



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 2007 • Providing Care since 1974 • Marble, Colorado

WHEN I NEEDED HELP

By Steve Cappa

“Plans fail for lack of counsel, but with many advisers they succeed” (Prov. 15:22)

“You have renal cell carcinoma.” These are the last words I heard before I passed out on the couch at the Mayo Clinic in Rochester, MN, as the physician’s assistant spoke and provided Patti with the horrific and shocking diagnosis. As many of you may have read in the previous newsletter, our lives had and have been forever changed by that diagnosis and subsequent successful surgery. I’d never passed out before and was out for just a few seconds, but it underscores the power of words and human emotions! In that moment, I had no choice and, in retrospect, was merely glad I was sitting on the couch, sandwiched between Patti and Byrn Williamson, our dear friend and member of our Board of Directors.

What ensued in the following days is my testimony of being visited by mental illness. I was shocked, terrified and not coping well. My thoughts and emotions developed a life of their own and the rest of me was along for the ride. Sleep left me and I had a nagging pain in my chest that remained through Patti’s nephrectomy and positive pathology report. It was hard to tell who the patient was between Patti and me. In fact, looking back, Patti was far more stable, fixed on her goals and determined to conquer this unwelcome dragon that had unexpectedly visited us. It became quickly clear to me that I needed help! I began by initiating a kind of e-mail journal of which many of you were recipients. This provided us with a wonderful army of prayer warriors all around the world and it gave me an outlet for my thoughts and emotions, nurtured by scores of prayerful, loving and precious replies. The events of those first days while in Rochester changed constantly so I was

God does NOT want us to suffer alone!

writing pretty much every day. Moreover, I spent a huge amount of time in prayer, begging, beseeching, petitioning, bargaining, protesting, reasoning, etc., with God. The hospital where Patti had her surgery held a large and lovely chapel within its facility and I visited there at all times of the night and day. It was a marvelous and powerful time for me. Never, during my visits there, was there another human being present- only God, me and the rich symbols of the faith adorning the chapel. I spent hours on the phone with our three sons, communicating with them as best I could, the condition of their mother and trying my best to instill hope and calm. I frankly do not know how effective I was with them but we spoke frequently each day. And I talked a lot with various friends around the country. With some, I was able to “let myself go” emotionally, and they wonderfully held my emotions with loving, stabilizing and kind words and even groans over the phone.

The crisis and trauma of it all eventually passed and we now live with the specter of cancer in our lives, as so many do. Patti recently had her first post-operative follow-up with no signs of recurring cancer. The pain in my chest left while still in Rochester. Sleep has returned more slowly. Of course, we’ve gone back to work in this wonderful ministry and being involved in what we love has greatly helped.

I look back on those days and weeks and recognize that I was a sufferer of mental illness as a result of the traumatic onset of Patti’s illness. When I was in those stormy seas, my life felt surreal, disabled and I frequently thought I’d never get better and that I’d lose my dear wife and best friend of 25 years. I

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am neither proud nor embarrassed of my mental/emotional state during those days. It is simply a fact of life and I must now live with the memories/scars of that time. Patti has a physical scar on her body and I carry an emotional one, though she, too, has her own set of emotional scars. My task now is to fold this season into the book of my life and our life together.

It is an amazing thing how we so readily tolerate physical injury and illness but have little tolerance for emotional illness. This brings me to the point of my sharing in this contribution to our newsletter (apart from the hope of bringing further healing to my own experience!). Since the beginning of recorded history, people who have suffered from the onset of emotional illness often suffer doubly because of the tremendous and disabling social stigma that is placed upon us when we are sick for non-physical reasons, which can and often do include both emotional and spiritual illness. All illness is disabling, at least for a season. All illness is a natural and unavoidable reaction in the body, mind and soul of a person who has experienced events that are outside of the daily and expected experiences of life. No one deliberately chooses illness! It chooses us! The greatest pain of any illness, in my opinion, is loneliness, suffering a disabling illness without support

...marshal support for yourself without embarrassment or pride.

and companionship. With physical illnesses, we as a people and Church, generally do quite well. We'll provide hot dishes and other support. However, when it comes to mental illnesses, it often is a different story. Being around sufferers of mental anguish is upsetting and very, very hard. Trust me, this is exactly what we do here at Marble Retreat and it is exactly what I/we went through during the month of May. God does NOT want us to suffer alone! There is nothing better than having people come alongside with quiet love and support during such times. I will NEVER forget the support, prayers and love of so many during this time in our lives. While the experience was, in fact, disabling and horrifying, I never felt alone. While part of me wanted to isolate myself during my crisis, I turned to God and others and He responded with support, comfort and presence. The illness that visited me was and is still hard, but not lonely. So I write to encourage all of you that when hard seasons of illness visit you, make sure you are not going through it alone. Do what you can to marshal support for yourself by letting others know your situation without embarrassment or pride.

Just as an aside, I might encourage all of you to read a very fascinating, short article, published recently in "Time Magazine." It addresses the "normalcy and necessity" of human suffering, particularly sadness, in a most interesting fashion and in a manner consistent with what I have shared and believe. Here's the web site link: <http://www.time.com/time/magazine/article/0,9171,1653643,00.html>

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If you would like to be removed from our mailing list, please let us know electronically or simply call us toll free at 888-216-2725.

WHAT'S GOIN' ON?

By Louis and Melissa McBurney

We wanted to take this moment to pay tribute to Fred Smith, perhaps the man most instrumental in the survival of Marble Retreat.

In 1971, while in residency training at the Mayo Clinic, we began to feel God's calling to establish a counseling center for clergy. Hearing about this dream, our dear friends, Jim and Ira Cain, invited us to dinner to meet a friend of theirs who was visiting from Dallas. The friend turned out to be successful Christian business man and conference speaker, Fred Smith. Fred was an engaging, insightful, and challenging person who caught the vision we shared.

From that night on, Fred kept us in his mind and from time to time unbelievable and unexpected opportunities began to land in our laps. The first of these was a call from Paul Robbins, the publisher of *Christianity Today*. Paul invited me to have an interview with him and Harold Myra about Marble Retreat. He said something like, "We'd like to do this as soon as possible to get Fred Smith off our backs." That interview article really put the Retreat on the map!

Soon after that, an editor from Word Books called inviting me to write a book about clergy pressures. He didn't blame Fred, but I found out later that Fred was on Word's board of directors. He was also on *Christianity Today's* and the Billy Graham Evangelical Association's boards.

We often received encouraging notes from Fred, significant donations and (almost) annual visits, with dinner invitations in Aspen when he and his wife, Mary Alice, were there on vacation.

Throughout our friendship, we were blessed by Fred's generosity, his quick wit, and brilliant insights into human nature and God's word. Fred died recently at the age of 92 after an extended illness. During that period of renal dialysis, he found ways to continue mentoring. Being confined to bed did not slow his mind. He invited men and women over for "Breakfast with Fred" once a week and kept an active blog on the internet.

Fred also left the priceless gift of his children. Fred Jr., the Executive Director of "The Gathering", has been a long time consultant in development. Mary Helen Noland, Fred's daughter, has been a "Fellow", along with her husband Smith Noland, for many years. Mary Helen recently joined our board of directors. So Fred's legacy will live on as a reminder of God's grace and faithful care of Marble Retreat. We'll miss Fred but never forget the loving twinkle in his eyes!



Melissa & Louis

THIS COMING FALL OF 2007, MARBLE RETREAT WORLDWIDE IS OFFERING THE FOLLOWING GROUPS:

KENYA

First Group: October 14, 2007 – October 24, 2007

Second Group: October 25, 2007 – November 4, 2007

These groups will be at the Aberdare Country Club located near Nyere north of Nairobi.

Marble Retreat Worldwide is returning to the Aberdare Country Club, which is closed to the public during this time and has graciously offered to open its doors exclusively to Marble Retreat Worldwide for our two sessions. Located near Nyere north of Nairobi, the club nestles on the slopes of Mweiga Hill and is a haven of unhurried charm.

Group size is limited to four English speaking couples/singles per session with no more than one couple/single from any particular mission agency. Complete information on cost and registration is available by emailing us at marbleretreatworldwide@marbleretreat.org, or by mail at Marble Retreat World Wide, P.O. Box 176, Carbondale, CO 81623, USA.

NEW FELLOWS

Kari and Mike MacKenzie are our new “fellows in training” at Marble Retreat. They have completed their first group experience here, and we are thrilled to have them join us. They are passionate about caring for Christians and clergy in particular. They are both professional counselors and both are working towards their doctorate degrees. Mike had this to say about his group experience:



“All of us Christians reflect from time to time on what heaven is going to be like. One aspect of heaven that I have thought about and longed for is the experience of knowing and being known fully. This I experienced, to the degree possible on earth, during a group at Marble Retreat - being real and having others be real and honest. Where else in the world can anyone, especially a pastor or leader, experience intimacy and authenticity in an environment of complete safety and acceptance? It was a touch of heaven.”

LENTIL/WILD RICE VEGETABLE SOUP

From the Kitchen of Eva and Henry

¾ cup rinsed lentil beans
½ cup rinsed wild rice
2 qts. water
Salt - season to taste
3 tsp. vegetable chicken powder or 3 chicken bouillon cubes
2 bay leaves (remove when ready to serve)
½ cup celery – diced
½ cup onions – diced
½ cup carrots – sliced
1 cup diced tomatoes
1 cup corn (can or frozen)
1 tsp. garlic granules
¼ tsp. pepper



Henry and Eva

Start water heating in large soup pot. Add salt, bay leaves, chicken bouillon. Add washed lentils and rice. Meanwhile, chop vegetables and add to pot. Add corn. When soup begins to boil and thicken, add garlic & pepper. Let simmer for at least 2 hours before serving. Soup will be thick. You may add more water if you desire thinner, but add 1 tablespoon of soy sauce if you add water.

Do you want to be on our prayer team?
Email Patti at pcappa@marbleretreat.org
and she'll put you on her email distribution list.

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*A higher standard.
A higher purpose.*

ALUMNI NOTES

It was such a privilege to be able to attend one of your sessions. It has opened up new possibilities and confidence in our marriage, friendships and church relationships. Thank you for faithfully believing God for others and for working hard to make these beliefs a reality for so many.

We look on this experience as a once in a lifetime, life changing experience. We are praying for the ministry as God leads as we understand the battle.

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This week has been a journey of discovery that will, I hope, affect the rest of my life. Thanks for maintaining "God soft" hearts to hear beyond words and draw out questions that lead to truth, that hopefully, in time, will lead to freedom.

This is a truly beautiful place here with such majestic scenery and I feel so privileged to have been able to taste not only the beauty of the landscape, but to be touched as well by the gifts of encouragement, mercy, comfort, grace and discernment lived out by the team here. With much love and a healing heart, A Marble Retreat Alum

A GIFT OF VERSE FROM A MARBLE ALUM

I went to a place
I'd never been
I met friends
I'd never known
On a mountain,
of Marble stone
There I found
I am not alone
Faces etched with pain
Eyes full of love
Grace that flowed
from God above
On a mountain,
of Marble stone.

IT'S THAT TIME OF YEAR AGAIN

We are heading toward the end of the year with the holiday season right around the corner. We will be sending out our usual appeal for funds to keep this ministry going and vibrant. We appreciate all of you who give sacrificially and we thank you. All of the staff of Marble Retreat love what we do, ministering to those in deep need. You make that possible with your gifts. If you haven't given before, please carefully and prayerfully consider giving this year. We have many needs, with costs increasing as you may well know. One of our particular needs is new furniture. Our guests spend 27 hours sitting as a group and those chairs and couches need replacing. If you would like to provide for that need, just let us know by phone or in writing. We appreciate your partnership with us in this ministry!



GROUP SCHEDULE FOR 2008

Marble Retreat

8-day sessions

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

Jan. 8 – 17*	April 15 - 24	July 22 – 31	Oct. 28 – Nov. 6
Jan. 22 – 31	April 29 – 8*	August 5 – 14*	Nov. 11 - 20
Feb. 5 – 14	May 13 - 22	August 19 - 28	Dec. 2 – 11*
Feb. 19 - 28	June 3 - 12	Sept. 2 - 11	
Mar. 11 – 20*	June 17 – 26*	Sept. 16 - 25	
April 1 - 10	July 8 - 17	Oct. 14– 23*	

* Indicates group is open to all believers. All other listed groups are for clergy only.

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 arrangements, plan to arrive late Tuesday afternoon and depart Thursday morning.

WHO ARE THESE PEOPLE?

The picture of the two young people shown at right are soon to be married. They are excited about finding a place in the mountains of the west to live. They have no idea of what their futures hold in vocations or ministries. They are about to pack up the little pick-up truck and head to the Rocky Mountains. Twenty-one years later they ended up in Marble, Colorado, serving in a 30 year old ministry to clergy. Okay, it is us, Patti and Steve in 1982 with lots of brown hair. We never dreamed then we would be providing care to hurting missionaries, pastors, church leaders, workers and volunteers. What a privilege God has given us. If you have been here, we thank you for coming. If you have urged others to come, thank you for urging. If you have been praying for us and this ministry, thank you for praying. If you have given of your resources to this ministry, thank you for giving. Many of you have done and are doing all of these things. We can't do any of it without you. As Steve mentions in his front article: ***“Plans fail for lack of counsel, but with many advisers they succeed (Prov. 15:22).”*** We do thank our Lord for all of you reading this newsletter, which makes you a part of our work. We may have only a few on staff, but we have scores of workers helping. We are blessed!



Fall 2007

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