



The mission of Marble Retreat is to help bring healing and restore hope to those in vocational Christian ministry through Christ-centered brief intensive psychotherapy.

Fall Edition 2004 • Providing Care since 1974 • Marble, Colorado

NORMAL HUMANITY (A STRUGGLE FOR CLERGY)

Steve Cappa

In the previous Marble Retreat Newsletter (Summer '04), I wrote an article on some initial impressions regarding the struggles that hamper clergy and the church. Entitled, *Protestant Illusions*, I described how both Clergy and the Church seem to expect conduct befitting a “high priest,” someone who acts more as an intermediary between man and God. This is, of course, contrary to our Protestant values and places enormous spiritual, physical and emotional pressures upon our clergy. Furthermore, this pattern runs the risk of keeping us lay people distant from God, especially in our service to Him.

As an elaboration of this notion and in this current article, entitled, *Normal Humanity*, I wish to address the fact that many clergy arrive at Marble Retreat appearing to have forfeited what might be called *Normal Humanity*. Often, they have few, if any, intimate friends and it is the rare clergy person who boasts of some kind of hobby. Recreational time is equally rare! Moreover, they frequently appear profoundly constricted with all their emotions. Clergy come to Marble Retreat for many reasons. However, the vast majority of the presenting issues revolve around some kind of moral failure. I am always privately curious about how we get ourselves into such horrific predicaments since, most certainly, none of us enter into God’s service with the intent of lapsing into moral failure! Perhaps one of the causes of these struggles is the fact that many, if not all clergy and clergy couples who arrive at our lodge,

seem to have lost touch with the most basic features of our humanity. I have borrowed this notion of *Normal Humanity* from my friend and Marble Retreat Fellow, Dr. Don Harvey of Trevecca Nazarene University.

So how or why does this occur? These problems occur because of the enormous complex challenges that are common to clergy. As mentioned before, clergy carry great pressures to be many things to their people. Worse still, they are expected to be available 24 hours per day, 7 days per week. They are always watched by the church (us!) who expects them to be better than themselves, their families are supposed to be perfect, their sermons perfect, their service without flaw, their leadership superior, and so

on. Within the life of clergy and their families, there is, in fact, very little room to be *normal humans*. From this vantage point, it is of no surprise that burnout and moral failures are so rampant within clergy. There is

little in life that is more rewarding than serving people for Christ. It is a high calling from God and one of the most esteemed vocations in existence. However, it is also a potentially very challenging and lonely vocation!

So, what does it mean to be a *normal human*? Due to space restrictions, I will focus upon only one facet of this topic and will hope to address additional features at a later time. It is prudent to turn to the Bible for such definitions. Clearly, God made us in His image (Gen. 1:26). We can clearly make some inferences from this foundational passage.

...many clergy arrive at Marble Retreat appearing to have forfeited what might be called, *Normal Humanity*.

Join the Team!



Lead King Basin

We have been here over a year now. This summer has been full of beautiful wildflowers and outdoor activities. The photo is of the nearby Lead King Basin, just a few short miles from the Marble Retreat campus. The beauty offers a quiet and serene place to experience the Lord's healing touch and is an important part of the Marble Retreat experience.

We realize that we need your prayers to protect this ministry. The retreat is on the street named Bannockburn. Such an appropriate name, as the original Bannockburn is in the Scottish Highlands and known for being a battlefield several centuries ago. Today, the battle continues here at Marble Retreat. It is a battle for spiritual, marital, emotional, and ministerial restoration. In the year we have been here we have come to realize that we honestly need your prayers! If you would like to be involved on our prayer team, e-mail us at

ministrycare@marbleretreat.org or write to us using the enclosed envelope. We will update you monthly on the praises and prayer needs of Marble Retreat. As the year comes to a close, please begin praying for all those who have participated in our groups in 2004. Pray that the work that was done here will continue in their lives and that they will be protected by God in his mercy and grace.

Thank you for considering becoming a part of Marble Retreat's ministry in this crucial area of prayer.

-Patti and Steve

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Continued from page 1

Though it is not clear how we are in His image, we obviously bear some resemblance to God.

However, one resemblance we can see throughout scripture is that God has feelings, that He experiences emotions ranging from delight to outrage.

Consider the following scripture: "I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have not other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the father to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments." (Deuteronomy 5:8-10)

God is not a robot, devoid of expression! He has passions and He most certainly has bestowed these emotions upon us. We definitely share a resemblance with God in terms of emotions, and this resemblance helps us powerfully identify with Him and He with us.

Like God, humans have available to them a full range of emotions. A baby born into the world is a very clear example of this. She cries with her whole being, she delights with her whole being, and, yes, she is outraged with her whole being. These characteristics in children are pure and raw, leaving us adults with little guess work as to how they are feeling at any given particular time. This is, to be sure, *Normal Humanity*, which, in part, involves the "unadulterated" feeling of and the expression of the full range of human emotion. Unfortunately, this facet of *Normal Humanity* becomes far more complex as we "mature". We quickly learn to hide our emotions and to outwardly express something different. As "mature adults," it is far more difficult to "read" a person because of this. This is particularly so with clergy. Because of the mentioned pressures clergy and their families face, they frequently come to Marble Retreat terribly constrained with their emotions. This is often so true that they are not only constrained, but they frequently are unsure of exactly what or how they're supposed to feel about their circumstances:

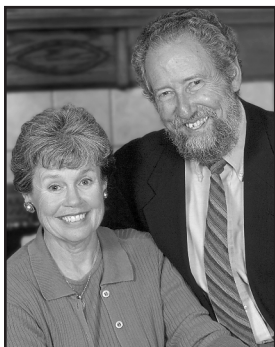
"My wife has been terminated by our church because of her affair and I don't know what I'm supposed to think or feel!"

This is a common report and emphasizes my point. Emotions are a very important tool of human expression and self-awareness. Our emotions not only tell others but they inform us of vital information. Emotions add great richness to our lives, our thoughts, and behaviors. They help us in our creativity and they help us in our decision making. Emotional expression is not unique to one sex versus the other. Scripture makes no distinction in this nor do we see it when we first come into the world. It is my assertion that, with the help of emotional expression, we have the enormous potential to greatly identify with God and, as a result, be healthier people - *Normal People*. Read it for yourself! Study God's word and seek out the presence of emotional expression within the Scriptures and embrace the permission that Scripture grants us.

**We definitely share a
resemblance with God
in terms of emotions...**

WHAT'S GOING ON

Louis and Melissa McBurney



Louis & Melissa McBurney

This has been a super summer; drenching rains, untamed wild flowers, Colorado blue skies, clean crisp air, and bears on our deck - frequently. Nothing like living in the mountains! Once, our visiting bear lunged at me and took a swat at my supersoaker. But enough about fun and games.

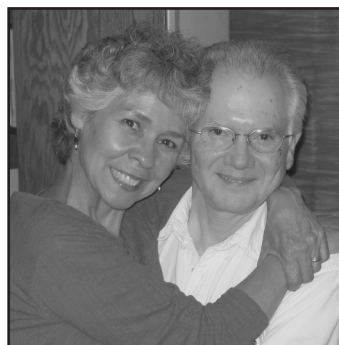
We've also had a very productive time with mostly full groups for Steve and Patti, Smith and Mary Helen Noland, and even Melissa and me taking one group. It is satisfying to know the ministry continues to provide hope and healing.

We've also received enthusiastic encouragement for our groups abroad. We're calling this new outreach "Marble Retreat Worldwide", and our first groups will be in Kenya, October 24 - December 3. Pray for no bears or lions, and lots of grace to give.

LINGUINI WITH BROCCOLI & SHRIMP

From the kitchen of Henry and Eva Villarreal

- 10 cup broccoli flowerets and stems
(sliced 1/4 thick)
- 1 pkg. dried linguini
- 1 1/2 cubes (3/4 cup) of butter
- 5 tsp. minced garlic
- 2 1/2 lbs. shrimp
- 1 tsp. salt
- 1 tsp. pepper
- 1 cup Parmesan cheese
(freshly grated if available)



Eva & Henry Villarreal

Cut up broccoli flowerets and stems, spray with Fit Veg. spray and rinse well. Start water boiling in large pot and add 1 tsp. salt to water. Once water is boiling, dip broccoli flowerets and stems in water for a few seconds, take out and run under cold water to stop cooking process. Set aside. Melt half of butter, add garlic and sauté until softened. Add the shrimp, salt & pepper. Sauté for 5 min. Add the broccoli and heat for 1 min. Cook linguini until al dente. Drain well and toss with rest of the butter. Mix pasta with shrimp & broccoli. Add the cheese and serve at once. (May keep warm in oven in covered dish.)

Add a large green salad and warm bread to complete the meal. Serves 8.

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*A higher standard.
A higher purpose.*

REMAINING GROUPS FOR 2004

November 7- November 19

November 28 - Dec 10

MARBLE RETREAT SCHEDULE 2005

January 9 - January 21
January 23 - February 4
February 6 - February 18
April 3 - April 15
April 17 - April 29
May 1 - May 13
May 22 - June 3
June 5 - June 17
June 19 - July 1

July 10 - July 22
July 24 - August 5
August 7 - August 19
August 28 - September 9
September 11 - September 23
September 25 - October 7
October 23 - November 4
November 6 - November 18
December 4 - December 16

Sessions are limited to eight people total.
If married, your spouse is required to attend with you.

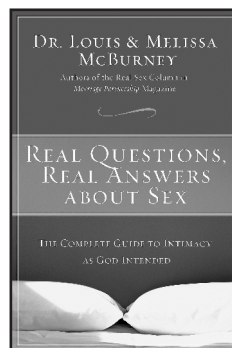
Due to the nature of our ministry, there is often last minute availability.
However, sessions usually fill up a month in advance.
Summer months are in high demand and may book two months in advance.

Session dates are subject to change on occasion.
Please call to confirm a reservation prior to booking flights.

When making travel plans, plan to arrive Sunday afternoon and depart by noon on Friday.

THE BOOK COMETH

We are excited to announce the coming arrival of Dr. Louis and Melissa McBurney's new book "REAL QUESTIONS, REAL ANSWERS ABOUT SEX – The Complete Guide to Intimacy as God Intended." The book, published by Zondervan, will be released in December 2004 and available in most bookstores by January 2005. The ISBN is 010256585 and the retail price is \$16.99. This has been a big project for Louis and Melissa and we are anxious to learn all they have to share from years of experience helping others with this very private yet often ignored subject.

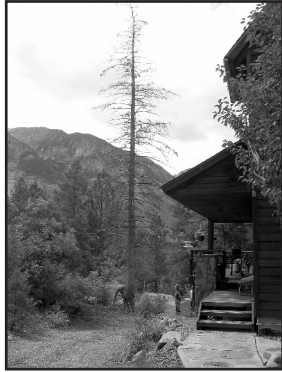


FALL DESSERT



Mick and Susan Spalding (left) hosted a dessert in September for friends of Marble Retreat. Steve and Patti Cappa (right) in attendance.

THE GIFT OF VOLUNTEERS



precise spot he planned on. We are blessed by all who give their time, energy and resources to make Marble Retreat an effective ministry.

This last summer we had lots of help from volunteers. Many local people visited our office to provide much needed support. They helped get our summer newsletter to you, maintained our filing system, and helped us move our office. Dick and Ann Lake came all the way from New Mexico to be our host couple in August giving Henry and Eva Villarreal a much needed vacation. Not only did Dick and Ann prepare all of the meals, clean-up, and provide a welcoming environment filled with grace and prayer, Dick also supervised a tree cutting party. We had a 60 foot tall but very dead pine tree near the lodge that needed to be removed. We were very thankful for Dick's confidence and expertise as he laid that tree down in the



Ann and Dick Lake

October is
Pastor Appreciation Month!
Why not honor your pastor with an
"Honor Gift" to Marble Retreat?
Your honoree will receive a special
acknowledgement card announcing your gift.

TAKING STOCK

Pam Wadsworth

Planning a year-end gift of securities to Marble Retreat or another charity? Remember that you must hold appreciated securities for more than a year before you can deduct their current market value from your taxable income (otherwise, you can deduct no more than you paid for them), and you have to make your gift directly to the charity or their account to avoid paying capital gains taxes. You'll also need to call to clear any restrictions on the securities before you donate them. Finally, if you are planning to make the gift in time to claim a deduction on this year's taxes, be aware that it takes time to complete the process by year-end.

When making a gift of stock to Marble Retreat, please contact Pam Wadsworth, Director of Development at Marble Retreat, by calling toll free 1-888-216-2725. Information your broker needs to initiate the gift is as follows:

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