



# CAPACITAR— Women Planting One Heart

## An International Network of Empowerment and Solidarity

*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.*

### Responding to the Heart Cries of the World

Our recent visit to Honduras faces us with one of the great paradoxes of life. With the torrential rains of Hurricane Mitch, 18,000 Hondurans died or disappeared within a week. More than one third of the population of six million was left homeless. Whole villages and regions were buried in mud. Vast agricultural areas and the food supply of a people were destroyed.

A natural disaster reduced an entire country, already living below the poverty level, to a state of extreme hardship and chaos. As we listened to the heart cries of the people, it was impossible for us to fully comprehend the destructive forces of nature and the massive change wrought in the lives of an entire nation.

We had planned to be working in Honduras in early November but had to cancel our visit when the hurricane hit. Our February visit was a promise of solidarity, committing CAPACITAR to be part of the process of healing the trauma. We have been hosted by Gladys Lanza, Alba de Mejia and the women of Centro Visitacion Padilla during the last fifteen years. During the worst of the violence this valiant group of women has listened to the heart cries of the Honduran people, accompanying especially the very poor of the grassroots communities. Since Hurricane Mitch they have been working with refugees and displaced families in some of the most battered parts of the country.

Gladys Lanza, former union leader and former national president of the coalition of popular movements, said that some of the victims see the devastation as a punishment. On the contrary, Gladys, a woman who has suffered greatly for justice and peace in Honduras, see this as a time of great trial, but also a time of great possibility. Honduras is considered by international analysts to be the third most corrupt country in the world. So this moment of chaos can become an opportunity to listen to the reality of the people - a time for the people of the grassroots to mobilize and to become involved in the national reconstruction.

Margaret Wheatley in her thought provoking book, Leadership and the New Science, develops the principles of self-renewing systems - systems that in the midst of chaos can be open, dynamic, adaptive, creative and resilient. Following chaos theory, Wheatley describes an approach to planning that must be open to an evolutionary spirit, to new thought and ideas that can organize in the minds and hearts of people to give order and structure, prompt growth and define what is alive. It is both the underlying structure and the dynamic process that ensure life. New physics also talks of the attractor fields which coalesce new positive realities from the chaos.

Gladys and the women of Visitacion Padilla embody the principles developed by the new science.



Through their love and vision in the chaos, they are attractor fields. They are moving through the darkness as a great positive energy force coalescing new life and creative possibilities. Gladys has great hope in this new life for the people. For her it is not enough to rebuild the infrastructure of the country. Values and minds must also change to create a new heart in the country based on justice, peace and love.

It is a great challenge to keep home alive in the chaos and uncertainty. Margaret Wheatley talks about becoming comfortable with this uncertainty. *I move differently in the world these days since traveling in the realms of order and chaos and quantum events. It has become a strange and puzzling place where I cannot rely on what I knew...I've become aware of how difficult it is not to be certain...Every step requires that we stay comfortable with uncertainty and confident of confusion's role...* The work to be done in Honduras will most truly be characterized by this uncertainty and possibility, catalyzing in those who face the chaos, vulnerability and brokenness, a greater wisdom, new understandings and the creation of unforeseen possibilities.

What is happening in Honduras is a metaphor for all of us as we face the disintegration of systems in our world. Facing the chaos and the confusion in ourselves, listening to our own heart cries and to those of our communities, can lead us to the creation of a new heart. The Sufis talk of the need for the heart to be broken open so that the depth of love and compassion can be released, so that the intensity of love can be learned and the world transformed. The Prophet Ezechial spoke of the time when God will transform our hearts of stone, placing within us a new heart and a new spirit. Each of us through our efforts to transform our own chaos and brokenness, are bringing into being this new heart and new spirit.

It is fitting that our newsletter is named **CAPACITAR--WOMEN PLANTING ONE EARTH**. As we listen to the heart cries of the world and walk in solidarity and healing with the people who suffer, may we truly learn to plant a new heart and a new spirit in ourselves and our world.

--Pat Cane, Founder/ Executive Director





## Plan to Assist Victims of Hurricane Mitch

H O N D U R A S

CAPACITAR's Executive Director and Trainer, Pat Cane, and I visited Honduras from February 10-13 to give workshops and to plan the CAPACITAR response to the trauma caused by the horrible destruction of Hurricane Mitch.

We met with the leaders of Visitacion Padilla, a women's organization with whom we will collaborate on the trauma workshops. This organization is celebrating its 15th anniversary of activism by and for women and their families and CAPACITAR wants to congratulate them and their visionary leadership for their on-going struggle for human rights often in the face of great danger.

The planning group decided that CAPACITAR will provide a series of 3 four day workshops, starting in June of this year. Workshop participants will be 30-40 women from the capital, Tegucigalpa, and from Visitacion affiliate organizations in eight other areas of the country. By training this network of women, CAPACITAR insures that trauma victims throughout Honduras will have the opportunity to benefit from CAPACITAR practices.

CAPACITAR gave a day and a half workshop to 20 women who work in Visitacion Padilla projects in the capital. Visitacion projects include a soy project, a project to work with survivors of violence - including domestic violence and torture - and a youth project. They are working with the women in a destroyed barrio of Tegucigalpa to help rebuild their homes and their communities. The women provide the labor and Visitacion Padilla helps search for resources.

Several of the women had previously taken a CAPACITAR workshop and were excited to have the opportunity to add to their practices. They will use them not only in their own lives but they will teach the women with whom they work.

CAPACITAR gave a workshop for ten staff members and the director of the Somen's Prison, located in the country side near Tegucigalpa. Among the CAPACITAR practices which Pat taught the staff were simple practices for controlling anger, anxiety and fear. *Most women, the new director said, are in prison because they are poor and they commit crimes to get money to support themselves and their families.* 180 women are inmates in this facility. The majority of the 20 children in residence have been born there as their mothers were pregnant when they were incarcerated. However, children may not remain after the age of two. You can just imagine how traumatic the separation at age two must be for the child and the mother.

Andrea Flores, the new prison director, had requested the training in CAPACITAR practices for her staff so they, in turn, might teach it to the women prisoners. Her philosophy is new for this prison: the women have lost their liberty because they are convicted of a crime but they have not lost their human rights. They need to be treated with respect and they need training.

Andrea has instituted a disciplined daily regimen of classes, rest periods, meal times, laundry times, etc.. The prison offers classes at both primary and secondary level and Andrea is working to establish some university classes. Women can earn money by working in the bakery, the sewing shop and the handcraft shop. Part of the director's work is to search for other funding to provide food. The state only provides 48 cents a day to feed each woman - enough for three corn tortillas.



E L S A L V A D O R

Salvadorans suffered destruction from Hurricane Mitch. In addition, its people are now victims of more violent crime than any other country in Latin America. More people are being killed daily than during the worst days of the 12 year civil war.

Maria Isabel Figueroa, former secretary to martyred bishop, Oscar Romero and member of the CAPACITAR El Salvador team, says that while Salvadorans have recovered in other ways from the war, few have recognized the need to heal the spirit, the inner wounds of war, which untreated lead to violence. This is one reason she is a member of the CAPACITAR team because using our practices does help heal these wounds.

In 1999, CAPACITAR U.S. based trainers will provide two three day workshop for the El Salvador team with special emphasis on dealing with trauma. Then the CAPACITAR team will begin an outreach program in communities using CAPACITAR practices to help people and communities heal themselves. This year they will concentrate on approximately 40 rural communities and three urban communities in greater San Salvador.

**CAPACITAR will also establish a Wellness Center in the Town of Suchitoto to provide healing opportunities for women and their families.** The center will make available a team of a psychologist, social worker and CAPACITAR practitioners to help those who need more individual counseling. El Salvador has only one psychiatric hospital for those who need to be institutionalized. In addition to establish the Wellness Center to serve the people in need of care, the CAPACITAR team will also be providing training to nongovernmental organizations.

C H I L E & B O L I V I A

As this newsletter goes to press, Level 6 training is planned for March 3-13 in Chile, where team members have formed their own CAPACITAR Chapter. Initial training in CAPACITAR practices will take place in La Paz, Bolivia on March 14 & 15 and team and chapter development planning on March 17. Barbara Nube Roose, who is organizing the Bolivia training, expects at least 50 people for the first workshop which will be for helping professionals. The second workshop is targeted for 30 students at the universities.

--Joan Condon, International Coordinator



# CAPACITAR in Cincinnati

## Gifts Made

### In Honor of

The Barisone Family  
The Cain Family  
Josephine Brown, CSA  
Rhea Emmer, CSA  
Jean Hawley  
Mr. & Mrs. LeBeau  
Roz Meiran  
Pamela Morris

### In Memory of

Raymond Cahill  
Martin Connolly  
Carol Crane  
Dennie Doucher  
Sister Elizabeth, CND  
Alice Groth  
Honor Hogan  
Margaret Jovick  
Aunt Kay  
Carolyn Kuras  
Rick de Lone  
Edna Lyon  
Eleanore Mankowski  
Jess Martinez  
Clem Meyerhofer  
Kathleen Miller  
Janet Moore  
Marguerite Moore  
Bridie Pender  
Francesca Read, PBVM  
J. K. Reid  
Larry Reid  
Sue Severin  
Virginia Sickly  
Alene Lewis Vance  
Señor Velasquez

We welcome 1999 and the opportunity for another year of collaboration with CAPACITAR. In February we completed an all day workshop with teens. Our hope is that this groups will assist in facilitating workshop with other teens in the area and in our outreach communities.

Young women were connected on a deep level as we shared Tai Chi, visualization and as we walked the labyrinth together. Their energy was contagious and let us with a strong sense that we have met the next generation of CAPACITAR women, ready to take on the journey and share in the dance. We have tentative plans to do a workshop with these young women and their moms. This group did some brainstorming around how they could function as trainers of elementary age students and other youth groups.



The second year of advanced training for the Cincinnati Team has begun. Team members continue to work with diverse groups. One example of this is an eight week Wellness Program at the Holistic Health and Wellness Center, using process acupressure for fibromyalgia patients and using stress management practices with young groups detained at a juvenile detention center.

Mercy is working with Pat to train the staff at the Wellness Centers in the integration of mind/body/spirit practices to promote personal and communal healing and transformation. They will explore the methodology and pedagogy of teaching these practices using a learner-centered education model. Pat will help them develop ways to become more sensitive to the adaptation of their wellness modalities to multicultural groups and they will study aspects of wellness work found to be effective with persons affected by trauma.

Last, and most exciting we are completing the final phases of developing the training video and manual to be used with diverse groups.

Peace to all CAPACITAR communities and friends!

—KATHY MOSES, NATIONAL BOARD MEMBER



## FROM I AM WOMAN by Ann Valliant

I AM DAUGHTER. SISTER. MOTHER IN THOUSANDS OF GENERATIONS OF WOMEN.

WOMEN WHOSE SKILLS CREATED PEACEFUL AND BOUNTIFUL CIVILIZATIONS. WOMEN WHO PRESERVED REMNANTS OF OUR KNOWLEDGE WHEN THE CIVILIZATIONS PASSED.

I AM A WOMAN. IN ME LIVES THE KNOWLEDGE AND EXPERIENCE OF ALL BEINGS. I CAN USE THAT KNOWLEDGE AND EXPERIENCE TO CREATE A LOVING, SPONTANEOUS WORLD...

I AM A WOMAN. A PART OF AND THE WHOLE OF THE FIRST CIRCLE. THE CIRCLE THAT TRANSCENDS SPACE AND TIME. THE CIRCLE OF WOMEN JOINED.

I AM A WOMAN. A HUMAN BEING OF EXTRAORDINARY STRENGTH, WISDOM AND GRACE.

AND THIS IS TRUE.

Mothers' Day cards are enclosed in this mailing. Your gift will be acknowledged in the next CAPACITAR newsletter.



# CAPACITAR 1998 Annual Report

IT TAKES THE BEST

IN EACH OF US

TO MAKE THE BEST WORLD

FOR ALL OF US.

## • GUATEMALA

—Seven workshops in San Marcos and Guatemala City, sponsored by CONFREGUA (National Federation of Religious of Guatemala) for over 400 religious women and men who are working with the very poor and traumatized in all parts of Guatemala.

—Four 4-hour workshops sponsored by the Center for Spirituality of Central America for 45 religious from 20 countries of Latin America who work with the poor.

—Four workshops specifically for Mayan indigenous women (30) in Sololá and Nahualá.

—Workshops for Franciscan communities working in Guatemala.

## • HONDURAS

—Three visits by Nancy Meyerhofer OSF, CAPACITAR-El Salvador Coordinator, for trainings with groups in Tegucigalpa and with Franciscan Refugee groups in other parts of the country (approximately 100 participants).

—A November training by Pat Cane scheduled for CONFREH (National Federation of Religious of Honduras) and grassroots Center Visitación Padilla was postponed until February '99 because of Hurricane Mitch.

## • EL Salvador

—Twenty trainings for communities and groups in San Salvador, Suchitoto, Masatepeque, San Antonio for 300 people who need to heal from 12 years of war and the on-going violence in their communities.

—10 trainings for CONFRES (National Federation of Religious of El Salvador), DIGNAS, a national womens group, Committe for the Defense of Women who work with the abused & ACISAM which works in mental health.

—Many individual sessions for people needing individual body-mind-spirit therapy.

## • NICARAGUA

—Workshop in Ecofeminism and the use of the Labyrinth in the healing process for 55 participants from all parts of Nicaragua.

—Workshop for Centro de Mujeres Malinche in Managua in basic body-mind-spirit practices.

• **CHILE & PERU** - The women of Chile have now formed a CAPACITAR-Chile team and are facilitating grassroots workshops in many poor and marginalized areas in Santiago, Valparaiso, and other regions. The team has started to work with women and families affected by AIDS and HIV, a growing problem in Chile which has not been addressed. The Chile team also worked for several weeks in Lima and Southern Peru facilitating basic workshops for grassroots women's groups. Mercy Sister Barbara Cavanaugh also offered workshops in Lima, Puno and other areas in the Andes where she had previously worked for over 30 years.

THANK YOU SO MUCH FOR SUPPORTING

C A P A C I T A R

AS WE HEAL AND TRANSFORM SOCIETIES.

AND THE LIVES OF THOSE WHO LIVE

IN AREAS OF POVERTY AND VIOLENCE.

## FIRST CENTRAL AMERICAN REGIONAL CONFERENCE

In February, 1998 CAPACITAR brought together in El Salvador 16 CAPACITAR women from four countries—Guatemala, Honduras, El Salvador and the United States. The Conference was funded by the Global Fund for Women. The purpose was to share ideas and experiences, to learn more CAPACITAR practices to use in the region, to plan regional strategies, to envision the growth of the work in the different communities and to offer organizational development training to teams.





## • **California**

- Presentations and workshops for retreat centers, congregations and organizations in Northern California.
- Head Start Workshops for teachers, families and staffs.

• **Colorado** — CAPACITAR Workshops by Sister Liz Fuhr OSF for women on welfare.

• **Iowa** — Workshop at Shalom Retreat Center in Dubuque for 25 grassroots women and religious from different parts of Iowa, sponsored by the Franciscan Sisters.

## • **Kentucky**

- 3 workshops sponsored by the Catherine Spalding Center and the Sisters of Charity of Nazareth.
- 2 Spanish workshops for migrant families who work in the tobacco fields near Springfield.
- Workshop for Catholic Charities in Louisville who work with immigrant populations.

## • **Massachusetts**

- Workshop for the Women's Theological Center in Boston for 25 community leaders.
- Workshop for Hispanic families in Lawrence, sponsored by the Franciscan Sisters.

## • **Missouri**

- 4 Workshops for Levels 1 & 2 at Mercy Medical Center and Women's Empowerment Center for 140 women from 3 countries and 9 different states.
- Monthly Crone meetings in St. Louis for 22 women over the age of 50.

## • **Ohio**

- Continuing workshops with Mercy Health System of Greater Cincinnati for development and training of staff in methods of multicultural wellness education for outreach to marginalized groups.
- Development of video and manual.
- CAPACITAR Levels 1& 2 workshops at Mercy Health & Wellness Centers.
- Meeting with Vice Presidents of the Mercy Regional Health Systems.

• **Virginia** —Workshops in Virginia with Appalachians sponsored by the Sisters of Mercy. *The Appalachian women are forming their own CAPACITAR team to work within their community.*

• **Wisconsin**—Workshop for 80 participants at the CENTER TO BE, sponsored by the Sisters of St. Agnes in Fond du Lac.

### FINANCIAL REPORT - 1998

<u>Revenues</u>	
Individual Gifts	\$ 29,210.07
Foundations, Groups	44,500.00
Workshops & Materials	26,201.14
Interest	379.09
<b>TOTAL REVENUES</b>	<b>100,290.30</b>

<u>Expenditures</u>	
Salaries	32,437.38
Operations	51,006.93
<b>TOTAL EXPENDITURES</b>	<b>83,444.31</b>
Gain	16,845.99

Balance 1/1/98	4,865.83
Balance 12/31/98	16,845.99
<b>TOTAL</b>	<b>\$ 21,711.14</b>
Restricted	\$12,638.00
Unrestricted	9,973.14

Our logo comes from a pre-Columbian design of the lotus. For us it symbolizes the creativity and empowerment of women-rooted and grounded in the earth, raising arms to receive the energy of the heavens, joining together in solidarity around the globe to empower each other, birthing the seed of life within ourselves and within the society around us.





## CAPACITAR Teaching Couples in Guatemala

Husband and wives working in pairs are in the midst of practicing a polarity protocol for the relief of anxiety. Glancing across the room, I am surprised to see Francisco carrying a baby on his back with a rebozo while bending over his wife doing a polarity exercise. This little boy is the rambunctious child of another couple. Francisco is giving the couple a little rest from their son's liveliness!

Earlier in the workshop I noticed how husbands and wives easily shared in the care of the children who were with them because they are too small to be in school. This sharing in the family work extends throughout the community. Juan Ricardo has already introduced us to his wife who could not be with us yesterday because she was taking his place at work so he could have what he needed in the CAPACITAR training.



In Nahuala', Guatemala we are on the second day of a CAPACITAR workshop with two local leadership groups. The Mayan couples in these groups have been using basic CAPACITAR techniques as part of their healing work in the diocese of Solola'. After the day's review of basic techniques in Spanish and Quiche, they'll receive diplomas designating them as Teachers of CAPACITAR for their local communities. A few small children are with us, some carried in their mother's rebozos and some toddling around the room. One five year old is joining in the Tai Chi exercises.

CAPACITAR work is being carried on throughout an entire region of teams of married couples and is unique in the CAPACITAR international network of empowerment. Mary Bertrand, a School Sister of Notre Dame from Minnesota, takes it for granted! She has been working in leadership formation in the Charismatic movement here in Guatemala for 20 years and for 16 years has been developing leadership teams of married couples.

When Mary came to know CAPACITAR, she immediately saw that the technique for healing and promoting wellness in the midst of situations of great stress were a natural complement to the healing prayer practiced by persons well grounded in charismatic spirituality. Early on in the leadership training, husbands learned to listen to and learn from their wives' experiences and to share in what, until then, they considered *women's work*. Now, watching these Mayan couples relate to one another, practice the basic healing protocols, listening to the men and women speak out and describing incidents from the work in the community, I realize that I am witnessing the precious fruit of Mary's 20 years of work.

This is the more marvelous to me when I think that all of those years were years of horrendous chaos and violence in Guatemala. Even these last two years since the signing of *peace accords* have been years of chaos, since a society can only slowly begin to heal and to re-establish structures of justice and security for its communities.

The Solola' teams are working with a continually expanding number of communities, multiplying the healing work now in five dioceses. The potential for calling forth new life from within communities marked by chaos and violence is amazing, real and wondrous. Mary explains that one of the things so needed in this traumatized society is an approach that empowers communities to be agents of healing themselves and a simplified system of healing techniques that can be practiced in families.

At the close of our workshop we have laid our beautiful CAPACITAR labyrinth designed by Sister Gene Marie Began, RSM, of Burlingame, California. One by one, the women and I enter and follow the winding path to the center, recalling, reliving and praying their journey together of the past many years. At one moment, I see Mary with many of them who are kneeling in the center, some with tears, all in a profoundly moving silence. So at home in lively prayers and songs of gratitude and praise, so practiced in the sharing of faith and wholeness, these companions in healing are powerful in their simplicity and commitment to the well being of their people.

—Mary Litell, OSF, Coordinator



### REMEMBER CAPACITAR IN YOUR ESTATE PLANS

**BEQUESTS** - Gifts made through your will may be for a specific percentage of an estate or a specific sum.

**Gifts of Life Insurance** - You can transfer ownership of a life insurance policy to CAPACITAR.

THE LEGAL NAME IS CAPACITAR, INC., WATSONVILLE, CA





## Re-member Us

*RE-MEMBER US,*

*YOU WHO ARE LIVING,*

*RESTORE US, RENEW US*

*SPEAK FOR OUR SILENCE.*

*CONTINUE OUR WORK.*

*BLESS THE BREATH OF LIFE.*

*SING OF THE HIDDEN PATTERNS.*

*WEAVE THE WEB OF PEACE.*

Judith Anderson



DURING LAST WINTER CAPACITAR held two workshops for THE CENTER OF COLLABORATIVE PLANNING -ONE IN SACRAMENTO AND ONE IN SAN DIEGO.

## 1999 CAPACITAR Calendar

• First Sunday of each month  
CAPACITAR Crones, Mercy Center St. Louis  
Sr. Carol Bialock RSCJ 314-621-4936

• April 6

Watsonville Head Start  
Pat Cane 831-722-7590

• April 8-18

Team Training and Work with Salvadoran Refugees  
Guadalupe Spirituality Center, Belize  
Sarita Vasquez RSM 011-501-232275

• April 22, May 27

Elmwood Women's Detention, CA  
Mary Litell, OSF 831-722-7590

• April 22 & May 13

Marian Emergency Shelter, San Francisco, CA  
Mary Litell, OSF 831-722-7590

• April 23 & Fridays during May & June

Tenderloin Resource & Educational Center, San Francisco, CA  
Mary Litell, OSF 831-722-7590

• April 24-25

Workshop, Center to BE, Fond du Lac, WI  
920-921-6044

• April 27-29 & May 10

Damien Clinic, Manteca, CA  
Mary Litell, OSF 831-722-7590

• May 18-19

Team trainings, Cincinnati, OH  
Mercy Health System

• May 21-22

Level 3, Cincinnati, OH Mercy Wellness Center Anderson  
Kathy Moses 513-624-3273

• June 21-25

Fields of Energy Workshop, CANTERA Managua, Nicaragua  
Anabel Torres 011-505-2780103

• June

CAPACITAR in Ireland  
Pat Cane and Joan Condon 831-722-7590

• July 9-12

CAPACITAR Workshops, St. Louis, MO  
Sharon Schmitz RSM, Mercy Center, 314-966-4313

• July 12

Teen workshop, Mercy Wellness Center, Cincinnati, OH

• July 13-14

Team trainings, Cincinnati, OH  
Kathy Moses 513-624-3273

• July 24 & September 25

CAPACITAR Board Meeting  
Plaza Vigil, Watsonville, CA  
831-722-7590

• Sept. 29-30, Oct 1

Methodist Minister's Conference, Asilomar, CA

• October 2-3

Workshop, Center to BE, Fond du Lac, WI  
920-921-6044

• Oct. 5-7

Workshops, Catherine Spalding Center, Nazareth, KY  
Suzanne Gude 502-348-1516

• October 8-10

Spanish Workshop, Hispanic Ministry, Cleveland OH  
Sr. Alicia Alvarado, 216-696-6525

• October 11-16

Team trainings, Level 2, Cincinnati, Ohio, Mercy

• October 22-24

Levels 1, 2, Shalom Retreat Center, Dubuque Iowa  
Sr. Marie Therese Kalb OSF 319-582-3592

• December 1-11

Women's Journey to El Salvador and Guatemala,



Let us introduce you to **Paquita** who makes the chakra necklaces and who has recently crafted ear rings to match the necklaces. Paquita is a young deaf-mute woman, daughter of a very poor family, sister to 11 other children, two of whom are deaf-mutes. She is excellent in manual arts. A fair market percentage is returned to her, to help support her family.

Our CAPACITAR office has also available *Magic Mayan Medicine Balls* which may be used for self acupressure.



We welcome you to become part of our CAPACITAR network.

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

23 East Beach St. Suite 206 Watsonville, CA 95076

831-722-7590 FAX 831-722-7703

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ FAX \_\_\_\_\_ E-mail \_\_\_\_\_

\_\_\_\_ I would like to be part of the CAPACITAR network.

\_\_\_\_ Please send me information on the December '99 CAPACITAR Journey

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

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

Suggested donation: \$12, plus \$3 for postage and handling.

I would like to order a CAPACITAR 1999 Calendar \_\_\_\_\_

Suggested donation: \$10, plus \$2 for postage and handling.

I would like to order 2 Magic Mayan Medicine Balls \_\_\_\_\_

Suggested donation: \$5, plus \$1 for postage and handling.

I would like to order a chakra necklace \_\_\_\_\_

Suggested donation \$12, plus \$1 for postage and handling.

I would like to order a pair of chakra ear rings \_\_\_\_\_

Suggested donation: \$8, plus \$1 for postage and handling.

Hello  
(English)

こんにちは  
(Japanese)

Hola  
(Spanish)

مرحبا  
(Arabic)

Bonjour  
(French)

Hujambo  
(Swahili)

ສະບາຍ  
(Laotian)

Zdravo  
(Bosnian)

بەخێر بێت  
(Kurdish)

Guten Tag  
(German)

你好  
(Chinese)

Hallow  
(Somali)

អរ គុណ  
(Tigrigna)

Chào  
(Vietnamese)

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International Coordinator  
Joan Condon  
California Coordinator  
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Anabel Torres  
Sr. Mary Hartman  
Honduras  
Gladys Lanza  
Alba de Mejia  
El Salvador  
Nancy Meyerhofer, OSF

You may remember CAPACITAR through your **United Way** contributions. When United Way forms are given at work, there is an option entitled, **Other**. This is followed by a blank line.

Your contribution will come to us if you write in **CAPACITAR, Inc., Watsonville, CA** on that blank line. **United Way** will then send us your donation.