

**HEALING  
OURSELVES**

**HEALING  
OUR  
WORLD**



**CAPACITAR**

*is a Spanish  
word meaning  
to empower,  
to encourage,  
to bring each  
other to life.*

**Forgiveness and Reconciliation** — *Patricia Mathes Cane, Founder/Co-Director*

As Capacitar works in regions of violence, such as, Colombia, Indonesia, Ireland, Central America and Africa, we are learning a lot about forgiveness and reconciliation. Nobel Laureate Desmond Tutu, who led South Africa's Truth and Reconciliation Commission, says that the cycle of reprisal and counter reprisal is broken only when we open ourselves to forgive. In No Future Without Forgiveness, Tutu describes the remarkable path of reconciliation that South Africa chose to follow after the apartheid years of cruelty and injustice. "It filled the people with great hope that despair, anger and resentment would not have the last word." Instead of responding with vengeance, the people demonstrated their magnanimity and nobility of spirit by choosing to forgive.

Currently there are a number of centers researching the process of forgiveness and reconciliation. Few of us learn from family, religion or culture the basic skills of how to forgive and reconcile, on either personal or societal levels. In Forgiveness is a Choice, Robert Enright, Ph.D., President of the International Forgiveness Institute, describes how forgiveness is a process and a commitment whereby we choose to give up our just anger and resentment. We offer to the offender the gift of compassion, benevolence and love, realizing that they do not necessarily have a right to this gift. As we work through this healing process we no longer are controlled by anger, resentment or the past. Our gift of good will may or may not be accepted by the other, but nonetheless we discover the meaning of suffering and the freedom of forgiveness. Enright sees forgiveness as the first step in reconciliation, which also involves the deeper work of rebuilding trust, open communication, re-negotiating one's contract, and restorative justice. In some cases reconciliation is not possible because one side is not able to forgive.

Capacitar is currently working with groups significantly focused on forgiveness and reconciliation. In Ireland and Northern Ireland we worked with women representing many sides of the conflict. Several years ago, through a collaborative art

project, grassroots women (from Ancosan, Tallaght Dublin and from Shankill Belfast) came together after years of "The Troubles" to create a large community sculpture. In the process they learned compassion, understanding, mutual appreciation, acceptance of differences, and deeper trust. In Belfast we also worked with the Trauma Conflict Resource Center (TCRC), founded by a former prisoner and perpetrator of violence. TCRC brought together former prisoners, families and victims from opposing sides to learn Capacitar practices in our training as a basis for engaging in the challenging work of forgiving and reconciling differences.

In Colombia trainings are being offered by the Capacitar-El Salvador team from Suchitoto, also a former war zone. Salvadorans are teaching Capacitar practices to their counterparts, helping Colombian grassroots leader to live with greater peace in the midst of the violence so they can better work for justice and reconciliation in their communities. In whatever country or culture we work, we find that Capacitar practices can provide tools to heal low self-esteem, anger, resentment, anxiety and traumatic memories empowering people to open to the process of forgiveness.

As Capacitar works to heal ourselves and heal our world, we are inspired by the words of Archbishop Tutu: "There is a movement at the heart of things to reverse the awful centrifugal force of alienation, brokenness, hostility and disharmony. . . There is a moving toward unity, goodness, peace and justice, a process that removes barriers. . . True forgiveness deals with the past to make possible the future. We have to accept that what we do we do for generations past, present and yet to come. . . Forgiveness and reconciliation are not something to be entered into lightly. . . It is a costly business to heal a wounded and traumatized people. Those engaged in this crucial task will most likely bear the brunt. . . And perhaps we are effective only to the extent that we ourselves are 'wounded healers.'"

*Below: Leaders from the Trauma Conflict Resource Center, Belfast*





## Capacitar in Action

### ✱ *Indonesia* — Mary Litell, osf

At the end of a training held in Jakarta, Indonesia, a man laughingly confessed to the group that he had been so frightened at the beginning. Here he was, a Muslim among Christians, in a Catholic conference center in an unknown place far from his home on the island of Sulawesi. And now at the end, he found himself so at home and so enthusiastic! A decision had been made to invite Catholic and Protestant Christians and Muslims from different areas of conflict in Indonesia who were working with people affected by the violence of recent years. In this way reconciliation was built into the training process with participants having the very experience they wished to extend to others. Mary Litell and Capacitar Co-Director Joan Condon will return to Indonesia and East Timor for September trainings.

### ✱ *Nicaragua* — Pat Cane

Forgiveness and Reconciliation was the focus of this year's Capacitar Spirituality and Leadership series held at both CANTERA, Center for Popular Education, and at Centro Antonio Valdivieso. After Haiti, Nicaragua is considered the poorest country in the Western hemisphere. Capacitar began in Nicaragua during the war years of the 80's. As we have walked in solidarity we have received so much from these wonderful people. Capacitar was founded to bring arms of love and healing, to transform the arms of destruction and oppression resulting from our foreign policy and political embargo. Even our name CAPACITAR comes from the Nicaraguan word, "capacitar", meaning "to empower". It used to be popular to visit Nicaragua, but many people have lost interest in their struggle. Now we are often asked, "Are you coming back? You won't leave us, too?" As Capacitar we feel deeply connected there, and we commit ourselves to continue walking with our Nicaraguan family as they face even greater poverty and struggle.

### ✱ *Ireland & Northern Ireland* — Pat Cane

Ancosan, a popular education center in Tallaght, Dublin, recently hosted Capacitar workshops for grassroots leaders and professionals. Some of the participants worked with heroin and drug detox and recovery, a growing problem in Ireland. Others worked with childcare for poor families, with youth at risk, and with trauma healing for battered women and children. Others focused on cross border/cross cultural understanding with outreach to groups in Northern Ireland, as well as to the growing population of refugees from war-torn countries. Everywhere we went there was enthusiastic interest in Capacitar. Plans are underway to establish in-country teams: Capacitar-Ireland and Capacitar-Northern Ireland. A training of trainers will be offered in both countries in 2004-2005 to be led by Pat Cane and Capacitar-Ireland coordinator Toni Ryan.

### ✱ *Belize* — Denise Sausville, RSM

The Women's Commission of Belize recently sponsored national-level Capacitar trainings for grassroots village women and leaders in Belize City, Belmopan, Dangriga, Corozal, and Punta Gorda. Trainings were funded by a Mercy grant and included participants doing grassroots outreach to some of the most marginalized parts of the country. A training of trainers is being planned for 2004-2005.

### ✱ *Colombia* — Pat Farrell, osf, Capacitar-El Salvador

A unique collaboration has developed between members of the Capacitar-El Salvador team and grassroots leaders in Medellin, Cali and Bogota, Colombia. Funded by the American Friends Service Committee, trauma healing trainings are being offered during 2003-2004 to bring Capacitar practices to some of the most violent areas of Colombia. With great credibility Salvadoran team members are able to share with Colombian counterparts their own experience of reconciliation and healing after living through war, torture, political and domestic violence and natural disasters.



*Capacitar-Ireland Coordinator Toni Ryan (left) with Ancosan Director Liz Waters (center) and the staff of Ancosan popular education center in Tallaght Dublin, Ireland*



## Capacitar for Kids — Mary Duennes, Project Coordinator, Cincinnati, Ohio

The Good Samaritan Hospital Foundation in Cincinnati, Ohio was awarded a three year grant from Catholic Health Initiatives to develop and adapt Capacitar practices for children in grades K-8 at two inner city Catholic elementary schools. The pilot project will be under the direction of the TriHealth Parish Nurse Ministry. "Capacitar for Kids," a multicultural wellness education approach, will offer simple, practical ways: to support the learning process in the classroom; to promote positive healthy attitudes in the person, family and community; to heal physical and emotional symptoms related to traumatic stress; and to transform patterns and attitudes of violence in the individual, community and society. The children in many neighborhoods in Cincinnati and in many other places in our world are the unseen and unheard victims of escalating violence that has become all too common. It is our hope that these simple body-mind-spirit wellness practices will assist in bringing healing and reconciliation to the children, their families, schools and communities. Program goals include learning practices that promote energy flow, improve mental focus and learning, promote emotional balance, heal the body, nurture the spirit and help to heal traumatic stress. Faculty and staff of the pilot schools will be taught Capacitar practices during two days of training in August 2003. They will be supported and encouraged to integrate the practices throughout the course of the school day.

### Capacitar Self-Care Corner — The Energy Holds



#### Theory:

The following protocol consists of four simple energy holds that may be done on oneself or on another person. In the photos above, Liz Waters of Ireland uses the holds on her son Patrick to relax him as he prepares for final exams. The practice can be used for anxiety, emotional or physical pain, traumatic memories, strong emotions, such as anger or fear, insomnia and for deep relaxation. Through the energy of our hands we have the power to bring profound peace, harmony and healing to body, mind and spirit. As the practice is used on oneself or on another, hold in mind and heart a deep sense of peace, light and spaciousness. Capacitar has used the holds very effectively with many different cultures and in places of violence with highly traumatized people as a way to heal deep emotional pain. One youth in Africa commented at a workshop: "With the holds I feel again the nourishing and healing presence of my loving mother."

#### Practice: (Photos left to right)

The holds can be done for several minutes each, accompanied by deep abdominal breathing to promote greater release. The touch is very light, and if someone has suffered abuse and fears touch, the holds may be done off the body working in the energy field.

**Head Hold:** One hand lightly holds the head high on the forehead; the other hand holds the base of the skull. The energy of the hands connects with parts of the brain related to memories and emotions.

**Crown Hold:** Thumbs of both hands together contact the crown center at the top of the head. Finger tips softly touch the area across the forehead. Along with deep breathing this hold is used in different bodywork modalities to promote emotional release.

**Shoulder Hold:** The hands rest lightly on the shoulders, the place in the body related to anxiety, excess baggage or the burdens of life.

**Heart Hold:** One hand rests lightly across the sternum high on the chest. The other hand touches the upper back behind the heart. The heart area often holds emotional pain, wounds of the past, grief and resentment. Breathe deeply and imagine the heart pain draining down into Mother Earth.

To finish, lightly brush off the body and energy field with the hands. The tops of the feet may also be held to ground the person.



## CAPACITAR Staff, Board, and Advisors

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### Gifts Made In Honor of

Jennifer Biehn \* Kate Carter, PBVM  
Joan Lohman

### Gifts Made In Memory of

Patty Green-Blomgren  
Beatrice Concannon, PBVM  
Gerald Carter \* Tom Condon  
Jim Diggins \* Margaret Mangini  
Susan Mankowski \* Rose Meyerhofer  
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Pamela Shy \* Bill Vittitow

### EMAIL Updates

Capacitar will be sending out email updates that will compliment the newsletters.  
If you have not sent us your email address, please send it to [capacitar@igc.org](mailto:capacitar@igc.org).

## GIFT CAPACITAR WITH

**Stocks** - Shares may be sent to Prudential Financial,  
26135 Carmel Rancho Blvd. Carmel CA 93923 (831)625-6890.  
Capacitar's account number is OWW-961815

**Frequent Flier Miles** - Call Rita at (831)722-7590  
for more information.

## REMEMBER CAPACITAR IN YOUR ESTATE PLAN

**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, International, Inc., Watsonville, CA

## CAPACITAR Calendar

**2003**

- **August 2** Presentation Center, Los Gatos CA
- **August 1- September 5** East Africa—Tanzania, Kenya
- **August 16-19** Training, El Paso TX
- **August 25-26** Capacitar for Kids, Cincinnati schools/teachers
- **August 28-29** Parish Nurses, Cincinnati OH
- **Sept. - Dec.** Univ. California Santa Cruz, Internship trainings
- **September 5-7** - Training 3, Center to BE, Wisconsin
- **September 10 - October 3** East Timor/Indonesia
- **September 22-30** South Africa—Johannesburg, Kwazulu/Natal
- **October 1-28** AIDS Trainings in So. African countries:  
Botswana, Namibia, Swaziland, So. Africa (Pretoria, Capetown, KZN)
- **October 18** Capacitar Board Meeting
- **November 6** Sophia Center, Oakland, CA
- **November 14-16** Training 4, Center to BE, Wisconsin
- **November 20-22** Training 4, El Paso TX
- **December 13** Presentation Center, Los Gatos CA
- **Monthly Ongoing Workshops** Sunrise Center, Richlands VA
- **Monthly Ongoing Workshops** Capacitar-Frontera Team, San Diego CA

**2004**

- **Wisconsin Training in Multicultural Wellness Education**  
Sponsored by the Center to BE, Milwaukee, WI  
Apr 2-4 June 4-6 Sept 24-26 Dec 3-5  
For information: Marjorie Wilbur (414)672-5932  
[Mwctobe@execpc.com](mailto:Mwctobe@execpc.com). CEUs offered through Marian College.
- **St. Louis, Missouri Capacitar Training**  
Sponsored by Nia Kuumba Center & Fontbonne University  
December 6-7 April 24-25 July 31 - August 1 October - 16-17  
For information: Liz Peplow, CSJ (314)771-0006 [lizpeplow@usroute66.net](mailto:lizpeplow@usroute66.net)

## CAPACITAR NATIONAL CONFERENCE

July 9-11, 2004, San Diego, CA