



Barren Heights Newsletter

FALL 2010
Volume 4 Issue 3

"I will make rivers flow on barren heights, and springs within the valleys... so that people may see and know, may consider and understand, that the hand of the LORD has done this."

Isaiah 41:18

Please say you will join us.....

Please join us for a dinner and auction
benefiting



Evening festivities will be hosted by

Scott Reynolds
WAVE 3 TV

Also featuring

the talented and inspirational

Patrick Henry Hughes
and his father, **Patrick John Hughes**

October 26, 2010
6:00 pm edt
"The Olmsted"
3701 Frankfort Avenue
Louisville, KY 40206

On October 26th Barren Heights Retreat will host its 5th annual Benefit Dinner and Silent Auction. You will not want to miss this special evening as WAVE 3 TV anchor, Scott Reynolds, will be our host. Louisville's own Patrick Henry Hughes will perform and share his journey of overcoming obstacles to live a full life.

If you (or someone you know) do not receive a mailed invitation, but would like to attend, please complete the attached reply card and send it with your ticket fee to:

Barren Heights Retreat
3109 Brownsboro Vista Drive
Louisville, KY 40242.

Barren Heights is an "all volunteer" organization. Funds raised at the dinner go directly to serving the families who visit the camp and to maintaining the retreat facilities.

Barren Heights Retreat

Dinner & Silent Auction
October 26th, 2010

_____ Tickets, \$50 each or

_____ Table for eight, \$375 _____ Table for ten, \$450

I am unable to attend but want to contribute \$ _____

Make checks payable to Barren Heights Retreat
RSVP by October 15th

Name: _____

Phone: _____

Email: _____

We are currently seeking contributions for our Silent and Live Auction. Can you help?

Gift items, certificates, sports memorabilia, services and vacation offerings are always a hit. If you can help, please call:

Kathy (502)426-2629

or

Toni (502) 327-9495

We also have Gold / Silver / Bronze Corporate Sponsorship available.

Bridget Davis and two of her four children are letting somebody else "Drive the Boat." You will want to take a moment to read the following letter of gratitude. Bridget openly and honestly shares how a weekend retreat at Barren Heights can impact a family.



Someone Else is Driving the Boat

I was so tense when I arrived at Barren Heights. I'm always full of fear. Fear that others will only see my kids' issues instead of their amazingness. Fear that others will think I am a bad mother. Fear that I will lose Zachary or that Hannah will have a huge meltdown or that Elliott's blood sugar will bottom out and I'll miss the signs. Fear that I'm not doing enough, working hard enough, BEing enough. So I came to Barren Heights fearful, and exhausted. As the single mother of four children ages 11-4, three with autism, and one with diabetes, I'm ALWAYS exhausted.

I'm not sure what drew me to Barren Heights. Maybe it was that it was free, or that Toni was so nice when I registered, or the idea of an hour of free time all to myself that drew me (imagine driving eight hours for one hour of free time!) I now know it was God calling me to be in this place, at this time, with these people.

My tension dissipated immediately upon arrival when our group leader told me, "We don't need you to do anything. We're just here to love on you all weekend." Then they told me to sit down, and asked what I needed. After spending my days caring for my kids, having someone else meeting my needs was both foreign and overwhelming to me.

Someone Else is Driving the Boat (continued)

Nothing could have prepared me for the following day's boat ride. It started out rough, with Zachary fighting the life jacket and screaming and hitting. At one point, we thought we might have to turn around. But he settled in, and we all loved it, feeling the wind on our faces and the beauty of God's creation all around us. Toward the end of our ride, I had the opportunity to go tubing again with my two oldest kids. My youngest was dozing on one of the Rose girl's laps, and Zachary was sitting calmly with Toni. I realized as I bumped along in the tube that my neck and my legs hurt - I was trying so hard to sit up and make sure all the kids were okay, trying to maintain some semblance of control. And it HURT! So I lay back, physically willed myself to relax, and let myself just marvel in the wonder of it all.

It was a beautiful day on the lake. The sun and the spray felt wonderful on my face, and even more wonderful was *the peace I felt when I let someone else drive the boat.*

And then it hit me square in the face. That was the message I drove eight hours to hear. In the midst of the chaos and all that needs to be done, I had forgotten to sit back and let God drive the boat. I looked up at the sky, smiled, and said, "I hear You!!" and then enjoyed the rest of the ride. And I heard this answer back, "Be still and know that I am God." Wow.

Every day since the retreat, I wake up and make the conscious decision to let God "drive the boat". To place my problems at his feet, and to choose faith instead of the fear I had always harbored. The results are astounding. I don't question decisions like I used to, don't worry about the future like I used to, don't dwell on what others might think about my children's disabilities, but instead do my best to highlight their strengths.

I know that the goal of Barren Heights is to give families of a child with disabilities a chance to have a nice weekend together. But in reality, it accomplishes so much more. For in meeting our needs physically - feeding us, playing with us, giving us a rest - you open our hearts to hear the voice of God. While it seems impossible the transformation that can take place over a simple weekend in the hills of Kentucky, Barren Heights is doing just that - changing lives, one child, one parent, one family at a time.

Thank you for all you do to make this possible!

Happy Birthday Macy Kile!

To celebrate her 10th birthday, this sweet young lady asked party guests to bring a toy or craft donation for Barren Heights rather than a gift for her. Thank you Macy for your selflessness.



Barren Heights Reunion

Several of our previous visitors have expressed interest in reconnecting with their Barren Heights "Family". We would love to host a REUNION. If you have interest in leading this effort or serving on a committee, please send an email to:

Toni.Rose@barrenheights.com

Please support our sponsoring partner - **B&K - Design. Print . Mail . Signs**

They have proven to be reliable, timely and fair. It's so nice not to have to babysit projects. Perhaps they can help you too. Contact Mark Bell (866) 884-9425.



Gratitude....

Words cannot express the gratitude we feel towards Danny Raisor, the Bagley family and the men of Parkway Baptist Church. (Bardstown) These gifted servants gave so unselfishly to realize the completion of our newest project, the Picnic Shelter and Storage Room.

**Barren Heights Christian Retreat
Scottsville, KY**

Business Office:

3109 Brownsboro Vista Drive
Louisville KY 40242

Phone: 502.327.9495

Website: www.barrenheights.com

E-mail: info@barrenheights.com

Wish List

- Silent Auction Contributions
- Vinyl Table Cloths (60" round, 5 of each color: brown, green, white)
- Area Rugs (5x8 size, neutral colors)
- Cabin Décor (draperies for 15 windows)
- Bottled Water (17 oz or smaller)
- Card Stock and Copy Paper
- Automated external defibrillator (AED)
- Ink Cartridges HP 95/98
- Grant Writers. Are you gifted in this area?
- **WEED WARRIORS:** Volunteer(s) willing to visit when camp is closed and work independently, weeding flower beds and paths.



Barren Heights Retreat is a non-denominational 501c3 public charity. This Christian charity is operated **solely by volunteers**. The campus, located in Allen County, Kentucky near Barren River Lake was completed in 2005 for the primary purpose of hosting mini-vacation style retreats for families who have one or more children with a physical or developmental disability. The **family enrichment retreats** run Friday evening through Sunday afternoon, and they are free.