



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 2010 • Providing Care since 1974 • Marble, Colorado

SABBATH REVISITED

by Patti Cappa

In the last newsletter, I said that I would give you an update on how my Sabbath efforts were going. One thing I found out was that resting and experiencing Sabbath takes work, as Paul says in Hebrews:

“There remains, then, a Sabbath-rest for the people of God; for anyone who enters God’s rest also rests from his own work, just as God did from his. Let us, therefore, *make every effort* to enter that rest...”

(Hebrews 3:10 & 11a)

I did not like that! No, not at all! I wanted rest to be a simple, no effort, necessary “event.” Maybe, even as simple and unconscious as breathing. I am discovering that is not the case. Paul was right – again.

I have had limited success as I am making efforts to rest. I was given yet again, a daily devotional. I have never done daily devotions (don’t tell anyone). I decided when I received my 3rd daily devotional book in as many years that maybe it was time to take the risk. Actually, to be honest, I am still not doing daily devotionals, but I am doing intermittent daily devotionals. I particularly do them when we have a group here, before I go down to the lodge. On our trip to see family in September, I did it every day. I am improving and have hopes to become even more mindful of God’s presence in my life daily.

I will go through my most recent Saturday that I tried to rest and keep holy by thinking about and talking to God. I got up very late, mid-morning. Steve brought me a cup of tea in bed (yes, he does

spoil me). I read a “no-brainer” fiction book and then walked down the mountain to get my haircut. This is a 30 minute walk into the town of Marble and, on the way, I was distracted by making it there on time. However, on the way back, I had the mindfulness to appreciate all of those golden quaking aspen trees and the warm breeze against my skin and even remembered to be grateful to God for His creation, AND I even told Him so. I know this sounds so simple, perhaps unworthy of the written word, but when life starts living(?) you with all the busyness we create and is created for us, we forget this simple gratefulness. I believe *the attitude of gratitude* to our Creator is an ingredient to making the day holy. I spent much of the rest of the afternoon resting and reading until Steve asked me to watch him cutting up a fallen pine tree. I did, but couldn’t just watch, so I pushed sections up the hill, long enough to get dirty and smelly; even that felt good and, in an odd way, restful! “Thank you, Lord, for your trees, that we may be warm for the winter.”

As I continue my quest for Sabbath, I have accumulated some books on the subject of rest or its opposite, exhaustion. I haven’t ripped into all of them yet, but most of my novels around here have been read – no excuses now. Here are a few books that have been recommended to me or I have stumbled upon. Perhaps, you need a refresher too.

[For God’s Sake Rest](#) by James L. Anderson

[Leading on Empty](#) by Wayne Cordeiro

[Satisfy Your Soul](#) by Bruce Demarest

[Mad Church Disease](#) by Anne Jackson

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ALUMNI NOTES

It is a sign of the times that so many of our participants are in need of scholarship help. This translates to the need to replenish the Scholarship Fund for our future participants who hope to attend. We have focused our Alumni Notes on those who have received scholarships so that you can get a feel for their experience. I am sure you will enjoy their thoughts.

Steve, Patti, Henry, Eva and Katrine,

Thank you for the scholarship, which made it possible for us to come, and for allowing the Lord to use you to make such an impact in our lives. We are holding on to our freedom and dancing before the Lord. You are all wonderful. We left Marble Retreat as new people. From the food, to the counseling, to the administration, you are all TOP NOTCH!!

2010 Alum

Dear Steve and Patti,

We had just returned from an amazing experience at Marble Retreat. Our son was a participant in our school's annual Spelling Bee last spring. This involvement inspired me to begin building our family vocabulary by daily adding a new word. I opened the dictionary and found our first addition, "mirabile dictu." I read that (according to Webster) it means "wonderful to relate." The more I pondered our new word, the more I thought about our time at Marble Retreat. How wonderful to think about what God did in those few days. It is amazing to reflect on the miracle God performed and wonderful to tell you about it. God, in the ways only He can do, by the power of His might and His Spirit, used the staff and other participants and performed a miracle. He, with his right hand to save, reached out and removed anger, tension, frustration and hurt and replaced them with love, joy and peace. My husband and I have been given a new beginning. We feel as if we are on a new "honeymoon." This renewed love and attraction is nothing less than a miracle. We are so thankful for the staff at Marble Retreat and for what the Lord has done. It is truly mirabile dictu. As I pondered the word/phrase further, it dawned on me that mirabile has the letters for marble plus two I's. In other words, the equation looks something like this:

2(I's) + Marble Retreat + God = a miracle

or my husband (I) and myself (I) at Marble Retreat by the power of the Lord were part of a miracle.

Thank you for providing a way and a place to heal our hearts and our home.

2010 Alum

From the moment I turned onto Bannockburn, it was clear that Marble Retreat was a place for me to "belong" – if only for nine days. Perhaps it is because Marble Retreat lives in the likeness of "shalom" – fullness, safety, rest, peace, harmony. Perhaps it is because Marble Retreat requires no credentials, no name-dropping, no particular "merits," no particular moral failure – only a desire to hang up tattered garments of fatigue, disappointment, strain and stress.

2010 Alum

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.

THE SHOULDERS ON WHICH I STAND

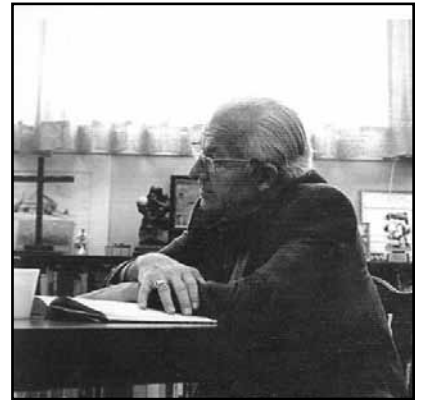
A Memorial to Vernon Grounds

July 19, 1914 – September 12, 2010

By Steve Cappa

Saturday, October 9, 2010, Patti and I had the privilege of attending the wonderful memorial to Vernon Grounds, former professor, dean, president and chancellor of Denver Seminary (www.denverseminary.edu). Vernon Grounds, as I knew him, was a giant of a man, packaged by God in a meek, mild, loving and caring body that eventually and inevitably gave out. As a very spiritually young and fairly new believer and follower of Christ, he was the very first contact I had when I sauntered onto the Denver Seminary campus way back in the 1980s. As I walked into his office for a scheduled meeting as a prospective student, I encountered him in the hallway just outside his office, where he greeted me with a warm two-handed handshake, then not letting go, simply turned the two of us to walk into his office still holding my hand! I was instantly taken aback by such warmth and welcome and, quite frankly, have been “holding” that simple-but-profound little experience in my heart and mind ever since!! That first encounter began a lifelong odyssey that finds me today, along with my bride, Patti, as co-directors, of Marble Retreat. Ah, the shoulders on which we stand...

Sitting in the sanctuary of Cherry Hills Community Church that Saturday morning, I'd had little previous time in my busy days to ponder the enormous significance of this man in my life. As a patriarch of evangelicalism, his amazing ability to weave a wonderful balance between the truths of Scripture along with sound common sense and Christian compassion (i.e., faith and reason) has left a profound mark on my own soul, which is at the core of what I do today in serving and caring for clergy. Moreover, in my far too few visits with him, Vernon taught me the healing power of listening to others, suspending my own thoughts for the moment to be very present with whoever is sitting across from me. Oh, this he did so very well! He gave me the strong sense that I was the most special person in his world at that moment! He loved asking reflective questions, laced with an amazing facility with Scripture and moderated by his gentle voice. Along with these Christ-like attributes, he had an amazing mind, filled with an amazing command of the Word (he seemed to particularly love quoting Isaiah, at least, with me!) and enhanced by scores of authors he'd read. This, of course, was further reflected in his own massive personal library he had on campus and in his expansive office. Ah, those books! Most were filled with little strips of paper, marking some point that had captured him in his reading, and left for the rest of us to view, further revealing his own mind and thoughts on what he'd read. In the early years as a student, I'd go into his office to discuss some particular subject; it wouldn't be long until we'd be walking the aisles of his library and he'd pull out a handful of books for me to read. And then, there was his amazing memory for even the most trivial thing! What stands out most for me was his ability to remember my own family and personal history over the decades! There were times when many, many months would pass between our visits and every reunion we had, he'd ask about Patti and/or our three sons by name, recounting personal histories



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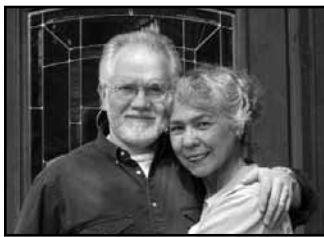
of even our sons! I must confess that this impressed me so much that on more than one occasion I found myself looking around his office for some kind of file or notes he kept on me!! Never found anything. He not-so-simply possessed the ability to “hold” people, hold me, in his mind, his thoughts, and had ready access to this information in my presence. Know anybody else who has a reputation for doing this? Wish I could do this more thoroughly. And to think that he had this capacity with literally hundreds, maybe thousands, of people with whom he visited over his lifetime! While I could go on and on about

shoulders continued...

the attributes of our beloved Vernon Grounds, I will conclude for now with this question: On whose shoulders do you stand?

It is so important for me, for us, to regularly take inventory of the people and experiences that have been sewn into our lives, particularly those people who have granted us “ballast in our keels,” if you will permit the allusion. For me, first and foremost, it’s Him! You know, the One who calls us all unto Himself. “What a friend we have in Jesus.” Then there are my parents and brothers, all who have formed my life, my childhood friends, ones I played and battled with! Then along comes my sweet wife who has so patiently helped me mature, to grow up! And along the way, a Vernon Grounds is found in my life. Oh, that I might fashion at least a portion of my own life after his. I couldn’t go too wrong doing so! I will miss him, but he’s in me as I’m about to go down to the lodge to begin a group session with five hurting souls, all of whom are already experiencing God’s transforming love and grace!

So how ‘bout you? On whose shoulders do you stand? They’re strong ones, I’m sure! I’d certainly welcome your own reflections upon this. Write them down and let your words be both a history and a compass for your service and life with Him!



Henry & Eva

EVA’S MINESTRONE SOUP

We thought that Eva’s savory Minestrone Soup would be fun for our readers to try during those cold and wet fall/winter days and nights. We hope you enjoy it.

2 T olive oil	1 med. bell pepper, diced
2 C chopped onion	3 or 4 C (or more) water
5 med. garlic cloves, minced	1 = 14 ½ oz. can stewed tomatoes (about 2 C)
1 ½ - 2 tsp. salt	1 ½ C canned kidney beans, rinsed
1 stalk celery, chopped	1 C dry pasta shells (any shape)
1 med. carrot, chopped	2 tsp, parsley flakes
1 sm. zucchini, chopped	Parmesan cheese
1 tsp. oregano	1 ripe med. tomato, diced
1 tsp. basil	Pepper, to taste

Heat olive oil in large soup pot. Add onion, garlic and 1 ½ tsp. salt, and sauté over med. heat for about 5 min. Add celery, carrot, oregano, black pepper, and basil. Cover and cook over very low heat about 10 more minutes, stirring occasionally.

Add bell pepper, zucchini, water, and stewed tomatoes. Cover and simmer about 15 min. Add beans and simmer another 5 minutes.

Bring the soup to a gentle boil. Add pasta, stir and cook until the pasta is tender. Stir in the diced fresh tomatoes and serve immediately; top with parsley and parmesan.

Serve with green salad and multi-grain bread.

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*A higher standard.
A higher purpose.*



Mike & Kari MacKenzie

THE MACKENZIE REPORT

The old is going and the new is coming! Website, that is. Marble Retreat is in the process of creating a new website. An overhaul is long overdue and, as Solomon reminds us, there is a time for everything; Marble Retreat decided it was time for an updated look.

We want the website to be a reflection of the ministry of Marble Retreat. There are several things you will notice which “speak” Marble Retreat. First, there are Scriptures spread throughout that capture the heart of what Marble Retreat is about. Second, the pictures of mountains, meadows, flowers, trees, and sky reflect God’s beauty, majesty, and creativity, which are all part of the healing and refuge found here. (By the way, the majority of the pictures are from Marble and the surrounding area.) Third, the deep rich colors

throughout the website echo strength, peace, and serenity.

We are also making every effort for the new website to be as user-friendly as possible. We hope you enjoy it, find it helpful, and will refer others who need to know of this ministry. So, please keep an eye out for our new look at www.marbleretreat.org.



A MOMENT WITH MELISSA MCBURNEY

I had a friend in Minnesota who kept a 5 year journal. Each of five years was on the same page for that date. So she could look back a few years and be able to say, “the hummers come back home to my feeders on May 1st,” with great authority. She could know that she shot 3 squirrels trying to get in her bird feeder in the first week of June every year. (She was a crack shot!) Her husband was LBJ’s personal physician, so she had fun notes about his visits to her home for dinner. She also remembered the things we did together in great detail because she had written it down. I wish I had followed her example because I find that my memory is not up to containing all my experiences, even though they should have been extremely memorable.



Melissa McBurney

My granddaughter, Robyn, is a senior in high school this year and she wants to go to college in England. The next five years of her life are going to be very exciting; I remembered Ida May’s journal and bought one for Robyn. I am going to encourage her to keep a record of all the things she experiences over these next five years. It is never too late to start, so I got one for me too. My next five years will be very different from Robyn’s and in 2015, we can compare our journals and laugh at the differences.

I really wish I had kept a journal about the adventures I shared with Louis, raising three great children, Marble Retreat, exciting mission trips, the Church at Redstone adventures, living in the mountains, and learning more and more about Jesus. I want to encourage you to get something to record your days. The space for each day is not large but is large enough to put in what’s important. I know you think you will never forget but I warn you...you will!

GROUP SCHEDULE FOR 2011

November 9 - 18, 2010	April 5 - April 14	August 23 - September 1
November 30 - December 9*, 2010	April 19 - April 28	September 6 - September 15
January 18 - January 27*	May 3 - May 12	September 20 - September 29*
February 1 - February 10	May 17 - May 26*	October 11 - October 20
February 15 - February 24	June 21 - June 30	October 25 - November 3
March 8 - March 17	July 5 - July 14	November 8 - 17
March 22 - March 31*	July 19 - July 28	November 29 - December 8*
	August 9 - August 18*	

**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.

SCHOLARSHIP FUND

This past month our Board of Directors' meeting was very encouraging and we are all working, with the Lord's help, to keep the experience at Marble Retreat vibrant and transforming. Right now, we have a great need for scholarship funds. Many of the clergy who need to come can't pay. Sometimes, it is all they can afford just to get here. A part of our call was that money should not hinder anyone from getting the help they need. So, when someone needs a scholarship, we know we are doing what He wants when we say, "Just come and we will work out the money issues." Sometimes they make very small payments for years.

The economic situation has made it more difficult for all of us and, especially, for the clergy we serve. This last fiscal year, which ended Sept. 30, we gave 48 scholarships, which is 52% of the people who came to the retreat; scholarship amounts are larger than ever. Scholarships have increased because of the recession. BUT, the Lord is not affected by a recession and we know that, because He called us to do this, He will provide.

Please read our Alumni Notes to see a sampling of our scholarship recipients' experiences.



Steve & Patti Cappa

*I will praise you, O Lord,
among the nations; I
will sing of you among
the peoples. For great is
your love, reaching to the
heavens; your faithfulness
reaches the skies.*

Psalm 57: 9-10

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Fall 2010

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