



Capacitar Spirit in a Wounded World — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

Excerpts from the Capacitar Global Conference Keynote—July 21, 2008

CAPACITAR's
Vision is
Healing
Ourselves
Healing
Our World.

CAPACITAR
means to
empower, to
encourage, to
bring each other
to life. We are
an international
network of
empowerment
and solidarity.

Capacitar teaches
simple practices of
healing, team-
building and self-
development to
awaken people to
their own source
of strength and
wisdom so they
can reach out to
heal injustice,
work for peace
and transform
themselves, their
families and
communities.

Using a
popular education
approach,
Capacitar works
with grassroots
people in
30 countries.

We live at a time of significant global challenge—with climate change, food shortages, economic crises, natural disasters, trauma and violence everywhere. We are part of the human family in transition, in dysfunction, in chaos. In the view of cultural historian Thomas Berry, we are moving from Cenozoic to Ecozoic times, where as humans we no longer are the center of life, but are one of the many beings on planet earth. Buddhist scholar, Joanna Macy, describes this time as “the great turning”, when we are called to heal and transform attitudes and behaviors that no longer serve us, and to build new ways of being and working as individuals and as the human community.

It is not a coincidence that we were born at this time, disquieted by a new kind of energy moving within us. As Capacitar, with a diversity of cultures, languages, backgrounds and experiences, we are challenged to enter this struggle, to share our gifts and to be part of the healing and transformation of our world. Each of us is called to be a compassionate presence, empowering and awakening ourselves and each other. Often this call breaks in on us in synchronistic or surprising ways disturbing our comfort, breaking open our hearts, challenging us to move beyond our known world. When we dare to risk and surrender our hearts, often beyond reason, a path opens out in the darkness. In this context it is important to gather as a community of support to learn, to inspire each other and

to nourish ourselves as people committed to the long haul of “the great turning”.

Capacitar was born in a similar context during the years of war and trauma in Central America. Our work grew in the midst of chaos through the hearts and commitment of many people and cultures. A unique spirit emerged embodying values relevant also for these times. The value of solidarity—walking in union with the poor, with those struggling for justice and peace, with the oppressed and marginalized of our world. Commitment to compassionate service, and as servant leaders, learning from the people as well as sharing who we are and what we can give, thereby empowering ourselves and others. Courage to risk going into hard places, working in the eye of the hurricane of trauma and violence with grounded wisdom and presence. And living deeply attentive to Spirit, developing the stamina, inner truth and strength, to be a loving and joyful presence of light and peace with others.

These are some of the values to uphold us in the days ahead as we face larger global challenges as a human family. In working together, we call forth possibilities in each other, inspiring and awakening the gifts and potential we often can't see in ourselves. In this season of light transforming the darkness, take time to listen and respond to the callings of your heart, learning from your wisdom and experiences, opening to create the future.



Capacitar 20th Anniversary Global Conference: 85 men and women from 20 countries, La Casa de Maria, Santa Barbara, CA

New Capacitar Outreach in 2008



Minna, Nigeria—February 2008

Nigeria—

Capacitar offered AIDS/Trauma workshops in 3 regions of Nigeria (Itam, Ibadan and Minna) working with 95 health promoters, caregivers, teachers and counselors. An in depth training will start in July 2009 coordinated by Dr. Felicia Muoneke, MMM, national AIDS coordinator for the Medical Missionaries of Mary.



Perth, Scotland—May 2008

Scotland—

First workshops were offered at Kilgrasten in Perth, Scotland, coordinated by Ali Newell and Erica Robbe. Participants included staff of the Glasgow Torture Rehabilitation Center, teachers, chaplains, therapists, and psychologists. An in depth training is scheduled to start in February 2009.

Watts, Los Angeles, CA—

In September over 130 men and women from Mexico and Central America participated in wellness workshops at the Presentation Learning Center in Watts coordinated by Jane Bonar, PBVM. Future trainings are planned for 2009-2010.



Watts, Los Angeles, CA—September 2008



Kenema, Sierra Leone—August 2008

Sierra Leone—

In August over 200 men and women participated in workshops coordinated by Dr. Ann Stevens, SJC, in 3 regions (Makeni, Kenema and Freetown). Grassroots and professional leaders included: religious, priests, psychologists, teachers, caregivers, therapists, doctors, health promoters, people working with trauma, HIV, epilepsy, the hearing impaired, amputees and the blind. Because the needs are great, in depth trainings will start in 2009 to develop Capacitar trainers in Sierra Leone.

Rwanda—

The first national team training of trainers began in Butare in June followed by a second cycle of trauma healing trainings for leaders from Rwanda, Burundi and Congo. A national team is developing coordinated by Antoinette Gasibirege, SH, in collaboration with Igiti cy'ubugingo in Butare.



Butare, Rwanda—June 2008

Leadership in our Times

Joan Rebmann Condon—Global Conference Keynote

At this time of global change and chaos, it is important to consider what it means to be a leader in the spirit of Capacitar. Margaret Wheatley, in Leadership and the New Science, says that often “it is necessary to dwell in chaos and sit with the dark moments knowing that insight will come.” As leaders we have to be comfortable with discomfort in these dark moments knowing that the one gift we have is each other.

When disaster strikes in our communities, it is often people working together at local levels who respond most quickly and effectively to the needs of those victimized. In times of challenge, there is potential for creative ways of being as well as for disaster. None of us can

bring about healing and transformation alone. The key is working together, bringing our best healed or healing selves, our best qualities to the work. We must think together, reflect on ideas and share what we learn through successes and failures, not holding onto information but giving it freely. We must listen carefully to each other, forgiving ourselves and others when we fail, supporting each other as we dream and work to realize our goals.

As we assess ourselves and our work with others, it is not necessarily the measurable results that tell the story. The new cosmology teaches us that everything exists in relationship. If we do not attend to relationship, what we think we accomplish is actually very little. If a project is finished and the numbers are good but the people involved feel disrespected or discouraged, then the results are not worth the cost.

As Capacitar leaders we animate people so they, too, become leaders with a spirit that embodies solidarity (support for each other), compassion and service. As leaders we work collaboratively, knowing when



Circle Dance of many cultures—Global Conference, Santa Barbara, CA

to lead from behind, encouraging, empowering, animating, guiding with a gentle hand and knowing when to get out of the way of the process. We also lead by example through our way of doing things, our way of being with each other, our commitment to an inner life of spirit, so that we are light and peace. That doesn't mean that we are never discouraged, frustrated, upset or angry, or that we never dwell in our personal moments of chaos. In those personal dark moments, it is important to remember that the first work is with ourselves using the tools we have to do that. And then we turn to each other, looking as well to those who seem to be obstacles, offering an honest and compassionate heart and a giving spirit, recognizing that they are our teachers.

In the words of Archbishop Tutu of South Africa, “We can only become human together.” As Capacitar leaders we strive to build a network of solidarity and compassion across languages, borders and cultures, a network that like our hearts expands to enfold all those seeking the rebirth of a transformed world out of the chaos.

In 2008 Capacitar International offered

100 workshops and trainings to over 3,000 participants in 18 countries & 6 states in the USA.

Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

First Workshops in 3 Countries

- Scotland (Perth)
- Nigeria (3 regions—Itam, Ibadan, Minna)
- Sierra Leone (3 regions--Makeni, Kenema, Freetown)

New Translations

- Emergency Kit of Practices: Swahili and Russian
- Capacitar for Children Manual: Spanish

In Loving Memory

With love and gratitude we remember Martha Rebmann, mother of Joan Rebmann Condon of our Capacitar International team. Martha lived a full life and died in October at 93 in Connecticut. Martha was a loving and very generous supporter of Capacitar through the years.

We also remember two Capacitar women from Ireland and Northern Ireland who died recently. Nuala O'Donoghue, a holistic therapist of Dublin, participated in our first Capacitar training in Ireland. Nuala tragically disappeared off the rocks along the Pacific Ocean in Northern California in early October while she was attending a dance retreat. Geraldine Hart, a coordinator of Relatives for Justice in Belfast, died suddenly in Northern Ireland. Geraldine worked tirelessly with women and families affected by the Troubles using Capacitar practices for healing the trauma in communities.

¡Presente! Martha, Nuala and Geraldine remain with us in spirit.

CAPACITAR Staff, Board and Advisors

Founder/Director

Patricia Mathes Cane, Ph.D.

Capacitar Coordinator

Sheila Novak, SDS

Special Projects

Joan Rebmann Condon, MA

Board of Directors

Valerie Bengal, MD

Angelina Berisone Cahalan

Mary Dutcher, Esq.

Julie Esterly, DC

Helen Isherwood, RN

Sharon Kuehn

Sheila Novak, SDS

Juliette Spohn Twomey, IHM

International Advisors

Argentina

Susana Diaz, MD

Sarita Fliess

Brazil

Tony Sheridan CSSP

Geraldo Blanti

Belize

Denise Sausville, RSM

Chile

Mary Judith Ress

El Salvador

Leonor Sanchez

Guatemala

Laura Morales Chitic

Maribel Perez

Honduras

Gladys Lanza

Mexico—Tijuana/Chiapas

Natalia Hernández

Nicaragua

Anabel Torres

Canada

John Smith

Robin June Hood

Sandra Thomson

Lorraine Dumont

England

Margaret Wilson, RSCJ

Scotland

Ali Newell

Erica Robb

U.S. Advisors

Carolyn Brink, RSM

Maureen Connors, Ph.D.

Harry Cozad

Mary Duennes, RN, MA

Maureen Jerkowski, OSF

Diane Klein

Richard Klein, Esq.

Sheila McGinnis, MMS

Mary Ondreyco, SNJM

Elizabeth Peplow, CSJ

Dick Vittitow

Marion Vittitow, Ph.D.

Marjorie Wilbur

Ireland

Toni Ryan

Kathleen Day, ijs

Rwanda

Antoinette Gasibirege, SH

Genevieve van Waesberghe, MMM

Burundi

Caritas Habinomana

Tanzania

Constansia Mbogoma

Sierra Leone

Ann Stevens SJC

Nigeria

Felicia Muoneke

South Africa

Felicity Gibbs

Sharon Johnson

Botswana

Francoise Horenburg

Pat Huitt, SCN

East Timor

María Días

Indonesia

Nina Jusuf

Sri Lanka

Damian Soosaipillai, OMI

Israel/Palestine

Asmahan Mansur

Lora Hillel Dicker

CAPACITAR Calendar—2009

- Jan 9-11 Training 1, St. Anthony's, San Francisco, CA
- Jan 10-11 Training 2, Centro Mujeres Esperanza, El Paso TX/Juarez, MX
- Jan 24-25 Training 1 El Salvador
- Jan 31-Feb 1 Training 1, Carlow, Tullow Ireland
- Feb 4-5 Training 2 Newry, Northern Ireland
- Feb 7-8 Training 3 Galway, Ireland
- Feb 14-15 Training 1 Sacred Heart School, Hammersmith, London, England
- Feb 20-21 Training 1 Kilgrasten, Perth, Scotland
- Feb 26-28 Team Tr 2, Butare, Rwanda • Mar 4-6 Trauma Tr 2 Butare
- Feb Workshops & Trainings Nazareth, Israel/Palestine
- Mar 14-15 Training 3 Centro Mujeres Esperanza, El Paso, TX/Juarez, MX
- Mar 20-22 Training 1 Center to BE, Milwaukee, WI
- Mar 21-22 Training 4 Genesis Center, Connecticut
- Mar 27-29 Training 1 La Casa de Maria, Santa Barbara CA
- Apr 1-6 Trainings in Quiché, Guatemala
- Apr 17-19 Training 2 St. Anthony's, San Francisco CA
- Apr 17-18 Retreat Buenos Aires, Argentina • Apr 20-22 Misiones, Chaco
- April 29-May 7 Training 1 Nazareth, Israel/Palestine
- May 9-10 Training 2 Kilgrasten Perth, Scotland
- May 16-17 Training 2 Sacred Heart School, Hammersmith, London, England
- May 23-24 Training 4 Esker, Galway, Ireland • May 30-31 Training 2, Tullow
- May 27-28 Training 3, Banbridge, Northern Ireland
- Jun 5-7 Training 2 Center to BE, Milwaukee WI
- Jun 12-14 Training 2, La Casa de Maria, Santa Barbara CA
- Jun 16 Capacitar Global Day of Solidarity
- Jun 20-21 Training 4 Centro Mujeres Esperanza, El Paso, TX/Juarez, MX
- Jul 9-11 Team Tr 3 Butare, Rwanda • Jul 15-17 Trauma Tr 3 Rwanda
- Jul 10-12 Training 3 St. Anthony's, San Francisco CA
- Jul 22-29 AIDS/Trauma Trainings Benin City, Nigeria
- Aug 4-12 Trainings, Sierra Leone
- Aug 16-30 Workshops, Uganda

For September-December dates: see website: www.capacitar.org

2009-2010 Trainings—Multicultural Wellness Education

• **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 mwilbur.centertobe@sbcglobal.net

2009 Training: Mar 20-22 Jun 5-7 Sept 18-20 Dec 4-6 CEUs—Marian College

2010 Training: Mar 12-14 Jun 4-6 Sept 17-19 Dec 3-5

• **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org

2009 Training: Mar 27-29 June 12-14 Sept 11-13 Nov 20-22 CEUs

2010 Training: Mar 19-21 June 11-13 Sept 10-12 Nov 12-14 CEUs

• **San Francisco, CA** Mary Litell, Angelina Cahalan 415-592-2727 capacitarSF@gmail.com

2009 Training: Jan 9-11 Apr 17-19 Jul 10-12 Oct Date TBA CEUs

• **El Paso, TX** Maureen Jerkowski, Centro Mujeres Esperanza 915-545-1890 matj7@sbcglobal.net

Training: 2008: Nov 22-23 Jan 10-11 Mar 14-15 Jun 20-21

• **Ireland** Kathleen Day ijs cap.ireland@eircom.net

Carlow/Tullow Training 2009: Jan 31-Feb 1 May 30-31 Oct 3-4 2010: Feb 6-7

• **Northern Ireland** Ann Brady bradyann@hotmail.com, Paulacarron@hotmail.com

2008: Oct 18-19(Lurgan) 2009: Feb 4-5 (Newry) May 27-28 (Banbridge) Oct 7-8 (Armagh)

• **London, England** Margaret Wilson RSCJ, margaretwilsonrscj@hotmail.com

Training 2009: Feb 14-15 May 16-17 Oct 10-11 2010: Jan 30-31 Hammersmith

• **Scotland** Ali Newell, alinewell@aol.com, Erica Robbe ejr@robbe.freeseerve.co.uk

Training 2009: Feb 20-21 May 9-10 Oct 16-17 2010: Jan 23-24 Kilgrasten, Perth

• **Winnipeg, Canada** Lorraine Dumont lorrainedumont@hotmail.com

Training 2009: Dates TBA jcondon@igc.org

• **Rwanda** Butare, Gihindamuyaga, Antoinette Gasibirege, capacitarbutare@yahoo.fr

National Team Training 2009: Feb 26-28 Jul 9-11 Trauma Training 2009: Mar 4-6 Jul 16-18

• **Israel/Palestine Trainings** February, May, October, 2009 Dates TBA

• **Nicaragua Training—Cantera** MaryLitell@gmail.com Anabel@ibw.com.ni 2009 Dates TBA

• **El Salvador Training** capacitarsalvador@yahoo.com, jcondon@igc.org Dates TBA

• **Brazil—Rio, Bahia** Tony Sheridan, acsheridan@uol.com 2009 Dates TBA

Gifts Made In Honor of

Pat Cane • Joan Condon • Mary Litell, OSF

Carole Gurdak CSA • Diane Bauknecht CSA • Imelda Salazar CSA

Josephine Goebel CSA • Jovita Winkel CSA • Kathleen Schmitz CSA

Mary Lee Spielbauer CSA • Mary Rose Meis CSA

Gifts Made In Memory of

Martha Rebmann • Austen Wright • Nuala O'Donoghue • Geraldine Hart

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR International.

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 FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.