



Marble Retreat



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Marble Retreat is an interdenominational Christian retreat center designed to meet the particular needs of today's Christian ministers and their families.

Pastors, missionaries, church staff and officials—people engaged in a broad diversity of professional Christian ministries—come to Marble Retreat each year seeking new directions and new beginnings. They often represent a variety of Christian denominations, but among their diversity, there is an important unity. Virtually all who come bring a genuine commitment to seek God's direction, and a faith in His Spirit to provide valuable new insights through the efforts of a committed Christian therapist.

With few exceptions, spouses attend the retreats also. They, too, must bring a sincere commitment to better understand their own anxieties and those of their mates. Occasionally older children are also requested to attend when they are actively involved in the problems encountered by the clergyman and spouse.

There is, to be sure, one important characteristic shared by those who benefit most from their time here—that of recognizing that there is a problem. Those who are most willing to recognize this fact are also most open to counseling and, without exception, benefit most from their retreats.



The Marble Retreat Program involves two weeks of individual and group counseling, and is most often limited to eight people. Pastors who attend the retreats should plan to be absent from the pulpit for two Sundays—the first Sunday during the retreat and the one immediately following—in order to be free from the need for sermon preparations in the second week of the retreat.

Retreat participants are given individual time with Dr. McBurney at the beginning of the retreat for a complete psychiatric evaluation. During these discussions, particular issues often arise which the retreat participant does not wish to discuss in group therapy sessions. Such requests are always honored, with subsequent discussion of these subjects limited to the times spent in individual therapy with Dr. McBurney.

Upon completion of the individual psychiatric evaluations, the course of the retreat is then determined by Dr. McBurney to meet the individual and common needs of the retreat participants. Additionally, each retreat is designed to accomplish these three basic goals:

- To allow each person to unburden the individual hurts and pressures of his or her ministry and marriage,
- To assist each person in understanding himself more completely, what his patterns of interrelationships are, how they developed, and how his feelings about himself and others originated, and
- To direct the clergyman and his family into new patterns of self acceptance and more gratifying interpersonal relationships. This process often includes an identification of expectations, a re-evaluation of priorities, and the development of new methods of communication.

Approximately three hours a day are spent in group session with Dr. McBurney and his wife, Melissa. Each guest spends four hours in individual time with Dr. McBurney. Many also benefit from private conferences with Melissa. The time spent in therapy is equivalent to about six months of conventional weekly counseling.





Retreat Center Facilities

The retreat center facilities are designed to accommodate eight people comfortably. Each of the four guest rooms includes a private bath, and each room opens directly onto a balcony overlooking the surrounding mountains and the Crystal River Valley below.

In addition, there is a large living room area, a recreation room and the group therapy room—each centered around an inviting fireplace. There is also a special meditation room on the main level, as well as dining facilities and a fully equipped kitchen. There are laundry facilities available and all linens and towels are provided.

Breakfast is an open time for guests to serve themselves, and the lunch and dinner meals are served family style every day except weekends. On weekends retreatants usually dine at one of the nearby restaurants, although the kitchen is kept open for those who wish to prepare their own meals. Food is supplied for your self-prepared meals.

A staff member will be on hand to make your stay a comfortable and memorable experience. We want you to feel pampered and a special part of God's family during your time with us.

Registration and Transportation.

Those interested in attending Marble Retreat should contact Dr. McBurney directly. He can personally assess your need and schedule your time at the most convenient opening. Write to: Marble Retreat, Marble, Colorado 81623, or call (303) 963-2499.

Marble is near Aspen in west central Colorado and is reached by commercial airlines through Denver or Aspen. During ski season it is more convenient to avoid the Aspen crowds by taking Continental Trailways Bus from the Denver airport to Glenwood Springs. That also provides a significant cost savings.

By private car take I-70 to Glenwood Springs, Hwy. 82 to Carbondale, then Hwy. 133 to the Marble turnoff. Our road is on the left 5 miles from Hwy. 133 and is marked by our "Marble Retreat" sign. We are open and accessible by ordinary vehicles year round. All four seasons hold their own distinctive charm.



The Marble Area

Located at 8000 feet* in the picturesque Crystal River Valley, the Marble Area offers a beauty and serenity most compatible with retreat. Those who have only two weeks vacation time per year especially appreciate this, as they can incorporate rest, relaxation and reflection with their psychotherapy in this valuable two week period.

Rest and relaxation are important considerations at Marble Retreat. Weekends are always free and, aside from the daily group discussions and individual sessions when scheduled, all other time is left open for the retreatants to spend as they wish.

Recreational opportunities are almost limitless—fishing, hiking, jeeping, cross country skiing, and horseback riding are available in the immediate area. Golf, tennis, skiing, and year round swimming in the Hot Springs Pool are within an hour's drive. If you'd rather just curl up in front of a fire with a good book or lie in the sun that's all right with us.



**Individuals with histories of severe medical illness, such as cardiovascular disease, should note that Marble is approximately 40 miles from the nearest hospital. Although heart patients ordinarily tolerate elevations below 11,000 feet without difficulty, it is advisable to consult a physician prior to coming.*



Melissa McBurney is co-therapist at Marble Retreat, conference speaker, housewife, and mother of three (Bruce, Andrea, and Brent). She adds to her BA from Baylor many years of counseling experience. Melissa brings to group and individual sessions her valuable insights and feminine perception as well as her deeply personal spiritual maturity.

Melissa also enjoys her hobbies of photography, stained glass work, reading, and raising flowers.

Dr. Louis McBurney

received his BA and MS degrees from Baylor and his MD from Baylor College of Medicine in Houston where he was named Outstanding Student in Psychiatry. He was chosen the Outstanding Intern in Internal Medicine at Houston's Methodist Hospital. After three years as a General Medical officer in the Navy, Dr. McBurney completed his psychiatric specialty training at the Mayo Clinic. There he was chosen by the Mayo Psychiatric Section and the American Psychiatric Association for a Faulk Fellowship.

While at Mayo's, Louis and Melissa became aware of the pressures felt by those in Christian ministry. From that awareness grew a conviction of God's call to establish a counseling center for clergy and their families. After a year of further training in London, they ventured out to the Rockies to answer that call. Four years later, Marble Retreat became a reality.



Dr. McBurney is certified by the American Board of Psychiatry and Neurology, a member of the American Psychiatric Association, The American Medical Association, and the Christian Association for Psychological Studies. He has written numerous articles on problems of ministers and authored *Every Pastor Needs A Pastor* (Word, 1977). He has also completed a manuscript on conflict resolution. He and Melissa have led conferences for ministers and their families throughout the country.