



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.

Summer Edition 2010 • Providing Care since 1974 • Marble, Colorado

ON THE ROAD...

Reflections During a Car Trip

by Steve Cappa

At 58-years-old and like many of my peers, I grew up in the culture of the automobile. In fact, I must confess that I am an avid automotive buff and part-time mechanic, maintaining not only our family vehicles but those of Marble Retreat as well. It is good therapy for me as a counterpoint to all the wonderful and amazing hours I get to spend with many of you who are reading this newsletter and article. My dad taught me to not be afraid to try things for myself and to not pay someone to do something I can do myself. Most of the time this has worked quite well, providing me with a healthy hobby, and saving us some money on repairs. Then, there are the times when I've failed miserably, which I won't delve into at this time!

And naturally, I greatly enjoy driving! With this upbringing in the automotive culture in mind, Patti and I recently took a road trip to Southern California to visit family and to vacation a bit. It is a "path more travelled" by the two of us over our decades together (probably around 30 times) and a one-way trip of about 900 miles in length from Marble. Basically, the route from Colorado to California involves heading due west on Interstate 70, then turning left on Interstate 15, passing through the spectacular red desert of Utah, through the towns of Cedar City and Saint George, then Las Vegas and up and over Cajon Pass into Southern California. I'm missing a lot of significant locations in my description, but these are the locales that come to mind as I write. Did I state it already? I

love driving!! On the road, I get to see many sights, take in the beauty of nature, and my aging mind has the freedom to wander in many directions as the miles pass. It is actually quite relaxing for me, barring winter driving conditions. Moreover, Patti and I can have more relaxed conversations and listen to and sing along with the music that's coming over the sound system. It is, however, often a long time in the saddle. With the advent of the cell phone, I'm also now able to call my dad, for example, and update him on our progress, sharing with him the sights we so often enjoyed together when I was a boy. Honestly, it really is fun for me! And, of course, in the quiet of the driving, I talk with Him, praying for all kinds of things. I pray for all of you, for the ministry of Marble Retreat, my sons and dear wife, for our extended family members, even for someone broken down on the road as I see them. I also thank God for the beauty of his creation, seeing land and topography very different from where we live. I also thank Him for the privilege of even being able to take a car trip, for the time and finances to make it possible. I even thank him for good roads, the interstate highway system initiated by then president, Dwight D. Eisenhower.

If music isn't already playing, a song or hymn might pop into my mind. For example, here's one that came to me while on this particular road trip. I'm sure you know it:

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ON THE ROAD...continued

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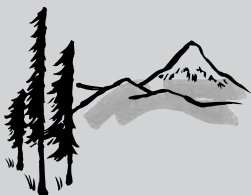
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What a Friend we have in Jesus, all our sins and griefs to bear!

What a privilege to carry everything to God in prayer!

O what peace we often forfeit, O what needless pain we bear,

All because we do not carry everything to God in prayer.

Have we trials and temptations? Is there trouble anywhere?

We should never be discouraged; take it to the Lord in prayer.

Can we find a friend so faithful who will all our sorrows share?

Jesus knows our every weakness; take it to the Lord in prayer.

Are we weak and heavy laden, cumbered with a load of care?

Precious Savior, still our refuge, take it to the Lord in prayer.

Do your friends despise, forsake you? Take it to the Lord in prayer!

In His arms He'll take and shield you; you will find a solace there.

Blessed Savior, Thou hast promised Thou wilt all our burdens bear.

May we ever, Lord, be bringing all to Thee in earnest prayer.

Soon in glory bright unclouded there will be no need for prayer.

Rapture, praise and endless worship will be our sweet portion there.

Written by Joseph Scriven in 1855, to comfort his mother in Ireland, these words never fail to bring comfort to me when they come to my mind and heart and when I sing them. Most of us, I think, tend to readily recall the first verse the best:

What a Friend we have in Jesus, all our sins and griefs to bear!

What a privilege to carry everything to God in prayer!

O what peace we often forfeit, O what needless pain we bear,

All because we do not carry everything to God in prayer.

As I drive along the highways of life, I try to remember these words about my friend, Jesus. Like all lifelong (and in this case, eternal!) friendships, my relationship with Him ebbs and flows, but I am so grateful that He remains constantly by my side, through all the open highways, the sudden surprises, the accidents, flat tires and, of course, the great vistas and adventures I encounter. I trust and pray this is true for all of you, too, that He remains constantly by your side, your friend and companion, and that your travels are blessed and fulfilling!

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MY LATEST CHALLENGE

by Patti Cappa

I have been wanting to write about rest and taking a sabbatical, but I have been avoiding the subject. This is my second attempt to put some of my thoughts into words. The reason this has been so difficult is because I am not heeding my own solid advice to those I serve and the words of Moses in Deuteronomy 5:12-15

“Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant or your maidservant may rest as you do.”

It is clear that we are to rest from our labors. My friend, Linda Kline of Psalm One Ministries, recently wrote: “From time to time, I need to shut it down, let it rest a while, then fire it up again. Receive and revel in Jesus’ repentance, rest, quietness and trust. I’m always amazed at how much better a refreshed system runs. We are designed to live in a healthy, holy rhythm that includes rest, recovery and renovation.”

*“For thus the Lord GOD, the Holy One of Israel, has said,
In repentance and rest you shall be saved,
In quietness and trust is your strength.”*
(Isaiah 30:15)



Obviously, Linda is disciplining herself with rest. I am, once again, convicted about how important it is to rest. The Sabbath is a commandment that I have disobeyed. I was telling a friend a few months ago that I work very hard, which is Biblical too, by the way. I also play really hard as demonstrated in my recent 24-mile backpack trip in 4 days in these glorious Elk Mountains near our home. That was a great respite for a few days, but it was also a lot of physical work. Where is the rest?

This summer, our groups have been filled with many people, either on sabbatical to rest or who have burned up or out because they needed a rest and did not heed the signs. The work of caring for other human beings, while immensely rewarding and fulfilling, is such a draining activity. We really need to take care of ourselves too. Why do we ignore the signs of fatigue? I can only say that sometimes my sense of duty is more important than rest or I don’t want to admit that I can’t meet all the demands on me. That sounds like pride and a subject for another day!

I was talking to another friend about my dilemma writing an article about rest. She said if you write the truth of your struggle maybe that would be more inspiring because it is real. I don’t have it figured out, but I am thinking about it now and wondering how to incorporate Sabbath into my life.

Jesus says we can do good things on the Sabbath, Matt. 12:12. We are not to be restricted or constricted by the command to rest. We are to be set free to rest, to be nourished by some quiet in our lives and do it regularly - all to be closer to our Lord and fit for whatever work we are called to do.

This confession leaves me with the conviction that I must find some time to rest. My next step is to be intentional and sit down with Steve and my calendar and block out Sabbath time. I’ll let you know how I do.

WE WELCOME CHERYL YARROW TO OUR BOARD



Cheryl Yarrow

We welcome new board member, Cheryl Yarrow, who joins us after an eight-year sabbatical from serving on the Marble Retreat staff. Cheryl brings administrative and leadership gifts, in addition to a first-hand understanding of the Marble ministry and the transformation that can happen through brief, intensive counseling. Knowing the very heart of this ministry from her years living at the lodge and hosting retreat groups, as well as years serving as executive director, Cheryl brings a passion for ensuring a strong future for Marble Retreat.

Cheryl is a Florida native and Wheaton College graduate. Most of her professional life, prior to relocating to Colorado to join the Marble staff, revolved around serving either Christian ministry leaders or leaders in public service. Years in Washington, DC and Tallahassee, FL were spent serving the late Honorable Lawton Chiles (D – FL), EPA Administrator Carol Browner, and the Evangelical Fellowship of Mission Agencies (EFMA). It was EFMA conferences at Glen Eyrie in Colorado Springs that opened her eyes to the beauty of Colorado, and her years serving mission leaders that quickened her heart to serve those who serve in ministry.

Cheryl is married to Daryl, CEO/VP of Colorado Mountain College's Virtual Campus, and is the mother of two elementary aged daughters. Though she serves on the Glenwood Springs Community Center staff and is the assistant to Dr. Jim Stokes, child and family psychologist, Cheryl's primary focus is on her family. She enjoys volunteering at school, church family ministry involvement, and all of the recreational pursuits that Colorado offers.

We are delighted and pleased to welcome Cheryl as a member of the board.

A WORD FROM MELISSA

I will be taking off for India with Women of the Harvest on October 19, 2010. Two long time friends are going along this time. Anita Williamson, whose husband, Byrn, was on the Marble Retreat Board of Directors for years and years and Beryl Middleton, will be great assets to the volunteer team. We will be in Goa ministering to 100 missionary women. Our purpose is to give these gals a break from their stressful lives. We will pamper them in numerous ways. Check out the website for WOTH to see all the wonderful things we will be participating in.

My last trip with WOTH to Ghana was a spiritual high for me and I expect this one will be also. These trips are a fulfillment of the call Louis and I received back in the 70's to minister to His special kids, those who are giving their lives to spread the gospel and make a vital difference in the world. Please, pray for our safety, energy and health.



Melissa McBurney

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*A higher standard.
A higher purpose.*

ALUMNI NOTES

I am amazed at where I am today compared to when I limped into Marble in April. I am so thankful.

Spring 2010 Alum

We can't thank Patti & Steve enough for all the help. We are truly a new couple. We have been tested many times; but have come through just fine. Thank you, thank you, thank you!!

Spring 2010 Alum

We are very grateful for Patti and Steve and the help we received. We had our devotional on the way home and we read these verses from Isaiah 43:18-10: "Forget the former things; do not dwell on the past. See I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland."

We read this as we passed by the river with whitewater rafters going down and we saw the stream in the desert. God is present in the time of healing. Please keep praying for us, as we are for you both.

Summer 2010 Alum



MACKENZIE'S TRAVELS



Kari MacKenzie

This spring and summer we, Mike and Kari MacKenzie, have traveled to a variety of pastors' conferences and denominational conferences around the country, including the Moody Pastor Conference, the Cooperative Baptist Fellowship, and the North American Christian Convention. Our hope was to introduce the ministry of Marble Retreat to people, especially ministry leaders. We have been deeply touched by some of our experiences. First, we were blessed by meeting many of the people on "the front lines" of ministry in our world. We met pastors, missionaries, Christian college presidents and professors, lay leaders, and leaders of parachurch organizations who

are passionate, gifted, sacrificial, and faithful to the ministries to which they serve. Meeting these people reminded us of why Marble exists – to help encourage, heal, and bless these wonderful servants of God and the Church.

Our goal was not only to tell them about Marble, a place where they can find solace and refuge, but also bless them right then and there. We felt so privileged to give a listening ear, a word of encouragement, and sometimes even a hug to those who shared their stories and struggles with us.

We also were very encouraged by the Marble alumni who sought us out to tell us of how God had used their time at Marble to positively impact their lives, ministries, and marriages. Even though for some, it had been many years since their time at Marble, they fondly and vividly remembered their experiences. It has been a blessing to us to be encouraged by meeting God's servants, to be able to bless them in return, to hear of what God is doing in their lives, and to let so many know about the wonderful ministry of Marble Retreat.

REMAINING GROUP SCHEDULE FOR 2010

August 31 – September 9 *
September 21 – September 30
October 12 – October 21*

November 9 – 18
November 30 – December 9*

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

Session dates are subject to change. Please call to confirm a reservation prior to booking flights.

8-day groups, when making travel plans, plan to arrive Tuesday late afternoon and depart on Thursday morning of the following week.

4-Day Revitalizations are for Marble Alums only, one couple per date! If interested in a REV, please call the office for details.

BUSY SUMMER

We are having a very busy summer up here at Marble Retreat. Thankfully, our groups have been very full. People are finding our website as they search for help, and alumni of our program are letting others know help is available here in the Rocky Mountains. God is answering that long ago and current prayer, "Please allow people who need us to find us."

Several scholarships are being granted; therefore, that fund continues to need replenishing. It is a pleasure to be able to provide much needed care with the scholarship fund. Thanks to all who have given in the past and will give in the future.

During our weekends, we have been enjoying the nearby high country with day hikes and backpacking trips. The mountains fill our tanks with their beauty. We hope your summer is filled with rest and delight.



Steve & Patti Cappa

Marble Retreat is a 501(c)3 non-profit corporation. You have several ways to donate, on-line click the donate button, check or credit card by mail or phone.

Summer 2010

Website:
www.marbleretreat.org

E-mail:
MinistryCare@marbleretreat.org

Marble Retreat Staff

Phone:
970.963.2499
888.216.2725 (toll free)
970.963.0217 (fax)

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Marble, Colorado 81623



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