



## Circles of Wisdom and Healing — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

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.

As Capacitar works in places of war, violence, genocide and disaster, we realize that this mission can't be sustained without attention to our deep inner wisdom and to our interconnection with the human family. There are many new approaches to mental health and trauma, but at the heart of it all, healing involves the reconnection to one's spirit, along with a commitment to the wellbeing of our world.

An excellent new resource to awaken this wisdom in individuals and groups is [Traveling with the Turtle: A Small Group Process in Women's Spirituality and Peacemaking](#) by Cindy Preston-Pile and Irene Woodward ([www.turtle.paceebene.org](http://www.turtle.paceebene.org)). "Violence and injustice swirl around us—but so does Spirit... stirring what is sleeping to the surface, those qualities and values that our world so desperately needs to be made whole. . . In the midst of this impending storm, the women go around faithfully collecting what is necessary, what is beautiful, what is compassionate and loving. . .gathering in circles as women have done throughout the ages, trying to light the fire—a fire within that ignites a holy love of self, a fire that burns brightly with a passion for peace, beckoning others to come close and warm their hands and hearts."

Everywhere Capacitar goes we find these circles of wisdom and healing often at the grassroots. In January we offered a workshop in collaboration with La Casa de Maria in Santa Barbara, CA, for 22 Israeli and Palestinian women. These Muslim, Jewish and Christian women have united to create a new peace center in Nazareth to make their voices heard in the midst of the conflict. This summer Capacitar will give its first trainings in Nazareth, Ramallah and Kiryat Shmona to people committed to healing the trauma of their region. Our January trainings in Ireland and Northern Ireland included people who work to heal violence against women and children. In the North members of families victims groups and cross-border groups are using Capacitar to heal ongoing violence and trauma resulting from the years of the Troubles.

In February we traveled to Argentina to honor 37 women and men who completed the Multicultural Wellness Education training in Buenos Aires and Neuquen. The team of Los Cerezos, a center of ecofeminist spirituality, facilitated the year of



**Women on the Edge of the Earth:** Upheld by multicolored hands of many cultures, women encircle the earth doing many compassionate tasks that nourish life. An indigenous woman weaves, an Asian plays the lute, a Mideastern woman bakes bread, a Hindu prays, a Caucasian woman teaches a child, an Eastern European harvests her vegetables, an African creates pottery. Together they celebrate living in peace and wisdom.

—Artist: Corlita Bonnarens, RSM

formation in Capacitar methods. The new "multipliers" are using Capacitar in their outreach to impoverished families and to the marginalized in their areas. In March Capacitar started a bi-lingual training for 29 women in East Harlem, NY, sponsored by the Elizabeth Seton Center. Participants represent a cross-section of cultures committed to work with the elderly, childcare, home-based programs, HIV/AIDS, and outreach to homeless women and children. On the other side of the world, as Rwandans prepared to commemorate the 13th anniversary of the genocide, Capacitar initiated a year of trauma healing trainings with 60 men and women from Rwanda, Burundi and Congo DRC. Participants work throughout the Great Lakes Region with genocide survivors, orphans, disabled, street children, women raped and assaulted, and families with HIV/AIDS.

And in mid-April, Capacitar offered workshops in El Paso, TX and Juarez, Mexico, collaborating with Centro Mujeres de la Esperanza (Center for Women of Hope) and Project Esperanza, grassroots groups that have worked for years addressing border issues, poverty and health needs in the colonias, and violence against women and children.

As the human family faces challenges on many levels, we have within us the source of wisdom, always available, if we but learn to listen. In the struggle of our daily lives, a new spirit is emerging, guiding and empowering our healing and transformation.



Children of Ireland learn energy practices at An Cosan, a center for poor families in Tallaght

## Multicultural Wellness Education

### East Harlem NY—Elizabeth Seton Center

When women gather together in Capacitar workshops, amazing things happen. Twenty-nine women gathered in East Harlem for the first bi-lingual Multicultural Wellness Training led by Joan Condon. It was a diverse and energized group from many different cultures and religious traditions. There were women involved as chaplains and in church ministry, women working in nursing and with the elderly, some working in home-based programs, others with HIV/AIDS, women working in outreach centers serving marginalized communities, some in childcare or with homeless women and children, and women caring for their families. Together they created a place of such safety and respect within the circle that several Spanish-speaking women trusted enough to speak English in front of a group for the first time. Truly women empowering women.

### Milwaukee WI—Center to BE

Nineteen participants from five states recently completed training in Wisconsin with outreach to many groups including, border communities in Texas/Mexico, a wellness center in Philadelphia, domestic violence and police social work in Chicago. Capacitar has started the seventh year of training in collaboration with the Center to BE.

### Santa Barbara CA—La Casa de Maria

Fifteen participants from Southern California celebrated their completion of a year of training at La Casa de Maria (LCDM). Outreach includes: work with children who have cancer in a hospital in San Diego, with homeless women in Los Angeles and Santa Barbara, with teachers and schools, with the disabled and with the traumatized. Capacitar is now in its fourth year of collaboration with LCDM with twenty men and women participating in the new training.

### San Francisco CA—St. Anthony's

Mary Litell, osf, will facilitate a new cycle of training to be offered in the San Francisco Bay area starting in June 2007 through June 2008. Outreach practicums will include work with the homeless, youth, recovery programs, domestic violence and work with children and teachers in schools.

## Capacitar for Children & Schools

### Ireland/Northern Ireland

Children in daycare and pre-school programs at An Cosan, Tallaght, are learning Capacitar practices as part of their daily routine. The program, as developed by Marion Baker, An Cosan and Capacitar Ireland, received official FETAC certification and will now be offered to hundreds of childcare workers as part of their training. Outreach to teachers and schools has begun in Dublin, Cork, Newry and the North led by the Capacitar Ireland teams.

### San Jose, California

Penny Mann, Janet Kleinhofer and Sheila Novak are offering workshops for schools in San Jose to help teachers deal with stress and violence among children. Teachers learn the basic practices during faculty meetings or teacher training meetings.

### Victoria, Canada

First workshops in Victoria coordinated by Heather Ferris and Sandra Thomson have led to an in depth training to start in Fall 2007 to be facilitated by Pat Cane. Participants already use Capacitar with schools, groups in recovery, therapy, youth and First Nations peoples.

### Rio de Janeiro, Brazil

Two cycles of training in Rio are being led by Tony Sheridan, CSSp, and Capacitar trainer Mary Litell, OSF. The work has been very helpful for people dealing with the stress and trauma of their lives.

### Argentina—Los Cerezos:

The beautiful new center of Los Cerezos was the site of celebration for graduates of the first Multicultural Wellness Training in Argentina with 37 women and men from Buenos Aires, Cordoba and Neuquen completing the program. A second training led by the Los Cerezos team will be offered in 2007-2008.



Top: The healing labyrinth of Los Cerezos, in Buenos Aires, Argentina. Bottom: Multicultural Wellness multipliers of Capacitar trainings in Buenos Aires and Neuquen.

## Capacitar Day of Solidarity & Remembrance—June 16, 2007 12:00 pm Midday



Capacitar circle of healing with participants from Rwanda and Burundi—Butare, March 2007



You are invited to join hands and hearts with Capacitar around the world in a Day of Solidarity and Remembrance as together we pray for healing and transformation, wherever we are on the planet.

This moment of remembrance was inspired by members of Capacitar South Africa, where June 16 is celebrated by all as a day of movement from oppression to freedom and empowerment. At midday on June 16 we invite you to take a moment for silent prayer, inviting family, friends and community to join you. You can lead a Tai Chi movement, like the “Shower of Light” or “Salute to the Sun”, opening to light and healing for the community and for the world.

*We join with the earth and with each other with our ancestors and all beings of the future to bring new life to the land, to recreate the human community, to provide justice and peace, to remember our children, to remember who we are. We join together as many and diverse expressions of one loving mystery, for the healing of the earth and the renewal of all life.*

—Capacitar Prayer, from UN Prayer of Sabbath

### Trauma Healing in Rwanda

Since the first Capacitar workshops in 2005, many thousands of Rwandans have benefited from the healing practices and have in turn multiplied these with family, friends and communities. Dr. Genevieve van Waesburghe, MMM, founder/director of Igiti cy'Ubugingo (Tree of Life Center) in Butare, has played a key role in connecting Capacitar with many circles throughout Rwanda.

Genevieve described how the wellness practices have helped her staff to be more conscious of their bodies, their behaviors and their self-care. Capacitar has created a sense of community among the staff encouraging attitudes of mutual care and compassion. The practices are invaluable for trauma counseling, and staff enthusiastically speak of positive outcomes resulting from their use with grassroots communities. The practices are also used during HIV counseling and with volunteers who work in rural areas. Volunteers appreciate the impact that the Capacitar practices have on their mental and physical health as well as on their outreach to people living with HIV. Capacitar is also being used in the Education for Life program, with disabled people, and with Rwanda National University students from the school of psychology who serve as interns at Igiti cy'Ubugingo.

Antoinette Gasibirege, SH, who along with Genevieve is the founder of Capacitar Rwanda, shared how during the March trainings in Butare and Cyangugu she saw the great impact that Capacitar is having on her people. Sixty men and women representing grassroots and professional organizations from around the country, are committed to the year-long Trauma Healing Training. Several participants also come from Burundi and Congo DRC. Many participants (some of whom are genocide survivors) are already using the wellness practices and reported very positive outcomes on their own health and well being as well as in their outreach. During the year participants are responsible for a practicum, applying what they learn to a group in the community. Outreach will include work with: genocide survivors, street children, orphans, victims of rape and sexual abuse, prisoners, women whose husbands are in prison, medical students, traumatized school children, widows of the genocide, children accused of witchcraft, the deaf, disabled children and people with HIV.

The Trauma Healing Trainings started as Rwandans prepared to commemorate the 13th Anniversary of the genocide, in which one million people were systematically killed during one hundred days. Richard Poole, Great Lakes Regional Director for Trocaire (a Catholic development agency from Ireland that is supporting the Capacitar trainings), spoke of the great strength and resilience of the Rwandan people. He said that Rwandans have much to teach the rest of the world as they face their own pain and shadow and work for peace and healing of their people. He feels that Capacitar is playing a significant role in this process of healing and transformation in Rwanda and in the region.

### CAPACITAR is:

*Blanca Alvarado recently completed the Santa Barbara training and taught Capacitar to other persons with disability. Blanca wrote the following poem as her creative expression.*



### CAPACITAR is:

The seed that all desire to be planted in body mind and spirit...  
The vine that grows beyond boundaries interconnecting all people...  
The roots that nourish new trees growing strong and great...  
The leaves that fall enriching the earth with good crops...  
The rose with thorns that with wisdom transforms into beauty...  
Capacitar is the abundance of life including pain and joy.  
Capacitar is you, and in you is growing  
The seed that matures into the vine connecting you with all people,  
The people with roots that grow into strong trees  
With abundant leaves to nourish the harvest, where  
Roses bloom with rich perfume and thorns that do not wound  
Giving fullness of life, transforming pain into joy.

### 20th Anniversary Celebration

To celebrate 20 years of service to grassroots peoples around the world, Capacitar plans a Global Celebration from July 20-23, 2008 at La Casa de Maria in Santa Barbara, CA. For details and an application visit our website: [www.capacitar.org](http://www.capacitar.org). Click on Global Celebration on the home page.

## **CAPACITAR Staff, Board and Advisors**

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### **Gifts Made In Honor of**

Martha Rebmann • Kate Stevens • Pat Cane • Dorothy Emery • Josephine Schiele

### **Gifts Made In Memory of**

Tom Condon • Kathy Eiring • Carmela Tomassini • Larissa Keet • Lynn Clausen

### **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.

The legal name is CAPACITAR International, Inc., Santa Cruz, CA.

### **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 to:

Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000 miles)

Central America, South America (35,000-50,000 miles).

If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

## **CAPACITAR Calendar—2007**

- April 20-21 Workshops, Juarez, Mexico, El Paso, TX
- April 30, May 1 AIDS Workshops, Rustenburg, South Africa
- May team training in Appalachia, Richlands, VA
- May 3 Port Elizabeth AIDS workshop, CARE, South Africa
- May 4-6 South Africa National Training of Trainers 2, Port Elizabeth
- May 11-12 Training of Trainers 4, Banbridge, N. Ireland
- May 15 Chrysalis workshop, Wicklow, Ireland
- May 16 Taster Day, All Hallows, Dublin
- May 18 Natl. Assoc. Irish Psychologists, All Hallows, Dublin
- May 19-20 Training 2 Cork, Ireland
- May 19-21 Training 2, Elizabeth Seton Center, New York
- May 22, 23 Workshops for Provinces of Sisters of Mercy, Bessbrook & Naven
- May 26-27 Training 1 Hammersmith, London, England
- June 1-3 Training 2, Center to BE, Milwaukee, WI
- June 7 ADMHS, S.Barbara County Alcohol Drug Mental Health workshop
- June 8-10 Training 2, La Casa de Maria, Santa Barbara, CA
- June 18-23 University of Winnipeg, Canada
- June trainings in Indonesia, East Timor
- June 28-30 Training 2 Butare, Rwanda
- July 5-7 Trainings 2 Cyanguu, Rwanda
- July 18-28 Workshops in Israel/Palestine—Nazareth, Ramallah, Kiryat Shmona
- August workshops in Belize
- Aug 24-26 Training 3, Elizabeth Seton Center, New York
- Sept 7-9 Training 3, Center to BE, Milwaukee, WI
- Sept 14-16 Training 3, La Casa de Maria, Santa Barbara, CA
- Sept 22-23 Training 2 Hammersmith, London, England
- Sept 29-30 Training 3 Cork, Ireland
- Oct 4 Team Retreat, Oct 5-7 South Africa Team Training 3, Cape Town
- Nov 3-9 Workshops and Trainings, Guatemala
- Nov 16-18 Training 4, La Casa de Maria, Santa Barbara, CA
- Nov 30-Dec 2 Training 3, Center to BE, Milwaukee, WI
- Nov 30-Dec 2 Training 4, Elizabeth Seton Center, New York

### **2007-2008 Trainings—Multicultural Wellness Education**

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 Mwctobe@execpc.com  
2007 Training: Mar 2-4 June 1-3 Sept 7-9 Nov 30, Dec 1-2 CEUs —Marian College  
2008 Training: Mar 14-16 May 30-31, Jun 1 Sept 12-14 Dec 5-7
  - **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org  
2007 Training: Mar 16-18 June 8-10 Sept 14-16 Nov 16-18 CEUs  
2008 Training: Mar 7-9 June 6-8 Sept 19-21 Nov 14-16 CEUs
  - **San Francisco, CA** Mary Litell, Sheila Novak capacitar@capacitar.org  
2007 Training: Jun 8-10 Sept 7-9 2008: Feb 22-24 Jun 13-15
  - **New York** Elizabeth Seton Center, Arlene Ketchum SC, 212-579-3657  
2007 Training: Mar 9-11 May 19-21 Aug 24-26 Dec 1-3
  - **Ireland** Kathleen Day ijs cap.ireland@eircom.net  
Cork Training: 2007: Jan 20-21 May 19-20 Sept 29-30 2008: Feb 2-3
  - **London, England** Margaret Wilson RSCJ, margaretwilsonrscj@hotmail.com  
Training 2007: May 26-27 Sept 22-23 2008: Feb 9-10 May 10-11
  - **Victoria, Canada** Sandra Thomson sandra@drishti.ca  
Training 2007: Nov 27-28 2008: Jan 12-13 Mar 29-30 June 21-22
  - **South Africa** Felicity Gibbs capacitarouthafrica@absamail.co.za 083-555-5523  
2007 Team Training: May 4-6 Port Elizabeth Oct 5-7 Cape Town 2008-9 Training Dates TBA
  - **Rwanda** Genevieve van Waesberghe, MMM capacitarbutare@yahoo.fr  
Butare 2007: Jun 28-30 2008: Jan 17-19 Cyanguu 2007: Jul 5-7 2008: Jan 23-25
  - **Rio de Janeiro, Brazil** Tony Sheridan, CSSp acsheridan@uol.com.br  
Training Cycle 1 2007: Apr 21-22 Sept 15-16 2008: April  
Training Cycle 2 2007: Apr 28-29 Sept 22-23 2008: April Sept
- CAPACITAR 20th Anniversary International Conference—July 20-23, 2008**  
La Casa de Maria, Santa Barbara, California



April 2007

Dear Friends,

May the blessings of Spring bring new life to you and your family! I want to thank you for your support and tell you how your generous contributions are bringing new life in significant ways to many people around the world.

I write this letter from Butare as I finish three weeks of work in Rwanda. My time here has been very full and also very affirming, as I meet people who were part of our 2006 trainings. Truly Capacitar is making such a difference in the lives of people who survived the 1994 genocide and are now working to heal their country. Because of the popular education "multiplier effect" of Capacitar, our simple trauma healing practices are used by a broad cross-section of people around the country including: groups of genocide counselors and survivors, healing of memories projects, psychology and medical students of the national university, religious congregations, HIV groups, women's organizations dealing with rape and sexual abuse, and teachers in schools. Capacitar practices are used not only for outreach with others, but also for self-care to keep grassroots leaders going as they do the challenging work in their communities.

Capacitar recently received a very moving letter from Theopista who lives in the Congo DRC. She participated in a Rwanda workshop last year and was then assigned to work in a hospital in Congo. She writes: "You cannot imagine the situation in which these people live. The war left them with nothing. I have never seen such suffering. In the hospital there are no supplies. I did Capacitar and it helped me a lot to keep going everyday, otherwise life is tough. Many women and young girls here were raped by soldiers and now have babies without a father. In this culture a man does not take back his wife if she was raped by another man, so you can imagine how these women are suffering, punished in a deep way. I want to help these young girls and women to find life again within themselves, to discover another way to continue living in a positive way to give new meaning to their lives. Apart from Capacitar, I have nothing else to use in order to help them. I want to learn more so I can help these people to heal in mind and body."

I hear stories like that of Theopista many times over as I travel around, teaching, mentoring and supporting teams that are developing here, as well as in many other places. This year Capacitar is offering programs in strategic areas that include:

- Ten Multicultural Wellness Trainings in the US (California, Wisconsin, New York), Canada (Victoria, Winnipeg), Europe (Ireland, Northern Ireland, England), Latin America (Brazil and Argentina) and South Africa
- Workshops for Palestinian and Israeli groups in our first collaborations in the Middle East
- Trauma Healing Trainings in Rwanda, with new outreach to Burundi and Congo DRC
- Work with Latina health promoters and mental health workers in California and in border communities in Texas
- Capacitar for Children programs for teachers and schools in California, in communities affected by poverty
- New trainings in Canada and England especially focusing on groups working with poverty and injustice
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Southern Africa
- Translation and publication of Capacitar manuals in languages for different world areas.

After my time in Rwanda, I can truly say that your partnership with Capacitar and your contributions are making a great difference in the lives of many. Please help us again with a generous donation, so that together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

*Pat Cane*

Capacitar International Founder/Director