



*The Big Red Barn Retreat*

# NOVEMBER NEWSLETTER



**Celebrating a Year of  
Transforming Lives**

## Thanks for Giving!

The month of November marks the beginning of the Holiday season and often referred to as the Giving season. Almost 50% of a nonprofit's total donations are made during the Giving season. To get in the giving spirit, we want to share some great and easy ways to support the Big Red Barn Retreat!

As an Angel Award winner, you can feel confident that your donations are helping our heroes. Since inception, the BRBR has contributed over 90% of its donations directly to fund our services and programs which we offer to those who protect our county and communities at no cost to them.

We want to say THANK YOU for your support throughout the year! Your generosity gives our Warriors hope. YOU are, in part, the reason that our Warriors can THRIVE in life!!

## Ways to Give to the Big Red Barn Retreat this Holiday Season...

# amazon smile

You shop. Amazon gives.



# amazon wishlist

1. **Shopping on AMAZON this Holiday Season?** Shop on AMAZON.SMILE. Same products. Same prices. Same services. Pick the Big Red Barn Retreat as your charity & Amazon will donate 0.5% of the price of eligible products. Click on AmazonSmile logo to set up your account today.
2. **Make a donation ONLINE at our website or from your phone.** To make a donation from your phone, text the words BRBR to 41444 or go to our website. All Donations are tax deductible.
3. **Are you 70 1/2 years old or older?** Then consider a direct transfer of funds from your IRA custodian, payable to the Big Red Barn Retreat to satisfying your required minimum distributions (RMDs) for the year,
4. **Buy an item or two from the Big Red Barn Retreat AMAZON wishlist.** The wishlist is made up of items we use on a regular basis during our programs. Items can be purchased directly from our wishlist & delivered right to the front door at the barn! (click on wishlist logo to access list)

## Community Spotlight

Thank you to our friends at Greater Carolina Clinic of Chiropractic! With the help of their patients, they were able to raise \$950 for the Big Red Barn Retreat!



GREATER CAROLINA CLINIC  
OF CHIROPRACTIC



**WELLS  
FARGO**

The Big Red Barn Retreat is honored to receive a grant from Wells Fargo. With this grant, we will fund 'Form Up Fridays', an Equine-Assisted Psychotherapy (EAP) program. Thank you, Wells Fargo!

Thank you to all who attended our Group Drumming event! A special thank you to John



Fitzgerald for facilitating the drum circle and making our Veterans feel comfortable and heard. It was a beautiful evening outdoors, and everyone had a great time.



## Upcoming Events



### **Land Jam - Nov. 12th & 13th.**

Join Us for a GREAT concert in Lugoff!!! The BRBR has been chosen as the beneficiary for this year's Land Jam. Land Jam is a two-day country music festival- click on the picture for more information----->

### **Join Us for the Marine Corps Birthday Ceremony on 10 November**

In honor of the Marine's 246th birthday, the BRBR is hosting a traditional cake-cutting ceremony. This event is open only to Marines. If you would like to register, please <-----click on the picture



### **Healing Fiber Arts: Quilting -November 17th**

If you are looking for a great way to relax your mind and allow your body to destress, quilting is for you! During this workshop, participants work together to create a Quilt of Valor under the guidance of co-facilitators Jeanine Hurlbert and Donna Royson! For more information or to register, <-----please click the picture



## **2022 Transcendental Meditation (TM) Training**

Mark your calendar for our 2022 Transcendental



Meditation Training! Transcendental Meditation, or TM, is the cornerstone wellness practice taught in the Warrior PATHH Program. TM significantly reduces stress, symptoms of anxiety and depression, increases resiliency, is easy to learn and can be practiced anywhere! The BRBR is the only location in South Carolina to offer this training FREE to our Veterans, Active Duty service members, First Responders and their families! So far we have trained Army officers, enlisted, veterans, spouses and even one Warrior's 12 year old son! If you are interested in being trained in TM you can learn more by clicking the picture above.



### **2022 TM Training dates**

February 25th-28th

March 18th-21st

September 16th-19th

November 18th-22nd

### **Volunteer Opportunities**

Volunteering is a great way to get involved at the BRBR. Our volunteers help us carry out the Warrior PATHH program by serving homemade meals and resetting the Log Cabin so that our Warriors can as be comfortable as possible during their stay. We have 2 upcoming Warrior PATHH classes that still need volunteers! You can register for the December 3rd-9th class or the January 14th-20th class using the pictures below!



Warrior PATHH  
December 3rd - 9th



Warrior PATHH  
January 14th-20th

# WARRIOR PATHH 2022 DATES

**January** | Jan. 14th - Jan. 20th (All Female)

**June** | Jun. 10th - Jun. 16th (All Female)

**February** | Feb. 18th - Feb. 24th

**September** | Sep. 9th - Sep. 15th

**March** | Mar. 11th - Mar. 17th (All Female)

**October** | Oct. 7th - Oct. 13th (All Female)  
Oct. 21st - Oct. 27th

**April** | Apr. 8th - Apr. 14th

Apr. 22nd - Apr. 28th (All Female)

**November** | Nov. 11th - Nov. 17th (All Female)

**May** | May 20th - May 26th

**December** | Dec. 9th - Dec. 15th

