CAPACITAR

Healing Ourselves Healing Our World

20th Anniversary 1988-2008

We are people of Capacitar,
We are wisdom and creativity embodied,
A voice for Gaia's energy unfolding.
We are community—discerning, empowering and compassionate.
We are change, encouraging inner and outer healing,
Willing to be in the cauldron of transformation.
We recognize our wholeness and holiness
Opening to grow with peace, power and love.
We desire to heal and compassionately transform our wounds into wisdom.
We are witness to the pain and injustice around us,
Committed companions in the struggle.
We celebrate equality and diversity, respecting differences.
We believe that giving is the act of receiving.
We heal ourselves to go forth to heal our world.
We believe that we are interconnected,
Part of ancestors and children to come,
Part of soil, earth and stars.

—Capacitar Philosophy

Capacitar is an international network of empowerment and solidarity whose vision is: Healing ourselves, healing our world. Capacitar teaches simple practices of healing, team-building and self-development to awaken people to their own source of wisdom and strength so they can reach out to heal injustice, work for peace and transform themselves, their families and communities. Using a popular education approach, Capacitar works in 30 countries in the Americas, Africa, Europe, the Middle East and Asia. Capacitar is a Spanish word meaning to empower, to encourage, to bring each other to life.

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A Message from Capacitar Founder/ Director

Patricia Mathes Cane, PhD

With gratitude and joy we celebrate 20 years of healing service, walking in solidarity with the human family! Reflecting on our journey, I am humbled and amazed by so many moments of grace that shaped the spirit of Capacitar. Friends often ask: "How did you ever envision starting Capacitar?" Truly, no one individual started Capacitar. Capacitar grew out of the commitment of many people who recognized within themselves a call to compassion and global service and who followed their hearts in response to the needs of our times. We saw a need. The doors opened. Guides and animators appeared surrounding us with wisdom and encouragement. Synchronicities coalesced to support and empower the necessary steps. And the seeds of healing were sown in more than 30 countries—in the Americas, Africa, Asia, the Middle East and Europe.

At first we thought we were teaching healing techniques that people wanted to learn to help themselves. But as the work continued to multiply with so many different cultures, we began to see the depth of what we were really doing. We were empowering people in body, mind and spirit to move beyond trauma and victimhood, to come alive to their own true Self and to share this gift with others. The fruit of the work now is witnessing this awakening in people as they realize the power of their own transformation and then reach out to share this light with their families and communities. As our world struggles with violence, trauma, poverty and natural disasters, Capacitar is one small, but significant response of grassroots people. Our mission is to bring healing and empowerment to hopeless situations transforming patterns and systems that no longer serve the good of the whole.

In the scriptures the prophet Ezechial tells of the dry bones, plundered, scattered and hopelessly buried in a foreign land. And Spirit was breathed into these dry bones giving them sinews and flesh, a renewed life and a new heart. Maria Isabel Figueroa of Capacitar El Salvador, who was Archbishop Romero's secretary, once said: "What Capacitar is doing is awakening a new heart; empowering us to remember who we truly are as a human family!" With our 20th Anniversary we celebrate this awakening and all those who give their hands and hearts to this calling. And we commit ourselves to continue walking in solidarity with the peoples of our world.

We can't do the work of social transformation without personal and community healing. Capacitar gives us significant tools to deal with compassion fatigue and to transform the culture of our organization so we can better serve our communities.

—Rwanda team leader

US National Gathering, San Diego CA 2004

20 Years Healing Ourselves Healing Our World

Capacitar's beginnings go back to the 1980s, the war years in Central America, when Sr. Mary Hartman, CSA, a member of the Nicaraguan Human Rights Commission, invited Pat Cane to work on a grassroots art festival. During the event as Pat practiced Tai Chi and acupressure for her own self-care, Mary said: "Your art is great, but when will you teach us how to do 'that'!" Mary intuitively recognized the value of these ancient wellness practices to help people deal with the violence and trauma of their lives. With this insight Capacitar was born. From grassroots Nicaraguans came the word "capacitar"—a Spanish verb meaning to empower, to encourage, to bring to life— that became the name of an organization and the spirit of a movement. From CANTERA, a center in Nicaragua, came the method of popular education based on the work of Brazilian Paulo Freire. Through popular education people awaken to their own wisdom and possibilities, empowered to multiply what they learn in the community. Capacitar adapted Freire's approach to awaken "body literacy," integrating skills for body, mind and spirit to empower people to heal their own lives so they could reach out to transform their families and communities.

First Years and the Healing Tent

As word of the first workshops spread, union friends in Guatemala dealing with violence and death threats in the early 90s, requested "relaxation" workshops to help them cope. Then friends in Chile wanted to learn what was being taught in Central America. Materials were needed for the work, so the first Capacitar manuals were developed in Spanish. In 1993 Capacitar was invited to El Salvador to coordinate the Healing Tent for the Feminist Congress of Latin America and the Caribbean. As work continued to grow, Capacitar incorporated in 1994 as a California-based nonprofit. In 1995 a team of 25 Capacitar women from 12 countries traveled to China to coordinate (in English, Spanish and Chinese) the Healing Tent for the NGO World Forum on Women, in collaboration with the Chinese Medical and Traditional Medical Associations. Capacitar teams also led solidarity trips to Guatemala, Nicaragua and El Salvador building bridges of understanding and friendship between people of the US and Central America. Workshops multiplied in many places in the Americas: Peru, Bolivia, Brazil, Colombia and Mexico.

Capacitar's logo comes from a pre-Colombian design of the lotus, an image of enlightment in many cultures. The image symbolizes people coming to life—rooted to the energy of the earth, with arms raised to the energy of the heavens, hands joined in solidarity around the world and the seed of life growing within.

Growth through Sisters in the US

From the beginning many communities of Sisters empowered Capacitar's growth and through their support the work began to spread in the US. With the Holy Names Sisters Capacitar offered workshops in Watsonville, California, to migrant camp women, Head Start teachers and families. In St. Louis, Missouri, Mercy Sisters organized national-level workshops, bringing together Mercy partners from the Midwest, Texas, Mexico and Belize. The first manuals in English were developed for these trainings. In Wisconsin Sisters of St. Agnes invited Capacitar to offer workshops at the newly-formed Center to BE. In Richlands, Virginia, Mercy Sisters opened Sunrise Center and brought Capacitar to Appalachian women affected by domestic violence and the poverty of the coal mines. Sisters at Mercy Hospital in Laredo, Texas, hosted Capacitar workshops for women and families who lived in poverty in border communities. Sisters of Charity of Nazareth brought Capacitar to their center in Bardstown, Kentucky. Sisters of the Presentation supported the new office in Watsonville with a development director, and later Sisters of the Divine Savior joined the staff in Santa Cruz. In the 1990s "wellness" was a new concept in the consciousness of health systems, so in 1997 Mercy Sisters sponsored Capacitar workshops at their wellness center in Cincinnati, Ohio, and supported a pilot program in Multicultural Wellness Education.

A New Focus on Trauma Healing

When Hurricane Mitch devastated Central America in 1998, Capacitar's outreach took on a new focus. Co-directors Joan Condon and Pat Cane were scheduled to work in Honduras the day the hurricane hit. When they couldn't arrive they promised that Capacitar would walk in solidarity with the people of Honduras when the disaster was over. The hurricane circled over Central America for eight days with great loss of life and infrastructure. In response to the suffering of many, Pat Cane refocused her doctoral research to study trauma healing and the impact of body mind spirit practices on people dealing with traumatic stress from Hurricane Mitch and political violence. The manual Trauma Healing and Transformation was the outcome of this research. In many ways "trauma healing" was what Capacitar had been doing all along. So this study gave a clearer understanding of the process, the method and the multicultural potential of Capacitar's popular education approach to trauma healing with grassroots people.

Little did Capacitar realize how relevant this new focus would be until September 11, 2001. Synchronistically the year before, Dominican Sisters

of Hope had invited Capacitar to share skills with Hispanics and African Americans living in East Harlem. The work was scheduled for late September, 2001. The trauma healing workshops offered two weeks after the attack on the Twin Towers helped many people who lost family or friends as well as those who were too poor to get professional help for their traumatic stress.

International Growth in Africa, Asia and Europe

As Capacitar continued to grow in the Americas, team members Joan Condon and Mary Litell, OSF, felt called to the people of East Timor who suffered the massive destruction of their country after a vote for independence from Indonesia. In 2001, Joan and Mary traveled to East Timor to work with families, refugees and orphans. With the Bali bombings Capacitar extended outreach to Indonesia, and after the tsunami and violent earthquakes there, offered trainings in different areas and conflict zones.

Mary Litell also initiated Capacitar work in Africa. When several funding proposals were rejected, Mary sent a letter of appeal to friends and within a short time received several thousand dollars, and from her cousins, two frequent flyer tickets. In 2002, Mary Litell and Pat Cane offered the first workshops in Tanzania and Kenya in collaboration with the Maryknoll Sisters, and in South Africa with several AIDS groups. Through a synchronistic meeting with the Dominican Sister who directed the AIDS Office for the Southern African Bishops Conference. Capacitar was invited in 2003 to offer workshops for hundreds of caregivers and AIDS groups in South Africa, Botswana, Swaziland and Lesotho. One young man with AIDS inspired the theme for these trainings. During a workshop he challenged: "I want you to teach me how to live well each moment, as I face living and dying with AIDS!" "Living in Wellness" became the theme of the work as well as the focus of the AIDS and caregivers manual. Since then Capacitar South Africa has grown nationally with a team of trainers and a program of outreach to schools, development projects, hospices, trauma centers, refugees, women's projects and youth.

East Timor 2006

Indonesia 2007

Rwanda 2007

Capacitar is the missing piece we need!

—Director of a Tanzanian psychiatric hospital

The Capacitar training helped me to recognize feelings and body sensations. Now I can begin to listen to them, to let go and to heal.

—US Participant

About the same time that African outreach was developing, an email came from Dublin asking if Capacitar was doing anything in Ireland. Toni Ryan had just returned from a year in Chile where she worked with the Capacitar Chile team. By coincidence, Pat Cane was planning a holiday there with her twin sister and said she would be happy to offer some workshops. Since May 2003, Capacitar Ireland has grown remarkably and now has NGO status, nationally accredited courses for health and childcare workers, and a national team. It has hosted eight in depth Multicultural Wellness trainings and numerous taster days in all parts of Ireland, Northern Ireland and England. Members of the Ireland team have also taken Capacitar to Brazil, Nigeria, Peru, Sri Lanka and other countries.

Evolution of Programs and Outreach

As accredited programs developed, Capacitar reached another level of maturation and outreach. A yearly Multicultural Wellness Education (MWE) training was established in 2000 at the Center to BE in Milwaukee under the leadership of Director Marjorie Wilbur. Juliet Spohn Twomey of La Casa de Maria developed retreats for Hispanics, along with bi-lingual MWE trainings for Southern California in 2003. In Northern California St. Anthony's Foundation established MWE trainings in San Francisco. In Canada MWE programs and workshops were scheduled for Victoria, Winnipeg and Toronto. At the border with Mexico, bi-lingual MWE trainings have been held in San Diego, California and El Paso, Texas. And MWE trainings have also been offered in New York, Kentucky, Virginia and Connecticut.

In Cincinnati, Ohio, parish nurse Mary Duennes was concerned about the health problems of inner city children and their families. With hospital funding Mary led a three-year pilot program, Capacitar for Kids, in two parish schools and has continued outreach in her area. A manual was produced for teachers and families that is now being used in Europe and Africa, with a Spanish translation in process for Central America. In El Paso and communities bordering Mexico, cancer was the concern. There women were diagnosed for cancer, but there were few resources for treatment. With support from the cancer consortium, Capacitar offered trainings for health promoters and developed a cancer manual in Spanish and English.

Work with Community Trauma

With Hurricane Katrina and other massive disasters, Capacitar stepped with greater commitment into work with community trauma and work with PTSD (posttraumatic stress disorder) and CTSD (continuiong traumatic stress disorder). An "Emergency Kit" of best practices was created for use by individuals and communities that could be downloaded from www.capacitar.org/publications. When Hurricane Stan hit Guatemala, a friend translated the materials into Spanish for use in devasted Mayan communities. From Rwanda came a French translation, and from Brazil, a Portuguese translation. Currently the materials are available in nine languages on the website.

In response to the continued violence of the Middle East, Juliet Spohn Twomey and Pat Cane traveled to Israel and Palestine in 2007 to work with Women in the Center in Nazareth, as well as with trauma groups near the Lebanese border and on the West Bank. Materials are being translated into Hebrew and Arabic with plans for an in depth training to form a Capacitar team for the region.

Capacitar had not envisioned work with genocide survivors, but when Sr. Anrtoinette Gasibirege, SH, a survivor from Rwanda came to a Midwest training and experienced the impact of the healing practices on herself, she asked: "When is Capacitar going to Rwanda?" With Antoinette and the leadership of Dr. Genevieve van Waesberghe, MMM, trauma healing trainings were offered in 2006 and 2007 to participants from Rwanda, Burundi and Congo DRC, with very positive outcomes. A national team has formed and advanced trainings scheduled. Trocaire, the Catholic Development Agency of Ireland, has funded the Rwanda work, as well as training in Burundi where violence continues. Trocaire has also supported AIDS/Trauma workshops in three regions of Nigeria, and a series of workshops in Sierra Leone. Plans for 2009 include new work in Uganda, Congo DRC, Kenya and Sudan.

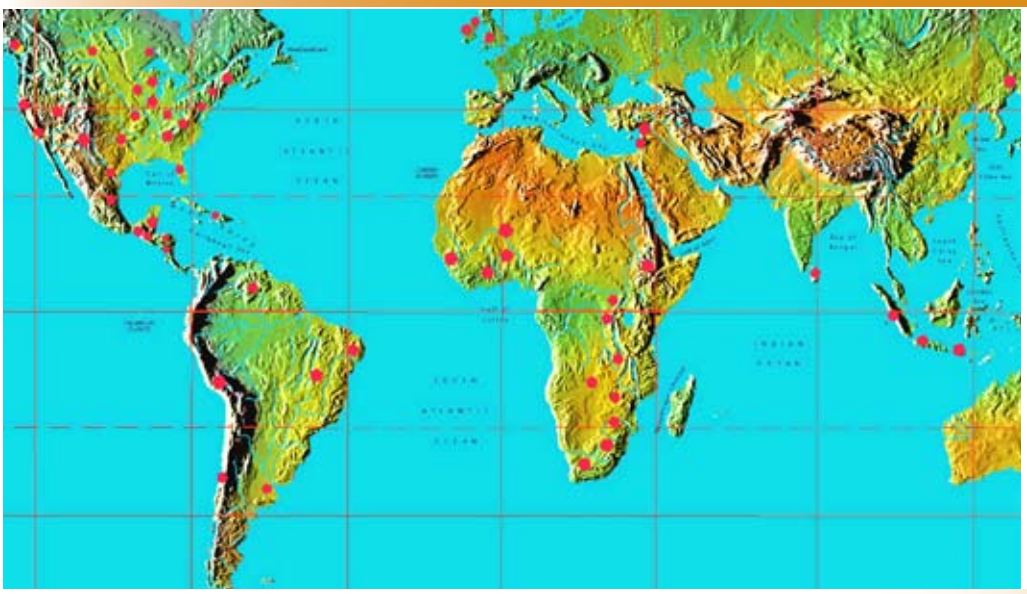
20th Anniversary Global Celebration

With the first Capacitar global conference in July 2008, there is much to celebrate. In past years two Central American regional conferences were held in El Salvador in 1998 and 2001. In 2004 a US National Gathering was convened in San Diego, CA, with 50 participants from 10 states and Mexico. The global conference brings together for the first time over 80 women and men from 22 countries spanning the generations from the 20s to the 80s with more than twelve languages represented. Through this gathering Capacitar leaders have the opportunity to learn and share, dance and celebrate, drawing from each other the inspiration, courage and strength to continue the work of healing and transformation in their communities and countries.

Like the African Tree of Life where each generation stands and grows on the shoulders of their forebears, Capacitar has grown strong with the spirit of diverse cultures and peoples working to heal and transform the wounds of the world. As we anticipate the coming years of global change and challenge, may Capacitar be an instrument of healing and awakening, bringing hope and a new heart to the human family.

When we reach out beyond our own worlds and touch the lives of others, all of us are empowered. Together we form a community of compassion and service much greater than our individual selves.

—Pat Cane



Bolivia 2000

Where Capacitar Works

United States: Arkansas, California, Connecticut, Florida, Iowa, Illinois, Kentucky, Massachusetts, Minnesota, Mississippi, Missouri, Nevada, New York, Ohio, Oregon, Texas, Virginia, Wisconsin

Canada: Toronto, Victoria, Winnipeg

Central America: El Salvador, Guatemala, Honduras, Nicaragua

South America: Argentina, Bolivia, Brazil, Colombia, Chile, Peru

Mexico: Chiapas, Tijuana, Juarez, Durango

Caribbean: Belize, Haiti, Dominican Republic

Asia : East Timor, Indonesia, Sri Lanka

Africa: South Africa, Botswana, Lesotho, Swaziland, Tanzania, Kenya, Rwanda, Burundi, Nigeria, Sierra Leone, Uganda, Congo DRC

Europe: Ireland, Northern Ireland, England, Scotland

Middle East: Israel, Palestine

Botswana 2006

Colombia 2004

Programs

- Multicultural Wellness Education
- Trauma Healing & Transformation
- Capacitar Basic Workshops & Taster Days
- Capacitar for Teachers, Children & Schools
- Living in Wellness—for Caregivers & People with HIV/AIDS
- Living in Wellness—for Caregivers & People with Cancer
- Leadership and Team Development
- Capacitar Retreats & Days of Renewal

Israel/Palestine 2007

Manuals

- Trauma Healing & Transformation
- Capacitar for Kids—for Teachers, Schools & Families
- Living in Wellness—Caregivers & People with HIV/AIDS
- Living in Wellness—Caregivers & People with Cancer
- Living in Wellness—Trauma Healing

Guatemala 2001

Chile 1998

Wisconsin 2004

Belize 2002

Nigeria 2008

Ireland 2003

China 1995

El Salvador 1999

Sophia Center Gathering, California 2005

Rwanda 2008

South Africa 2006

Appalachia, Virginia 1999

Sri Lanka 2005

England 2008

Ohio 2004

Achievements & Milestones

• In 2007 Capacitar International offered:

101 direct workshops to over 3,000 people in 18 countries and 8 states in the US. Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

• In 2006 Capacitar International offered:

120 workshops to 4,500 participants in 17 countries and 10 states in the US. Participants represented over 45 countries, 25 US states. Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

New Programs & Trainings:

—Trauma Healing in Rwanda (2007-2009)
—AIDS/Trauma program in Nigeria (2008)
—Trauma Healing in Sierra Leone (2008)
—Trauma Healing in Burundi (2008)
—Trauma/Multicultural Wellness in Uganda (2009)
—Trauma/Multicultural Wellness in Kenya/Sudan (2008-9)
—Trauma/Multicultural Wellness in Israel/Palestine (2009-10)
—Care for Caregivers in Santa Barbara, CA (2008-2009)

Multicultural Wellness Education Trainings:

California: Santa Barbara (2004-2009)
California: San Francisco (2007-2009)
California: Redwood City (1999-2001)
California: San Diego (2002-2003)
California: San Jose (2004-2005)
Connecticut/Massachusetts (2008)
Kentucky: Bardstown (1999-2001)
New York (2007)
Ohio: Cincinnati (1998-2000)
Texas: El Paso, TX/Juarez, MX (2008-2009)
Appalachia—Richlands, VA (2007-2008)
Wisconsin (2000-2009)
Canada: Victoria (2007-2008)
Canada: Winnipeg (2007, 2009)
England: Hammersmith, London (2007, 2008, 2009)
Scotland (2009-2010)
Ireland: Dublin, Cork, Galway, Co. Carlow (2004-2010)
Northern Ireland: Belfast, Newry, Banbridge (2005-2010)
South Africa: Johannesburg, Cape Town (2003-2007)
Brazil: Rio, Bahia, Feira Santana (2007, 2008)
El Salvador (2008-2009)

Awards:

• Texas Congressional Award for Cancer work—El Paso, TX
• Rotary International Paul Harris Fellow, Cape Town, South Africa
• Agape Foundation Peace Award for the Long Haul San Francisco, CA

Translations of Materials & Manuals:

• French: Living in Wellness—Trauma Manual (2006-7)
Trauma Healing & Transformation Manual (2008)
Trauma training support materials (2007)

• Spanish: Capacitar for Teachers & Schools (2008)
Living in Wellness—Trauma Manual (2007)
Trauma Healing & Transformation Manual (2002)

• Portuguese: Capacitar for Teachers & Schools (2008-9)
Living in Wellness—Trauma Manual (2007)
• Tetum: Living in Wellness—Trauma Healing (2007-8)
• Arabic: Emergency Kit
• Hebrew: Emergency Kit
• Indonesian: Emergency Kit
• Kinyarwandan: Emergency Kit
• Swahili: Emergency Kit
• Xhosa: Emergency Kit

Training Evaluation & Outcomes

During each training Capacitar evaluates participants' skills in using and teaching Capacitar practices as well as outcomes in how the use of practices impacts lives. The following data comes from the Trauma Healing Trainings of 2007-2008 in Butare and Cyangugu, Rwanda. Participants included men and women from Rwanda (80%), Burundi (4%), Congo DRC (4%), other African countries (5%), and Europe (7%).

Change in Physical/Emotional Wellbeing:

Participants rated themselves on a scale of 0-10 measuring their state of physical and emotional wellbeing—when they first started training in February 2007 and when they finished the training in January 2008. Many reported that they no longer needed medication for their PTSD.

Butare: N=29 participants
Beginning of Training:
59% reported 4 or below on the Wellbeing measure.
0% reported over 7.

End of Training:
0% reported 4 or below. 100% 5 or above. 73% 8 or above.
45% reported from 1 to 3 point improvement in wellbeing.
55% reported more than a 3-point improvement in wellbeing.
100% reported some personal improvement in wellbeing during the year.

Cyangugu: N=23 participants
Beginning of Training:
66% reported 1 or below on the Wellbeing measure.
95% reported 3 or below.
0% reported over 5.

End of Training:
0% reported 4 or below. 100% 5 or greater. 71% reported 7 or 8.
65% reported a 6-point improvement in overall wellbeing.
90% reported a 4-point improvement in wellbeing during the year.

Swaziland 2005

Burundi 2007

I feel young for the first time in my life.
—22 year-old survivor, East Timor

Capacitar gives us ways to care for ourselves as we care for those who are dealing with AIDS.
—AIDS Caregiver, South Africa

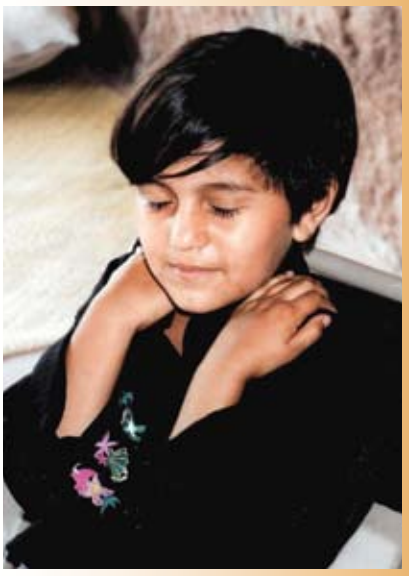
The Capacitar practices help me greatly as I raise my grandchildren who were left without parents. *—Grandmothers' Group, Ireland*

Canada 2008

Rio, Brazil 2007

El Paso Texas/Juarez Mexico 2007

Nicaragua 2000



Honduras 1994

East Timor 2007

Santa Barbara, CA 2006

Tanzania 2004

Argentina 2007

A Message from our Board President

Dr. Valerie Bengal, MD, FAAFP

"When the mind is at ease, the body is healthy." –Chinese proverb Today's teabag label reminded me of the mission, values, and vision of Capacitar! Thanks to the courage and perseverance of grassroots organizations and individuals, and the generosity and compassion of hundreds of donors, Dr. Patricia Cane, Joan Condon, Mary Litell, and dozens of trainers and staff have, over the last twenty years, worked tirelessly on a lean budget to bring healing and empowerment to thousands. One of the highlights of my nine years on the Board of Directors was to travel to Guatemala and El Salvador with Capacitar to visit the projects and our dedicated colleagues who have accomplished what seemed to be impossible in areas of conflict. I was particularly impressed by the sustainability of the work, thanks to the many advisors in each country.

We live in an unstable world, where a job, good health, even a life, can be lost overnight without recourse, even in affluent nations such as the United States. Capacitar helps individuals and communities to recover from trauma and adversity, and to develop resilience to face ongoing obstacles such as violence, disease, and material poverty. Without this response, as I can verify, after twenty-seven years as a family physician, that an individual may fall into a downward spiral. Vicarious traumatization in the family and community amplifies this casualty. The usual approach of charitable efforts, medications, and conventional medical and behavioral health care is clearly inadequate to the task. Yet if a suffering person can achieve peace in his/her heart, he or she will start to heal and move ahead. If enough individuals and communities can do this, the world will be a radically better place.

As a family medicine residency faculty physician who cares for an underserved population and teaches resident physicians and medical students, I see everyday the casualties of our failing medical care system and our society in crisis. Even if we had limitless resources, we would still be largely unable to "treat" the entire body-mind-spirit continuum. Using the body to reach the mind and spirit, and vice versa, is a way to harness the healing power of nature. Because they originate in the natural and spiritual heritage which all of us share, the mindful practices of Capacitar are accessible to people of varied economic, educational, and cultural backgrounds. These practices are easily taught and multiplied, and bring people of a community closer together. Another aspect of the power of our work is that it has been extensively validated by research and practice. This credibility allows us to be a bridge between mainstream academic institutions and the many social justice and empowerment organizations with a kindred world view.

Instability in our surroundings can cause much suffering, but also allows change and transformation, usually directed by the people who have to live with the consequences. Capacitar will continue to empower this transformation for many years ahead.

A Message from our Global Conference/Special Projects Coordinator

Joan Rebmann Condon, MA

As we celebrate 20 years of Capacitar, we celebrate people—people dedicated to healing themselves, healing their world and then working to heal the larger world we all share. Twenty years ago, no one imagined that this invisible but very real web of healing energy would be built across cultures and borders. No one was sure that people could come together as part of Capacitar and let go of traditional hatreds and conflicts to recognize that they share a common humanity and the need to heal—that they are not victims but have power over their own healing.

This power is the true power of people—the power to heal themselves. It doesn't matter whether they are survivors of the genocide in Rwanda or apartheid in South Africa, the tsunami in Sri Lanka or Indonesia, conflict and war in Europe, the Middle East, Central America or East Timor, political repression in Argentina or Chile, cancer or HIV/AIDS or natural disasters in the USA or Canada. Using Capacitar practices to tap into the innate wisdom within their own body mind and spirit, they can and do heal themselves.

So in this 20th Anniversary year we celebrate each member of the Capacitar network, whether they live in Asia, Africa, the Americas or Europe. Capacitar lives in each of their hearts and is present through them in each of their cultures and in their work across borders and cultures. They bring hope for a future of peace and understanding.

It is an honor and a privilege to be part of this network and to play a small part in bringing peace and healing to our world.

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Upheld by the hands of many cultures, people sit on the edge of the earth doing the compassionate work that nourishes life: an indigenous person weaves, an Asian plays the lute, a Middle Easterner bakes bread, a Hindu meditates, a Caucasian teaches a child to read, an Eastern European harvests vegetables, an African creates pottery.

—Artist: Corlita Bonnarens, RSM

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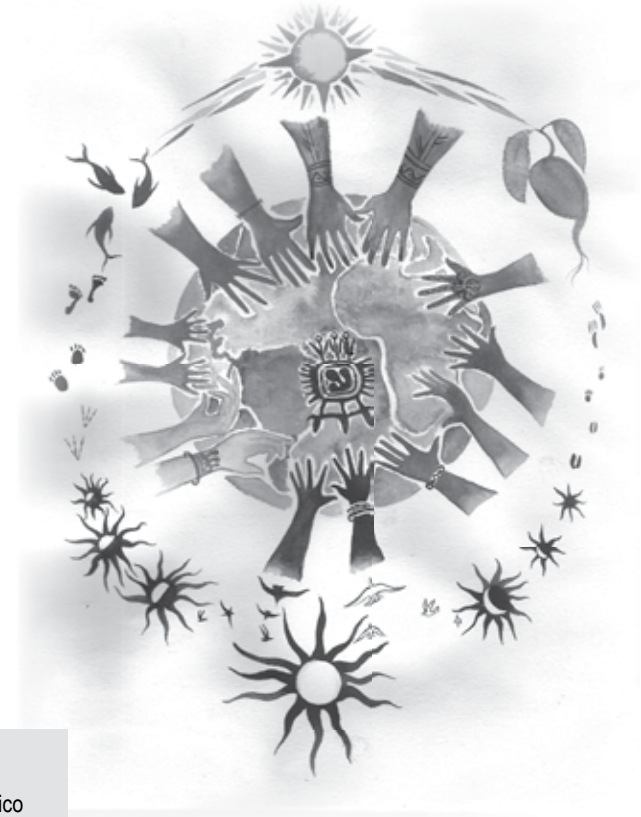

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I have come alive and am dancing,
I feel delight again in my body.

—AIDS health worker, Nigeria

I see Capacitar as a light in my life,
as a force of life for my people,
helping them to heal deeply.

—Trauma Counselor, Rwanda

We join with the Earth
and with each other
with our ancestors
and all beings of the future
to bring new life to the land,
to recreate the human community,
to provide justice and peace,
to remember our children,
to remember who we are.
We join together as many and
diverse expressions
of one Loving Mystery,
For the healing of the Earth
and the renewal of all Life.

—CAPACITAR Prayer
Adapted from the UN Prayer of the Sabbath