



BH News Spring '26

Refreshing Families One Retreat at a Time



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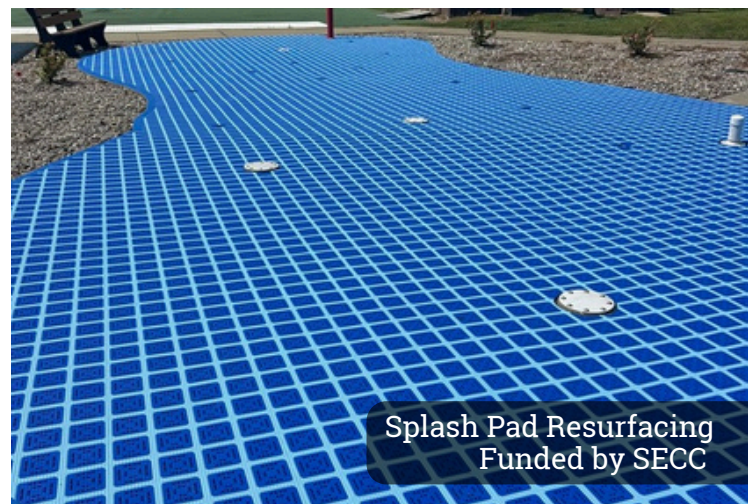
Old Barn Mural Thanks to CAL's AP Art Class

Refreshing Our Retreat Center Spring Updates

This summer's theme at Barren Heights is "Refreshing Families One Retreat at a Time". Not only are we excited to refresh families at our free summer retreats, we've already started refreshing our Retreat Center! This spring, we've added a new shade over our playground (funded by the *Honorable Order of Kentucky Colonels*), resurfaced our splash pad to ensure it's a safe surface for our families to enjoy (funded by *Southeast Christian Church*), and embarked on a [New Barn Basement Renovation Project](#) to create a safe and comforting space for our families during severe weather events. We even had some incredibly talented students from Christian Academy of Louisville's AP Art Class come down to paint a [beautiful mural on the Old Barn](#). We're honored to steward this beautiful property well to make it accessible to families of children with disabilities. We're so excited to see what the Lord does at the Barren Heights Christian Retreat Center this summer!



Playground Shade Funded by KY Colonels



Splash Pad Resurfacing Funded by SECC



New Barn Basement Renovation Project



2026 Work Day Recap

Our Retreat Center got a makeover on Saturday, April 25th during Work Day, and our volunteers outdid themselves! We're so ready for Retreat Season to begin on May 29th. **Big thank you to all who helped!**

Have you applied to attend a retreat this summer as a guest or volunteer yet? What are you waiting for?! Head over to barrenheights.org/retreat-calendar to apply. It's free for both guests AND volunteers!





2026 Specialty Retreats Spring Season Recap

We typically host all of our specialty retreats in winter—one each for men, women, and married couples. This year, we tried something new! We hosted our **Women's** and **Marriage Retreats** on consecutive weekends in March and moved our **Men's Retreat to October 24-25**. So far, it has been a success! We're already looking forward to bonfires, outdoor activities, and all the fall vibes at the **October Men's Retreat**.

"Barren Heights is so amazing. It always spreads a great love over us when we are here. A great time of relaxing, reconnecting, and refocusing on God's plan for our family. We appreciate beyond words that we found this great family of God's people that have a passion for spreading God's love to special families and marriages. Marriage Retreat 2026 was just what we needed." –2026 Marriage Retreat Guest



Spring 2026 Mom's Night Out

On April 2nd, [Barren Heights](#), [Critically Loved](#), [Down Syndrome of Louisville](#), and [FEAT of Louisville](#) combined forces to throw a pamper night for moms of children with disabilities. Our mommas ate Salsarita's, relaxed in a lavender scented spa room, received professional chair massages, and walked away with door prizes, a craft, and new friendships. Though Mom's Night Out is annual and many mommas can't wait to return, around half of the moms who attended this year were brand new to this 100% FREE event! Sneak a peek at all the fun we had. 😊



2026 SPRING CAMPAIGN

REFRESHING SPECIAL NEEDS FAMILIES

One Retreat at a Time
May 4–18!

Follow us for fun updates throughout the campaign! facebook.com/barrenheights.org • instagram.com/barrenheights

Want to Help Us Serve? Here's How:

Make a Donation

Make a donation, become a monthly donor, or increase your existing monthly donation.

Team Abbi or Team Ace?

We're having a Lemonade Showdown! Donate to Team Ace or Team Abbi to see who can raise the most money for Barren Heights. The winner gets the *Loving Lemon Award*. The loser gets doused with lemonade for all the world to see. Who will win?

Chick-fil-A Spirit Night

Grab dinner and a refreshing lemonade at the **St. Matthews Chick-fil-A** (5001 Shelbyville Rd.) on **Monday, May 18th between 4–8 p.m.** and 15% of sales will be donated to Barren Heights! Must order through the Chick-fil-A app and use code **BH2026** at checkout. Make sure to say hi to Ace and Abbi!

"Barren Heights is an amazing experience to feel seen and heard and know that our children have special exceptionalities, but they are also God's children and deserve to be heard and seen and loved, too! Volunteers are great at loving on our families and giving us a break from the hustle and bustle and the judgement of the world!" –Guest Parent

"I'm not used to being told it's ok to sit down or relax and the fact everyone said, it's ok to rest—we got this, meant the world to us!!!" –Guest Parent

"Barren Heights gives families, guests and volunteers, a taste of what heaven will be like. I always come with the intention to bless our guest families but leave feeling extremely blessed myself." –Volunteer Parent

Ready to help us
reach our goal?

Learn more & give at barrenheights.org/spring.

Mail checks to Barren Heights, 11420 Watterson Court #800, Louisville, KY 40299

Save the Date

Green & Gold Gala

Annual Dinner to Benefit Barren Heights

Saturday, November 7th • Woodhaven Country Club

Save the date & watch for your invitation this summer

Will You Be a Benefit Dinner Sponsor?

We had 18 generous businesses help us reach our \$120,000 goal last year. Can you or a business you know make next year's retreats and events possible by sponsoring our 2026 Benefit Dinner? Check out our [Sponsor Form](#) for more info!

