**

What is Veterans Day?



Veterans Day

November 11, 2020

"On this Veterans Day, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."

-Dan Lipinski

Text BRBR to 41444 to Donate

Veterans Day began as a day to remember those who served in our country; originally called Armistice Day. It fell on November 11 as it was the anniversary of the signing of the Armistice that ended WW1. In 1954, the holiday was changed to "Veterans Day" to honor all veterans who are living and served our country.

As we all take pause as a Nation to remember those that have served this Veterans Day, know that at the Big Red Barn Retreat, we do more than just remember our Nation's Heroes.

With your support, we provide a place of peace for those most in need of healing that have served our country. Last year alone, we helped over 3,500 veterans, active duty, and military spouses by providing FREE, nonclinical programs that help with digesting military and combat related stress issues.

In October of this year, the Big Red Barn Retreat launched the Warrior PATHH program. The first privately funded program to cultivate and facilitate posttraumatic growth!

To support Warrior PATHH,
-text BRBR to 41444 or
-visit www.thebigredbarnretreat.org/warrior-pathh

Giving Tuesday is December 1!

What is Giving Tuesday?

Giving Tuesday is a global generosity movement unleashing the power of peace and organizations to transform their communities and the world.

Here is how you can help....

1.Follow us on Social Media! ALL details about Giving Tuesday and the BRBR are posted on our Facebook and Instagram. Click the links below to follow us and stay up to date!

[FACEBOOK](#)
[INSTAGRAM](#)
[LINKEDIN](#)

2.Give Monetary ! The Big Red Barn Retreat is a non-profit that runs fully off of the donations and grants we receive. There are many ways to give to the BRBR from Monetary Donations to Providing Items from our Amazon Wishlist.

[Check out ways to give here...](#)

3.Give Your Time! We always need volunteers at the BRBR. Click the link below

Together we give.

Dec 1, 2020

Every single person has the power to change the world



GIVING TUESDAY

to see all volunteer options.

[Check out ways to help here...](#)

4.Help Bring Awareness to the Mission of the BRBR! The mission of the BRBR is to provide non-traditional, therapeutic services to our nations heroes and help them turn the struggle they experience in their lives into strength. Help us by sharing the mission of the BRBR to those around you.

[Learn more here...](#)

Veterans, Active Duty Service Members, and Spouses, have you every experienced iRest Yoga Nidra??



What is iRest Yoga Nidra?

iRest is short for "Integrated Restoration," a brain science-based, secular, modern day modality of Yoga Nidra. This deep conscious rest practice is for any service member and/or their spouse and is FREE. Commissioned by the Department of Defense in 2006, it is practiced by active duty military personnel and veterans who live with PTSD, TBIs and other post-combat related injuries. It's also for anyone who has endured trauma on any level, those who's nervous system could use a reboot,

those who struggle with chronic pain, insomnia, depression or anxiety, or anyone who simply wants to feel more like themselves again.

We offer iRest Yoga Nidra every Tuesday evening at 5:30 PM surrounded by the peaceful sounds of nature at the Pond Pavilion. Visit our [FACEBOOK](#) page to reserve your spot for class.

THANK YOU to Carolina Honda and American Honda Motor Company for their Generous Donation!!



The Big Red Barn Retreat is honored to receive a gift from the Honda Corporation in conjunction with the Carolina's Honda. This gift of a Honda Pioneer 1000 will benefit the Warrior PATHH program at The Big Red Barn Retreat.

Owner of Carolina Honda Powerhouse, Jim Wertman, stated, "American Honda Motor Company Inc and Carolina Honda Powerhouse are proud to donate a 2021 Pioneer 1000-5 Side by Side to support of their

Veteran Therapeutic Programs and The Warrior PATHH Program. We are aware that Veterans and Soldiers struggle to forget all they have seen and done. The impact of trauma caused by combat or other related issues have a big impact on their quality of life. The Big Red Barn sets the standard for free Veterans care to help our veterans restore their lives and we are so very proud to be a part of this program. I sincerely hope that the Pioneer 100-5 helps in the transport of those enrolled in the program and the ability to help maintain the facilities. Thank you for providing this service for our Veterans. We salute your goal to give every veteran and active soldier the best quality of life possible."

A Walk Through The Trails...

This week at the Big Red Barn Retreat, our very own Lamont Christian got the honor of escorting Don Daniels Sr., a World War II Marine veteran, around the trails at the Big Red Barn Retreat.

The property on which the Big Red Barn Retreat operates was Don Daniels Sr's family home growing up, and where his Father, a World War I veteran, operated their family grocery store. Don Sr. has fond memories from growing up on the property, working in his dad's grocery store business, as well as squirrel hunting with his Dad and brother. Don Sr. will turn 95 years old this December, and wanted to return to his family's property to reflect on some of his favorite childhood memories where he spent hours playing in the woods.

Thanks to the generosity of the American Legion and Operation Comfort Warrior, Don Daniels Sr. was able to Return to his childhood stomping grounds today because of a very generous donation of a track wheelchair. Don Sr. Was able to enjoy the great outdoors and revisit the very trails that he explored as a child.



It is not lost on us, the significance of how the property on which The Big Red Barn Retreat operates, once served as the playground for those that went on to serve our country in World War II, now is a place of peace for those veterans looking to find a better version of themselves.

Veteran Spotlight: Terrell Harlan



For each session of Warrior PATHH, the participants are cooked healthy meals by two chefs who are both veterans. Meet one of our Chefs..... Terrell Harlan!!

Terrell was born in Stuttgart, Germany while his father was stationed in the Army. As a "Army Brat," He moved often with his family, living in Georgia, Washington State, Arizona, and then New Mexico. Growing up in a military household, Terrell had a desire to follow in his father's footsteps and enlisted in the Army in 1982.

Terrell worked his way up in ranks and eventually became a Tank Platoon SGT/1SGT in the profession of ArmorM1A1 main Battle Tank. He honored and served this country for over 20 years, with four oversea tours and retired in 2003.

Upon leaving service, Terrell serviced his Northeast Columbia Community as an Independent Contractor with one of the nation's largest

Transportation Corporation, FEDEX Ground.

Terrell found The Big Red Barn Retreat once being invited to the Peer to Peer mentoring program and immediately got involved. He is passionate about serving others and works with the homeless ministry in his church. He finds lots of joy in preparing meals and visiting those who need help. He now serves as a chef at The Big Red Barn Retreat during Warrior PATHH.

Terrell has been married to his wife, Regina, for 33 years. They are the proud parents of three

children, one daughter and two sons, and five amazing grandchildren.

If you are interested in volunteering in the kitchen during Warrior PATHH, visit www.thebigredbarnretreat.org/ways-to-help to sign up to be a volunteer.