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THE ART OF CONFESSION

To further reflect and summarize, confession is an integral part of the Christian life! It involves the sharing of one's joys and burdens with at least one other person, ideally a trusted fellow believer. The purpose of confession is to liberate us from ourselves! That is, God wishes for us to live more freely and openly, to live in an ever greater relationship with Him and with His people. To hold especially negative thoughts, experiences, feelings and perceptions excessively inside of ourselves requires a certain amount of emotional energy, which limits us in other areas. Generally speaking and with some exception, people almost always feel relieved after they have shared some previously held feeling or perception about themselves- especially the negative, debasing ones! Confession is never easy! God's word calls us to be "confessional people" though, to be sure, this requires a great deal of strength, courage and faith in the freedom that can come from the process. In my opinion, the opposite of confession is loneliness! That is, when one withholds things about themselves, usually out of fear and/or shame, one has a natural tendency to withdraw from relationship, resulting in loneliness. Loneliness can be understood simply as the frustrated desire for relationship with another. Loneliness is marked by sadness, anxiety, worry, fear and often anger. Another symptom of failing to be a confessional person is that of a seared conscience. A seared conscience requires a strong effort to not think or feel about a negative aspect of our lives. A heart can become hardened, a common accompanying feeling with that of loneliness. When we share of ourselves (this implies interacting with another!) and it goes well, we are far less lonely, our hearts are more open and therefore, we are more complete in God's design for us.

...confession is an integral part of the Christian life!

But how might confession occur, especially within our walls up here in these Rocky Mountains? Very simply: SAFETY and FAITH! In order for people to confess (at least the kind of confessions that occur at Marble Retreat!), they must first feel safe. We are very firm and clear about the privacy and security of the dear clergy that come to Marble Retreat. Furthermore, the setting of Marble Retreat is quiet and free from many distractions. This helps to establish a safe setting, a confessional setting. Safety also comes through a sense of tolerance in the audience, the recipients of the confession. Often, people fear that the things they are about to share will result in catastrophic consequences, that their own pain and discomfort will actually increase! Recipients of confessions must be able to "hold", to tolerate the words and feelings of the confessor. Safety also comes through the reasonable guarantee that what is shared is private- that it is between the confessor, the recipient and God alone. Too often in our churches, people share things that tragically end up in the "Gossip Channel", painfully exposing them and running the great risk of causing harm, embarrassment and humiliation. When this occurs, people will withdraw and withhold their thoughts and feelings, avoiding confession at all costs.

To conclude, there are some very clear biblical principles here. First, it is assumed that we all are sinners, that we all, therefore, have things to confess. Secondly, confession will not occur unless the confessor feels reasonably safe and secure and, even more importantly, that the recipients of the confession are stable themselves, able to tolerate that which might be about to be shared. Third, the purpose of confession is to ultimately draw us close to God and to one another, to obliterate loneliness, to foster a stronger and healthier community (e.g., marriage, family, church). Let us all resolve to be "confessional people", for our own sakes and for the sake of the kingdom!

REFLECTIONS FROM PAST PARTICIPANTS

Marble Retreat recently received a few updates from past participants. We would like to share reflections from two different couples. These updates are very encouraging to us. Our work is very intense for 12 days and then everyone returns to parts near and far. We love to hear from these dear people who have worked so hard with us. If you would like to send us an update, you may do so by e-mailing Patti Cappa at pcappa@marbleretreat.org, send us a letter or give us a call. Here are a few comments:

"I am so thankful for Marble Retreat. I would say to those I don't know....There was a time when I had no one, no place, no where to go for hope without you."

"There is no doubt in our minds that it saved our lives, our marriage, and our walk with God. No amount of money could ever measure it. We are honored to bless the ministry any way we can for as long as we can."

YOUR PRAYERS ARE SO NEEDED

Our ministry continues to provide intensive psychotherapy to ministers from around the world. As has been the case in the past, many have lost their positions due to moral failure or misunderstandings with their fellow ministry leaders. Some arrive with their ministries intact but extremely fatigued and demoralized from the pressures of their vocation. They continue to need a place to go for support, which is confidential, allowing them to experience and express their joys, doubts, failures and their emotions in a safe, nurturing, yet challenging environment. Marble Retreat continues to provide that kind of environment and your prayers are crucial to our mission. Thank you to those who have lifted our participants and our ministry in prayer.

WHAT'S GOIN' ON

by Louis and Melissa McBurney

Seems that life events are constantly throwing challenges in our paths. Most of those have been exciting adventures like each new group that comes to Marble or our mission outreach to Thailand and Kenya.

The Marble groups have been full and the participants report good experiences. Steve and Patti have met and handled those challenges well. Melissa and Louis have just finished their third group at Marble and are now preparing for their three groups in Thailand in September and three groups in Kenya in November. Continue to pray for the individuals and couples whom the Lord will lead to the Marble ministry in all these areas. Also remember Henry, Eva, Katrine, and our volunteer host couple, Theiss and Suzie Jones. These challenges are all fragrant bouquets to enjoy!

Some, however, just stink! After 28 years of flawless service the Retreat septic system has developed a terminal illness and has to be replaced. That stinks in more ways than olfactory! Replacement costs will be significant. We don't have the bids yet. Fortunately, the Lord has provided a buyer for one of the lots owned by the Trust. That should help. If you'd like to help restore the sweet, fresh air at Marble that would be lovely!

But meanwhile if Erma Bombeck tries to tell you the grass is greener over the septic tank don't believe it.



THE RENOVATIONS CONTINUE...

This year we have focused on the care of our now 20-plus-year-old lodge. In our previous newsletter we told you about the remodeling of the two of our guest suites. Now, we have the opportunity to let you know about a very big renovation needed that affects both the interior and the exterior of our campus. We are in the process taking bids for a new septic system. Septic systems, as we are finding out, last for an average of 20 years and that has proven painfully true for Marble Retreat! We need to relocate our system and that takes time and a large amount of funding. It is one of those crucial elements to running a beautiful lodge in the high country wilderness.

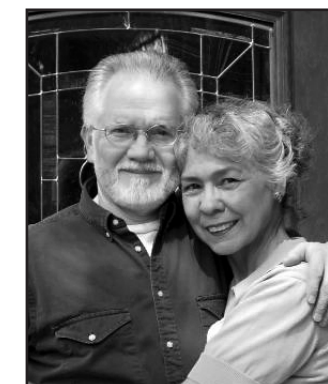
GIVING JUST GOT A LITTLE EASIER

You now have the option of donating to Marble Retreat through our website at www.marbleretreat.org and clicking on to the DONATE button. You also may call Katrine at the office at 888-216-2725 and use your Visa or MasterCard to donate.



Your generous contributions are vital to the health of this ministry. Those that receive our services, the Board of Directors and staff appreciate your gifts.

ORANGE ROUGHY ALA MARBLE RETREAT



Henry and Eva

Use as many fillets as you need depending on how many people you are serving. If frozen, thaw, rinse and pat dry. Place in a container and squeeze fresh lemon juice on each piece, cover container with lid and refrigerate. The fillets should marinate in the lemon juice for a minimum of 45 minutes.

When you are ready to grill the fillets, remove from the container with the lemon juice, do not pat dry, the moisture allows the seasoning to stick. Sprinkle each fillet with Henry and Eva's special seasoning on one side only. (Cover these little dudes well.)

Carefully place fillets seasoned side down on a hot grill that the flame has just been turned to low. Now sprinkle seasoning on the up side while on the grill. In approximately 3 minutes sprinkle real melted butter with a brush. Do not brush on; you will brush off all of your seasoning. Cook with the lid closed for about 6 minutes and then very carefully turn fillets over for another 5-6 minutes. Remove and serve.

Since the thickness of the fillets varies, you will have to use your own judgment as to the actual cooking time. The times used above are approximates and are cooked at an elevation of 8,000 feet which does make a difference. Enjoy. This recipe has become a favorite with our guests.

HENRY AND EVA'S SPECIAL SEASONING

- Paprika 1 cup
Lemon Pepper 1/2 cup
Basil 2 Tablespoons
Granulated Garlic 2 Tablespoons
Parsley 1 1/2 Tablespoons
Oregano 1 Tablespoon
Black Pepper 1 1/2 Teaspoon

Henry crushes the Basil, Parsley and Oregano in a mortar with a pestle. This makes for a freer flowing seasoning and he believes the spices mingle better. He then puts this seasoning in a large empty seasoning container with lid that has holes, closes and shakes it vigorously. Yes, this is a large amount; we use it often and always have it on hand.

Marble Retreat

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A higher standard.
A higher purpose.

## THANK YOU THEISS AND SUZIE



We are once again so very appreciative of the volunteers that God inspires to serve at Marble Retreat. Theiss and Suzie Jones spent two weeks in Marble this fall ministering to one of our groups with their gifts of hospitality and mercy. They both are able to bring comfort and a welcoming presence to our lodge when our participants arrive a bit anxious, tired and apprehensive that first Sunday night. Supposedly, the Jones retired in 2002, though you would never know it with their giving hearts and full schedules. When they aren't ministering at home in Texas, they are in Vermont ministering in small churches or traveling with the Century Men where Theiss contributes his wonderful baritone voice. Suzie has an incredible gift with the stove and oven. We are including one of the guest's favorite recipes.

### Suzie's Cream Cheese Braid

1 cup commercial Sour Cream	2 packages of dry yeast
1/2 cup sugar	1/2 cup warm water (105 to 115 degrees)
1 teaspoon salt	2 eggs beaten
1/2 cup melted butter	4 cups all-purpose flour

Heat sour cream over low heat; stir in sugar, salt and butter, cool to luke-warm. Sprinkle yeast over warm water in a large mixing bowl stirring until yeast is dissolved. Add sour cream mixture, eggs and flour; mix well. Cover tightly and refrigerate over night.

The next day divide the dough into four equal parts. On a well floured board roll into a rectangle about 12x8 inches. Spread 1/4 cream cheese mixture on each rectangle and roll jelly roll fashion, beginning with the long sides. Pinch ends together and fold under. Place seam side down on greased baking sheet. Slit each roll at 2 inch intervals to resemble a braid. Let rise in a warm place, free from draft, until double, about one hour. Bake at 375 for 12 to 15 minutes or until lightly browned. Spread with glaze while warm.

### Cream Cheese Filling

2 - 8oz. Packages of cream cheese softened	1/8 teaspoon salt	
3/4 cup sugar	2 teaspoons of vanilla	1 egg beaten

Combine cream cheese and sugar in a small bowl; add egg salt and vanilla and mix well.

### Glaze

2 cups powdered sugar	4 Tablespoons milk	2 teaspoons vanilla
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Combine all ingredients in a small bowl; mix well and drizzle over warm braids.

## WHAT'S UP?

“What’s up?” is the question Steve usually asks at the beginning of our morning groups. It is a question that is filled with concern over the welfare of our group participants. Our most recent group was in session while Hurricane Katrina’s devastating effects were beginning to be publicized. It was a strange experience to be having so much suffering in our lodge while so much suffering was happening in the Gulf States as shown on our TV screens. To be sure, the suffering in our midst was different than the suffering caused by Hurricane Katrina. Our participants hadn’t lost their lives or homes, but perhaps they had lost their joy, innocence, fervor for their faith, position in ministry, marriage and even their desire to live. In the end, it is all suffering (whether from a hurricane or other natural disaster or sometimes even by our own hands!) and it is and inevitable part of our walk on Earth. We can only hope and pray that as time goes on we all find some kind of purpose in it despite the great physical and emotional pain endured in the process. The good news is that the Bible has much to say about this! Roman 5: 2-5 has helped us in our own suffering and witnessing the suffering of others. Perhaps, it will be encouraging to you as well!



*And we rejoice in the hope of the glory of God. Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us because God has poured out his love into our hearts by the Holy Spirit, whom he has given us.*

*-Patti and Steve*



*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 2005 • Providing Care since 1974 • Marble, Colorado

## THE ART OF CONFESSION THE FERTILE GROUND OF RESTORATION

By Steve Cappa

In earlier newsletters, we have shared various ideas and experiences regarding the problems that are common to clergy and some notions on how a healthier spiritual, physical and emotional life might be achieved. To those who read this newsletter, it is understood why clergy seek the services of Marble Retreat: burnout, moral failures, marital conflict and spiritual emptiness are but a few of the struggles common to the clergy who come to this wonderful place of restoration. There exists, however, a fair amount of curiosity as to what actually happens when folks come up here and how they are able to experience God’s wonderful healing touch. While the factors that contribute to transformation and healing are numerous, I might suggest that **the most significant element that contributes to change is the “art of confession”**. I would like to dedicate this article to this biblical, odd yet very powerful term, concept and spiritually-based exercise that seems to repeatedly set the stage for a healthier life in us all and most certainly, in the clergy that attend Marble Retreat.

Confession is a most interesting term and one that is, to be sure, an integral part of the Christian life. Confession might be defined as an “acknowledgment or avowal, an admission or confession” (The American College Dictionary, 1966). It usually contains a disclosure of some kind and, for the sake of this present article, this disclosure most powerfully involves some personal, historically cloistered and secluded part of one’s life. This, of course, assumes that we actually have things to confess, that we attempt to hide things in our lives from others, that we believe there are self-perceptions, events or elements in our lives that others do not see nor do we wish for them to be seen. This is often an illusion since these “hidden things” in our lives often find outlets that are commonly observed by others. Confession, in a

forensic sense, involves the admission of guilt by someone accused of an infraction or crime against society. Confession, however, can also take the form of a proclamation, a statement or statements of certitude in life, particularly of one’s faith. A synonym for this understanding might be “creed” or “catechism”. We have in church history, the Apostle’s Creed, the Nicene Creed, examples of Christian confessions of faith. From a Christian perspective, confession might be summarized by the following definition: the “acknowledgment and praise of God’s character and glorious works, often with expression of man’s confession of faith in God and in his

Son, Jesus Christ; also man’s confession to God in his sins and wicked works.” (Baker Evangelical Dictionary of Theology, 1984). Confession is a term and practice that is steeped in both Old Testament and New Testament writings and one that we are strongly

urged to exercise today! Consider the following biblical proclamations: “The Lord reigns, let the nations tremble; he sits enthroned between the cherubim, let the earth shake. Great is the Lord in Zion; he is exalted over all the nations. Let them praise your great and awesome name- he is holy (Psalm 99:1-5).” Confession of sin, as a means of salvation or restoration, is also strongly emphasized in scripture: “Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16).” For those of us who might be interested in statistics, the word “confession” and its derivatives appear approximately 50 times in the Bible. Given the biblical mandates throughout scripture, the rich confessional traditions throughout church history and based upon what we feel is a crucial component to transformation and restoration, we may conclude that the exercising of confession is a critical component to a healthy Christian life. This is most certainly true with the clergy that come to Marble Retreat!

...the most significant element that contributes to change is the “art of confession”

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## REMAINING GROUPS OF 2005 GROUP SCHEDULE 2006

<b>October 23 - November 4</b>	<b>March 26 - April 7</b>	<b>August 6 - 18</b>
<b>November 6 - 18</b>	<b>April 23 - May 5</b>	<b>August 27 - September 8</b>
<b>December 4 - 16</b>	<b>May 7 - 19</b>	<b>September 10 - 22</b>
<b>January 8 - 20</b>	<b>June 4 - 16</b>	<b>October 15 - 27</b>
<b>January 22 - February 3</b>	<b>June 18 - 30</b>	<b>November 5 - 17</b>
<b>February 12 - February 24</b>	<b>July 9 - 21</b>	<b>December 3 - 15</b>
<b>March 12 - 24</b>	<b>July 23 - August 4</b>	

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.