



20 | *Winter*  
23 | NEWSLETTER





# A Word from Abbi

## Executive Director of Barren Heights

**2022 was a year for the books, and I am BEYOND thankful for our community.** We were astonished by the participation of our guests, volunteers, donors, and business/organizational partners—not to mention the generosity we experienced as an organization. It was a year of celebration as we saw God move again and again.

Last year we returned to full capacity retreats and events! As a result, we had many new volunteer families join the Barren Heights team. New partnerships also meant fun new events and opportunities. There was a whole lotta NEW at Barren Heights, but we still held to our LAWS of making everyone feel loved, accepted, welcomed, and safe.

Because of our community's willingness to serve and give, we met and then EXCEEDED all our 2022 goals. We:

- recruited and trained new volunteers (22 families!)
- provided additional support and respite for caregivers
- renewed our focus on programs and services
- exceeded financial goals for both our Spring Campaign AND Benefit Dinner!

So what's in store for 2023 at Barren Heights? Our focus for this year will be to increase programs during the day for caregivers, siblings, and children living with disabilities in our community—especially during the summer. Additionally, we will strategically focus on creating partnerships in areas like Owensboro, Bowling Green, Shelbyville, and Nashville. We hope to branch into these new areas through events and resources with the support of these potential partnerships.

We are extremely excited about the retention of many of our new volunteer families from 2022 and are looking to continue our recruitment efforts. **If you have considered volunteering, now is the time! If you know a family that would be great hosts, spread the word.** Our volunteer schedule and application is now live at [barrenheights.org/retreat-calendar](https://barrenheights.org/retreat-calendar). Last but not least, we are launching a capital campaign to build a multipurpose building at our Retreat Center! We can't wait for everything that is in store for this new year.

God is good, and we know that His love is constant in all things. We rest in knowing that His plan for you, me, and Barren Heights is always there and always moving forward! God bless, and we hope to see you at some of our events and retreats this year! ■





# Volunteer This Year!

A new year at Barren Heights means an abundant amount of **volunteer opportunities!** We are a volunteer-driven organization that relies heavily on the amazing volunteer support we receive from individuals and families. Want to serve on a week night for a couple hours? We have an opportunity for that! Want to take a weekend mission trip with the whole family? We have soooooo many opportunities for you to check out. So grab your calendars, pull up your browser, and complete the volunteer application so we can get you plugged in! *If you are interested in serving at our Community Center or at one of our Community Events, please reach out directly to our Programming Coordinator Kelly at [kelly@barrenheights.org](mailto:kelly@barrenheights.org).*

## Opportunities

### New Volunteer Trainings

April 11th & 27th

### Retreat Center Work Day

Saturday, April 22nd

### Summer Retreat

### Volunteer Applications



# 2023 Calendar of Events

Get out your calendar, and pencil in these Barren Heights events! Items with info pages on our website are linked. Dates are subject to change, and new events will be added throughout the year. Follow us on [social media](#), and [join our email list](#) to stay up-to-date!



10th: [Women's Craft Group](#)  
12th: [2023 Men's Retreat](#)



7th: [Women's Craft Group](#)  
11th: [Marriage Retreat](#)  
16th: [Family Fellowship](#)  
28th: [Snack n' Axe \(M\)](#)



TBD: [Bracket Challenge \(M\)](#)  
7th: [Women's Craft Group](#)  
18th: [2023 Women's Retreat](#)  
30th: [Cookie Decorating \(W\)](#)



11th: [Women's Craft Group](#)  
11th: [Volunteer Training 1](#)  
13th: [Mom's Night Out](#)  
22nd: [Work Day](#)  
27th: [Volunteer Training 2](#)



9th: [Women's Craft Group](#)  
13th: [Women's Picnic](#)  
TBD: [Spring Campaign](#)



3rd: [Summer Retreats Begin](#)  
6th: [Women's Craft Group](#)



11th: [Women's Craft Group](#)  
23rd: [Ice Cream at the Park](#)



Barren Heights Parent  
Appreciation Month  
8th: [Women's Craft Group](#)



5th: [Women's Craft Group](#)



TBD: [Mom's Night Out](#)  
3rd: [Women's Craft Group](#)  
15th: [Retreat Season Ends](#)



4th: [Annual Benefit Dinner](#)  
14th: [Women's Craft Group](#)  
16th: [HoliDate Night](#)



2nd: [Sensory-Friendly Christmas Party](#)  
5th: [Women's Craft Group](#)





# 2022 Annual Report

*Celebrate a year well spent!*

Each January we celebrate the previous year's accomplishments and look forward to the year ahead in our Annual Report. In 2022, we hosted 18 weekend retreats, 21 community events, and served 262 families of children with disabilities! Those numbers represent tangible experiences and real families that we were able to impact simply through hosting opportunities for connection where families could feel loved, accepted, welcomed, and safe. This year's Annual Report—which is loaded with statistics, financials, testimonials, and goals—is now available on our website. We invite you to take a look, and celebrate with us!



[Click to Read Our](#)

**2022**

**Annual  
Report**





## 2023 Men's Retreat Recap

On the weekend of January 13th, our Men's Ministry leaders opened our specialty retreat season with our annual Men's Retreat in Scottsville! We had 17 men join us for lots of coffee, conversations, hiking, and a little bit of Top Gun. Leaders guided guests and volunteers through a study called ***Resilient: Restoring Your Weary Soul in These Turbulent Times*** by John Eldridge. The study culminated in a symbolic oil lamp demonstration where each man was encouraged to take time to be filled up with God's Word so they could then be a light to others, just as the lamp must be filled up with fuel in order to be lit and shine. We praise God for what He did through this weekend! Now onto our Marriage and Women's Retreats in February and March!

## Upcoming Men's Events

### Men's Snack n' Axe

Tuesday, February 28th at 6 p.m. • [Register HERE](#)

Take a midweek break to blow off some steam, and spend time with other dads and BH volunteers. This event is free to all men in the BH community—guests and volunteers—but space is limited.

### Men's Basketball Bracket Challenge

Date in March TBA • [Sign up to be notified](#)

Are you a pro at creating NCAA basketball tournament brackets each year? Test your skills and join us for a fun online bracket challenge!



# Snapshots!

## 2022 Benefit Dinner in Photos

### What a Square Dancin' Good Time

Our 2022 Benefit Dinner was an absolute success! We were overwhelmed and so thankful for our community's support, prayers, and participation. Take a gander at these photos and reminisce with us!

**Overall Goal: \$110,500**

**Final Total: \$125,151!!!**



2022 Daniel's Dream  
Award Winner: Rick Estes



2022 Abigail's Impact  
Award Winner: Isabella Fall





**Three cheers!**  
*Let's hear it for these  
 generous organizations!*

In 2022, we received a total of **\$79,659** from foundations and charitable organizations! These funds were given to Barren Heights to help fund weekend retreats, community events, volunteer trainings, new sports and play equipment, and large projects like our tennis and basketball court resurfacing. We are so grateful to all of the organizations that believe in the mission and vision of Barren Heights and support us through financial grants. In each quarterly newsletter, we like to give shout outs and huge THANK YOUS to the organizations that have given. The following list is just the most recent grants we have received, but you can find a [complete listing of our 2022 grant supporters on our website](#).

## Grant Supporters

*November–December 2022*

**Aldi Kids**

**Carson-Myre Foundation**

**Copia Foundation**

**Costco**

**Enterprise Holdings Foundation**

**Janice Gardner Foundation**

**Joni & Friends**

**Kentucky Social Welfare Foundation**

**Lester Yeager Foundation**

**Republic Services Charitable Foundation**

**Stephen & Mary Birch Foundation**

## Could you give us a Boost?

While we can do so much through the generous grants we receive, we can do **EVEN MORE** when monthly donors partner with Barren Heights and provide sustained support throughout the year. Would you consider coming alongside Barren Heights and becoming what we call a "Barren Heights Booster"? Not only will you help us serve special needs families, you'll get to join our Booster community which includes our Booster Break luncheon (coming in February!) and exclusive monthly communications and perks just for our Boosters. [Will you join us?](#)

Barren Heights qualifies for tax exempt status under section 501-c-3 of the Internal Revenue Code. Contributions are tax deductible under section 170. EIN:32-0121355





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