



Capacitar: A Global Celebration — Patricia Mathes Cane, Ph.D. Founder/Co-Director

CAPACITAR's
Vision is
Healing
Ourselves
Healing
Our World.

CAPACITAR
means to
empower, to
encourage, to
bring each other
to life. We are
an international
network of
empowerment
and solidarity.

Capacitar teaches
simple practices of
healing, team-
building and self-
development to
awaken people to
their own source
of strength and
wisdom so they
can reach out to
heal injustice
and transform
themselves, their
families and
communities.

Using a
popular education
approach,
Capacitar works
with grassroots
people in
25 countries and
16 states in the US.

In July we came together from many parts of the United States and from communities along the Mexican border for our first U.S. Capacitar Conference. The gathering celebrated the empowering spirit and growing network of Capacitar, working together to heal and transform ourselves and our world. We were all inspired as participants shared what they were doing in their own families and communities to be a source of peace and healing. And we all recognized the importance of each person's commitment at this time of global violence and trauma.

More than ever the work of Capacitar involves learning how to see; learning how to live in the eye of the hurricane of violence and desperation with deep peace and presence; learning how to be a source of healing and grace for those around us. There is a poignant story of paleontologist and mystic, Teilhard de Chardin who worked as a stretcher bearer in the trenches during World War I. Someone asked him, how do you see beyond the war and the dying? And he responded: I don't see beyond it, I see into it. It is the earth that bleeds, it is all humankind that bleeds. And nothing is profane for those who truly see.

Capacitar continues to learn from grassroots people how to truly see, how to see into the violence and trauma around us, how to work with love and commitment for the long haul. In our recent visit to Honduras and Nicaragua we worked with groups with whom we have walked in solidarity from our earliest years. Life is more difficult for people there with growing poverty, violence, environmental degradation and corruption at all levels. Yet through it all their spirits are ever brighter and their commitment ever stronger. As friend Gladys Lanza, former Honduran union leader and head of Centro Visitación Padilla, commented, "In the midst of it all our work is actually very simple: to awaken to our true nature and to bring love, forgiveness and healing to ourselves and to those around us."

In his book Essential Spirituality, Roger Walsh M.D. says: "Our world is in desperate need of healing. But it also rests in good hands, because it rests in yours. And in you rests the source of all healing, and all that is needed to awaken you and the world." As Capacitar we celebrate the human family awakening, and we open our hands and hearts to be part of the healing.

Closing ritual of the first U.S. Capacitar Conference with participants from 10 states, Mexico and border communities—San Diego, CA



CAPACITAR Global Network of Teams, Multipliers & Partners

In our international programs and collaborations, Capacitar teaches simple wellness practices, such as Tai Chi, acupuncture, breathwork, visualization and meditation. Our methods, based on ancient traditions as well as current research, have been field tested with thousands of people in many different cultures. We use an empowering popular education approach, rather than a therapeutic model, placing tools in people's hands to awaken their own wisdom and capacity to heal and transform stress and trauma in themselves, their families and communities. Capacitar is especially committed to grassroots people living in places of violence, poverty and trauma.

As a California-based nonprofit organization, Capacitar has an international team of trainers whose job is to offer workshops, mentor leadership and form potential teams in different countries. People who participate in workshops or trainings are called multipliers, using Capacitar practices in their lives, professions and community outreach. As groups form in different countries, they are free and independent, developing in the spirit of Capacitar the network or structure appropriate to their culture and situation.

In some countries there are well-established Capacitar teams and centers (El Salvador and Chile). In other places Capacitar works in partnership with community organizations and established centers who use our methods (Honduras, Nicaragua, Guatemala, East Timor, Indonesia, Southern Africa). In other places Capacitar trainings are sponsored by Centers or organizations whose spirit is consistent with the vision of Capacitar (Center to BE, Milwaukee, WI; La Casa de Maria, Santa Barbara, CA; Good Samaritan Hospital Parish Nurses, Cincinnati, OH; Bienestar Familiar, El Paso, TX).

For more information see our new website: www.capacitar.org.

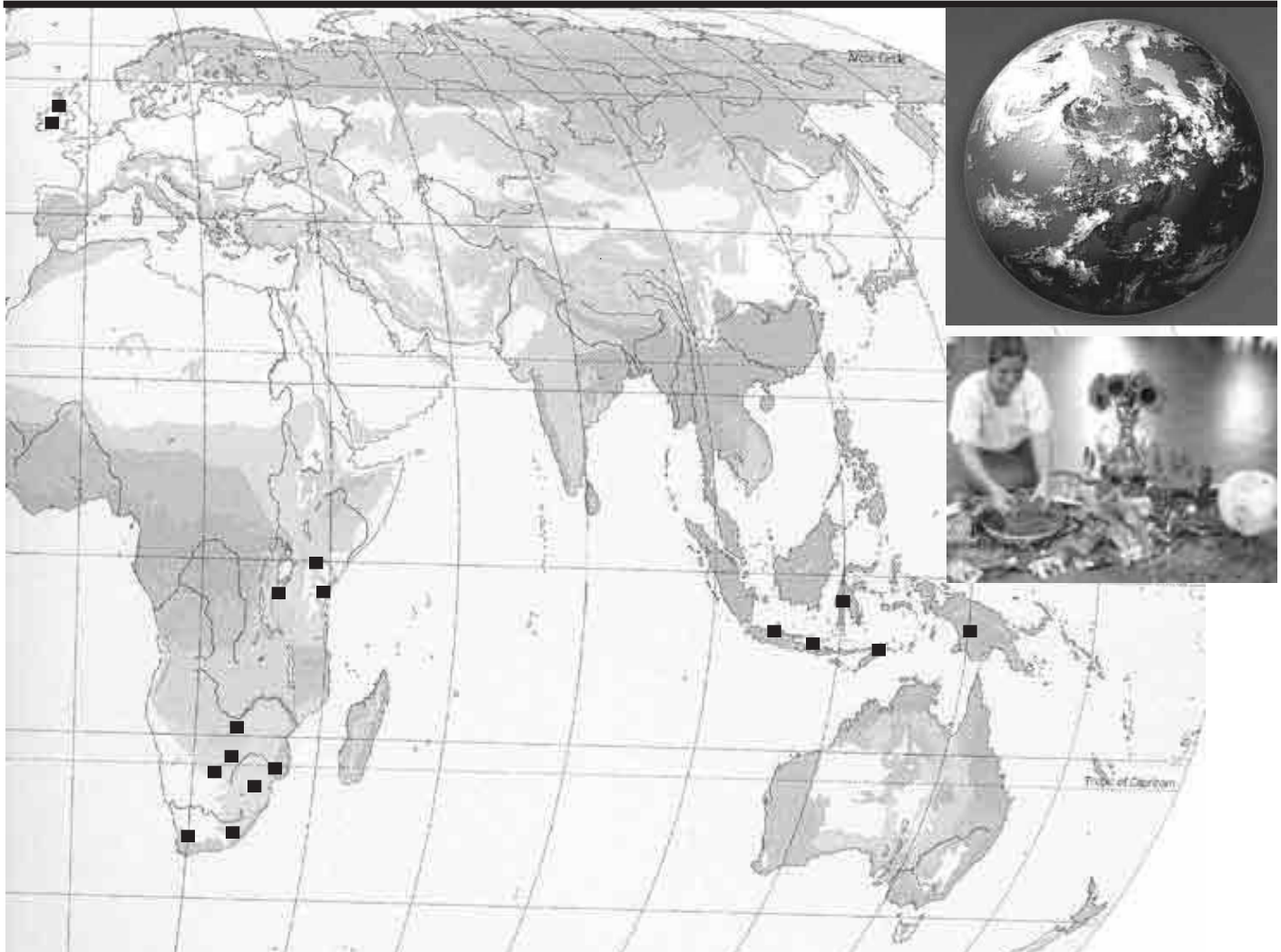


Capacitar Programs

- **Multicultural Wellness Education:** Wisconsin, California, South Africa, Ireland, Northern Ireland; past trainings in: Kentucky, Ohio
- **Trauma Healing & Transformation:** California, Tanzania, Southern Africa, East Timor, Indonesia; past trainings in: Honduras, Nicaragua, Guatemala, Colombia, Ireland, Northern Ireland
- **Healing Ourselves, Healing Our World:** basic workshops offered in 25 countries since 1992
- **Capacitar for Children:** for children, schools, families offered in U.S., Indonesia, East Timor, No. Ireland; Capacitar for Kids Pilot in Cincinnati Catholic Schools by Good Samaritan Hospital Parish Nurses
- **Capacitar for Universities:** University of California Santa Cruz
- **Living in Wellness Programs:** Southern Africa, US
—For Caregivers, Families & Persons with HIV/AIDS
—For Caregivers, Families & Persons with Cancer
- **Consultation, Retreats, Individual Programs**
- **Regional/National Gatherings:** US, Mexico, Central America

Capacitar's Manuals

- **Trauma Healing & Transformation** (English 2000, Spanish 2002—published in California, Nicaragua, Colombia)
- **Capacitar Manual** (Spanish 1994, English 1995; versions published in Indonesian 2003, Tetum 2003, Swahili 2004)
- **Capacitar Manual** (Haitian Creole version 2003)
- **Capacitar for Children** (English 2004, Spanish 2005)
Capacitar for Kids—2003-4 Pilot in collaboration with Good Samaritan Hospital Parish Nurses-Cincinnati Catholic Schools
- **Living in Wellness Series:**
For Families, Caregivers and People with HIV/AIDS (English 2003, Spanish 2005)
For Families, Caregivers and People with Cancer (English 2004, Spanish 2005)
- **Manuals to be Developed:**
Leadership & Organizational Development
Reconciliation & Nonviolence
Living in Wellness: For People in Recovery



Capacitar has Teams, Partners and/or Multipliers in:

- **UNITED STATES:** Arkansas, California, Colorado, Florida, Iowa, Illinois, Kentucky, Massachusetts, Minnesota, Mississippi, Missouri, New Mexico, New York, Ohio, Oregon, South Dakota, Texas, Virginia, Wisconsin
- **CENTRAL AMERICA:** El Salvador, Guatemala, Honduras, Nicaragua
- **SOUTH AMERICA:** Argentina, Bolivia, Brazil, Colombia, Chile
- **CARIBBEAN/MEXICO:** Belize, Haiti, Dominican Republic, Chiapas, Tijuana, Juarez
- **AFRICA:** South Africa, Botswana, Swaziland, Lesotho, Tanzania, Kenya
- **ASIA PACIFIC:** East Timor, Indonesia (Java, Bali, Sulawesi, Sumatra, The Moluccas)
- **EUROPE:** Ireland, Northern Ireland



Photo Above: Natalia Hernández (San Diego/Tijuana) mixes the soil of Mother Earth brought by US Conference participants from many regions where Capacitar works.

Left Photo: Patricia Zermeno (Santa Barbara, CA/Mexico) and participants take the ritual soil to share with their families and communities back home.

Center Photo: Conference Coordinator Joan Condon and the San Diego Core Team, Virginia Mejia, Natalia Hernández, Soñia Flores, are congratulated for their great spirit and a job well done.

CAPACITAR Staff, Board and Advisors

Founder/Co-Director

Patricia Mathes Cane, Ph.D.

Co-Director/Program Director

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Tanzania

Constansia Mbogoma

Pat Gallogly, MM

East Timor

María Días

Eileen Brady, MM

Indonesia

Inge Tapan

Ireland/Northern Ireland

Toni Ryan

CAPACITAR Calendar—2004

- August Trainings in Tanzania and Kenya
- August 14-15 Capacitar/ Training 1—Catholic Charities, San Jose, CA
- August 21-30 Trainings in El Salvador
- August 20-25 SACBC AIDS Trainings, Gaborone & Francistown, Botswana
- August 27-September 5 Trainings in Johannesburg & Capetown, ZA
- September 6-9 SACBC Training Port Elizabeth, ZA
- September 11-21 Trainings in Ireland/ Northern Ireland
- September 20-23 Leadership training in Alamo, Texas
- September 24-26 Training 3, Center to BE, Milwaukee, WI
- September 27 Capacitar for Kids Teacher in-service, Cincinnati, OH
- September 27, 28 Cincinnati evening workshops
- October 2-3 Capacitar Retreat in Appalachia, VA
- October 8-10 Trauma Training 1, Orange, CA, Sisters of St. Joseph
- October 8-10 Bi-Lingual Training 2, Casa de Maria, Santa Barbara, CA
- October 16-17 Training 2, Capacitar/Catholic Charities, San Jose, CA
- October 23-24 Trainings in Lesotho
- October 27-Nov. 4 Training 4 in Johannesburg & Capetown, So. Africa
- November 5-12 SACBC AIDS Trainings in Capetown, KwaZulu/Natal
- November Trainings in Indonesia and East Timor
- November 15-16 SACBC Training in Swaziland
- December 5-13 Trainings in Belize
- December 3-5 Training 4, Center to BE, Milwaukee, WI
- December 8-12 Trainings in El Paso, TX/Juarez, Mexico
- December 17-19 Training, Angela Center, Santa Rosa, CA

Gifts Made In Honor of

Joan Condon • Pat Cane • Jennifer Biehn • Joan Lohman • Mary Duennes

Golden Jubilarians: Rita Jovick PBVM, S. Daniel Weinzierl, CSA, S. Lucy Brault, CSA,

S. Donna Marie Kleinsorge, CSA, S. Francesca Reich, CSA, S. Lucina Halbur, CSA,

S. Magdalena Langlois, CSA, S. Marie Kees, CSA, S. Mary Albert Flynn, CSA,

S. Paul Ann Dinkel, CSA, S. Ruth Ann Bandry, CSA

Gifts Made In Memory of

Dorothea Allison • Tom Condon • Eileen Gargan • Bill McGee

Jack Seiquist • Page Prescott • Barry King • Julia Bezck

In Loving Memory of

Dorothea Allison who worked for two years on the Capacitar staff

A Special Thank You to

Larry Bursch, Capacitar volunteer, for his time, support & generosity

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests -made through your will may be for a specific percentage or sum of an estate

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR International, Inc., Santa Cruz, CA

Gift Capacitar With

Stocks - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd.

Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need miles or tickets to:

Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000 miles)

Central America, South America (35,000-50,000 miles)

If you can help us with miles, call the Capacitar office at (831)471-9215

2004-2005 Trainings—Multicultural Wellness Education

• Wisconsin Training: 2004: Apr 2-4 June 4-6 Sept 24-26 Dec 3-5

2005 Training: Apr 15-17 June 3-5 Sept 9-11 Dec 2-4

Center to BE, Milwaukee, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com
CEUs offered through Marian College.

• Santa Barbara, CA 2004: June 11-13 Oct 9-10 2005: Jan 14-16 Apr 8-10

La Casa de Maria; For information: Irene Falzone 805-969-5031 bizdev@lcmdm.org

2005-2006 La Casa de Maria Training: TBA

• San Jose, CA 2004: Aug 14-15 Oct 16-17 2005: Jan 22-23 Apr 2-3

Place: Catholic Charities; For information: Jean Schafer 831-471-9215 capacitar@icc.org

• South Africa: Johannesburg For information: Sharon Ries sries@iafrica.com

Johannesburg: 2004 Jan 27-29 May 28-30 Aug 30-Sept 1 Nov 2-4

Johannesburg 2005: Mar 4-6 May 20-22 Oct 7-9 2006 Feb 17-19

• South Africa: Capetown Information: Sharon Johnson bookingsforafrica@dialmgt.co.za

Capetown: 2004 Jan 23-25 June 1-3 Sept 3-5 Oct 29-31

Capetown 2005: Feb 25-27 May 27-29 Oct 14-16 2006 Feb 24-26

• Dublin, Ireland/No. Ireland: For information: Toni Ryan toniryan@tinet.ie

Cycle 1-Dublin: 2004: Feb 6-8 May 21-23 Oct 22-24 2005: Feb 4-6

Cycle 2-Dublin: 2004: Sept 11-12 2005: Feb 12-13 May 7-8 Sept 24-25

2005-2006 Northern Ireland Cycle—Dates TBA

2004-2005 Trauma Healing Training—Orange, CA, Sisters of St. Joseph

2004: Oct 8-10 2005: Jan 28-30 May 13-15 Oct 7-9

Contact Sr. Sharon Becker: sbecker@csjorange.org

NEW ADDRESS

Capacitar International Inc.

212 Laurel Street, Suite 210

Santa Cruz, CA 95060

Tel/FAX 831-471-9215 www.capacitar.org



CAPACITAR
International

Healing ourselves, healing our world

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30 July 2004

Dear Capacitar Friends,

What happens when people from around the United States and along the U.S. and Mexican border gather to share their experiences of Capacitar?

We discovered what would happen when forty-eight members of the Capacitar family met in July in San Diego, California. They came from Florida, Wisconsin, Ohio, Texas, Oregon, Minnesota, Missouri, Virginia, California, Juarez and Tijuana, Mexico. One group drove from El Paso, Texas. Another flew from Appalachia. For two it was the first time they had been on a plane. People held bake sales, worked at health fairs and sent out appeals to raise money to attend.

When this National Gathering ended, everyone declared it a great success—a rich interchange across language, cultural, and socio-economic lines. One woman wrote, “What I liked most was to meet those who came from other cities.” Another said, it was “hearing the stories and the bilingual opportunity.” For a third it was “the people and spirit” and for yet another it was “to share physically and spiritually in person with this part of the human family.” What was truly inspiring to everyone was to hear all that people are doing in so many communities across the U.S. to empower people, especially those who live in poverty and with violence, to heal themselves and their families and communities.

The spirit of Capacitar permeated each moment and each movement as people shared their stories—how Capacitar had changed their lives and the lives of the people with whom they share the practices—and dreamed for the future work of Capacitar.

You were with us in our healing circle, in our hearts, as your support helped make this Gathering possible and helps make possible the healing of those whose lives are a struggle with poverty, illness and violence.

But to keep the Capacitar spirit alive and growing in our world, **we again ask for your help**. As we mentioned in previous letters, foundation assets have declined and so has their support for Capacitar. We turn to you so that we can continue the work of peace and healing for our human family.

We have had to postpone some international programs because we have not been able to fund them, nor have our collaborating partners been able to find funds. But we remain committed to walk with those who are victims of violence, poverty and HIV/AIDS.

Your donation, whether large or small, helps bring Capacitar’s healing practices to people in need in the U.S. and globally. Your contribution will support programs along the border in Texas and California, in conflict zones in Indonesia, and in East Timor, South Africa, Tanzania, Ireland and Northern Ireland.

Thank you for doing what you can to bring peace and healing to our world.

In Peace,

Pat Cane

Joan Condon