



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

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

KINDNESS LOST AND FOUND

BY PATTI CAPPA

Have you forgotten the basics of kindness in your relationships, in your closest relationships? I have forgotten kindness more times than I would like to admit. I bet you have too. In fact, it seems that the basic idea of kindness has been replaced with brutal honesty and “just the facts Ma’am.” I have been and continue to be very guilty of forgetting kindness. I believe we can still speak honestly about difficult subjects, particularly those subjects that have to do with our spouses or our children and do so with kindness. It is so easy to fall into the “familiarity breeds contempt” mode. Do we have to fall into this bad habit of forgetting how to be kind? Certainly not, but we do need help and lots of it.

Romans 12:9-13 has been particularly helpful to me when I am making an effort in my own sanctification journey with regards to kindness. Here is what Paul says: *“Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction and faithful in prayer. Share with God’s people who are in need. Practice hospitality.”* How many times have I not honored a family member with my harsh words or judgment or refused to give them something they need such as a kind word spoken with gentleness? How many times have I not practiced hospitality with a loved one when they arrived home? Or maybe I have arrived home and I am inhospitable from a difficult day. It is often and it need not be! Many times it is much easier to be kind to a stranger than to someone we have known for years- even someone we have given birth to! It doesn’t

have to be so. In the book, Renovation of the Heart (Navpress, 2002) Dallas Willard writes, *“To merely welcome another; to provide for him or her; to make a place, is one of the most life-giving and life-receiving things a human can do. They are universal acts of love.”*

I am attempting to STOP making excuses for myself. No more saying, “I am just tired. I’ve had a bad day at the office. I got a speeding ticket on the way home. Someone cut me off on the highway. Well, you yelled at me so I can yell at you. You forgot about my needs. You didn’t honor me. I didn’t sleep well last night,” etc.

Are there any ways you can be more kind to those you love? As for me, I am going to start by listening. I want to honor the opinions of others, even when I disagree, and to share my opinions kindly, maybe even sparingly. I want to be patient! I want to love those who have been mean to me and show it with my words and actions. I want to be firm, even angry and yet be kind. Will I fail? Of course, and I still want to cling to what is good (Rom. 12:9) and try again.

I was in the third grade when a classmate named Theresa gave me a little wooden plaque which read: “LOVE IS KIND” (1 Cor. 13:4). Little did I know then why the words were in CAPITAL LETTERS. It is the most difficult action to take under duress. It needs to be CAPITALIZED in my life! How are you going to CAPITALIZE it in yours?

LOVE IS KIND

(1 Cor. 13:4)

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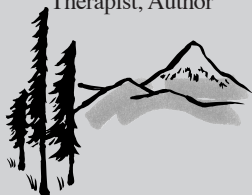
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ANOTHER GREAT RECIPE

Theiss and Suzie Jones were at Marble Retreat in the spring to step in as the host couple. This allows Henry and Eva a much needed time to rest. Here is one of Suzie's recipes that we really enjoyed.

Empanada:

2 prepared pie crusts (rolled in a box)
2 cups cooked yellow rice (1 pkg.
Mahatma)
1 cup cooked chopped chicken
1 cup grated Jalapeno Jack cheese
Green onions chopped, ½ large
yellow onion chopped
1 can chopped black olives

Toppings:

1 small container of sour cream
Salsa
Grated cheddar cheese

Cook rice. Mix rice, chicken, onions, cheese and olives. Fill each pie crust with one half of the mixture. Fold over and crimp edges. Bake 350 degrees until golden brown. Top with sour cream, salsa and cheese.



Suzie and Theiss Jones

WHAT?? NO TV!

This is a common question of participants who come to our campus for retreat sessions. We believe it is a very important element to the retreat aspect of our ministry. Cell phones don't work either. We have found that the quiet allows people to have an opportunity to focus on the reason they come, to contemplate, to talk to God, to talk to each other and to play!

What about this play aspect of the experience here in Marble? Why is it so important? It is important to play and "recreate" for it enhances our resiliency. It provides us with the energy and resources to dig deeply into our souls. Often times, we say that the harder we play in the evenings in the lodge, the harder we cry in the daytime counseling hours.

Here is a suggestion for play time that you can implement in your own homes with family and friends. Do you still have any old games or puzzles in your home? Games can be somewhat cultural and different families or people from different parts of the country will have varying versions of the same game. Board games are also very popular down at the lodge and in our home. I believe that looking across the table at a real face with laughing eyes is far more enriching than staring at actors or animated fake people on glass (television), but I realize many would disagree. I am advocating an old fashion manner of recreation.

Get up and check out some of those old dusty game boxes in your closet and invite some friends over for a rousing board game. See how much fun it is to laugh again, simply for the joy of laughing in community.

A summer participant had this to say about their time at the retreat:

"We have thought of you all so many times...we have such wonderful memories of being in Marble with you all. We came really NOT wanting to be there, and left NOT wanting to leave. It was really a great experience for us."

NEEDED PRAYER

Below is a sweet prayer by someone on our prayer team. It is a beautiful illustration of the prayer coverage we need in this ministry. If you are so inspired, please join us in this or a similar prayer:

O God, I remember the brokenness, the pain, the concern and the agony felt in Marble, "the upper room." Today, I ask for Your Spirit who uncovers our sin and reminds us of Your grace to fall upon each one who sits where we have sat. Only You know what needs to be said, acknowledged, unlocked, discovered. God of the Second Chance, open minds and hearts, touch what is broken and wounded, angry and afraid with the Hope that nothing is impossible. Strengthen Patti and Steve today. Bless them with eyes that see into hearts, ears that hear what is not being said, and minds that speak Your truth. And bless Eva and Henry and what they do to create the physically safe place for the body and mind. I give You thanks for the privilege of praying for this part of Your Family.

WHAT'S GOIN' ON?

We thought "retirement" meant sittin' in the shade drinking lemonade, taking walks in the forest, and finally getting to those books that we never quite opened. Guess what..... it's not! Life is busier than ever and still action packed adventure. Gotta run!

Louis and Melissa McBurney



MARBLE RETREAT SCHEDULE REMAINDER OF 2006

August 6 – August 18

August 27 – September 8

September 10 – September 22

October 15 – October 27

November 5 – November 17

December 3 - December 15

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.

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*A higher standard.
A higher purpose.*

CLEANSING WATERS

It is now late spring up here in the Crystal River drainage where we live. This name denotes the waters that are rushing one mile below me as I write this paragraph! Lately, the waters of the Crystal River have been going through the annual cleansing ritual of the spring runoff. During this time of year, the snow from the higher peaks melts and the resultant waters come cascading down those peaks to spectacularly unite in our Crystal River. Those waters literally rage! I'm a fly fisherman or at least I like to think I am! During this season, I simply watch the Crystal River in awe of its power. The waters are far too fast to be wading and, moreover, the water is also anything but "crystal"! The heavy flow of the river brings with it many soil nutrients, which translates into the river being murky and even muddy. While trout feed all year and every day, the fast and murky waters make it impossible to actually go fishing. So, those of us who enjoy water-based activities wait. The waiting is now just about over so I'm pretty excited!



Patti and Steve

God has a lot to tell us about the process of "cleansing waters." The metaphor of the spring runoff is a natural example of what our savior does with and in our lives. Sometimes dangerous and unclear, the waters that race through us at times also bring cleansing and "new life". The practice of baptism by water is an excellent example of what I'm talking about! Jesus, in his interaction with the Samaritan woman states, "If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water" (John 4:10). Similarly, the dear folks who come to Marble Retreat arrive often spiritually and emotionally dry and parched. We, the staff, do what we can to offer them "water", but it is God who offers them "living water". Through rest, good nutrition and loving confession God offers new life to all who come and for this, we are in awe of His power and love. I pray that wherever you are, you likewise experience renewal in your life, in its proper season, that "living waters" course through your spirit. . .