

APPLAUSE FOR OUR CHIEF EXECUTIVE CHEFS

We are grateful to Marcia Pope and Anita Williamson for the efforts at our last board meeting. Marcia provided the recipes and Anita was her right hand woman as they provided all of the meals for our board members and guests. Here is a recipe of one of Marcia's treats that was enjoyed by all.

Lemon Blossoms

- 1 lemon yellow cake mix
- 1 small (3½ oz) pkg INSTANT lemon pudding mix
- 4 large eggs
- ¼ Cup Canola oil

Glaze:

- 4 Cups powdered sugar
- ¼ Cup fresh lemon juice
- 1 lemon, zested
- 3 TB Canola oil
- 3 TB water

Spray miniature muffin tins with PAM. Combine cake mix, Pudding mix, eggs and oil. Blend well with mixer. Pour batter into tins, filling ½ full. Bake 12 minutes. Turn out on a tea towel. To make glaze sift powdered sugar and add the rest. With fingers dip cakes into glaze while warm.



Marcia Pope and Anita Williamson

A FOND FAREWELL

We bid a fond farewell to Dolores Loveless, M.D. and to Rev. Don Ray as they leave our Marble Retreat Board of Directors. We are grateful to the support, insight and valuable vision they brought to the ministry. Dr. Loveless has developed her own occupational medicine clinic in Jacksonville, Florida. Rev. Ray is a full-time senior pastor of a church in Otsego, Michigan. While we will continue to consult with them from time to time, we will miss them in their former capacities as Board of Director members and now pray for their continued success.

WELCOME TO MARBLE RETREAT!

“All those who are weary and burdened. . .” (Matt. 11:28, NIV)

We are pleased to inform you that Marble Retreat will continue its 32 year tradition of providing care to those who serve in full-time ministry. We are also very excited to begin a new tradition of welcoming all Christians in need of the same restoration and healing in their lives, their marriages and their lay ministries. We look forward to the new challenges this expansion will bring and we, in turn, encourage you to let all those you know, who might benefit of our services, of this wonderful, new opportunity.



-Steve and Patti

Find more details inside.



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

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

WHO COMES?

A Reprise of Those We Serve

By Steve Cappa

Back in the summer of 2004, I wrote the first in a series of articles designed to address our experiences and impressions of the men and women we serve here at Marble Retreat, with the intent of providing some provocative insights for our readers. Recently, while visiting with Henry and Eva Villarreal, our beloved neighbors and host couple, we found ourselves discussing anew the people we are privileged to serve and get to know. This discussion with the four of us emerged out of a recent phone contact Patti had with a man who was inquiring of our services. His words went something like this: “I’m worn out, exhausted, and my wife and I need something, now! I understand that Marble Retreat provides services for only those in crisis and that is not me. While I’m tired and disillusioned, I’m actually calling to prevent a crisis and am wondering if my wife and I would be a good fit for your kind of services?” This call alerted us to some possible misperceptions about our ministry, which, in turn, has led to this current article. Little did I know at that time what the Lord was about to do with our ministry! Just a few weeks later, having already written but not published this article, our Marble Retreat Board of Directors met and we were unanimously inspired to expand our services to include non-clergy. We all felt a very strong conviction that our larger kingdom work should include both clergy and non-clergy, to strengthen the entire body of Christ. Though we’ve expanded our services, those who come are, in many ways, all the same.

First off, let me share with you a Scripture passage that inspires me regarding our ministry: *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is*

easy and my burden is light.” Mt. 11:28-30 (NIV)

These wonderfully inspirational and comforting words from our Savior serve as a foundation for who we serve and why we serve them. The vast majority of those who seek our services are “weary and burdened” and in desperate need of “rest”. There is no mention of crises in this passage but rather fatigue and burdens. **If there were two primary criteria for Christians seeking our services, it would be these two—Weariness and Burdens!**

So, who comes? What are the presenting needs and issues surrounding those who seek our services? To

be sure, many do, in fact, come in crisis. Often, their walk with God and/or their marriages have recently collapsed, or they may have suffered a serious physical ailment or some kind of bereavement. They suddenly find themselves despondent,

confused and exhausted. In fact, it is common to have people enroll just days prior to the commencement of a group. They are in crisis! However, just as many come who are not in crisis, seeking rest and restoration in their lives. They may find themselves in a more proactive posture, actually seeking to prevent a crisis. These people benefit just as greatly from our services. For example, of all the common presenting concerns/issues that people bring, **burnout** is the number one issue. Burnout can be seen as a broad-based term that refers to symptoms of extreme fatigue, stress, depression, discouragement, familial and marital discord and even hopelessness. Next in order of presenting issues is **depression**. The sources of depression are many, but the effects are disabling and quite common to all, both clergy and non-clergy. Feelings of enervation, being stuck, hopelessness, irritability, poor sleep and eating habits, isolation (yes, Christians can experience isolation!), negative and often harsh self-thoughts, are just

The vast majority of those who seek our services are “weary and burdened” and in desperate need of “rest”.

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MARBLE RETREAT SCHEDULE REMAINDER OF 2006



May 7 – May 19	July 9 – July 21	September 10 – September 22
May 21 – June 2*	July 23 – August 4 – <i>Clergy only</i>	October 15 – October 27
June 4 – June 16 – <i>Clergy only</i>	August 6 – August 18	November 5 – November 17
June 18 – June 30 – <i>Clergy only</i>	August 27 – September 8	December 3 – December 15

* Added 2006 Dates

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 Sunday afternoon and depart by noon on Friday.