

## How Does YOUR Army Treat Its Wounded?

By James R. Beck, Ph.D.  
Board of Directors, Marble Retreat

Americans care about their soldiers. The young women and men who are sent into harm's way in the service of their country are important to us. Families and friends of our soldiers pray fervently for their safe return. And everyone hopes that when our favorite soldiers come home, they will not be physically or emotionally wounded.

News reports from field hospitals in Iraq have given us encouraging information about how the military is caring for wounded soldiers in this current conflict. Military medics have discovered that the specific type of immediate medical care administered to wounded soldiers in the field directly affects their treatment in Germany and their eventual recovery. In this conflict, wounded soldiers are airlifted to state-of-the-art American military hospitals in Germany quite quickly. Now, medics in Iraq confine their treatment to procedures that will prepare the patient well for more extensive care in Germany. These revised and improved approaches to the care and treatment of wounded soldiers is paying off: Soldiers get better more quickly with fewer long-term consequences.

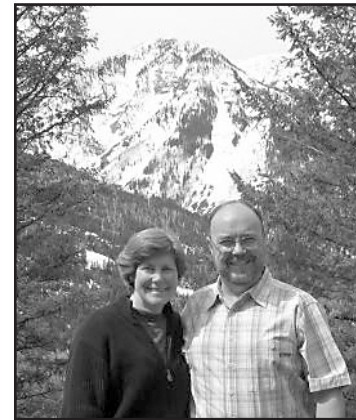
Soldiers in God's army sustain wounds as well. Pastors who serve us and missionaries who take the good news of the gospel to far-flung fields of service are under attack. Sometimes we can see their wounds; sometimes the wounds are private. Sometimes the wounds will heal completely; sometimes these recovered soldiers in God's army will carry scars with them for the rest of their lives. Sometimes the wounds are relatively confined and minor, but in other cases, the wounds are major and threatening to future service in God's army.

How we provide immediate care for these dear people is critical to how they will eventually recover. Sometimes the situation is critical: If we don't get immediate help for them, perhaps they will never recover from their wounds.

Marble Retreat is a first-class field hospital for wounded soldiers in God's army. The medics there (our highly qualified therapists) are well-trained in how to take these casualties off the field of battle for a brief time so that they can begin their recovery and healing process. The focus of the Marble ministry is not to provide the long-term care that these injured pastors and missionaries may need. But Marble does seek to give them the immediate attention they deserve that will make that long-term healing more likely. The quality of that immediate attention is a critical component of the total healing journey that is ahead for these ministerial casualties.

What should we in the field do when we spot a wounded soldier? How does our particular unit in God's army treat our wounded leaders? Can we imagine watching them suffer alone? Do we leave them where they fall, bleeding and in need of help? Of course not. We keep our eyes peeled so that we can spot these casualties and refer them to Marble's crisis ministry. In fact, referring people we know who could benefit from the love and care that Marble Retreat provides is a major way we can support the ministry. So watch for the injured and wounded around you and refer them to Marble. And while you are watching, pray for those who do get to this spiritual field hospital that God's grace and mercy will be evident to all involved, as the process of healing and recovery begins.

## HELLO FROM THE DIRECTORS



Summer time is always a busy time for Marble Retreat. We have many groups lined up now and throughout the fall. Our greatest prayer continues to be that those who need us will find us. The greatest truth for us is knowing that the Lord continues to minister to those hurt and weary clergy who come here seeking rest and restoration. We want to thank all of those in the Marble Retreat family who continue to support this ministry through prayer, resources and referrals. The Marble Retreat staff cannot do all of this without your partnership!

Patti has enjoyed the following few verses in Psalm 85 these last few weeks, which state,

*Love and faithfulness meet together;  
Righteousness and peace kiss each other.  
Faithfulness springs forth from the earth,  
And righteousness looks down from heaven.*

May YOU experience the Lord's peace and His love this summer season.

*Patti and Steve*

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CHANGE SERVICE REQUESTED

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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.

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## HUNGRY, HEALTHY CLERGY! FURTHER REFLECTIONS ON HEALTHIER LIVING IN CHRIST

In the previous Spring '05 newsletter, I wrote about the excellent seminal research from Dr. Mark McMinn and his colleagues and graduate students out of Wheaton College (mark.mcminn@wheaton.edu). This project addressed various healthy coping activities and strategies common among clergy and their spouses. To review, they found that prayer, time off, hobbies, exercise and, if married, a fulfilling marital relationship are all factors that strongly contribute to a healthy clergy person or couple. As an extension of this fine research, I'd like to "exercise" some liberties and address an additional factor that we of Marble Retreat feel is extremely important. Eating healthy, practicing good nutrition is a most crucial and foundational aspect of our lives and clergy are most certainly not exempt from this! A great number of the clergy who seek the services at Marble Retreat come here suffering from poor nutrition and eating habits, and even obesity! It has already been established that clergy tend to live very fast-paced lives.

This lifestyle is not at all conducive to nutritional living, so it is common to find our church leaders coming to Marble Retreat suffering in this way as well. Of course, the problem is much, much bigger than the plight of clergy. . . it is a national problem!

There exists a dramatically growing body of research regarding the health trends in this country and the data is not at all good! **Obesity is rampant among this nation's people** and the resulting economic burdens, in terms of lost productivity, serious medical problems (meteoric health care costs!) and worst of all, death, are of grave concern. We Americans are **prone to overeating!** Furthermore, we are highly prone to over-eating the **wrong kinds of foods!** We not only eat too much, but we eat in a very poor fashion, consuming foods that lack nutritional value. Moreover, today's restaurants tend to serve huge portions of food, filling oversized plates with more than most people can consume. Nonetheless, we tend to "clean our plates" both in restaurants and in our homes, a good practice, except

for the fact that those plates tend to hold way too much. Worse still, our lifestyles are of such a nature that the **time involved in preparing a nutritious meal is heavily curtailed, so we tend to eat out a lot**, consuming what has become known as "fast food". When we do eat at home, we tend to prepare only those meals that can be put together quickly and eaten quickly. Much of our foods now come to us frozen and prepackaged. The preparation and cooking of fresh foods tends to be the exception rather than the rule and all of this contributes to a less healthy lifestyle.

As we enter into middle age, our bodies enter into a declining phase, marked by a gradual loss of bone, muscle mass and reduced metabolism, among other features. Furthermore, as we age we tend to lose general energy and lapse into a more sedentary lifestyle. This is a very unhealthy, though partly natural pattern. The absolute truth is that "none of us is going to get out of here alive"! We all can look forward to our ultimate

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launch into Glory. However, we should do whatever we can to prolong our lives here on earth since God has lifelong plans! Furthermore and with great confidence, I can state that **we should do nothing to accelerate the process of aging!** How can I say this? Let's turn to our ultimate source of Truth, the Bible. Consider the following scripture reference:

*"Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body."*  
(1 Cor. 6:19-20, NIV)

While this most popular passage refers specifically to sexual immorality, there are obvious larger principles involved. **God values these vessels of ours highly!** He also makes it clear that these bodies of ours are "on loan", that they are "not ours but belong to Him". One might even argue that when we abuse our bodies, we

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### GROUPS FOR 2005

<b>June 19 - July 1</b>	<b>September 11 - September 23</b>
<b>July 10 - July 22</b>	<b>September 25 - October 7</b>
<b>July 24 - August 5</b>	<b>October 23 - November 4</b>
<b>August 7 - August 19</b>	<b>November 6 - November 18</b>
<b>August 28 - September 9</b>	<b>December 4 - December 16</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.

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## HUNGRY, HEALTHY CLERGY! FURTHER REFLECTIONS ON HEALTHIER LIVING IN CHRIST

are insulting Him! So, to be sure, we have an ominous responsibility to take appropriate care of ourselves and do nothing to harm these bodies of ours. Of course, to be sure, this is not the same as bodies that are broken because of accident and/or illness. These afflictions are not necessarily by our choice or by our will! However, most of us who overeat or eat poorly do so by will, by choice, often unconsciously, which, is neither healthy nor right before God.

What might one do? First off, let me clearly state, that if it isn't obvious yet, I am neither a dietician nor a nutritionist! **I am merely a 53-year-old concerned participant in all of this!** Please exercise wisdom and consult your physician and other specialists in this area. There is better and more research in this problem area in our society than ever before and it is growing (unfortunately, like our bodies!). Having stated this, I'd like to share my current preferences for resource materials. Though not at all Christian in nature, you may have recently seen in the bookstores

Bill Phillip's material, Body for Life (1999, Harper Collins, New York, New York) and the companion volume, Eating for Life (2003, Highpoint Media, Golden, Colorado) ([www.bodyforlife.com](http://www.bodyforlife.com)).

While I'm not a strict devotee of this model (and there exists some outright unbiblical ideas in it!), I very much like many of the principles which appear to make good sense. Regarding eating, he makes it clear that dieting simply does not work. Dieting implies altering, really dramatically curtailing, one's eating. While eating less is extremely important in this enterprise, many diets result in people actually starving themselves and this often powerfully contributes to the reported see-saw battle with alternating weight loss and gain that many complain about. Consider Phillip's reflections: "People who force themselves to stick with a crash diet will lose body weight, but it's a very unfavorable type of weight loss. Typically, half of the pounds lost come from muscle tissue that is sacrificed. It's very important to remember muscle is your body's metabolic furnace. Muscle uses energy, even while you're sleeping. Fat pretty much just sits there. . . To make matters worse, when you do go off the diet (which everyone who goes on a very low-calorie diet does at some point), you will gain back the fat you lost, and *more* (Body-for-Life, page 43)". In the "Eating for Life" model, Phillips actually advocates eating frequently, though nutritionally, throughout the day! He believes, as do I, that we are actually not supposed to eat just three times per day (breakfast, lunch and dinner). Rather, we ought to eat at least six times per day but taking in smaller meals, perhaps allowing one of those meals to be a larger one for the day. He calls his model the "Right Recipe Model" and emphasizes four very important aspects: the right foods, the right amounts, the right combos and the right times.

The intent of this article is not to advocate a particular method or model of healthy living but, rather, to inspire us all to strive for healthier living. Eating right, along with exercise, rest, spiritual growth, etc., are all crucial to this endeavor. Let us all commit to pursuing these attributes, that we might walk ever stronger in Christ and serve Him well!

### SORROW HITS THE CAPP A FAMILY

Imagine our shock in March when we learned that Steve's younger brother Anthony died. Six days later, on the morning of the memorial service in which Steve was to deliver the eulogy, we were notified that Steve's older brother Danny had died! That was a very difficult day, as are the days that have followed. If you are so inspired, you may give gifts to Marble Retreat in memory of Anthony and Danny Cappa.



Pam Wadsworth

God values these vessels of ours highly!

### ONE MORE BIG CHANGE

By Patti Cappa

We now must say good-bye to Pam Wadsworth, our friend and beloved Development Director. She has done much to insure the longevity of Marble Retreat. I personally am thankful to Pam for training our office staff to manage the mailings and the development aspects of Marble Retreat. Thank you, Pam! Your influence will be felt as we further your work here. We hope for a blessed retirement for both you and your husband, Dick.

I can't say it better than Doris Edwards, our President Emeritus: "As I have expressed many times, it was not only *what* you did—but the *spirit* in which you did it—that has been beautiful indeed. Your patience, warmth, dedication, compassion, encouraging words, model for excellence, and beautiful smile are but a few attributes that come to mind, each of these emanating from your abiding love for Marble Retreat. What a legacy you leave behind!"

### LODGE MAKEOVER

Marble Retreat continues to be blessed by the generosity of our friends and neighbors. We recently were able to repaint two bedrooms and remodel the four guest bathrooms. Henry and Eva Villarreal provided much of the manpower and a nearby tile setter generously provided the tiles and labor for the bathroom floors. The Church of Redstone gave us a monetary gift from their blessing fund which provided for the new fixtures in the bathrooms and the paint. We are so thankful to a loving and giving community. There is more yet to do, but we have made a good start.



### INTRODUCING ON-LINE GIVING

Marble Retreat will soon offer a new way to give your dollars to support the ministry. We have decided to implement this new service to provide an easier and more accessible way to financially support Marble Retreat.



Just click on Donate Now at [www.marbleretreat.org](http://www.marbleretreat.org)

The Board of Directors and the Staff thank all of you for enabling Marble Retreat to provide the same high quality and dedicated service that we have done for over 31 years. Your support is crucial to the ministry!

### NEW PRESIDENT

Marble Retreat has a new president of the board. Bert Pope was elected President at our March board meeting. Byrn Williamson, M.D. is Vice President. We look forward to working with this new executive team. We are very thankful for the firm direction of President Emeritus Doris Edwards during a most critical time of transition from the McBurneys to the Capps. Thank you, Doris, for your godly and inspired leadership!

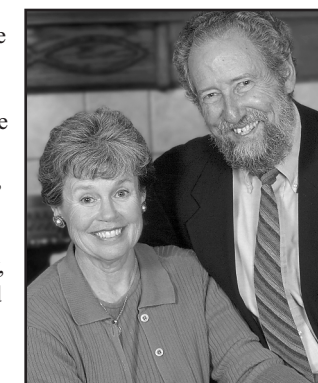
### FAREWELL TO JOANN MEANS

We just received a prayer request for a college student in China. It came from an attorney in Texas who has a Texas sized heart for the Lord's work! That's what JoAnn Means brought to the ministry of Marble Retreat from 19\_\_ to 2004. She also served as president of the Board and only recently resigned because of her pressing schedule as attorney, wife of a federal judge and seminary board member. JoAnn was an invaluable resource to us on many occasions, especially when we faced some legal questions. Besides that JoAnn was fun to have on the team. We'll miss her wry sense of humor, contagious smile, and deeply spiritual wisdom.

### FROM LOUIS AND MELISSA MCBURNEY

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." With Hebrews 12:1, the thought of JoAnn's departure from the active board, Doris' relinquishing the helm to Bert, Pam's stepping aside as development director and hearing from all the new voices has reminded us of the "great cloud" that has led us these 31 years. We'll risk missing someone and apologize if we do, but still wanted to praise God for the gifts of: Scott and Susan Middleton, Byrn and Anita Williamson, Ed and Marjie Bratcher, John Lawyer, John Golman, Dave Gibson, Mike Ferguson, Doug and Rebecca Self, Pam and Dick Wadsworth, Bob and Linnie Hinkle, Marshall and Susan Shelley, Nelwyn and Ross Reagan, Larry and Bonny Dearing, JoAnn and Terry Means, Don and Jeannie Ray, Dave and Ronnie Carder, Doris and Marshall Edwards, Bert and Marcia Pope, Loly and Eric Loveless, Jim and Ginny Beck, Drake and Judy Benson, Guy and Gay Holloway, Ron and Janet Madera, Bob and Sandy Sewell, Richard and Jennifer Beckham, Mick and Dawn Rike, Sonny and Sonia Rains, Henry and Eva Villarreal, Cheryl Holmstrom (and Daryl) Yarrow, Lynn Donnelly, Paula Henderson, Sue and Kirk Blue, Karin Evans, Katrine Fabian, Kathy Zintmeyer, Bruce and Connie Gledhill, Steve and Patti Cappa, Smith and Mary Helen Noland, Don and Jan Harvey, Doug and Michelle Anderson, Walt and Fran Becker, Dick and Ann Lake, Theiss and Susie Jones, Suzanne Pohousky, Robert and Emily McBurney, hundreds of financial supporters, thousands of Retreatants, and **you!**

**What a great and ongoing group of encouragers and witnesses to God's faithfulness! Thanks!**



### CAPPA FAMILY UPDATE



Pictured left to right are Matt, Will and David

It has been quite awhile since we wrote about our family and we decided it was time. Our eldest, Matt moved out of the house in February and is doing quite well in his own apartment in Carbondale. Matt maintains a full time job as a mechanic for a large construction equipment rental company in Carbondale

William is our high school senior and by the time this newsletter gets to you, he will be graduated and may have plans for his college location. We are quite proud of him as he wrestled with defining his own personal faith in Jesus Christ this school year. He is a remarkable young man and we know he will make a difference in our world.

David moves from 8<sup>th</sup> grade to high school next fall. He has taken to snowboarding like a polar bear to a snow storm. He was able to get himself to the slopes almost every weekend during the winter. He excelled in school this last year and found himself on the honor roll at least twice. David loves his guitar and piano and continues to be stretched in those areas as well.

### UPDATE ON STATE CHARITABLE REGISTRATIONS

We continue to work on state registrations throughout the U.S. If you haven't received our spring appeal letter, it is because we are not yet registered in your state of residence. We are still in need of financial support! We thank all who have made donations to Marble Retreat and appreciate those who are considering a gift. You are a crucial partner in this ministry!

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A higher standard.  
A higher purpose.