

Greetings,

I would like to tell you about a pilgrimage opportunity for Combat Veterans. With over 15 years of the United States involvement in the persistent conflict in Iraq and Afghanistan, the levels of PTSD and Moral Injury exhibited in our veterans are rising rapidly. Warriors on the Way is a pilgrimage on the Camino De Santiago (AKA The Way) designed to facilitate a combat veteran's healing from PTSD and Moral Injury.

You may be asking why a pilgrimage for veterans and there are many answers. First, there is a rise in veterans seeking outdoor activities, particularly hiking, to assist in the processing of war-time experiences. Second, there is a large volume of peer-reviewed clinical research that confirms that intentional spiritual practices have the ability to measurably reduce levels of tension, depression, anger, fatigue, and confusion (all commonly found in those diagnosed with PTSD/MI). Third, as a group pilgrimage, Warriors on the Way ties-in with an experience common to veterans. The Ruck March is a standard part of training where everyone walks and carries the load together. Warriors on the Way capitalizes on this unique dynamic which allows for time to oneself while always being part of the larger team.

The Camino de Santiago (The Way of St James) has been selected for the pilgrimage due to its historic status as a pilgrimage route. Pilgrims have been walking the Camino de Santiago dating all the way back to the 9th Century. Today the Camino welcomes pilgrims of all backgrounds from all over the world with an established route with full logistical support – lodging, meals, and other support (as needed) are well developed – our pilgrim veterans will never be at risk during their time on pilgrimage. Warriors on the Way is a pilgrimage over a 180 mile stretch of the Camino – we want our pilgrim veterans to experience a healing – a turn-around – a 180 in 180.

Chaplain Steven Rindahl (US Army, Retired) will lead the pilgrimage. Having made multiple pilgrimages – many focusing on veteran healing, Ch Rindahl is an experienced pilgrim. Ch Rindahl has designed this pilgrimage based on those experiences and what he learned completing a doctorate in responding to combat trauma, and developing and teaching the US Army Chaplaincy course on how to provide a Ministerial Response to Moral Injury prior to his retirement.

Warriors on the Way is asking for your support. First, do you know a veteran diagnosed with PTSD/MI who may be helped by this program? Please refer that veteran to us. Second, this program needs sponsors. Please consider making a tax-deductible designated donation to our 501c3 Veteran's Organization partner to support the Warriors on the Way Pilgrimage. Please write checks to the SS American Memorial Foundation and designate them for the Veterans Pilgrimage.

Thank you for your consideration.

SS American Memorial Foundation (501c3 non-profit)  
450 Naumann Rd  
Seguin, TX 78155



### When is the Pilgrimage?

Friday (Evening Arrival in San Antonio) 14 SEP 2018  
– Sunday 30 SEP 2018. This will be a period of 17 days but only require the Veteran to be away from work for 2 weeks.

### How many Veterans are going?

Our plan is for 12 Veterans to make this Pilgrimage.

### How much will this Pilgrimage cost?

It is our intent to equip, transport, lodge, and feed, all of the Veterans throughout the Pilgrimage. Total cost is estimated at \$45,000\*.

### How can you help send a veteran on pilgrimage?

Whether you can send enough to cover the cost of a single meal or the \$3750 that it will take to fully sponsor one Veteran or anywhere in-between, you can make a difference.

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*Please consider making a tax-deductible designated donation to our 501c3 Veteran's Organization partner in support of the Warriors on the Way Pilgrimage. Please write checks to the SSA Memorial and designate them for the Veterans Pilgrimage. Thank you for your consideration.*

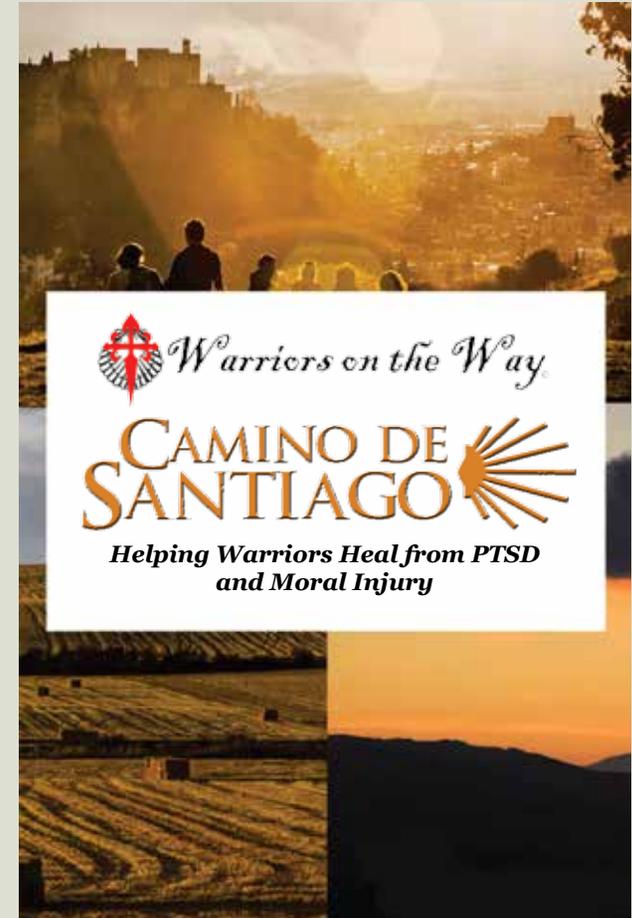
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*\*All prices are estimates and are subject to market and rate of exchange fluctuations.*



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[www.ssamemorial.com](http://www.ssamemorial.com)

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# CAMINO DE SANTIAGO

