



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 2008 • Providing Care since 1974 • Marble, Colorado

CLIMB EVERY MOUNTAIN

By Patti Cappa

One evening I climbed down the stairs to our basement, aka “the Man Cave”, to see what was on television. To my surprise, my 17-year-old son was watching The Sound of Music instead of the familiar soccer game. I came in just in time to hear the old nun singing, “Climb every mountain, ford every stream...” Though the nun seems to be referring to a romantic dream in the context of the story, dreams can be about anything. I would like to share a few tips about dreams that I have learned through my own life and from walking with others.

Hope deferred makes the heart sick, but a longing fulfilled is a tree of life.
Prov.13:12

Dreams for the future are an essential ingredient to wellness. I find that those people, both men and women who have dreams and are living them out, seem to weather the storms in life with more resiliency.

Dreams don't all come true. When you realize this, it stops being such a scary thing. Sometimes, we are so afraid of disappointment, we stop dreaming.

Dreams foster hope. Hope is one of the most effective tools in fighting depression. Hope is the expectation that something positive will happen in the future. We don't know what that something is, but we do know that it will happen. Scripture is very clear about the importance of hope. Hope gets us through a crisis.

Contentment is the side effect of some dreams being fulfilled or in process. When we get an idea and it begins to take shape and we work towards that dream, we find ourselves taking a deep breath of satisfaction. We can even experience joy as we see God working with us and through us. It is a collaborative effort between ourselves and God.

Dreams are meant to morph. Doors open and doors close which naturally change your dreams. Sometimes

our desires or our circumstances change and, instead of getting a touchdown, we have to go for a field goal and find contentment when the plans change.

You cannot find contentment through other people's dreams. As parents, we can fall into the trap of living vicariously through our children's efforts. It is one thing to be thankful to God for their success and truly be happy and proud for them. It is another thing to steal their joy when we make it about us. I cannot emphasize enough how damaging this can be for all involved.

Husbands and wives have both separate and corporate dreams. Some of the most damaging situations I see are when a wife has subjugated all of her dreams for her husband's or her children's. When the storms come, she is left in despair so devastated that it can be difficult to function. Evidence that a marriage is healing is when they begin to dream again together. One of the hallmarks of courtship is dreaming together. Sometimes spouses have to be patient and wait for the other one to catch up or be willing to modify their dreams for their spouse.

Be careful! Dreams and visions are very personal. Share them with those who have earned your trust. **Be patient.** Your dream may not be accepted by others for a variety of reasons. This is a very painful part of having dreams and can get very discouraging. Often an Old Testament prophet's vision for the future was not accepted and consequently he/she lived with great pain.

Keep a record of your dreams. The entire Bible is filled with the dream of salvation by our Savior. Part of the joy of our faith is seeing and experiencing the prophecies fulfilled. Likewise, when we dream and see our own dreams come to fruition, joy is experienced and God's blessing is evident. It is so fulfilling to look back and see it wasn't an accident but simply and profoundly a dream fulfilled by the grace of God.

I encourage you to spend a bit of time with the Lord. Ask Him to inspire and bring clarity to your dreams and plans for the future. Though you may be disappointed from time to time, you will never be bored.

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VOLUNTEER OF THE YEAR VICKI CRAWFORD

We are pleased to announce Vicki Crawford as our Volunteer of the Year. Vicki generously donates her time and expertise to the behind the scenes needs of the ministry. She has spent many days stuffing and sorting the mailings throughout the last 3 years. She has also helped Marble Retreat Worldwide with its on-line registrations. Vicki lives and plays in the Crystal River Valley with her husband Tom.



Vicki Crawford



WHAT'S GOIN' ON?

By Louis and Melissa McBurney

We have two serious concerns to share this autumn. We're in the middle of a glorious fall color change that reminds us of God's unsurpassed creativity and love, yet we have been reminded recently of disturbing events. The first is the recurrent, regular news of ministers who have crashed and burned because of foolish choices they've made. We fully understand the pressures, unresolved conflicts, and unhealthy life patterns that lead to those choices. That is why we felt called to start Marble Retreat 35 years ago. Still, we wish we could influence every Christian leader to build strong barriers against the disobedience that can destroy their ministry and the faith of those who follow them.

The second concern came from two experiences. We were visiting in our home town church and heard a great sermon by a visiting speaker. We were eager to meet him at the end of the service. Quite honestly we thought he would know who we are since he was in the administration of a prominent seminary. To our surprise, he had never heard of Marble Retreat even though he is the Dean of Students. We sent brochures the next day!

The second shocking revelation came from a young woman who was at the retreat dealing with some depressing life issues. She shared that she'd been struggling with some problems for several years and had recently asked several denominational leaders where she could get help. Each time she'd been told they knew of no programs available. Fortunately, she found out about Marble Retreat and said it was just what she needed.



Louis & Melissa

Since those occurrences, we've been thinking a lot about "marketing". We realized that there is a whole new generation (or two) of ministers who have not been exposed to the clergy care emphasis of the 80's. We've thought that information would be passed down through church channels. So, since that may not be happening, we need your help in spreading the word about our program and others like it. Before the leaves all fall from the trees this month, tell a friend about Marble Retreat.

If you would like to receive your newsletter electronically, please notify us at ministrycare@marbleretreat.org.

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.

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.

AN EVENING WITH MARBLE RETREAT

Our first ever fundraising event for Marble Retreat was a success! It was conducted in the Crystal River Valley at the Church at Carbondale. We started off with a silent auction with over 90 donated items from friends from Marble to Glenwood Springs. Our featured speaker, humorist Dennis Swanberg, made us laugh until we cried. It took many, many volunteers to make for such a lovely event. We had volunteers decorating, serving appetizers, acquiring silent auction items, managing the auction, clean-up, taking pictures and greeters. We would like to mention a few of our key people, notably, Cheryl Yarrow (pictured with husband Daryl). Cheryl spearheaded the entire event and did a masterful job. We are greatly indebted to both her and Daryl for their sacrifice of time and energy. Pam Wadsworth was instrumental in acquiring our auction items and getting them organized. Both Cheryl and Pam are on our Board of Advisors and were both on staff at one time. Fellows, Mike and Kari MacKenzie ran the silent auction. Four Marble Retreat alumni graciously shared their testimonies. We want to also give special thanks to the following:

Church at Carbondale / Lindsay Hentschel

Comfort Inn and Suites / JoAnn Glassier

Dancing Pickle Catering / Becky Loveless

Katrine Fabian

Gran Farnum Printing / Stacey James and team

Terri Hailey

Pat Markley

Dr. Alan Nelson, Master of Ceremonies

Peak Party Rentals

Stephan Piker

Pastor Doug Self



Cheryl & Daryl Yarrow



Drs. Alan & Claudia Nelson



Dennis Swanberg
Speaker



Bruce & Connie Gledhill



Table Guests

HEARTS ONCE COLD AND EMPTY

Poem by Alum - S.R. May 2008

We entered the room with hearts broken, battered, and slightly bruised
Eight frightened people not quite knowing what to do.
Little by little we shared — softly and tenderly we cried
Day by day we felt the anger rise, then fall, and finally subside.
Layer after layer was peeled back — to our fear and emotion we died
Our hearts once cold and empty are now hungry for the peace we so desire
There seems no way to explain it — only God's perfect will could make it true
Eight strangers soon became family — eight hearts were gently renewed.

We left the mountain top anxious — our old world still exists
Once home we are reminded that our lives are defined by much more than this
Jesus is still our Savior and to his hand we cling
Gently, quietly he guides us and daily lessens the sting.
Our prayers sure to be answered — our feet somehow steadfast
The peace of God so perfect — frees us from the past.

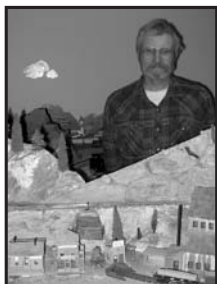
GOT HOBBY?

By Steve Cappa

Please forgive the poor grammar and the playful allusion to the famous milk commercial. I couldn't help myself... It's a catchy question and it is my purpose to capture your attention on this topic of hobbies. The presence or absence of a hobby appears to have emerged as a pretty crucial component to wellness in our lives. To be sure, hobbies are not directly a biblical notion, as I can't find any mention of them in the Bible. Moreover, hobbies appear to be mostly a western luxury in this busy world of ours. These aforementioned observations, however, do not negate the importance and need of a hobby in our lives, and this is certainly most true for clergy. There are all kinds of hobbies out there, and books, publications and even social clubs exist around hobbies. By definition a hobby is an activity or interest pursued outside one's regular occupation and engaged in primarily for pleasure. Hobbies are meant to be timeless, an activity in which time does not seem to matter so much. Hobbies might be viewed in a similar light as the play of young children. If one were to observe that play, it may often seem purposeless. However, there are volumes of research on children's play time which point to the crucial value of play in developing social and motor skills in children. Furthermore, play (and hobbies, I would assert) provides a ready diversion or distraction to the everyday hustle and bustle of life. We need play and we need at least one hobby. Some caution may be appropriate here: There are plenty of folks out there who engage in both play and hobbies to excess. This can be a great problem, if these various activities become a replacement for fulfilling human relationships—not what God intends, to be sure!

I want to introduce you to my friend, Bill. Bill attends our church and has a wonderful hobby—model railroading. He's done it for years and has two rooms in his basement dedicated to his layout. It is in H.O. scale, so the actual train cars are small. Bill has enjoyed this hobby for years, perhaps even since childhood. He belongs to a local club of train and model train enthusiasts and also "rides the rails" some each year. Bill is my champion of hobbies. He's the one I strive to emulate when it comes to relaxing and getting away from it all. He does this very, very well. I called Bill last night and asked if I might write about him and his hobby. I even asked if I could come over and take a picture of him in action, to which he agreed. He also told me that Sharon, his lovely wife, would be most appreciative, as his layout rooms are a mess and my coming over would cause him to clean up the area, thereby actually improving his marriage! Bill's model railroading hobby is an ongoing, perhaps even lifelong, project. He's never entirely finished with it. He's always doing some landscaping, building a building or adding this or that. He visits his layout periodically, runs the trains around the track on occasion, marveling and enjoying his accomplishment and creative productions. He does this hobby thing well!

As it turns out, over the years we've discovered that many, if not most, of our guests who come up here have no hobby at all! It is sort of an odd thing to discover, rather tangential in nature when one considers the high degree of suffering and precipitating events that lead folks to seek the services of Marble Retreat. I don't know how we came upon this discovery, but it is common in the folks we care for. Many will testify to having had a hobby in childhood but have abandoned it long ago. People who have a hobby seem to be more content in life! This is certainly true for Bill, and there exists solid research to support this observation.



Bill

hob·by 1 (hb)

n. pl. hob·bies

An activity or interest pursued outside one's regular occupation and engaged in primarily for pleasure.

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*A higher standard.
A higher purpose.*

WORDS FROM THE HEART

By Mary Helen Noland, Board Member

Simply stated...Marble Retreat makes a difference. The community of pastoral care is stronger and healthier because Marble exists. In 34 years, approximately 3,500 people have come to these mountains to get away and experience healing and hope.

My husband, Smith, and I have been associated with Marble for over 20 years. We served as the first Fellows therapy couple. My board service now is a response to our belief in the work of Marble Retreat. We give our time, our prayer support, our friendship, and our money because we understand that contribution has a price tag. We need your help to continue this work of healing and restoration. There are many needs on our wish-list, but let me mention two specifically: scholarships for pastors who are unable to afford the sessions, and comfortable, durable furniture to replace the faithful pieces that long for retirement.

Do you know why Smith and I give to Marble? We both see the immediate and long-lasting impact in human lives. We believe giving is an act of worship. Our faith is lived out as we respond to the needs of others. A.W. Tozer says "Whatever is given to Christ's work is immediately touched with immortality." That is powerful motivation for us. There are wounded believers who need Marble Retreat. They need your help to find their way to purpose and hope, and, when you give, Marble affects you, as well.

Perhaps Marble has been your neighbor for 30 years and now you understand more about what we do. Perhaps this is your first introduction to Marble and you're glad we're here. Perhaps your heart has been touched and you know you have been led to partner with us in helping others. All of this is good; however, I cannot end without saying this. If you can write a check for scholarships, we want you to. If you can furnish a room with warm, comfortable seating, we ask you to.

We know these are volatile times. But we also know that "What you keep to yourself you lose, and what you give away you keep forever."



AN ALUMNI NOTE

*I am continually thankful for the care I received at Marble Retreat
and for the financial support that I received from your generous donors.
The time spent there has impacted my life greatly. May God
continue His work through your ministry.*

REMAINING GROUP SCHEDULE FOR 2008

Nov. 11 - 20 & Dec. 2 - 11*



GROUP SCHEDULE FOR 2009

8-day sessions

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

Jan. 6 – 15	Mar. 24 – April 2	May 26 – June 4*	July 28 – August 6	Oct. 6 – 15
Feb. 3 – 12	April 14 – 23*	June 9 – 18	August 11 – 20	Oct. 27 – Nov. 5*
Feb. 17 – 26*	April 28 – May 7	June 23 – July 2	August 25 – Sept 3*	Nov. 10 – 19
Mar. 10 – 19	May 12 – 21	July 14 – 23*	Sept. 8 – 17	Dec. 1 – 10*

*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.

CALLING ALL ALUMNI

We are inviting all alumni to join our web-based Alumni Discussion Forum. Just go to our website, look for the Forum button and double click; you will be given prompts to register. This Forum is for alumni only with the purpose of providing support to all those who have experienced Marble Retreat. We hope you will take advantage of this opportunity and be blessed by the interaction. Various topics will be introduced that will be of interest to those seeking information for a continued healthy walk with God.



Patti & Steve

If we walk in the light as he is in the light, we have fellowship with one another, and the blood of Jesus his Son, purifies us from all sin. 1John 1:7

Fall 2008

www.marbleretreat.org

Website:

MinistryCare@marbleretreat.org

Marble Retreat Staff

E-mail:

970.963.0217 (fax)

888.216.2725 (toll free)

970.963.2499

Phone:

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181 Bannockburn



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