



CAPACITAR—Women Planting One Heart

An International Network of Empowerment and Solidarity

Wellness in the Workplace

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.

Our recent move to Plaza Vigil has placed CAPACITAR in the heart of the workplace amidst small businesses, job training programs and nonprofits. As we sink our roots to grow CAPACITAR Center in Watsonville, we are committed to listen, share, collaborate with and respond to the needs of the community. We daily see the struggle of people to earn their livelihood, support their families and claim their lives. We also recognize the need for promoting healing and wellness in the workplace. The grounding of CAPACITAR's mission in the ordinary, that is also extraordinary, brings greater strength to our commitment to empower wellness and wholeness on all levels of our society. For CAPACITAR this means entering fully the reality of where we find ourselves, with the desire for healing and transforming the woundedness there.

As we get to know the people of Watsonville, we see all around us friendly hard-working people, 70% Latino, with over 20% unemployment, gang violence, drugs, teen pregnancies, and abuse in the family. The traditional image of Watsonville as an agricultural community based on migrant labor is changing, as farmers sell out, canneries and frozen food plants close down, and capital moves across the border. In the midst of these changes we find places like Plaza Vigil, an incubator project encouraging small businesses, bringing light and hope, as well as practical know how, to people who want to improve their lives.

In developing CAPACITAR Center at Plaza Vigil we are committed to being part of this struggle and growth of the people. Our new office manager, María Navarro, is a displaced worker. Last year she lost her job as coordinator of personnel in a food processing plant that closed its doors and

moved to Mexico. María is sole support of her family and knows the hard life of picking fruit in the fields and chopping broccoli on assembly lines in the canneries. Like many other displaced workers she had to retrain and upgrade her skills to find employment. María's cheerful greeting and warm smile welcome all who come to CAPACITAR Center.

Hilda Vazquez, our summer intern from the Hire a Student Program, will soon be starting her freshman year at San Jose State University with a major in engineering. Hilda's parents were farmworkers when they first arrived in California, and have worked hard to better their lives. Her mother is now working as a teacher's aide in the migrant Headstart program. Hilda is the first member of her family to have the opportunity to go to college. Over a four year period, over half of her high school class dropped out before graduation and a number of her classmates are single mothers. At eighteen, Hilda is a wise industrious young woman who inspires those who meet her.

Migrant Headstart teacher and base community leader Teresa Padilla has joined the CAPACITAR Center team as parttime local program coordinator. Teresa was a field and cannery worker who trained to become a pre-school teacher. After her participation in the Women's Journey to Central America in 1994, Teresa dreamed of starting a CAPACITAR Center in Watsonville to work with her people. Teresa's dream is coming true as she leads our Wednesday evening workshops for local women and their families.

This summer issue of the news letter will share some of our other new endeavors to bring wellness to the workplace, to bring wholeness to the ordinary and extraordinary struggles of women—women in jail in Santa Clara County, Appalachian and African American women in Cincinnati, senior women in St. Louis and Mayans in the highlands of Guatemala. Like those drawn to CAPACITAR Center, these women embody a strength and a vision that we have much to learn from. I am reminded of the words we prayed together two years ago as we gathered in China with 35,000 women from around the world for the NGO Forum and UN Conference on Women:

WE ARE WOMEN POISED ON THE EDGE OF THE NEW MILLENNIUM. WE ARE THE MAJORITY OF OUR SPECIES, YET WE HAVE DWELT IN THE SHADOWS. WE ARE THE INVISIBLE, THE ILLITERATE, THE LABORERS, THE REFUGEES, THE POOR. AND WE VOW: NO MORE. WE ARE THE WOMEN WHO WEAR BROKEN BONES, VOICES, MINDS, HEARTS—BUT WE ARE THE WOMEN WHO DARE WHISPER NO. WE ARE EACH PRECIOUS, UNIQUE, NECESSARY. WE ARE THE DAUGHTERS OF LONGING. WE ARE THE MOTHERS IN LABOR TO BIRTH THE POLITICS OF THE NEW MILLENNIUM.

PAT CANE—FOUNDER, EXECUTIVE DIRECTOR



Staff of CAPACITAR Center: executive director Pat Cane, volunteer Patty McCarin, office manager María Navarro, student intern Hilda Vazquez



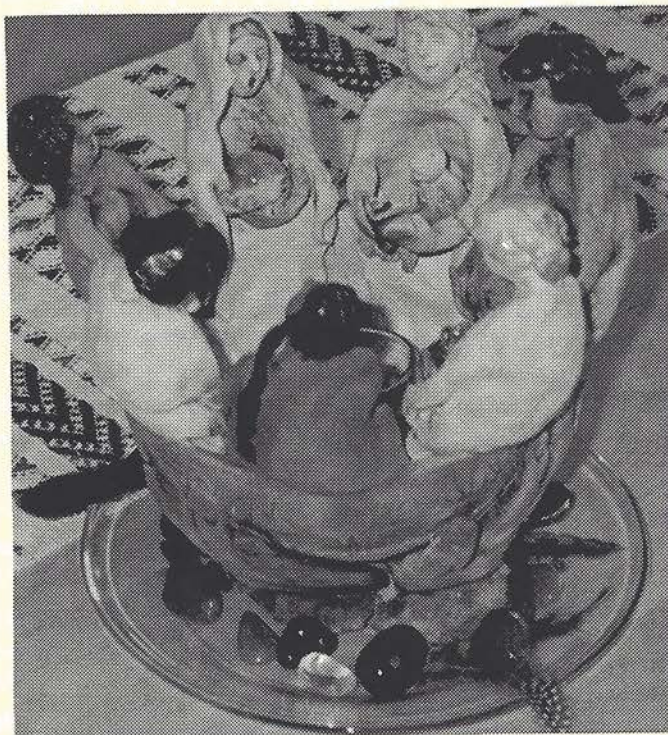
A Retreat for Women who Give

Two years ago Corlita Bonnarens RSM of Mercy Center in St. Louis created for us the sculpture—women sitting on the edge of the earth. Inspired by the opening of the UN Conference on Women, Corlita placed seven women in a circle around the edge of the earth supported by the hands of women of different colors. Each of the figures is doing one of the everyday tasks that women do to nourish their families and to create life around them. An oriental woman plays her lute. An indigenous woman weaves her cloth. A Middle Eastern woman bakes her bread. A Hindu woman prays for the earth. An American woman teaches her child. A European woman gathers her harvest. An African woman fashions her pottery. As women through the ages they sit around a central fire, sharing, nourishing themselves and each other. Together they give light and hope, nourishing the world around them.

Our recent two-day retreat for women who give, co-sponsored by CAPACITAR and the Center for Spiritual Enlightenment at Presentation Center, brought together 34 women of diverse backgrounds and experiences. The group included eleven Latinas, an African American, women healing from cancer, divorce and abuse, women working in education, management and the computer industry, along side of displaced workers and women working with migrant education in Watsonville. The women ranged in age from 22 to 65. Half of the women had never had the opportunity to make a retreat before. And 16 of the women received partial or full scholarships funded by a grant from the Cicada Fund of the Tides Foundation and by private sponsorships and donations.

As women in a circle on the edge of the earth, we meditated and prayed together, created and walked the labyrinth together, danced and moved with Tai Chi, shared our struggles and hopes, and blessed and massaged each others hands of giving. We grew to appreciate our unity and our differences and to honor and encourage the unique gift of each woman. In closing the circle we committed ourselves to sharing the gift of our lives to bring peace, healing and unity to our world at this time. *CAPACITAR's next 2-day retreat will be November 1-2 at Marianist Center in Cupertino. Retreat theme is Day of All Saints, Day of the Dead—Honoring our spiritual guides and mentors. For information or to register, please call the office.*

**NO MATTER HOW INSIGNIFICANT WHAT YOU DO MAY SEEM,
IT IS VERY IMPORTANT THAT YOU DO IT! —GANDHI**





Yes to Life! Aging into Wellness and Wholeness—A new CAPACITAR Program

—CAROL BIALOCK RSCJ, ST. LOUIS TEAM

The CAPACITAR I and III workshops in St. Louis on the last weekend of June led to true fourth of July fireworks. The explosions started with a conversation between two women, and we all know how creative sparks fly when there is true communication. Why not invite these women, we thought, to form a St. Louis CAPACITAR Cronegroup. (The "crone" is the elder, the woman of wisdom, power and compassion.)

During the first gathering of the crones, each woman shared what drew her to participate, and we felt the surge of life and energy that happens when women come together and share openly. Aging is ripening. Menopause is not an end: it's the beginning of PMZ—post menopausal zest! The empty nest syndrome can turn into a rich network of new relationships! The crises of turning fifty, sixty and seventy can be challenges to creativity. Life may begin at 40 but there can be a new birth every five or ten years—even into the 90's. And, in fact, there can even be a daily rebirth. A date for a second gathering of the crones later in July was set, and 30 women accepted the invitation.

Executive Director Pat Cane and I sketched out the new CAPACITAR program: "Yes to Life! Aging into Wellness and Wholeness." Mary Jo Brauner, member of the St. Louis team and participant in the China delegation, will work with me on the details. We plan to call a monthly gathering, to create a manual that will help women bloom and bear fruit into the wisdom years, to facilitate workshops in other parts of the US, and to develop a model that women can use to form their own groups.

Some of the program objectives include bringing women together to reflect on their experiences of the aging process, their fears, their concerns and their desires for their own lives. We hope to provide a support system and a safe place where women can explore their own dreams and potentials and learn some personal skills to empower and re-direct the energies they are discovering. We will share information and resources to help the women understand the changes taking place in their bodies during the aging process. We will deal with issues related to health, nutrition, exercise and wellness and teach body-mind-spirit practices as a basis for wellness and wholeness. We plan to celebrate the cycles of a woman's life through ritual, song, spirituality and creative expression. We hope to enable the women to listen to themselves and to each other without defenses, to value one another, to co-create their futures through encouragement, sharing and mutual support.

Pat had the first draft of a funding proposal for "Yes to Life" ready by July 4th, and as we watched a fantastic fireworks display on the St. Louis Mississippi Riverfront, we felt it was only fitting that the sparks should fly high on this night. Pathfinder landed on Mars, and "Yes to Life" was born in St. Louis!



*ETERNAL WISDOM, SOURCE OF OUR BEING AND CENTER OF ALL OUR LONGING,
IN YOU OUR SISTER HAS LIVED TO A STRONG AGE: A WOMAN OF DIGNITY AND
WIT, IN LOVING INSIGHT NOW A BLESSED CRONE.*

*MAY THE PHASE INTO WHICH SHE HAS ENTERED BEAR THE MARKS OF YOUR
SPIRIT. MAY SHE EVER BE BORNE UP BY THE FIERCE AND TENDER LOVE OF
FRIENDS AND BY YOU, MOST INTIMATE FRIEND; AND CLOTHED IN YOUR LIGHT,
GROW IN GRACE AS SHE ADVANCES IN YEARS; FOR YOUR LOVE'S SAKE. AMEN!*

—GAIL RICCIUTI, LIFE PRAYERS



CAPACITAR—Cincinnati

—KATHY GREEN RSM, DIRECTOR OF WELLNESS CENTER, MERCY ANDERSON

CAPACITAR was born in the hearts and spirits of 54 women in Cincinnati, Ohio at a May workshop sponsored by Mercy Regional Health System. Three years ago, Mercy Health System opened the first hospital-based Holistic Health and Wellness Center in the area. The Center offers healing modalities such as biofeedback, massage therapy, reflexology, therapeutic touch, meditation, Tai Chi, Yoga and a variety of other programs intended to enhance health and wellness. The programs have been well received and very successful, but we've struggled to find ways to get these self-healing modalities to the disadvantaged and underserved. CAPACITAR was the answer!

In early May women from eight different outreach programs directed or supported by Mercy Regional Health System gathered at Mercy Hospital Anderson for a Level 1 CAPACITAR workshop with Pat Cane—and the experience was truly transformative! The diversity in the group was amazing. African American and Appalachian women; women from a variety of socio-economic backgrounds and religions; women ranging in age from their early 20's to early 70's became a healing community that weekend. Outreach staff served on the CAPACITAR team with Pat and have initiated follow-up discussions with all the Outreach Directors who had women participate. The follow-up will include opportunities for the women to take free classes at the Holistic Health and Wellness Center; Wellness Center staff visiting the various Outreach sites to provide follow-up programs; the Outreach Program Directors promoting the various healing modalities among their staffs and the clients served. Some comments that came back in written "thank you's" include:

"We at Bethany House Services feel that a whole new world has opened up to us and we have already begun to use the positive energy and new learning in our own lives and are beginning to offer them in the Bethany House Emergency Shelter." —Mary Stanton RSM, Executive Director, Bethany House Services.

"We are committed to sharing what we received and learned with our co-workers at Healing Connections Associates and our clients. We already started discussing some ideas of how to do that, and there is much excitement and energy around it." —Sue Kathman RN, Director, Healing Connections.

For those of us at Mercy Regional Health System committed to bringing self-healing modalities and empowerment to disadvantaged and underserved women, CAPACITAR is the model. We plan to bring Pat back in October and hope that Cincinnati and Mercy Health System can be a CAPACITAR Center in the Midwest.

CAPACITAR—Cincinnati workshops at Mercy Anderson are scheduled for October 22-26, 1997, and May 1-3, 1998. For information call: Kathy Green RSM, Holistic Health and Wellness Center, Mercy Anderson 513-624-4560.



CAPACITAR at Elmwood Jail

Visiting women in jail is not new to CAPACITAR. In the early years of our organization we visited the women's prison in Managua, Nicaragua with Sister Mary Hartman and offered workshops in acupressure and massage to the prison staff. On the last two Women's Journeys to Central America we again returned to the Managua jail bringing badly needed medicines and supplies. Last December Journey Director Joan Lohman led a healing workshop with the women inmates.

When Marilu Eder, Director of Detention Ministry for the Diocese of San Jose, California, recently invited us to offer local workshops for women at the Elmwood Correctional Center, we felt immediately called to do so. 95% of these women are victims of sexual abuse and domestic violence and many have turned to prostitution to earn their livelihood. 95% have drug and alcohol problems and need rehabilitation programs to heal their addictions. We were moved by the desire expressed by several of the workshop participants to share what they had learned to help other inmates and their families. In a recent note, Marilu shared: "Lucy came and spoke with me yesterday and brought another inmate with her. She told me how she wants to help her friend not only with the Tai Chi they are practicing as a group each day, but with the acupressure points. She wants to learn as much as she can to help others."

We plan to return to Elmwood bimonthly to teach the women through the educational, peer support and inmate literacy programs. We hope to eventually develop a model CAPACITAR program that can be used with women in prison. *If you are interested in joining in this effort, please call the office.*

International News



El Salvador/Honduras

Nancy Meyerhofer OSF has been facilitating CAPACITAR workshops in different parts of El Salvador, along with Leonora Garcia, a grassroots leader and healer, and María Isabel Figueroa, a leader working with marginalized communities, who was one of Archbishop Oscar Romero's secretaries. In a recent team training, Isabel described how the work with CAPACITAR has become for her a vocation, as she gives her energies to heal the years of war, violence and trauma suffered by her people. The Salvador team is working both in the city and the countryside with people of the base, ex-combatants, psychologists, social workers, health workers and educators.

Nancy Meyerhofer is also developing the CAPACITAR team in Honduras and recently traveled to Tegucigalpa to facilitate workshops there. She will be returning to Honduras in October to work in Olostepeque, an area settled by many refugees from the war.



Guatemala

CAPACITAR recently started working with Mayan communities who are part of the national leadership of the charismatic movement in Guatemala. Mary Bertrand SND, who directs a charismatic spirituality center working with Mayan peoples, recently taught a number of her leadership couples many of the body-mind-spirit techniques of CAPACITAR. Through their extensive training programs in six diocese, this work will be spread to many Mayan communities in Guatemala. During a recent team training in Nahualá, the participants were photographed, so that CAPACITAR materials can be developed in the Mayan languages of Quiche and Kachiquel.



1997 Women's Journey

There are still some openings for the October 27-November 8 Women's Retreat Journey to Guatemala, led by Joan Lohman and Penny Mann. Joan reports: "Penny Mann, a UCC minister and improv artist and I will co-lead the journey. We are excited about an itinerary that combines healing arts workshops with Guatemalan women, travel to Lake Atitlan, and a five-day spiritual/healing retreat at the beautiful Lutheran Retreat Center in Antigua. One of Latin America's most sacred holidays, Dias de Los Muertos, or Days of the Dead, celebrated November 1 and 2 in Guatemala, falls in the middle of our journey. Families traditionally go early in the morning to decorate graves of loved ones. Kites in Santiago Sacatepequez will create a connection between earth and spirit. We look forward to joining with the Guatemalan people to honor the thousands who have died or disappeared. Each CAPACITAR journey builds on our historic relationships with individual women and groups in Guatemala. Our "base" early in the trip is Casa CAMI, a cultural and community retreat center where we have forged deep friendships. We are invited to share a workshop with women who participated in the civil sector of the peace process. Several of these women are old friends of CAPACITAR. We will also create a workshop with an indigenous Mayan community, Madre Tierra, where we have been building a relationship over the past several years."

There are still some openings in this journey, if you are interested in participating. Call the office for an application 408-722-7590. An open house/slide presentation will be offered by Joan Lohman in Oakland, Monday, August 11, 7:30pm. For information: 510-530-8031.

1997 CAPACITAR Calendar

- Wednesday evening summer workshops at CAPACITAR Center, Plaza Vigil Teresa Padilla, facilitator 408-722-7590
- August 19, 29, Sept. 5 Nov. 6 Headstart Workshops, Santa Cruz Co.
- August 21, Workshop for women at Elmwood Santa Clara County Jail
- Sept. 7, Level 1 Workshop, Mt. Alverno Center, Redwood City
To register call: Sister Carol Carter 415-369-0798
- Sept 23-26, United Church of Christ Ministers' Conference, Asilomar
- October 1 Workshop at Presentation College for nursing team
- Workshops sponsored by the Mercy Sisters and Mercy Health System in Louisville, Kentucky, and Carey, Ohio October 10-12, 17-19 For information: FAX 540-889-8073, Margaret Turk RSM
- October 18 CAPACITAR Board meeting, Plaza Vigil 10-12:30
- October 22-26 Levels 1, 2 and staff workshops at Mercy Hospital Anderson, Cincinnati. For information: Kathy Green RSM 513-624-4560
- October CAPACITAR workshops in Honduras and El Salvador facilitated by Nancy Meyerhofer OSF
- October 27-November 8, CAPACITAR Journey/Retreat to Guatemala, for information call: Joan Lohman 510-530-8031
- November 1-2 CAPACITAR Women's Retreat Retreat: Day of the Dead, Day of all Saints: Celebrating our spiritual guides and mentors, facilitated by Pat Cane and the Watsonville team, Marianist Center, Cupertino. For information: 408-722-7590
- December 6, Christmas Boutique and Dinner Fundraiser, YWCA Watsonville. We are looking for donations for the boutique.
- December 28 New Year's Ritual, Plaza Vigil, 2-4:00pm
Call the office for information on other retreats and CAPACITAR Center rituals and workshops.

1998

- January 24-CAPACITAR Level 1 Mt. Alverno Center, Redwood City
- January 25-Level 3 Mt. Alverno Center, Call Carol Carter OSF, for information or to register: 415-369-0798
- January 30-February 1-Level 1 workshop, Biloxi, Mississippi
For information call: Joan Tarrant: 601-435-3415
- February 13-14 Team training in El Salvador
- February-March-workshops and team trainings in Guatemala, Nicaragua and Chile.

Order your new 1998 calendar: \$12 postpaid



Capacitar

In Celebration
of Women

1998 Calendar



PRAISE AND LOVE TO THOSE WHO SEEK, TO THOSE WHO KNOW
AND THOSE WHO SPEAK. TO THOSE WHO SMILE WITH TENDER EYES,
WHOSE WISDOM PENETRATES THE LIES. TO THOSE WHO SING
AND THOSE WHO CRY. FOR THOSE WHO FIGHT FOR RIGHT AND DIE.
TO THOSE WHO LIVE TO RIPE OLD AGE,
TO GREAT GRANDMOTHER, THE FAMILY SAGE.
PRAISE AND LOVE TO MY DAUGHTERS. TO THOSE UNBORN
AND YET TO COME, WE LEAD YOU ON WITH SONG AND HUM.
FROM OTHER WORLDS AND THROUGH BIRTH-WATERS,
COME FORTH Child, beloved daughter.
PRAISE AND LOVE TO THE WOMEN OF THE WORLD.
PRAISE AND LOVE TO THE SISTERS OF THE WORLD.
PRAISE AND LOVE TO MY DAUGHTERS.

—LUISAH TEISH, LIFE PRAYERS



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408-722-7590

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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
408-722-7590 FAX 408-722-7703
E-mail 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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Cost per manual: \$12, plus \$3 for postage and handling.

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