



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.

CAPACITAR— Women Planting One Heart

An International Network of Empowerment and Solidarity

Creating Sacred Space in our World

CAPACITAR recently moved home base to Plaza Vigil, a community development project in the heart of Watsonville. Margaret Wheatley in her book Leadership and the New Science describes the positive energy fields that we can create by our unique presence, values and style of leadership in the community. Organizations, businesses and offices can be places of renewal and hope, power points of positive energy, catalysts for transforming lives, relationships and structures in our world.

In Sacred Space Denise Linn suggests ways to create in home and office the environments that nourish and support the human spirit. The sacred spaces we create can be distilling points for the new and vital energies available at this time in the evolution of our planet. They can be sanctuaries in the changing times ahead, powerful energy fields radiating goodness and light, touching the lives of many.

David Hawkins M.D. in his book Power vs Force describes the attractor fields of high energy patterns that move forward the evolution of consciousness. The energy and power of our attitudes, thoughts, feelings and associations can uplift and dignify, or can pull us down to the crass and destructive. As we reflect on the patterns operating in our relationships, business affairs, lifestyles, and interactions that make up the fabric of our lives, we can see if we have chosen to live out positive unifying energy patterns, such as abundance, forgiveness, compassion, kindness, honesty; or if we have chosen weak negative patterns that polarize and divide. Hawkins describes how the "Universe holds its breath as we choose, instant by instant, which pathway to follow. Every act, thought and choice adds to a permanent mosaic; our decisions ripple through the universe of consciousness to affect the lives of all. Our choices reinforce the formation of powerful fields, attractor patterns that influence others."

In opening our new office CAPACITAR takes on this challenge to create a positive field, a sacred space for the unfolding of our work. We feel privileged to do this in collaboration with the 17 small businesses and nonprofits at Plaza Vigil. El Pajaro Community Development Corporation spearheaded this project to expand jobs and economic opportunities for the Pajaro Valley's low income, minority and women residents. Sister Susan Olson, Executive Director of El Pajaro CDC, describes Plaza Vigil as a "business incubator" helping people who were deeply affected by the Watsonville earthquake to get off the ground with business training, support services and affordable storefront space. CAPACITAR will bring a unique spirit and vision to local business, civic and grassroots groups by facilitating retreats and rituals, leading



May our office be a sacred space, blessed by the Spirit of goodness and love. May all who enter here experience inspiration, creativity and prosperity. May our office be a refuge of peace, light and wisdom, bringing healing and transformation to our world.

weekly Tai Chi in the plaza, offering classes in stress management and self esteem, teaching workshops in acupuncture, massage, polarity and other holistic methods to help women and men heal themselves as well as heal their families and communities. Our new office will form a women's center, a place of sharing and interchange, a sacred space dedicated to inspiring and empowering all who come.

One of the women entrepreneurs at Plaza Vigil, is Trinidad Melendez, a member of CAPACITAR's Watsonville group for the last four years. CAPACITAR played an important role in Trini's life, empowering her with personal and spiritual support as she developed strength and self esteem as a woman. Trini now runs two small businesses and encourages and inspires her family as well as other people in the community. In the years to come CAPACITAR hopes to work with many more women like Trini, providing a sacred space, a positive energy field where we can heal and transform ourselves and the world around us.

—PAT CANE, EXECUTIVE DIRECTOR



Cleansing and Blessing our Place of Work

—PAT CANE



On moving day amidst packed files, boxes and furniture, board members and staff created a ritual of cleansing and dedication for our new CAPACITAR center. We share what we did to inspire and empower you to create your own ceremony for home or office.

Before the ritual we assembled different elements to be used as part of the ceremony—candles, incense, water, branches of herbs, bells, rainstick, crystals, sage and copal for cleansing and protection. We stood at the entrance, each woman holding one of the elements. During the first part of the ceremony we cleansed and cleared the energies of the place. Plaza Vigil was constructed on the site of a building which had collapsed during the '89 earthquake, killing a woman who had thrown her body over her grandson to protect him from falling bricks. So it was important that we honor the history of the space and transform the energies of death and destruction. Walking through our suite of rooms, each woman used her chosen element—water, air, fire and earth. One woman sprinkled water using a sprig of pine for purification, a branch of lemon verbena for invigorating and uplifting the energy of the space, and rosemary for new beginnings, faithful love and hope for the future. Another woman smudged each of us as well as the rooms with sage, the Native American herb of purity and connection with Spirit, the Four Directions, the Earth and the Sky. Other women rang bells and tilted the rainstick, using sound to break up old patterns and to create positive vibrations of energy in our work place. Copal, the traditional Mayan incense, was burned to cleanse and protect us, to connect us with the spiritual roots of many people we serve. As we moved through the suite we prayed and spoke from our hearts with spontaneity and humor, calling forth the positive intention of each room—administration and organization, healing and counseling, ritual and celebration, teaching and learning, sharing and interchange.

We then gathered in a circle with burning candles for the second part of the ritual—the invocation, consecration and dedication. We brought into the circle all who are part of our growing CAPACITAR network, the many thousands we have served locally and internationally, our donors and empowerment team, our families and friends, the Plaza Vigil merchants and organizations, and all who in the future will be part of our network in Watsonville and in many parts of the world. We called on the blessings of Spirit to fill our new office with grace, wisdom and light, so that the work done here may be peaceful, compassionate, abundant and prosperous; that all who enter here may find support, healing, love and empowerment. And we concluded our ritual dedicating ourselves and our new center with the CAPACITAR prayer:

"We join with the Earth and with each other, with our ancestors and with 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. Amen!"



The Sacred Space Within

We carry within ourselves a sanctuary, a Sacred Space where we can go for peace and renewal. We have taught the following visualization to many people to be used as a safe space in the midst of trauma, a place of nourishment and peace where we can take a mini-vacation in the midst of a hectic schedule. This visualization can be done in a couple of minutes during a busy workday, or longer as a meditation, to start or end your day.

Lie down or sit in a comfortable position, close your eyes and breathe deeply. As you breathe out, let go of the worries of the day and relax completely into the present moment. Starting with your feet, breathe deeply and tense and relax each muscle, letting go of the stress you are holding. Continue moving upward scanning each part of your body, tensing and relaxing, until you reach your head. When you feel completely relaxed imagine that you are walking down an inner path that leads to a sanctuary, a safe place where only you can enter. This is the Sacred Space within your deepest being. Visualize and create for yourself this special place of peace, love and inspiration. Is it a chapel or a garden with many colors, fragrances and sounds? Is it in the mountains or by the ocean? Or is your Sacred Space a darkness with simply a radiant loving Presence? You can create this Sacred Space in your own unique way using your vision and imagination. Spend some time here daily to heal and renew yourself, filling your soul with peace and light for your journey. When you feel finished and ready to leave, breathe deeply, stretch your body and come fully back to the present moment.

CAPACITAR at the Golden Torch

—LINDA WALLACE AND CHRISTINE REYES

In collaboration with Holy Names Sisters Mary Ondreyco and Inez Sherwood, Local Program Coordinator Linda Wallace recently started CAPACITAR workshops at a local trailer park where 89 farmworker families live in very poor conditions. Several women leaders from San Andreas labor camp are being trained to teach CAPACITAR skills to the women at the Golden Torch Trailer Park. The sharing and interchange between women of different labor camps has been very inspiring.

It had rained hard all night, and the community room where we would begin teaching Tai Chi and massage was flooded with mud and water. Sister Mary Ondreyco dug a trench to drain the water and swept the mud out of the tiny room that she also uses for tutoring migrant children. Several children gathered around in interested anticipation of the lessons we would bring. The reputation of CAPACITAR had already reached the Golden Torch Trailer Park before we actually arrived.

As the women and children formed a circle, Teresa Padilla, a former farmworker and the group's leader, began speaking in Spanish of her own practice of Tai Chi and massage. She spoke of the health benefits of taking the time to listen to the little body aches and pains that we normally push out of our minds. She described the deep sense of wellbeing and peace she experiences when she takes the time to care for herself. She recommended that the women practice listening to the wisdom of their bodies, for our bodies always know what we need. "As field laborers," she said, "you are trained to ignore the body's needs and to continue to work even when you are in pain."

Teresa introduced the group to the practice of Tai Chi. At first the movements felt awkward and the children giggled with shyness, but soon the tension and stress began to fade and the movements flowed with grace. Next, we began seated massage. Teresa explained that we can actually feel the energy emanating from our hands, and that we can use this energy for healing. Most of the women suffer from shoulder, back and arm soreness, so we focused on upper body massage and a few acupressure points that can be used to alleviate stress and open the flow of energy. Following the massage, one of the women commented that the massage made her body feel beautiful. Another said she had had a headache when she arrived, but now it was gone.

CAPACITAR will hold meetings twice a month at Golden Torch for farmworker women and their daughters. Soon, Marta and Silvia from San Andreas Labor Camp will join Teresa in leading the meetings. They are being trained in how to teach CAPACITAR's healing techniques to others, and now co-lead the meetings at San Andreas. Eventually, we hope to identify leaders at Golden Torch who, in turn, will learn to teach CAPACITAR's techniques to their families, neighbors, and women at other labor camps. This is how we pass on the light.

IT IS OUR HEARTS AND OUR SOULS THAT DECIDE HOW WE WANT TO INHABIT OUR HOMES, OUR PLACES OF WORK. AN OPEN HEART AND AN OPEN MIND WILL ENVELOP AND EMBRACE WITH LOVE ALL OF OUR LIVING SPACES, FROM THE PRIVACY OF OUR HOME AND OFFICE, TO THE GLOBAL VILLAGE THAT IS OUR PLANETARY HOME. . IT IS OUR INTENTION, OUR LOVE AND COMPASSION THAT ALLOW THE LIVING SPACES AROUND US TO GLIMMER AND RADIATE WITH LIFE AND SPIRIT.

—DENISE LINN

Playfully Animating our Energy

—PENNY MANN

In April Congregationalist minister Penny Mann will co-lead with Joan Lohman the CAPACITAR Sojourn Retreat Journey to Guatemala. Penny's creative work with Inter-Play delights many groups. She shares with us an exercise to awaken our field of energy.

I remember sitting on the TACA Airlines flight to Guatemala as a participant in my first CAPACITAR journey. Fellow traveler Teresa Padilla reached over, took my hand and gave me a palm and finger massage. She brought my attention to my physical self and to our emerging relationship as a traveling community. Two nights later about 75 of us—men and women, North Americans and Guatemalans, children and adults co-created a simple ritual at Casa CAMI. We honored the four directions and brought attention to the sacredness of the earth and the simple garden in which we stood. Time and again we lived fully in the present moments of movement, touch, laughter, strength and song. This attention paid to beauty brought us such sustenance that we were also able to bring fullness of attention to the many stories and experiences of deep grief which were shared in Guatemala.

Sometimes our energy is low and needs to be low because something difficult or important needs attention. Other times it is low out of lack of attention. If we choose to, we can playfully call forth our energy. The following takes only 4 or 5 minutes. You can do it while you read this.

Be in some place where you won't feel self conscious about moving and making little noise. A shower is good, a living room, a seashore or vacant place. Begin by standing. Breathe naturally and trust there is energy within which wants to come out. Start with an uncensored sigh. Enjoy it. Do a couple more preceded by deep inhalations. Do 2 or 3 more making each exhalation more audible each time. This says, "Hello" to the body and "I notice you." Often the neck will say, "I'd like to gently fall forward and slowly roll from side to side." Let it. Sometimes the arms want to stretch up into the air. Then the breath wants another big sigh or two. Don't fight this. It's our body energy waking up saying, "I'm glad you're noticing me."

Pretty soon the arms want to swing and they start awakening the legs or hips. Let several of these swingings happen in whatever fun ways all these parts want to coordinate or not coordinate themselves. Then give a big shake all over like a wet dog, letting your jewels be soft and sloppy. Once again, stand still and audibly breathe again, experiencing any cellular changes. This next part may take a moment of fear before leaping into the realm of the audible. Make a few faces first, then, using the very low vocal register, do some, "Ho-Ho" sounds, followed by "Hee-Hee" or "Ha-Ha"—yes, laughter. Even if you don't feel like it. Feelings follow action. Try other sounds in a high squeaky register, some nonsense sounds like, "Itsy, bitsy, feetsy." Let your body move with the sound and way it wants to. Try adding a bodily attitude to your gibberish sentences, hands on hips, back of hand to forehead, squatting, you get the idea. From here on, stay in the moment and let yourself play and move, stomp your feet, glide, hop. Do whatever while speaking sentences of gibberish or recognizable phrases you'd enjoy getting out of your throat. Carry on like this for a couple of minutes. Then come to a place of stillness. Notice your heart, your breathing, your muscles. Experience any change. Witness the animation of your energy and how it came to you when you called it forth. Our energy serves us so generously. It allows knowing the fullness of life in all its beauty and grief. It allows deep presence with and to ourselves and others. Fortunately it can be animated quite simply by a few minutes of our focused attention.

Sharing the Sacred with Mayan Friends

—JOAN LOHMAN

Last December Joan Lohman co-led with Doris DeVilliers the CAPACITAR Solidarity Journey to Guatemala and Nicaragua. Joan shares some of the remarkable experiences of the Journey.

We began the day soaking in the peaceful energy and sunlight at Iximché, an ancient Mayan temple site. Our Mayan friends, Barbara Saqué, her husband Alejandro and their baby, Ixq'anil kotzij, traveled with us. Alejandro gave history about Iximché and told us these were temples, not ruins. What a joy to practice Tai Chi at Iximché with Barbara and Alejandro! Moving in silence with them, I felt their connection to the earth and to this sacred temple site.

We arrived at Los Encuentros mid-afternoon for our own encounter, an encounter between two cultures, two realities. The Mayan women of Madre Tierra (Mother Earth in Spanish) sat in clusters on the green hillside. They wore red woven huipils (beautiful handwoven blouses) many with babies wrapped close to their bodies. The men stood a bit off, in dark woven pants and sombreros. They invited us into a cinderblock room; men sat at one end on plastic chairs, the women and babies at the other end on the floor or on cinderblocks. The women of CAPACITAR, with our guides Barbara Gottlieb and Jose Robles, and our friend Carmen Garcia, sat on hard benches facing the men. Barbara and Alejandro stood like sentinels on either side of the room, dividing men from women, Mayan from gringa.

The conversation began in Spanish. Barbara Gottlieb translated deftly into English, and Barbara Saqué into the unfamiliar clicking of Kaqchikel (a Mayan tongue). Barbara and Alejandro had gentle patient attention for each of their speakers. I noticed that as the men arrived, they bowed slightly to each other and kissed one another's hands. It was a simple yet elegant gesture of respect and affection. The women were not shy to speak in public. Alejandro called each person by name and invited them to speak. For more than an hour we heard stories about repression, health problems, lack of education for their children. But mostly they talked about the atrocities of the 80's—the terror and the fear in which they lived and how that terror was still with them. I saw it in their eyes, even the young ones. Somber, serious faces, carved from sun and suffering. Yet they were willing to talk freely to us, whose country and whose tax dollars helped plan and execute the genocide. How do I hold my own sense of responsibility for their suffering? How do I deserve the privilege of their sacred stories? The pain of these contradictions stayed in my heart throughout the journey.

Perhaps it is Alejandro and Barbara whose trust of us allows their community to feel safe. I could not take my eyes off the women. How easily they pulled out a breast to feed their thirsty babies. I watched their somber faces burst into giggles as Barbara's baby tried to toddle. The baby with huge brown eyes and brightly knitted Mayan cap, seemed healthy and content. I looked at my Mayan sisters and felt the gap of centuries of Mayan culture in their bones. My gringa "civilization" has destroyed so much of their culture. There was a mysterious depth in their eyes and I wondered what those eyes have seen. They talked of sending their husbands and sons off to work and never seeing them again.

Barbara and Alejandro told us about the tension and



anxiety their people carry. They asked us to teach massage and Tai Chi. From the dark room we moved outside onto the hillside with bright sun and a breeze rustling the cornstalks in the surrounding fields. I knew these women and men had come from a long way off by bus and foot to meet us. How could we honor them in this short time? I asked Spirit and Madre Tierra to guide the workshop. I began in English. Doris DeVilliers, my co-leader, translated into Spanish and then Barbara Saqué turned it into Kaqchikel. Most of the men speak Spanish, while the women have only their Mayan language. We later learned that over 90% of Mayan women are illiterate. Under a blue sky studded with clouds, we began the gentle rocking motion of Tai Chi. "Feel the energy of the earth, moving up through your feet." An ancient rhythm from ancient China now passed to these ancient people. The irony of myself as vehicle did not escape me. Tentatively the men, under broad sombreros, began to move. The women watched Barbara attentively and followed her words. Her sentences were much longer than mine. I wondered what details and concepts she was adding. I felt a sense of timelessness in the movements, in the faces, in our mutual curiosity and interest. I longed to deepen this rare possibility of friendship and connection. We shared Shower of Light pulling in the energy of the sun and letting it wash over us.

We gave Madre Tierra a CAPACITAR calendar, filled with beautiful images of our work with women from many countries. Our Mayan sisters clustered around us, eager to see the images of women from around the world. Reluctantly we said goodbye, shaking hands with each member of the group. Over the next two days Barbara and Alejandro shared more about the struggles of their people. They made it clear that the Peace Accords, recently signed, will only have meaning when there is health care, education, food, electricity and running water in the many rural Mayan villages of Guatemala.

Barbara and Ixq'anil kotzig shared a van seat with me our last morning in Guatemala. I held the baby, enchanted by her deep brown eyes. We left them at a crossroads, where they would catch two buses and walk 20 minutes to return to their home. We had just spent two night in delightful inns, with hot water, plentiful food, modern electrical comforts. They would be returning to a village with no electricity or running water. I would be returning to my home with two bathrooms, washer and dryer, dishwasher, VCR. I felt a tug in my heart as we pulled away in the van. Barbara stood waving, a striking figure against the green hill with her woven purple skirt and red huipil and the baby wrapped behind in a bright blue and green shawl. She carried a huge bundle of yarn we had given her for the weavers of her village.

I think now as I sit at my computer that my encounter with Barbara and Alejandro will only be complete when I have visited their kitchen, and they have visited mine. Barbara will be at our April CAPACITAR retreat sojourn. I look forward to the next moments of our friendship. Meanwhile, I receive energy from the bright red wall hanging I bought from the weavers of Madre Tierra.

For more information about the retreat journey, April 16-26, call Joan Lohman 510-530-8031, Penny Mann 408-279-2330 or the CAPACITAR office 408-722-7590.

Sharing Abundance in Central America

—JOAN LOHMAN

Carmen Garcia's face spilled over with grateful tears of disbelief as she realized the carton she was unwrapping contained a sewing machine to support her in her vocational retraining efforts. This was one of the twenty cartons, duffles and suitcases stuffed with donations for the people of Nicaragua and Guatemala, delivered by the eight women participants of the CAPACITAR Women's Journey. Carmen, disabled in a factory accident several years ago, is being supported in sewing school by CAPACITAR friends from Georgia.

"Material aid" is an important component of our CAPACITAR Journey. This year we were overwhelmed by donations that poured into our homes and garages from friends as widespread as Vermont and California. Hundreds of individuals and organizations reached into their hearts and pockets to bring valuable supplies and tools to support organizations working with the poor and marginalized in these two struggling Central American nations.

Our group visited a Guatemalan school where the only equipment for 110 children was benches and a blackboard (no books, paper, pens or art supplies). We knew that every crayon, pencil and marker pen we carried would be valued and appreciated. The meaning of a picture book to a child who has no books is impossible to measure. When we passed out bright red balloons during the journey, each balloon created magic for the child receiving it.

Sister Jean Brenner, who coordinated early childhood programs in one of the poorest barrios in Managua, beamed with delight when she received Green Eggs and Ham and Puss and Boots in Spanish for her school programs. Medical supplies, a shovel and a number of garden tools were donated by the students of St. Christopher's School in San Jose. Thornhill Nursery in Oakland gave over 70 pounds of seeds, thanks to the efforts of Journey member Kay Deli. Sister Julie Marciaq who works with organic farming and natural healing projects through CANTERA, a center for popular education in Nicaragua, opened these bundles. She told us what a blessing these gifts would be for CANTERA's programs.

Sister Mary Hartman, Acting Director of CANTERA, reported that our suitcases of sewing, medical, art and school supplies have been distributed as far away as Puerto Cabezas where unemployment is above 80%. Some items, such as personal hygiene supplies, were given to the women's jail, where we visited and did a workshop. A program supporting thousands of homeless children in the streets of Managua also received donations. Cash donations were given to organizations offering popular education classes for the poor, programs working with internal refugees in Guatemala, programs to help the indigenous poor create self help projects, programs of education and empowerment for poor women and children. Staying up late at night to organize and sort all that we had brought, Journey members were fueled with the love and generosity of spirit reflected in the contents of each suitcase. We knew that each toothbrush (there were hundreds), each bottle of shampoo, each pencil would be savoured.

CAPACITAR is grateful to all who reached out to participate in our bridge of solidarity and friendship with the people of Central America.

Transforming Darknes into Dancing

—a CAPACITAR Retreat

In April CAPACITAR will be sponsoring a meditation-dance retreat at the beautiful Mt. Madonna Center in the Santa Cruz Mountains. The retreat will be the first offering of a spirituality program that CAPACITAR is initiating this year. Executive Director Pat Cane will co-facilitate the retreat with Rösli Koller, the mother of CAPACITAR Advisor Vinz Koller. Rösli Koller lives in Schaffhausen, Switzerland, and has led meditation dance workshops for the last 5 years. Meditation dance is the synthesis of word, music, and movement. It is text, prayer and song in motion. The dance is not an end in itself, it is not ballet or exhibition, but rather a means to encounter others, to have new human and spiritual experiences. The purpose of meditation dance is to participate in mind, body and spirit. Gestures and movement underscore inner processes. They express joy, sadness, lament and thanksgiving. To hold each other's hands in a circle signifies our journey together. To lift up our arms in the center or in the circle expresses praise. Meditation dance also connects expressions of spiritual experiences across cultures. In her dance meditation Rösli has found a new way to be in motion—blending the spiritual as well as the political. Rösli's workshops are celebrations full of union and joyful communication. During the retreat weekend there will be time for learning, dancing, interchanging, as well as quiet alone time for meditating, processing and relaxing. Cost for the weekend, including meals is: \$179 for commuters; with 2 nights accommodations \$249.

For more information or if you wish to register for the Meditation Dance Retreat April 10-12: Call Linda Wallace at CAPACITAR Inc. 23 East Beach St. Suite 206, Watsonville, CA 95076 408-722-7590.

CAPACITAR Wish List

Moving from a small home office to a new office suite is wonderful for our organization, but at the same time presents us with the practical challenge of getting the necessary furniture and equipment for our growth and expansion.

We are deeply grateful to Pete Gonzales and Laurie Zzut of Rational Movers in Santa Cruz for generously donating their moving van and services. We are grateful to many friends who helped us pack and prepare for the move. We need your help, too, to get us started.

- If you are a monthly Empowerment Team donor would you consider doubling or raising your donation this year to help us develop our new center?

- If you give a yearly donation would you consider giving quarterly for our growth and expansion of programs?

- Would you consider donating any of the following items? Copier, cabinets, files, office or living room chairs, tables, book shelves, high intensity lamps.

- Would consider being a volunteer to help run our CAPACITAR center. We need help in the following areas—clerical, data entry, fundraising events, bookkeeping, bulk mailings, publicity, graphic design.

- And most of all, we ask your prayers for grace, abundance, and wise growth as an organization.

Thank you for all you do to support and empower CAPACITAR!

PLEASE JOIN US FOR THE
CAPACITAR INAUGURAL CELEBRATION

PLAZA VIGIL—WATSONVILLE
Friday May 9, 1997 3:00pm



1997 CAPACITAR Calendar

Rituals, Benefits, Presentations and Workshops

- February 22-March 2, Workshops in Guatemala for CONFREGUA, Center for Spirituality of Central America, FESTRAS, SEBT, union and indigenous groups
- March 3-8-Workshops in El Salvador for CONFRES, grassroots groups, Franciscans, ex-combatants, teachers, psychologists, social workers in San Salvador and Suchitoto
- March 10-16-Level 5 workshop and team training, Santiago, Chile
- March 22 CAPACITAR Spring Ritual 2-4:00p.m., Marianist Center, CA
- April 10-13 Capacitar Retreat-Transforming Darkness into Dancing, Mt. Madonna Center-facilitated by Pat Cane, Rösli Koller of Switzerland and Capacitar retreat team. For information or reservation call: Linda Wallace 408-722-7590
- April 16-25-Women's Retreat Journey to Guatemala co-led by Joan Lohman and Penny Mann. For information or an application call Joan Lohman 510-530-8031
- April 26-10K Apple Blossom Run in Corralitos-co-sponsored by CAPACITAR and Watsonville Cooperative Preschool. For information: Johanne Christmas 408-722-8241
- May 2-4-Workshop-Mercy Center, Cincinatti, OH
- May 9-Inauguration and Celebration-CAPACITAR Center 3:00, Plaza Vigil
- May 17, 18 Level 2, Level 3 CAPACITAR Workshops, Mt. Alverno, Redwood City 9-5:00 Call: Sr. Carol Carter 415-369-0798 (it is not necessary to have completed level 1 for participation)
- June 21 CAPACITAR Summer Ritual 2-4:00p.m., Marianist Center, CA
- June 27-28, Level 1 Workshop; June 29-30, Level 3 Workshop, facilitated by Pat Cane-Mercy Center, St. Louis, MO. For information call Sr. Sharon Schmitz: 314-966-4313
- July 25-26 Women's Retreat of Spirituality and Solidarity-co-sponsored and co-facilitated by Pat Cane of CAPACITAR and Rev. Ellen Grace O'Brien, of the Center for Spiritual Enlightenment, at Presentation College, Los Gatos, CA. For information: 408-722-7590
- 1997 Watsonville Local Program-an ongoing series of workshops will be offered at our new Center at Plaza Vigil. Also Monday evening workshops at San Andreas labor camp and in-town, Watsonville. For information call Local Program Coordinator Linda Wallace 722-7590

CAPACITAR 1997 Board of Directors: Michele Anderson, Johanne Christmas, Joan Condon, Desiree Cubero, Dana Del Norte, Kay Delli, Doris DeVilliers, Maria Flores, Dr. Alice Godfrey, Diane Klein, Sr. Mary Litell, Joan Lohman, Teresa Padilla, Jeanne Rosen **Advisors:** Teddy Carney, Hannah Dalbey, Ann Flower, Eileen Gargan, Lorene Garrett Browder, Kay Harrison, Helen Isherwood, Larissa Keet, Richard Klein, Vinz Koller, Mimi Latno, Penny Mann, Sr. Maria Elena Martinez, Joan McMillan, Sr. Mary Ondreyco, Christine Reyes, Barbara Richmond, Blanca Sanchez, Zenaida Velasquez, M. Vides **International Advisors:** Chile-Mary Judith Riss, Victoria Martinez Peru-Sr. Magdalena Castro Guatemala-Sr. Rebeca Cervantes, Carmen Lucia Pellecer Nicaragua-Anabel Torres, Sr. Mary Hartman Honduras-Gladys Lanza, Alba de Mejia El Salvador-Sr. Nancy Meierhofer **Administrator:** Linda Wallace **Executive Director:** Pat Cane

We welcome you to become part of our CAPACITAR network.

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

23 East Beach Street, Suite 206
408-722-7590 FAX 408-722-7703

Name _____

Address _____

City _____ State _____ ZIP _____

Phone (____) _____ FAX _____

☐ I would like to be part of the CAPACITAR network.

☐ Please send me information on the April '97 CAPACITAR Journey.

☐ I would like to register for the April 10-12 Meditation Dance Retreat

☐ I would like to give a tax-deductible donation of \$ _____

☐ I would like to order a CAPACITAR Manual: Spanish _____ English _____

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



CAPACITAR Inc.

23 East Beach Street, Suite 206
Watsonville, CA 95076
408-722-7590

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- March 22 CAPACITAR Spring Ritual 2-4:00p.m., Marianist Center, CA
- April 10-13 Capacitar Retreat-Transforming Darkness into Dancing, Mt. Madonna Center-facilitated by Pat Cane, Rösli Koller of Switzerland and Capacitar retreat team. For information or reservation call: Linda Wallace 408-722-7590
- April 16-25-Women's Retreat Journey to Guatemala co-led by Joan Lohman and Penny Mann. For information or an application call Joan Lohman 510-530-8031
- April 26-10K Apple Blossom Run in Corralitos-co-sponsored by CAPACITAR and Watsonville Cooperative Preschool. For information: Johanne Christmas 408-722-8241
- May 2-4-Workshop-Mercy Center, Cincinnati, OH
- May 9-Inauguration and Celebration-CAPACITAR Center 3:00, Plaza Vigil
- May 17, 18 Level 2, Level 3 CAPACITAR Workshops, Mt. Alverno, Redwood City 9-500 Call: Sr. Carol Carter 415-369-0798 (it is not necessary to have completed level 1 for participation)
- June 21 CAPACITAR Summer Ritual 2-4:00p.m., Marianist Center, CA
- June 27-28, Level 1 Workshop; June 29-30, Level 3 Workshop, facilitated by Pat Cane-Mercy Center, St. Louis, MO. For information call Sr. Sharon Schmitz: 314-966-4313
- July 25-26 Women's Retreat of Spirituality and Solidarity-co-sponsored and co-facilitated by Pat Cane of CAPACITAR and Rev. Ellen Grace O'Brien, of the Center for Spiritual Enlightenment, at Presentation College, Los Gatos, CA. For information: 408-722-7590
- 1997 Watsonville Local Program-an ongoing series of workshops will be offered at our new Center at Plaza Vigil. Also Monday evening workshops at San Andreas labor camp and in-town, Watsonville. For information call Local Program Coordinator Linda Wallace 722-7590

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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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408-722-7590 FAX 408-722-7703

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☐ I would like to be part of the CAPACITAR network.

☐ Please send me information on the April '97 CAPACITAR Journey.

☐ I would like to register for the April 10-12 Meditation Dance Retreat

☐ I would like to give a tax-deductible donation of \$ _____

☐ I would like to order a CAPACITAR Manual: Spanish _____ English _____

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



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