



CAPACITAR—An International Network of Empowerment and Solidarity

Globalization of Spirit

— Patricia Mathes Cane, Capacitar Founder/Director

CAPACITAR is network of people 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 people 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 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 people 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.

There is a deep hunger and quest for a spirituality to heal and transform the hopelessness of the human family—in East Timor and Papua New Guinea, in Central and South America, at the US/Mexico border, and in many other places where Capacitar works. Instead of economic globalization espoused by world powers and imposed on developing nations, a globalization of spirit is needed to help us remember who we truly are and to empower the resources and wisdom available to us in the human heart.

Ivone Gebara, Brazilian ecofeminist theologian, believes that we really do not know who we are as human beings in our destructive and unjust world. In her book, *Longing for Running Water: Ecofeminism and Liberation*, Gebara reflects: *Through ecofeminism, I have begun to see more clearly how much my body and the body of my neighbors are affected, not just by unemployment and economic hardship, but also by the harmful effects the system of industrial exploitation imposes on them. I have begun to see more clearly how the exclusion of the poor is linked to the destruction of their lands, to racism and to the growing militarization of their countries.* Gebara describes the need at this time to seek, reflect on and live out the spirit of a different kind of culture, different forms of relationship, and a different theology. In creating an ecofeminism based on the experience of the marginalized, she states: *My ecofeminism is pregnant with health: not health as we understood it in the*

past, but the health of a future that promises deeper communion between human beings and all other living things. My ecofeminism is shot through with the staunch conviction that beauty is important in healing people. It might be the beauty of sounds, of colors, of words, of faces, of food and drink, or of embraces—salvation through beauty.

As Capacitar we are committed to walk in beauty and in solidarity with people who desire to create and live out this different kind of culture, different forms of relationship and different spirituality. The health and wellbeing that Capacitar teaches is not meant to make us more comfortable and adjusted to an increasingly destructive culture, but rather to recognize, challenge and contribute to a globalization of spirit for the well being of our culture, society and planet.

Recent reports on national TV spoke enthusiastically of the globalization of the economy and the positive impact on employment, trade and development at the US/Mexico border, as well as in Central and South America. Participants in Capacitar workshops in El Paso/Ciudad Juarez, in San Diego/Tijuana, in Nicaragua, as well as in East Timor, spoke of a very different reality. In all of these places the economic prosperity of the few is contrasted with the desperate reality of the many, as seen in growing unemployment, illiteracy, homelessness and the increase in numbers of street children.

In the midst of their economic desperation, people talk about their depression, negativity and lack of hope, wanting more for themselves and their society, but doubting their power to change anything. The inability to envision and create a spirit of hope brings a toxic energy to many situations. This was especially evident at our Capacitar workshops in Managua sponsored by CANTERA, CONFER (Conference of Religious) and Centro Ecumenico Antonio Valdivieso. Several hundred Nicaraguans representing all levels of society—intellectuals, poets, theologians, students, business people, religious and grassroots leaders—expressed their spiritual hunger and desire to heal, transform and inspire life for the longer haul as they face incredible national corruption rivaling the days of the Somoza dictatorship.

In the midst of negative and toxic situations which destroy the human spirit, Ivone Gebara recognizes the significance of all efforts that seek to contribute to the restoration of Earth's dignity, of the dignity of women and men alienated from Earth's body and their own bodies and often struggling against both, waging wars of conquest against them, dividing what ought to be united." She sees the task ahead as an "invitation to reflect together about ourselves and about new ways of expressing love, a love that is far broader than the defense of our own little slice of the pie. It is a love that includes us all, because at bottom we are all part of the same pie, the one pie offered as 'food and drink' for ourselves and for all living things. This issue of the newsletter describes some of Capacitar's efforts to empower and renew this spirit.



RENEWING THE SPIRIT IN EAST TIMOR-DILI

Globalization of Spirit in East Timor

—Joan R. Condon, Capacitar International Coordinator

The people of East Timor are victims of violence: the ongoing violence of 25 years of Indonesian dictatorship culminating in rape and murder, and the destruction of more than 80% of the infrastructure after the vote for independence in August, 1999. One fourth of the approximately 800,000 people became refugees. The international response to this travesty brought UN peacekeepers and UN and other international workers to the country. This has created another tragedy. The East Timorese now suffer not only from the trauma of violence, torture and repression, but also the trauma of trying to survive in an economy geared to international pay scales. They must find ways to feed and clothe themselves and their families when prices have escalated beyond their incomes. All this as they deal with the critical issues of reconciliation within their communities, justice for those who took part in the mayhem and the crucial work of building an independent nation.

Capacitar trainer Mary Litell, OSF, and I traveled to East Timor in May and spent three weeks working with the people. Our goal was to find out if Capacitar body-mind-spirit practices would be helpful to the traumatized in East Timor. In the capital, Dili, signs of the massive destruction are still evident—many buildings have only the walls standing, including the Franciscan Sisters' clinic run by members of Mary Litell's congregation. There we gave a weekend workshop, put together by Maria Dias of Clinica Pas, to a group of 32 men and women. Of this group twenty people decided that they wanted to form a Capacitar team to practice together, receive more training and take the trainings into the countryside.

With Sister Alice and Sister Yulita, both Franciscans who volunteered to work in East Timor after the violence, we traveled to three poor communities in the mountains. Sister Alice and Sister Yulita manage a feeding program for children under age five, and we assisted as they served a nutritious porridge and gave each child a hard boiled egg. There were many children with the blond-streaked hair and massive bellies of the malnourished. The mothers and older brothers and sisters also looked thin, hungry and worn. Sister Alice is a nurse and also has a clinic in the capital and one in the mountain community of Dare. We gave a workshop to the clinic staff.

We traveled across the island to the south coast, crossing the mountain range where resistance fighters held out during Indonesian rule, and gave a workshop to Franciscan brothers and priests who work in that area. We also visited the local school, meeting with several teachers. The school was burned and totally destroyed by the militias in 1999. It is being rebuilt by the teachers and students with materials provided by UNICEF. In Dare, in the mountains, we also facilitated a two-day workshop for the candidates at the Sekulur Institute. These candidates dedicate their lives to work and study, spending four months studying, then four months working with the poor in the mountains. This group asked for additional training for candidates at their six other houses of study. In the trainings, as well as in meetings with other organizations, the strong message was that Capacitar is both needed and wanted by people in East Timor. Maria Dias spoke for many when she talked about the necessity for healing in East Timor so that together the East Timorese can build a new nation. Maria said, *The country cannot be reconciled and healed unless people first heal themselves. Capacitar enables people to do this.* SEE PHOTO>>

Reconciliation is a difficult issue for the East Timorese people. Almost 100,000, most of them connected to the militias, remain in refugee camps in West Timor, which is part of Indonesia. We visited the refugee camps with members of the Jesuit Refugee Service. Life is difficult in most of the camps - no schools for the children, no work, and nothing for the young

people to do. Many people would like to return to East Timor, but militia leaders pressure people to remain in the camps. Thirty to forty families had signed up with the Indonesian military to return to East Timor but came back a day later to take their names off the list. They know if they return when their leaders don't want them to, there are sympathizers in East Timor who can harm them. As one refugee said, *When the leaders say we can go back, we will go back.*

It is difficult for the people in the refugee camps and for the survivors in East Timor to deal with the traumas they have suffered. Santos, a young man who served as our translator in one of the workshops, works with an international commission that travels throughout East Timor listening to the stories of victims of the violence. Day after day, week after week he translates these horrors. He told us that everynight he comes home exhausted emotionally and physically. All he does is drink beer and try to sleep. When he translated for us, he did the practices as he translated and found them very helpful. He promised us that he would keep up the practices to help him deal with his own trauma, which included his father's murder by the military, which is made worse by his work.

But there is also hope in East Timor. Pedro was an active member of the resistance during the Indonesian rule. He also ran a guest house where many internationals who worked in solidarity with the people of East Timor stayed. His guest house was one of the first places burned during the violence. Pedro is rebuilding his guest house and says, *We will work it out. We lived under Portuguese rule for 300 years and under Indonesia for 25 years. Now, we are at home in our own country. We will work it out.*

Capacitar has a role to play in helping the people of East Timor heal and be "at home in their own country." We will be returning in the fall to work with the group at Clinica Pas, the Sekulur Institute and with others who have expressed interest in training. In this way Capacitar will be part of a globalization which does not exploit people but creates a spirit of hope, healing and transformation across borders and cultures.



Many People Ask Where Is East Timor, so.....

East Timor lies across the Timor Sea northwest of Australia. It is an island and part of the Indonesian archipelago. The island is divided into East Timor, now called Timor Lorosae and West Timor, which is part of Indonesia. The population of East Timor before the violence was about 800,000. The capital, Dili, is on the north coast with beautiful beaches nearby. East Timor is presently under UN direct rule and an election will be held in August this year to choose an assembly to write a constitution. Many people fear that as the election approaches, violence will begin again between those who favor maintaining ties to Indonesia and the over 80% who voted for independence.

In Loving Memory of Barbara Ford, S.C.

On May 5, 2001, Barbara Ford, Sister of Charity from New York, was gunned down in the streets of Guatemala City, victim of the political violence she had worked so hard to heal and eradicate during her 30 years of ministry in that war-torn country. During the worst of the violence Bobbie had worked tirelessly to accompany and empower the Mayan people as they grieved massacres, the burning of their villages, the assassination of their leaders, and the torture and disappearance of over 100,000 people in the Department of Quiché. Her recent work with CARITAS involved developing with Virginia Searing, SC, and teams of Mayan leaders, a wonderful mental health program, Utz K'Aslemal. The program involved accompanying and supporting the healing of the trauma of hundreds of communities and thousands of survivors, as they witnessed the exhumations of many clandestine graves throughout the region.

It is hard to deal with the effects of violence as manifested in Bobbie's murder. Yet her life was such a beautiful witness of love, commitment and solidarity—a testimony that only love can transform death and violence. What Bobbie has created is alive in the hearts of many, and no violence can destroy that. It was with Bobbie's program and the Quiché people that Capacitar started to collaborate two months before her death. And now as we grieve her loss, we commit ourselves ever more fully to walk in solidarity and accompaniment with the people of Guatemala as they work to heal and transform the wounds of trauma and violence. In the words of the people of Guatemala: **Bobbie Ford, PRESENTE!** You live on present and alive in our hearts and our efforts!

Capacitar Spirit at the Border - Pat Cane

The negative impact of economic globalization is very evident in our own backyard at the US/Mexico border. Dr. Vicki Roberts, M.D., clinical director of Centro La Mujer Obrera, described the traumatic stress suffered by more than 27,000 garment workers dismissed from their jobs in El Paso, Texas, when, because of NAFTA, companies moved across the border to Juarez. Workers were assured of retraining which never materialized, or employment in the Mexican companies, which offered them salaries of \$25 a week, instead of the \$25 a day they had previously earned. A similar scenario exists in Tijuana and other border towns where the promise of free trade zones and great prosperity, has instead resulted in gross exploitation of workers, in particular young women, and the proliferation of "maquilas" or sweat shops.

This year Capacitar is focusing on the needs at our own border. Virginia Mejia and Natalia Hernandez are coordinating our year-long training for twenty-two women and one man in the San Diego/Tijuana area. Participants, committed to internships at the California/Mexico border, are teaching Capacitar practices to youth, to children at a Tijuana orphanage, to street children and the homeless, to seniors, to refugees and migrants, to abused women and children, and to local communities. In Texas Denise Sausville, RSM, working with women's groups, is teaching Capacitar practices in Alamo. In El Paso and Juarez we will offer fall workshops in collaboration with Vicki Roberts, MD, and the staff of La Mujer Obrera, along with a number of other grassroots agencies and nonprofits. Next year we plan to develop a year-long program in El Paso and Juarez bringing Capacitar's spirit to areas deeply affected by globalization.

Maureen Hally, RSM, - second from the right - is welcomed to the Capacitar Staff by Pat Cane, Rita Jovick, PBVM, Joan Condon and Dorothea Allison. Maureen has been funded by the Sisters of Mercy to be Capacitar's Northern California Coordinator. Maureen has many excellent skills in administration, organization and facilitation and has offered Capacitar workshops in collaboration with Mary Litell, OSF, and Vicki Gonzalez at Marian Hall in San Francisco, and at Elmwood Women's Correctional Facility in Milpitas.



Capacitar in the Amazon

This past June, the Capacitar-Chile team was invited to give a first level workshop in Manaus, in the middle of Brazil's Amazon Basin. There, deep in the jungle, we found a remarkably feisty group of women who scraped together the money to fly two of us to Manaus. The group proudly calls itself "Maria Sin Vergoña"—or in colloquial English, the "shameless Marys". Maria Sin Vergoña is a radiant bush with red flowers. But the name is also worn proudly by the group because so much of their youth is marked by being told "shame on you" for behaving supposedly in unlady-like fashion. In their efforts of empowering themselves, and the women they touch, the Marias rework and re-interpret what is shameful. The group grew out of a biblical reflection group and they are now expert when it comes to pointing out the machismo in biblical texts.

Maruja Gonzalez and I gave a first level Capacitar workshop to some 40 women. The entire workshop was set in the context of a

-- *Judy Ress, Chile International Advisor*

celebration of water and the theme was taken from Isaiah 55:1: *All you who are thirsty, come to the water.* At the moment Brazil's Northeast is suffering from a terrible drought, and so water is very, very precious. The workshop opened with some of the Marias dancing the creation of the world from the primal waters. Each morning and evening rituals of dance, movement and song led participants through celebrations of water—including the human's terrible destruction of the planet's waterways. We were most impressed by the level of organization for this workshop. We could taste the seriousness of the group by the way they reviewed each technique. Indeed, they videoed the whole workshop and planned to practice weekly so that they have everything down pat when they (hopefully) will invite us back for a second level workshop in two-years' time. The Marias plan to teach what they have learned to other women in the Amazon jungle basin. **Let the river flow!!**

**SIPAZ is seeking volunteers
for their peace-building team in Chiapas.
For more information contact Robert Poen at
831-425-1257**

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Gifts Made

In Honor of

Teresita Inéz Silva, CSA	Catherine Boland, CSA
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Loraine Pfannenstiel, CSA	Miriam Therese Putzer, CSA
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In Memory of

Joseph Blake, PBVM	Eva M. Badaracco
Barbara Ann Ford, SC	Kathryn Jovick
Thomas Jovick	Frank Kovich

Remember CAPACITAR in Your Estate Plans

Requests - 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

CAPACITAR Calendar - 2001

- July 20-22 Capacitar Wellness Training 4, Kentucky
- July 22-25 Capacitar Central American Regional Conference, El Salvador with teams from 7 countries
- July 26-August 1 Trainings in Quiché, Guatemala
- August 2-14 Workshops in Colombia, International Team
- August 18-19 Trainers Workshop 4, Redwood City, CA
- August 25-26 Trainers Workshop 2, San Diego/Tijuana
- September 15-30 Workshops in Chiapas, Mexico
- September 21-23 Level 1/2 Workshop, Dubuque, Iowa
- September 24-26 Workshops in East Harlem, NY
- October 5-7 Level 2 Workshops, African American/Hispanic Commissions, Diocese of Cleveland, OH
- October 13-14 Binational Trainings, El Paso, TX/Mexico
- October 20 Board Meeting
- October Trainings in East Timor
- November 3-4 Trainers Workshop 3, San Diego/Tijuana
- November 30-December 2 Training 1, Milwaukee, WI
- December 6-9 New Orleans, Paper to International Society for the Study of Dissociative Disorders, International Conference
- Monthly No. California Workshops: St. Anthony Farm, Marian Residence, Elmwood Correctional Facility, Seton Hall

2001-2002 Trainings

- Training/Certification in Multicultural Wellness Education
Sponsored by the Center to BE, West Bend Wisconsin, Dates of 1-year training with Pat Cane: Nov. 30-Dec. 1; Mar. 8-10; May 31-June 2; Sept. 13-15. For information: Marjorie Wilbur 262-629-1937, Mwctobe@execpc.com. CEUs offered through Marian College.
- CA Trainings/Certification in Multicultural Wellness Education
—Sponsored by Capacitar, Mt. Alverno Center, Redwood City, CA 2 CEUs per quarter offered through UCSC Extension:
Feb. 2-3; May 18-19; Aug. 24-25; Nov. 9-10
—Sponsored by Capacitar, Bi-lingual training, San Diego/Tijuana 2 CEUs per quarter offered through UCSC Extension

2002

- January 26 Capacitar Board Meeting
- February 18 - March 3 Guatemala Workshops
- March 16-17 Trainers Workshop 4, San Diego/Tijuana
- May 25-26 Workshops, Indianola, Mississippi
- July 3-15 Nicaragua Workshops

Visit our new website
www.capacitar.org