



The Real Work: A Deeper Healing — 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 his poem "The Real Work" Wendell Berry speaks to our current national and global struggle: "*It may be that when we no longer know what to do we have come to our real work....when we no longer know which way to go we have come to our real journey. The mind that is not baffled is not employed. The impeded stream is the one that sings.*"

With elections over we are confronted with the overwhelming need for healing on many levels—individual, family, community and society. We face the real work of healing and transforming global patterns that no longer work. As we walk for the long haul in solidarity with marginalized communities in the U.S., Europe, Asia, Africa and Latin America, Capacitar is challenged to address the deeper attitudes and structures destroying our spirits.

Women in Appalachia as well as in South African townships ask for Capacitar's support and methods in their efforts to heal domestic violence and sexual abuse. Groups in Alamo, TX and Reynosa, MX look for skills and empowerment to daily face grinding poverty and unemployment, as they work with abandoned seniors who have little food and no health care. Concerned religious in Southern California are learning Capacitar trauma methods for outreach to those who are victims of human trafficking. Grassroots AIDS groups in Southern Africa and Central America are asking for Capacitar skills to deal with AIDS-related symptoms,

trauma and compassion fatigue in caregivers. Victims' groups in Northern Ireland are asking for new ways to promote reconciliation and healing in their communities.

As a human family we don't know what to do or which way to go. And with so many requests for support over the years Capacitar has certainly not known what to do. But somehow as we daily struggle with baffled minds and few resources our real work has emerged—empowering people to awaken to their own inner wisdom and resources. And as we wrestle with not knowing which way to go, our real journey has led us to walk with people from diverse cultures in 25 countries on 5 continents.

What we have learned from grassroots people in this remarkable journey is the joy that comes from awakening to our own power and possibilities. Seventy-eight year old Fanny in Appalachia will never again be victim of abuse by her family. Patti will use what she has learned to promote health in her community in Mexico. Thabiso will care for herself, so she can better care for her family and friends dying of AIDS in South Africa. As Capacitar we draw strength and inspiration from the resilience of the poor and oppressed who with little or nothing do the "real work" in their communities. And we continue to hear the song that bursts forth from the most challenging of circumstances. "The impeded stream is the one that sings!"

Grassroots women of Appalachia who work in community outreach and the healing of domestic violence at the Capacitar retreat in Virginia



CAPACITAR in Action

UNITED STATES PROGRAMS

• ALAMO, TEXAS—REYNOSOYA, MEXICO

At the invitation of Denise Sausville, RSM, Joan Condon visited Capacitar groups working in border communities near Alamo, TX. The women shared how they use Capacitar with poor women and their hopes for the future. Joan also visited Project Arise, a women's empowerment organization that works in the colonias on the US side of the border. Several leaders of this organization attended Pat Cane's first St. Louis workshop in 1995 and have integrated Capacitar practices into their personal development programs. Across the border Joan and Denise led a Leadership Development workshop for 29 people in Reynosa, to empower participants to identify and develop their leadership qualities.

• SAN DIEGO, CALIFORNIA

The San Diego core team (Natalia Hernandez, Sonia Flores and Virginia Mejia) is developing a Capacitar Violence Prevention and Reconciliation Training Program for the border area. Other graduates of the Multicultural Wellness Education training continue to share Capacitar practices with many local groups including, immigrant parents, youth, border families and seniors.

• SANTA BARBARA, CALIFORNIA

In collaboration with La Casa de Maria Retreat Center, Capacitar is giving the one-year Multicultural Wellness Education program to 24 people, co-facilitated by Pat Cane and Joan Condon. Participants use what they learn with refugees, youth at risk, Hispanic families, battered women, Hospice and persons with HIV and Cancer. A one-day workshop was also given for 60 health promoters from the Citrus Valley Health Partners. Both programs are bilingual in English and in Spanish.

Capacitar training for the trauma region in Co. Armagh, No. Ireland, with participants working in community health, counseling, reconciliation and healing.



• ORANGE COUNTY, CALIFORNIA

In October Mary Litell, osf, offered the first of a four-part Trauma Healing and Transformation program for 10 people who are working with anti-human trafficking projects. The training is under the auspices of the Sisters of St. Joseph in Orange.

• SAN JOSE, CALIFORNIA

Twelve women are part of the Multicultural Wellness training offered in collaboration with Catholic Charities and Presentation Center in Santa Clara Valley. Outreach from the training includes use of the practices with refugees, seniors and religious, teachers and children in schools, in ministry and in counseling services.

• RICHLANDS, VIRGINIA

The team and director of Sunrise Center in Appalachia recently participated in a Capacitar retreat at Jubilee Center, in Abingdon, VA. The focus was on self-care while working with issues of domestic violence and development for women.

• CINCINNATI, OHIO

Capacitar for Kids started its second year as a program in two schools in Cincinnati under the leadership of parish nurse Mary Duennes. The teacher training focused on emotional intelligence and the impact of trauma and violence on the learning process.

• MILWAUKEE, WISCONSIN

Thirty graduates from four classes (2000-2004) of the Wisconsin Multicultural Wellness Education program participated in a reunion in October under the leadership of Center to BE Director, Marjorie Wilbur. Besides extensive outreach to a variety of groups and cultures in the Midwest, participants have taken Capacitar work to groups in Haiti, Peru, Ghana and Argentina.

The Labyrinth at a Dublin, Ireland training for community leaders, religious, therapists, teachers and professionals working with marginalized peoples in 5 countries.



INTERNATIONAL PROGRAMS

• EL SALVADOR

Joan Condon offered a Capacitar Conflict Resolution training to the El Salvador team in Suchitoto. The team continues to offer support to many traumatized communities in the region.

• TANZANIA

Twelve women graduated from the Trauma Healing training in Arusha facilitated by Mary Litell, osf. The Capacitar-Tanzania team is coordinated by Constansia Mbogoma of Mwanza.

• BOTSWANA

Capacitar-Botswana has recently been registered as an NGO (nongovernmental organization) under the leadership of Francoise Horenburg. Capacitar workshops are offered to youth and people in the villages as well as to professionals. Pat Cane offered HIV/AIDS trainings in Francistown and Gaborone under the auspices of the Bishops Conference (SACBC) AIDS Office.

• SWAZILAND

HIV/AIDS leaders from different parts of Swaziland participated in a Capacitar training in Manzini organized by Gloria Musi, Director of SACBC-CARITAS Aids Office. Nearly 40% of the population is HIV positive and caregivers work with the dying and with orphaned children.

• SOUTH AFRICA

Capacitar is growing quickly in South Africa under the leadership of Sharon Ries in Johannesburg and Sharon Johnson in Capetown. SACBC AIDS trainings are also being given by Pat Cane to groups in Port Elizabeth, Durban, KwaZulu/Natal, Pretoria, and Capetown. CANSA (Cancer Association of South Africa) is using Capacitar in its caregiver programs and staff trainings.

• LESOTHO

Workshops were recently offered for the Holy Names Sisters who run hospitals, schools and outreach to the poor in drought-stricken Lesotho. An HIV/AIDS training was also offered for caregivers and staffs sponsored by the Lesotho Bishop's Conference AIDS Office in Maseru.

• IRELAND & NORTHERN IRELAND

Over 80 men and women are participating in three Multicultural Wellness 1-year programs in Dublin, facilitated by Pat Cane and Toni Ryan. Participants offer outreach to impoverished communities in Ireland and Northern Ireland, and are also taking Capacitar to Brazil, Nigeria, Ghana and other countries. A fourth training will start in May 2005 in Belfast to include people from all sides of the conflict, and will form leadership for a Capacitar cross border program in 2006-2007.



Constansia Mbogoma (seated) heads the new team of Capacitar-Tanzania



Caregivers at a training in Swaziland, where HIV is highest in the world

CAPACITAR Self-Care Corner—Transforming the Negative

As we daily face war and violence in our media, it is important to heal and transform these images for ourselves and our world. Research shows that even our cells are affected by what surrounds us and that we become the thoughts that we hold. The spiritual practice of Tonglen is an ancient way to embrace and transform the negative so that we hold the world with love and compassion, rather than with fear.

Close your eyes, breathe deeply and relax your body completely. Imagine that you can rest in a safe space within yourself, perhaps imaging a beautiful place in nature that you love. Feel grounded and protected breathing in the energy of the earth up into your feet and then through your entire body. Breathe out, releasing into the earth any tension, negativity or concerns. Feel deep peace and connection within yourself.

Now imagine that you are able to return to some special moment in your life when you felt great joy and love, when you were in touch with the sacredness of your life, with your true nature. Fill your heart with this love, light and grace, feeling grounded in compassion.

Now imagine that you are able to sit in front of yourself and see yourself as you are. See the true beauty of your heart and then see all that holds you back from your true nature. See your pain, anger, pettiness, violence, blindness and ignorance as a heavy cloud surrounding you. Imagine that you are able to breathe in the heavy cloud surrounding you, and then breathe this out down into the earth to be healed and transformed. Breathe again and breathe back into yourself compassion, peace and happiness. Continue this practice until you are filled and nourished and feel finished. Then release the image of yourself.

Breathe deeply, reconnect again with your safe space to ground and fill yourself with peace and love. Then repeat the practice of Tonglen:

- For a friend or loved one; for a person who is suffering
- For a person with whom you have conflict
- For persons in the larger world who are affected by war and violence
- For the human family and Mother Earth.

Between each practice return to your safe space to renew and nourish yourself so that you can give from this source of love and compassion.

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Eileen Brady, MM

Indonesia

Inge Tapan

Ireland/Northern Ireland

Toni Ryan

CAPACITAR Calendar—2004-2005

- 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
- January 14-16 Bi-Lingual Training 3, La Casa de Maria, Santa Barbara, CA
- January 22-23 Training 3, Capacitar/Catholic Charities, San Jose, CA
- January 28-30 Trauma Training 2, Orange, CA, Sisters of St. Joseph
- February 5-6 Cycle 1-Training 4, Dublin Ireland, Kimmage
- February 8 Capacitar workshop, Drogheda, Northern Ireland
- February 9 Capacitar workshop, Belfast, Northern Ireland
- February 10-11 Cycle 3-Training 1, Dublin, Kerith Centre, Carmelite Monastery
- February 12-13 Cycle 2-Training 2, Dublin Warrenmount, Presentation Centre
- February 17-19 Grassroots Healers National Conference, ProVida, Lima, Peru
- February 25-27 Capetown Training 1, South Africa
- March 4-6 Johannesburg Training 1, South Africa
- March 11-13 Training, Sophia Center, Holy Names College, Oakland CA
- March 18-29 Workshops in Buenos Aires and other regions of Argentina
- April 2-3 Training 4, Capacitar/Catholic Charities, San Jose, CA
- April 8-10 Bi-Lingual Training 4, La Casa de Maria, Santa Barbara, CA
- April 15-17 Training 1, Center to BE, Milwaukee, WI
- April 18-22 Workshops in Quiche, Guatemala
- April 22 Workshop, La Casa de Maria, Santa Barbara, CA
- May 7-8 Cycle 2-Training 3, Dublin, Warrenmount, Presentation Centre
- May 12-13 Cycle 3-Training 2, Dublin, Kerith Centre, Carmelite Monastery
- May 14-15 Training 1, Belfast, Northern Ireland
- May 20-22 Johannesburg Training 2, South Africa
- May 27-29 Capetown Training 2, South Africa
- June 3-5 Training 2, Center to BE, Milwaukee, WI
- June 10-13 Trainings in El Paso, TX/Juarez, Mexico
- June 25 Workshop for Caregivers, Presentation Center, Los Gatos, CA
- July 3-10 AIDS Trainings in Honduras
- July 11-15 Trainings in Nicaragua

2005-2006 Trainings—Multicultural Wellness Education

• Wisconsin Trainings

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

2006 Training: Apr 28-30 July 14-16 Sept 15-17 Dec 1-3

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

• Santa Barbara, CA Training Cycle 1—2005 Apr 8-10

Training Cycle 2—2005 Nov 11-13 2006: Mar 24-26 July 28-30 Oct 27-29
La Casa de Maria; For information: Irene Falzone 805-969-5031 bizdev@lcmdm.org

• San Jose, CA Training Cycle 2004-2005: Jan 22-23 Apr 2-3

Place: Catholic Charities capacitar@icc.org

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

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

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

Training Cycle 1-Dublin: 2005: Feb 4-6

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

Training Cycle 3-Dublin: 2005: Feb 10-11 May 12-13 Sept 29-30 2006: Feb 2-3

Training Cycle 1-Belfast: 2005: May 14-15 Oct 1-2 2006: Jan 28-29 May 13-14

Cross Border Trainings—2006-2007: Dates TBA

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

2005: Jan 28-30 May 13-15 Oct 7-9 Sr. Sharon Becker: sbecker@csjorange.org

Gifts Made In Honor of

Pat Cane • Joan Condon

Gifts Made In Memory of

Joseph Feldhaus • Jim Canelo • Andre Mare • Bob Frendo
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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

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

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

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

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