



# CAPACITAR—Women Planting One Heart

## An International Network of Empowerment and Solidarity

### A Vision of Wholeness

"If I were living from the whole of me what would I be like?" Awakening in body, mind, emotions and soul brings us to wholeness. . . It is a learning process of recovering the soul, of liberating the body and consciousness to follow its destiny. . ." Aminah Raheem in her book Soul Return gives us a vision of personal and global wholeness to which CAPACITAR is committing its time and resources. Our mission is two-fold: inner healing and transformation along with global healing and empowerment. As more individuals and organizations begin to make this a focus and priority, we see emerging around us an energy and vitality that calls forth the talents of each person in the service of the whole.

This issue of our newsletter focuses on different groups who are committing themselves to creating this vision. Recently Sr. Kathy Green RSM of the Mercy Regional Health System of Greater Cincinnati quoted the prophet Habakkuk as the beam was raised on one of two new 20 million dollar Mercy Health and Wellness Centers which will be completed by summer 1998. "Write the vision down, inscribe it on tablets to be easily read, since this vision is for its own time, eager for its own fulfillment. It does not deceive. Come it will, without fail. . ."



Sister Kathy Green RSM and Pat Cane, celebrate the topping off ceremony, raising the beam on the new Mercy Center for Health and Wellness in Cincinnati, OH



*"AS WE WORK IN COMPASSION TO HEAL THE EARTH, THE EARTH HEALS US. NO NEED TO WAIT. AS WE CARE ENOUGH TO TAKE RISKS, WE LOOSEN THE GRIP OF EGO AND BEGIN TO COME HOME TO OUR TRUE NATURE. THE WORLD ITSELF, IF WE ARE BOLD ENOUGH TO LOVE IT, ACTS THROUGH US. IT DOES NOT ASK US TO BE PURE OR PERFECT, BUT ONLY TO CARE, TO HARNESS THE SWEET, PURE INTENTION OF OUR DEEPEST PASSIONS AND TO 'fly' like a bodhisattva!"*

—JOANNA MACY, World As Lover, World As Self

The new centers represent a dream of integrating excellent health services with body-mind-spirit modalities and will be models on the national level of a new vision of health and wellness. CAPACITAR has been invited to work with the Mercy Regional Health System of Greater Cincinnati in training trainers and in writing materials to bring the vision and practice of wholeness, especially to marginalized women and families who would not have access to the services of the new centers.

It is not enough to dream the dream. We must write it down, take the steps to inscribe and en flesh the vision. Let Spirit move through our desires and our actions. And in our abundance commit ourselves to bringing grace and wholeness to areas of our world suffering from the wounds of violence and poverty. Our times call forth action and great loving commitment. Teresa of Avila often counseled her sisters: "Accustom yourself continually to make many acts of love, for they enkindle and melt the soul." In giving and letting go of ego to serve the greater whole, we ourselves are enkindled, healed and made whole.

—PAT CANE, FOUNDER/ EXECUTIVE DIRECTOR, CAPACITAR

CAPACITAR is network of women who share a desire to heal and empower themselves, as well as heal and transform their groups and societies, especially those living in areas of poverty and violence; who believe that through nurturing, listening and responding to the deeper wisdom of body and spirit, it is possible to bring peace and healing to our world.

The CAPACITAR network includes women, as well as men, from diverse countries, cultures, generations, socioeconomic backgrounds and experiences, who encourage and support a spirit of solidarity and hopeful interchange.

CAPACITAR shares techniques of healing, team building and self-development with women leaders to encourage physical and spiritual transformation, working in such a way that all involved are empowered to act out of their own source of strength and wisdom.

CAPACITAR connects women through an international network of solidarity, building relationships of cultural and personal understanding, responding to needs identified by community groups within a country.

Our name, CAPACITAR, is a Spanish word meaning to empower, to encourage, to bring forth.

Our logo comes from a pre-Columbian design of the lotus. For us it symbolizes the creativity and empowerment of women—coming to life, rooted to the earth, birthing new life, joining together, empowering each other.



## Spirituality of the Workplace—Tai Chi, Labyrinth and Manage at Plaza Vigil

—SANDRA SIMMS-MARTIN

We gather on Wednesday mornings at 9:30 in the courtyard of Plaza Vigil to practice Tai Chi. There are between 5 and 20 of us, different nationalities, ages, backgrounds, but we all gather to practice the ancient Chinese meditation movement. We begin with the Rocking Movement to locate our center and our balance, to connect with Chi, the universal energy or spirit. We go on to other movements with beautiful names like Shower of Light, Bird With A Golden Tail, Wise Woman Praying, and Passing Clouds. Each is a movement in the dance done first to the left, then to the right. Done on the left side for our individual selves, done on the right for our collective selves, our community. The movement is slow and graceful, uniting opposites, right and left, up and down. It always flows as if done underwater. My friend Jim describes it as a dance with an invisible partner, and the partner carries you. As we connect to the energy and balance finds it's own rhythm, we begin to express ourselves through the movements. The energy flows and we flow. We become alert in the moment acutely aware of the entire sphere our senses encompass, while focusing on our movements without distraction. Wide awake and in a trance all at the same time/place. As we continue and body-mind-spirit become one while remaining three, it becomes hard to tell if we do the dance or if the dance does us. Balance flows over, under, around, and through us.



A copy of the labyrinth that is worked into the floor of Chartres Cathedral was laid out on the courtyard of Plaza Vigil on Sept 21, 1997, Autumn Equinox. It was the day when light and dark are exactly equal. We gathered and after a few words of introduction and some Tai Chi movements, we began to walk. I had wished to walk a labyrinth for a couple of years but had not had the opportunity. A labyrinth is neither a maze nor a puzzle to be solved. There are no false paths or dead ends. You can't get lost. One path winds back and forth and ends up at the center and then winds back and forth out again. The obvious metaphor is that of the journey with a secondary metaphor of balance. A labyrinth is symmetrical, covering the same distance in the same pattern on both sides. I have read that the mere physical act of walking a labyrinth creates a chemistry that puts the left and right sides of the brain in balance. The first few steps are a little tentative, anxious. What should I be doing? Am I doing it right? This gives way to just walking, concentrating on the path and on the way it is walked. As with any journey, there are obstacles: catching up to someone who wants to move slower than you do, feeling the pressure of someone who wants to pass, coming face to face with others walking the opposite direction on the same path. Somehow it all resolves itself. I let them pass or they let me pass. Looking up occasionally, I am always surprised to see where I am. Eventually, the center is reached. The place where a candle burns and there are no demands or expectations. The place of a gently rising column of energy. A place to rest for a moment. The center feels so good that I think I will stay there for a long time. But I don't, the winding paths tug at my imagination and I am on my way back out. And the way in is the way out. I came with no preconceived notions and I left the same way. The labyrinth could easily be all things to all people. What happens in there is up to each individual spirit. But the labyrinth shows us each separate light as a beautiful and necessary part of the universal light show. Capacitar plans to present the labyrinth each quarter on the equinox or solstice. I plan to walk it as often as possible.



## Wellness at the Border—CAPACITAR in Laredo, Texas

CAPACITAR recently co-facilitated a 2-day bi-national conference sponsored by Border, Vision, Fronteriza—Laredo. Project representative Sr. Rosemary Welch RSM and the Mercy Regional Health System spearheaded the effort to bring together agencies and community outreach workers from Texas and Mexico. 140 health promoters, women of the colonias, doctors, psychologists, teachers and outreach nurses met in Laredo to learn wellness practices of CAPACITAR to better serve the economically poor living along the border. This past year four border states were given federal funds to improve medical services and to develop an outreach model which could meet the needs of border areas where there is a higher than average rate of cancer, TB, hepatitis, HIV/ AIDS, diabetes and infant and child health problems. In the Laredo colonias alone, many families still live without such basic services as water, sewage and transportation. Outreach workers who deal with the daily struggles of people are themselves under great stress. The conference was one of several to empower the promoters of health and wellness to care for themselves and to better care for the people they serve.

Sister Rosemary Welch and project co-representative Lupita Casteñeda, through their collaborative model of leadership, inspired an interchange of mutual understanding, cooperation and cultural appreciation among the 40 Mexican and 100 US participants who represented a wide range of groups from both sides of the border: including the Mercy Outreach Programs and Primary Health Care, the Mercy Mobile Van Staff, Office of Border Health, Laredo Health Department, WIC (Women Infants and Children Program), Texas A&M University, school district personnel, and staffs dealing with cancer, diabetes, TB, HIV/AIDS, and family planning.

A spirit of solidarity and commitment grew from the conference highlighting the importance of networking, of getting in touch with communal roots, as well as the need for self healing to better serve the people of the border communities.



*Mexican delegation learn seated massage and breathing meditation*

*Above: Pal Dan Gum exercises to open energy channels and release stress.*



*Pat Cane, Teresa Padilla and Rosemary Welch with conference participants*

*WE LONG TO KNOW OURSELVES deeply, TO KNOW  
THE PLACE IN WHICH WE CAN DISCOVER THE DIVINE.  
WE LONG TO TEMPER AND HONE OUR gifts,  
TO PUT THEM IN ACTION IN OUR WORLD.  
WHEN WE ALLOW OURSELVES TO BE WHOLE,  
WE ALLOW NEW VISIONS TO EMERGE WITHIN US  
AND WITHIN OUR CULTURES*

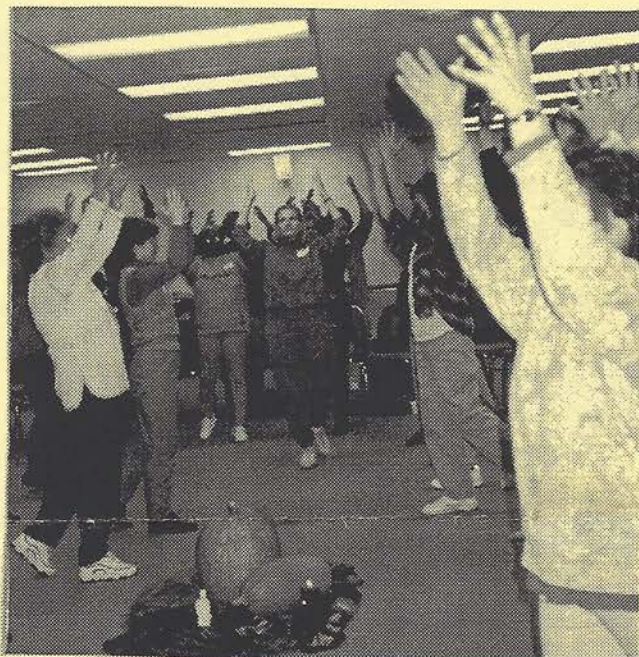
*—LAUREN ARTRESS, WALKING A SACRED PATH*



## CAPACITAR in Action

The fall has been a busy time for CAPACITAR on national and international levels. The Women's Retreat Journey to Guatemala brought together 14 CAPACITAR women in retreat with 7 Guatemalan women. Co-leaders Joan Lohman and Penny Mann facilitated the sharing of life experiences, bodywork, prayer, improvisation, dance and fun. The Journey was a remarkable experience for all involved. On the national level the Sisters of Mercy sponsored CAPACITAR workshops during October in Cincinnati, Carey and Toledo, Ohio and Louisville, Kentucky. Participants included African Americans, Appalachian women, Hispanics, and other grassroots women, along with directors, nurses, therapists and staffs of different Mercy outreach programs. CAPACITAR also led Tai Chi body prayer at the Regional Methodist Ministers and Deaconal Conference held at Asilomar, CA.

Our work is one of interchange and empowerment, but we feel we are the ones who receive so much in return. This Thanksgiving we give thanks for all the wisdom and blessings we receive from the people we serve!



*Workshops at Mercy Hospital Anderson—Cincinnati, Ohio October, 1997*



*CAPACITAR-Tai Chi—Methodist Ministers' Conference, Asilomar September, 1997*



*Mercy-sponsored workshop in Louisville, Kentucky October, 1997*



ABOVE: African American and Mexican women sharing a CAPACITAR workshop at a Mercy-sponsored workshop, Franciscan Center, Carey OH October, 1997

LEFT: Seated Massage at Flaget Center, Louisville KY

RIGHT: CAPACITAR-Retreat Journey to Guatemala—November, 1997 Co-Leaders Penny Mann and Joan Lohman with Guatemalan women who participated in the retreat of interchange and solidarity with North American women.

## THANKSGIVING

*I thank you, deep power  
that works me ever more lightly  
in ways I can't make out.  
The day's labor grows simple now,  
and like a holy face  
held in my dark hands.*

—RAINER MARIA Rilke



Walking the Labyrinth—Jeanette Crosetti and María Navarro organized the CAPACITAR Fall Retreat at the J.J. Crosetti Ranch, Watsonville



## CRONE's Corner

### Weaving the Threads of our Lives

-Carol Bialock RSCJ-CAPACITAR CRONE PROJECT, St. Louis, MO

It's November and we're gathered at Mercy Center in St. Louis for our crone ritual. And one of the first to share spoke of a time in her life of loose threads, when a ministry she loved deeply was terminated and she had to just trust that all things work together for good, somehow. Then she had a dream: she was walking in a lush green forest, full of tall trees. She sensed an opening ahead, a meadow, and in a corner of the meadow a tent, where three very old men were knitting sweaters. She watched one of the old men intently, and was amazed to see that he had no pattern. "How do you do it?" she asked. "Oh, I have a pattern; it's in that ancient book enthroned in the middle of the meadow, which is filled with religious poems. We pay and reflect on an ancient poem, and that gives us the pattern for a sweater. Would you like to have one?" "Oh, yes!" the woman cried, though she thought in her heart that such a sweater must be very costly. The old man then added, "It's free. I will make one just for you." When she woke she knew there was a weaving together inside of her that would end up being something beautiful. The situation in her life was the same, but her outlook had been transformed.

Just before this sharing the meeting had opened as one by one we extended a hand to the person next to us, saying "I am (name) and I am a weaver when..." "I set appropriate boundaries in my life"... "think big"... "take on new roles as old ones fall away"... "heal myself"... "write poetry"... "take care of myself", etc. Then a reading: "Women have woven yarn into tapestries. . . grass into baskets. . . threads into clothing. . . words into poetry . . . friends into families. . . voices into song. . . vines into shelter. . . prayer into action. The colors of the threads are blood, sweat, perseverance, tears, struggle, hope." In the center, as we shared, was an altar with a Native American woman weaving, and looking toward the light of a beautiful candle. And our sharings cast a special light among us and around us.

At the end we passed blue, green and yellow strands of yarn around the circle, which each woman wrapped around her wrist until we were woven together. The leader opened the circle by cutting the yarn between each woman. One could then braid her part of the three strands into a bracelet or symbol of what we had experienced.

### 12 Warning Signs of Health and Wholeness

1. Regular flare-ups of a supportive network of friends and family.
2. Chronic positive expectations.
3. Repeated episodes of gratitude and generosity.
4. Increased appetite for physical activity.
5. Marked tendency to identify and express feelings.
6. Compulsion to contribute to society.
7. Lingering sensitivity to the feelings of others.
8. Habitual behavior related to seeking new challenges.
9. Craving for peak experiences.
10. Tendency to adapt to changing conditions.
11. Feelings of spiritual involvement.
12. Persistent sense of humor.

Whole Earth Review

If several or more signs appear, you may rarely need to visit a doctor!

## CAPACITAR Calendar

### 1997

- December 6, 7 CAPACITAR Holiday Booth, Watsonville Plaza
  - December 20 Healing for the Holidays, Healing your Soul after Broken Relationships, Mt. Alverno Center, Redwood City, co-led by Pat Cane and Joseph Naegele 9-5:00. To register: 415-369-0798
  - December 28 New Year's Ritual, St. Patrick's Hall, led by Teresa Padilla, Mary Navarro and Watsonville team, 3-5:00pm
- Call the office for information on other retreats and CAPACITAR Center rituals and workshops.

### 1998

- First Sunday of each month, CAPACITAR Crones, Mercy Center St. Louis
- For information call: Sr. Carol Bialock RSCJ 314-621-4936
- January 11 Spirituality of the Workplace, Mt. Alverno Center, Redwood City co-led by Pat Cane and Joseph Naegele 9-5:00
- January 24 CAPACITAR Level 1 for Women and Men, Mt. Alverno Center, Redwood City 9-5:00
- January 25 Level 3-Workshop on the Chakras, Mt. Alverno Center
- For information or to register for Mt. Alverno workshops: 415-369-0798
- Jan.30-Feb. 1 Level 1 Workshop, Biloxi, Mississippi led by Pat Cane
- For information call: Joan Tarrant: 601-435-3415
- February 7 CAPACITAR Women's Retreat, Rancho Cañada, Carmel Valley 10-4:00. To register call: 408-722-7590
- February 13-14 First CAPACITAR Central American Regional Conference/Team Training, Suchitoto, El Salvador, co-facilitated by Salvador team, Pat Cane and Joan Condon
- February 19-21 CONFREGUA workshops in San Marcos, Guatemala
- February 23-27 CONFREGUA workshops in Guatemala City, CEFAS ICE Workshops at Jesuit Center for Spirituality, Mixco, Guatemala
- March 7 Cooperative Communications Workshop for Men and Women, led by Dennis Rivers, CAPACITAR Center, Plaza Vigil
- To register: call office 408-722-7590
- March 21 CAPACITAR Spring Retreat, JJ Crossetti Ranch, Watsonville
- April 4 CAPACITAR Level 2 Workshop, Mt. Alverno 415-369-0798
- May 1-3, CAPACITAR Workshops, Mercy Hospital Anderson, Cincinnati
- For information Call Mercy Wellness Center 513-624-4560
- June 5-7, CAPACITAR Level 1, Mercy Center St. Louis
- June 12-13, CAPACITAR Level 2, Mercy Center St. Louis
- June 14-15, CAPACITAR Level 4, Mercy Center St. Louis
- For information call: Sr. Sharon Schmitz RSM 314-966-4313

Order your new 1998 calendar: \$12 postpaid



CAPACITAR

In Celebration  
of Women  
1998 Calendar



## Creating Wholeness in the Cycles of Life



Ella Jackson came to our October CAPACITAR workshop with a spark in her eye. At our May workshop in Cincinnati Ella had shared that she was an unemployed 40 year-old African American raising three grandchildren. After learning some of the body-mind-spirit practices she went home and started to actively listen and share with the children. She even invited them to do daily Tai Chi and exchange massages. She had nothing to lose. It was better than being depressed every day, so she thought she'd give it all a try. Soon the children were making up their own Tai Chi movements, and she noticed a marked change in them. They were more peaceful and able to concentrate on their school work. Ella herself got a job as a cashier in a restaurant and started talking cheerfully and respectfully to the people who came. Her supervisors at work even started to ask her opinion. Ella still has financial and family problems, but she is different. Ella shared her story with great dignity and strength in front of a group of thirty women. She no longer is a victim and is able to see how her inner peace and the positive compassionate attitude she chooses everyday makes all the difference in her life and in the lives of her grandchildren. She now is encouraging her friends and family to join her!

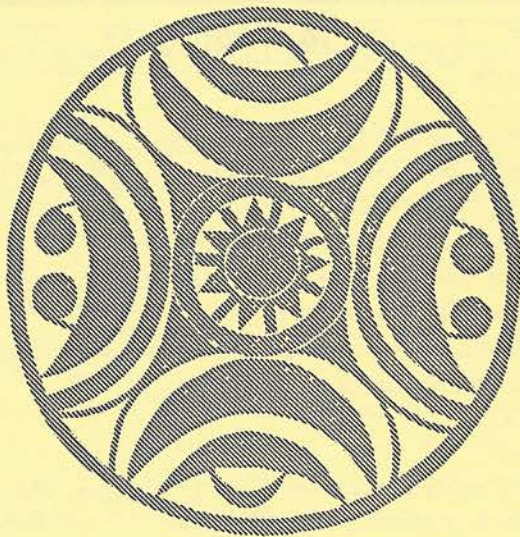
### Day of the Dead, Day of All Saints

When I die if you need to weep, cry for your  
brother or sister walking the street beside you.  
And when you need me, put your arms around anyone  
and give them what you need to give me.  
I want to leave you something,  
something better than words or sounds.  
Look for me in the people I've known or loved.

And if you cannot give me away,  
at least let me live in your eyes and not on your mind.  
You can love me most by letting hands touch hands,  
by letting bodies touch bodies, and  
by letting go of children that need to be free.  
Love doesn't die, people do.  
So when all that's left of me is love, give me away!



Blanca Tavera and Teresa Padilla share the Mexican custom of creating an altar for the Day of the Dead at our CAPACITAR retreat at Marianist Center.



*...WHOLENESS is the key to ALIVENESS.  
It is MORE THAN just physical VITALITY.  
It is RADIANCE coming from BEING at ONE  
with YOURSELF and with YOUR EXPERIENCES.  
Life THEN flows THROUGH you  
AND RADIATES from YOU. . .*

*-RICHARD MOSS*



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We welcome you to become part of our CAPACITAR network.

Please return the form below to: **CAPACITAR inc.**

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E-mail [capacitar@igc.apc.org](mailto:capacitar@igc.apc.org)

**Pat Cane, Founder/Executive Director**

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\_\_\_\_ Please send me information on the '97 CAPACITAR Journey

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I would like to order a CAPACITAR Manual: Spanish \_\_\_\_\_ English \_\_\_\_\_

Cost per manual: \$12, plus \$3 for postage and handling.

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Cost per manual: \$10, plus \$2 for postage and handling.

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