



The mission of Marble Retreat is to help bring healing, hope and restoration to those in vocational Christian ministry and the Church at large through Christ-centered brief intensive counseling.

Fall Edition 2006 • Providing Care since 1974 • Marble, Colorado

A SEASON OF CHANGE

By Steve Cappa

As of this writing, it is now the month of September and summer has just simply flown by. I don't even know where it went! It seems to me the last I checked it was spring and I was anticipating the warm days of summer and all of the outdoor projects that awaited me. Now the trees and bushes are starting to pale and some are already even yellow. Change is in the air! While we all know that God is immutable (He never changes!), our lives, like in nature, constantly experience change. Change of any kind is never easy because one must bid farewell to what has been known and greet that which is unknown. Our abiding faith in God helps assuage the stresses of change. All of this is equally true for the ministry of Marble Retreat.

This writing is to introduce to you a new and wonderful change to the nature of our services. For 32 years, the ministry of Marble Retreat has consisted of a 12-day stay for our guests. Rest, reflection, recreation and Godly transformation have repeatedly and consistently blessed the lives of those who come, weary and broken from the rigors of ministry and life in general. As an extension of change, our society, our culture, has dramatically changed. It seems as though it is increasingly difficult for any of us to set aside two weeks for anything these days! As a result, we the directors, staff and Board of Directors of Marble Retreat have prayerfully decided to reduce the length of stay from 12 days down to 8 days. Beginning October 2006, we will continue to offer our entire services within an 8 day format, all to better accommodate the needs of those who come. It is our firm belief that this will not compromise the rich quality of care and experience our guests enjoy. We have already conducted one group within this format and the participants have reported equally strong and

positive results and experiences. Those who come will continue to have a weekend of rest and relaxation between the therapy services.

You may be interested in some of our reflections and rationales behind this decision. First off, as you might further guess, our main goal for the ministry is that all of our offered group dates be filled to capacity. Secondly, the general average age of those who come is in the mid forties. This age group typically has children still at home and both spouses are now income earners. Providing child care and being able to arrange to get away from work for two weeks is extremely difficult for our constituents. Our services will now begin on a Tuesday evening, with an early morning departure on Thursday. Travel costs are reduced when traveling during the week, plus, if one is still actively in ministry, only one Sunday will be forfeited. Furthermore, the cost for our services is reduced, making the services more financially feasible. Finally, we will actually be able to serve more within this 8-day format, providing an estimated 20-21 groups compared to our current 15-17 groups per year.

We are very excited about this new approach and we petition all of you who read this to join us in prayer that God will richly bless the ministry and especially bless those who come, who are in need of rest and transformation in their lives, their marriages and their ministries. Thank you for your support and stay tuned for updates!

Would you prefer your newsletter electronically?
E-mail us at scappa@marbleretreat.org
and let us know.

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ARE YOU MOVING TOWARD A MELTDOWN?

By Patti Cappa

Sometimes in life we feel just like we melted into a big puddle on the floor. We have lost our firm grasp on why we are doing what we are doing, why we are where we are. What is our purpose anyway? This is often the case for those who come to Marble Retreat. One might ask how or why this happens. One reason for this tragedy is because men and women living a Christian life forget that they are human. They expect so much from themselves, their spouses, and their families. Let's call it what it is- "perfection". They find themselves lonely, isolated and defeated because, let's face it, there is no such thing as perfection for humanity with the exception of Christ himself.

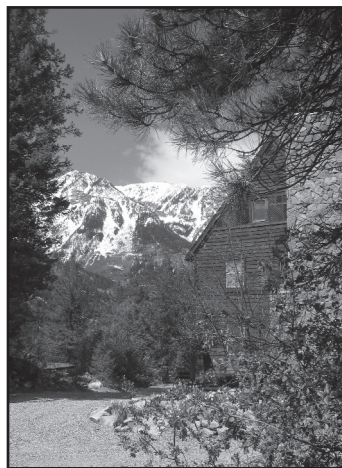
Doesn't everyone just love a perfect minister, a perfect minister's wife, a perfect missionary, a perfect minister's child, a perfect Sunday school teacher, a perfect Christian? This is such a set up for Christians whether they are leaders or not. They find that they can tell no one when they begin to doubt the existence of God, their relationship with their spouse is in the toilet or their kids are becoming delinquent. Life happens to the Christian just like it happens to anyone else. STOP thinking you are immune to the imperfections of this world!!!! You are not!!!!

We have such a great example in King David. He cried out to God "where are you?", "why don't you save me?" That is why the Psalms are such a GO TO book for many of us. They exemplify the struggles we all have. Yes, David was an anointed King of Israel and did he ever fail from time to time! And, you know what? He didn't hide it. How would you like to hear from your trusted advisors that your son was a traitor plotting to kill you? How would you like to hear from another advisor that you were an adulterer and a murderer? Well, David's life was an open book.

Check out 1 Samuel and 2 Samuel and see for yourselves. David didn't deny these truths. He didn't go and lock himself in a closet and pretend it wasn't happening. He sought help from God and from the humanity in his world. Should you do any less?

We encourage people to be human. We encourage them to lament over their sins, to cry out in joy for their accomplishments, to express their sorrows over their sufferings, to grieve their losses. Why is this so important? It's crucial because, first and foremost, we all must be genuine and authentic human beings. Otherwise, we are just actors, faking people out. That only lasts so long, doesn't it? Don't you forget who you are? At Marble Retreat we ask you to go through the pages of your book. With the majesty of our Elk Mountains, the swoosh of the Crystal River a mile below and the sound of the breeze through the pines that you can hear minutes before you feel it, we ask you to reveal your humanity. We encourage you to be yourself in the safety of a confidential counseling environment. The things you learn here, we ask you to take back home with you. Find people at home that you can be honest with, play with, cry with, work with, study the Word of God with and join the rest of humanity.

"We encourage them to lament over their sins, to cry out in joy for their accomplishments, to express their sorrows over their sufferings, to grieve their losses."



Our Lodge

TESTIMONY FROM AN ALUM

To be honest, my wife and I participated in the two week session at Marble with great reluctance, I felt like the little boy at camp who wanted to go home. The first day was the hardest and I asked myself: "what are we doing here?". By the end of day two I realized God was there and something good was going to take place. And, man, did it! Everyday something amazing happened as we opened our hearts and shared our hurts. We attended Marble at the end of a family crisis coupled with staff problems. I was burned out and needed to unwind and unload. Both objectives were achieved and so much more. Marble is for anyone who has lost their song and wants to get it back. We did!

NEW SOD

Those of you who have visited Marble Retreat in the last 10 months may have noticed our torn up backyard. The yard was torn up due to the new septic system we had to install last fall. Some of you also may know that a septic system usually doesn't last much more than 20 years. We were able to use ours for almost 30 years. The Lord has once again been gracious to us.

This summer Henry has been working on the yard with a faithful heart and over the recent months has returned it to an even greater beauty than it once was. Eva lent her artistic hand to the brick work. Henry did all of the rock work and leveling. Then Patti and Steve lent a hand on the first day of September to help with the finishing touches by laying sod. It is a nice way to walk into fall.



WAYS TO DONATE

Marble Retreat reminds you of the avenues available to give financially to support the ministry. You may contribute electronically.

Just click on Donate Now at www.marbleretreat.org

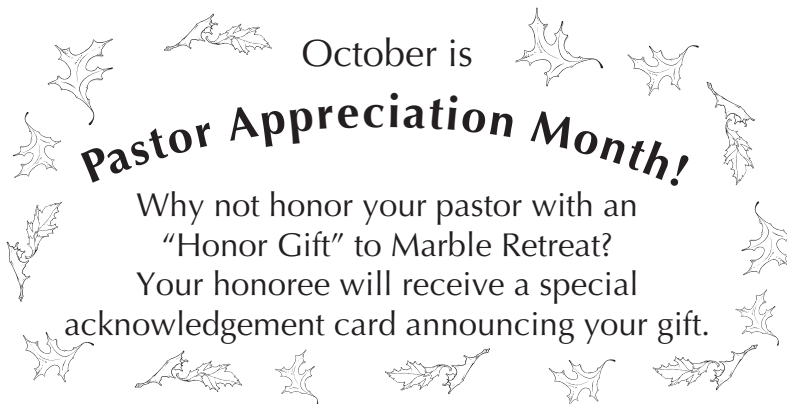
You may also call our office at 888-216-2715 and give by credit card. Of course, checks are always welcome. The Board of Directors and the Staff thank all of you for empowering Marble Retreat to provide the same high quality and dedicated service that we have done for over 32 years. Your support is crucial to the ministry!

WHERE'S MY WORKBOOK?

Last newsletter we confessed to the fact that we have no TV's in the lodge. Now, for another confession: we have no workbooks either! Often times, people ask us for more direction in our counseling groups. Perhaps, they would like that workbook, maybe the topic for the day to get us started. We understand the awkwardness of not having that available. In our world of church and Christian community there is generally an agenda, a 3 point sermon, or Bible study with questions and answers. These are all very good things and we encourage them in the proper setting.

It is the people who come to Marble Retreat that provide our outline. They bring the topics, issues, the personal life experiences and choices they have made. In fact, the more a person shares of their life in our group sessions, generally, the more they will benefit and so will everyone else. Confession can be contagious and we pray it will be for everyone who comes. We know that asking a person to reveal her or himself in such a vulnerable manner can be awkward. We also know that revealing oneself in a safe setting can be life transforming. We want you to search out who you are, both the warts and the jewels in your crown and face your life with an honest eye. In Psalm 139, the writer says that he, the writer is "fearfully and wonderfully made", but he also has offenses. Then the writer asks the Lord to search him. We believe that we also have to share in that search and allow the Lord to reveal himself to us so that we may also see ourselves.

"Search me oh God and know my ways, test me and know my anxious thoughts. See if there be any offensive way in me, and lead me in the way of everlasting." Psalm 139:23 & 24



EVA'S TASTY CHICKEN SALAD

2 cups cooked and chopped chicken
1 cup grapes – each grape cut in half
½ cup raw cashews
½ cup chopped celery
¼ cup chopped green onions

mayonnaise to moisten
salt and pepper to taste



Henry and Eva

This is a very tasty salad that you can use as a main course for sandwiches on bread or in pita pockets. You may also use it on crackers for a snack or appetizer.

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*A higher standard.
A higher purpose.*

ASKING FOR MONEY IS STILL DIFFICULT

Last year we informed our readers that it is difficult to raise funds and ask for money in states where we are not registered. If you have not heard from us in winter and spring, then you are not in a state that we can solicit.

We just want to make sure you still know we are here and that our need for donations is as big as ever. We do have many needs and we have decided to share some of those with you.

Our building is 30 years old and continues to need refurbishing. One example is that we are planning to remodel the group room. I think the paneling has a sweet nostalgic feeling for 1975, but would really like to warm it up a bit. Maybe, some of you remember the door to nowhere also in the group room that we would like to remove. We are also in great need of replacing much of the furniture in the living areas of the building.

If you are more interested in helping with just the day to day expenses, we would greatly appreciate your thoughtful prayers to consider helping. Our fees cover approximately half of what it costs to run the ministry on a day to day basis and any help the Lord inspires you to give is a blessing.

As the time of Christ's birth approaches, we know you will be overwhelmed with requests for your resources. It is a very personal decision where you invest them. We pray that you follow your hearts.



MARBLE RETREAT SCHEDULE

REMAINING GROUPS FOR 2006

8-day sessions

(Participants arrive Tuesday late afternoon and depart Thursday morning 8 days later)

Oct. 10-19

Oct. 24-Nov. 2 Open to all

Dec. 5- 14

GROUP SCHEDULE FOR 2007

8-day sessions

(Participants arrive Tuesday late afternoon and depart Thursday morning 8 days later)

Jan. 9 – 18 Open to all

Jan. 23 – Feb. 1

Feb. 6 – 15

Mar. 6 - 15

Mar. 20 – 29 Open to all

April 10- 19

April 24 – May 3

May 8 – 17 Open to all

May 22 - 31

June 5 - 14

June 19 – 28 Open to all

July 10 - 19

July 24 – August 2

August 7 – 16 Open to all

August 21 - 30

Sept. 4 - 13

Sept. 18 - 27

Oct. 9 – 18 Open to all

Oct. 23 – Nov. 1

Nov. 6 - 15

Dec. 4 – 13 Open to all

“Open to all” allows both those in vocational ministry and those who are not “from the pulpit to the pew” to attend a session. All other sessions not noted are for those in vocational Christian ministry.

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

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 Tuesday late afternoon and depart Thursday morning.

AN INTERN'S REFLECTIONS

When I e-mailed Steve and Patti Cappa to ask if there were any internship opportunities with Marble Retreat, I primarily wanted some experience in intensive counseling in a retreat setting. In the back of my mind, though, I was thinking, "Wouldn't it be great to get some internship work in and have a bit of a vacation at the same time?" I wasn't disappointed.

Steve and Patti are both excellent counselors, whose individual areas of expertise complement each other in such a way as to afford their clients not only the best in cognitive and affect-focused therapy, but a powerful healing synergy is created as husband and wife work together as one. I feel privileged to have had the opportunity to see them at work and to sit under their teaching

Add to the mix an opportunity to drink in the glories of some of God's most breath-taking scenery in the Colorado Rocky Mountains and the result is one of the most memorable 10 days of my life. Thank you, Patti and Steve, for letting me be part of your life and ministry. My life and ministry are richer because of it.



Patti, Lenore and Steve

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