



Capacitar Celebrates!—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Seventy-six men and women from twenty countries, five continents and ten states in the US, speaking more than twelve languages, gathered at the Mary and Joseph Retreat Center near Los Angeles to celebrate Capacitar's 30th Anniversary. The conference was significant at this time as we face global challenges of refugee displacement and intolerance, climate change, environmental disasters, nuclear threat, political violence and war. Through presentations, discussion groups, keynotes and informal conversations, participants shared experiences, reflections, struggles and hopes with each other, reaffirming their commitment to Capacitar's vision of healing ourselves and healing our world.

Since the first workshops in the barrios of Nicaragua in 1988, countless people in hundreds of cultures around the world have learned Capacitar practices and have adapted the simple tools for use with their families, organizations and communities. We never could have envisioned the many applications of the work and the outcomes that have resulted during the last 30 years, as popular education methods and healing practices were taught in over forty-five countries in the Americas, Africa, Asia, the Middle East and Europe.

Capacitar's mission focuses on empowering a spirit of healing and transformation in individuals and communities at grassroots, professional and academic levels. Conference participants shared how they were working in a diverse cross-section of places including: women and families, survivors,

hospice, the elderly, refugees, families of the disappeared, human rights activists, persons with HIV/AIDS, former child soldiers, veterans and the military, youth at risk, gangs, persons dealing with cancer, disability, mental health issues and gender violence; caregivers, religious, rural peoples, the indigenous, prisoners, the tortured, persons in detention, psychologists, social workers, students and teachers.

In a keynote, Patty Abozaglo (Ireland) who has researched community trauma in Peru, Colombia and other countries, encouraged participants to think systemically as they planned their work in communities. Harvey Skinner, PhD and Susan Harris (Toronto, Canada) speaking on Capacitar and Global Health, described their vision of integrating Capacitar methods in York University programs, as well as work with First Nations peoples. Epidemiologist Linda Chamberlain, PhD (Alaska and Arctic Circle) offered ways to build the evidence base of outcomes to support funding for Capacitar programs.

Conference Coordinator, Joan Condon, in her keynote on Engaging in the Struggles of Our Times, encouraged us to "discover again the values that light our way, our call and our commitment to work for justice and peace, the Real Work, doing this with loving kindness and compassion for ourselves and others." Quoting the Talmud, Joan said: "Do not be daunted by the enormity of the world's grief. Do justly, now. Love mercy, now. Walk humbly, now. You are not obligated to complete the work, but neither are you free to abandon it."



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 has

worked with

grassroots people

in over

45 countries.



Capacitar Celebrates!

10th Anniversary of Capacitar Scotland



Capacitar Scotland celebrated its 10th Anniversary at The Bield, a beautiful spirituality center in Blackruthven, Perth. One hundred women and men came from all parts of Scotland and the UK to share in the Capacitar history, reflections, rituals, meditation and practices. Many participants told of their experiences using Capacitar with children, refugees, the traumatized, the elderly, midwives, pregnant women, university students, prisoners, the homeless, persons with mental and physical disability, recovery centers, rape crisis and gender violence centers, detention centers, with refugees in Lesbos and other international outreach. The coordinating team was led by: Marianne Anker Petersen, Ali Newell, Nancy Adams, Fran Marquis, Sonia Hurel, Susan McLachlan, Lesley Reid and Jenny Patterson.

To date six 4-module Multicultural Wellness Trainings have been offered in Edinburgh, Perth and Glasgow, with a seventh training scheduled for 2019-2020 in Perth and Glasgow. Advanced trainings are held regularly at The Bield as part of their program. Thousands of people have participated in outreach workshops for a variety of organizations and communities led by Capacitar Scotland members. Short videos of the different practices have also been produced by Capacitar Scotland and are available on the Capacitar International YouTube Channel. For more information on trainings and programs in Scotland contact: capacitarscotland@gmail.com.



30th Anniversary Logo—Artist, Sandra Helou—Mendoza, Argentina

Capacitar is solidarity, love, healing and awareness. The 30 years of Capacitar are like a hologram. Born in one person and group, the spirit has multiplied and has been replicated in millions of persons globally. The elements of the logo represent a sacred geometry: the Fibonacci Spiral, the Infinity Symbol, the Circle and the Mandala. The Fibonacci Spiral symbolizes beauty and harmony, what one emits to the world with self-healing. The Infinity Symbol that has no end, is associated with love, the family, freedom and duality—masculine/feminine, birth/death, balance of opposites. The Infinity Symbol forms a person in the lotus position, meditating, connected to oneself and all being, healing oneself and healing the world. The logo forms a circular Mandala in five distinct colors connected to the energy centers (the chakras), as well as to the diversity of the five continents where Capacitar blossoms.

Meditating on the sacred geometry of the symbol, one connects with the heart center where the physical and spiritual consciousness awakens to flow within oneself radiating out to the world.

10th Anniversary of Capacitar en la Frontera Celebration in Ciudad Juárez



In June, when Capacitar marked its 10th anniversary in Ciudad Juárez, over 160 persons had been killed that month alone as part of the ongoing struggle with drug cartel violence, corruption and human rights violations. In the midst of these challenges, along with immigration and refugee crises, Capacitar Juárez celebrated its commitment to accompany the people most in need in their local communities. Participants

came from many areas around Juárez, as well as from the human rights office for women in Chihuahua. The Juárez team, coordinated by Arlene Woelfel, OSF, currently offers outreach workshops in centers for human rights, women's groups, schools, community and parish centers, organizations serving children with disability and trauma, and prisoners. Advanced training and other workshops are being planned for 2019.

Celebration in El Paso, Texas



Against the backdrop of current "zero tolerance" policies directed at immigrants and refugees seeking asylum at the US/Mexico border, 65 members of Capacitar en la Frontera gathered to celebrate ten years of work in El Paso, Texas and in border communities and colonias. While the group celebrated, demonstrations and marches were being held in the streets of El Paso and at the border wall to demand justice and the return of refugee children to their detained or deported parents. Coordinators of

Capacitar en la Frontera, Kathy Revtyak and Kathy Braun, OSF, along with many members of the network, have years of experience working with refugees and migrants at Annunciation House, community places of refuge and in local detention centers. From their experience, the manual Capacitar Refugee Accompaniment was published last year and is now being used in the US, Europe and other parts of the world. Advanced trainings are scheduled for El Paso in January 2019.

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CAPACITAR Calendar—2018-2019

2018

- Sep 1-2 Aachen Tr 2, Aachen, Germany
- Sep 7-9 Tr 1, La Casa de Maria, Santa Barbara, CA
- Sep 15-16 Toronto Tr 2, Toronto, Canada
- Sep 21-22 Oakwood Tr 2, Atherton, California
- Sep 27-Oct 14 Japan Trainings in Tokyo, Yamanashi, Sendai, Ishinomaki
- Oct 13 Workshop for those working with refugees, Cleveland OH
- Nov 3-4 Durham Tr2, Durham, Northern England
- Nov 5-9 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Nov 5-14 Trainings in The Philippines
- Nov 16-17 Oakwood Tr 3, Atherton, California
- Nov 16-17 Capacitar Mideast Network, Kadarim, Upper Galilee, Israel
- Nov 20 Training for Counselors & Teachers, Jenin
- Nov 21 Ramallah Training, Palestine
- Nov 23-24 Beit Jala Tr 2, Bethlehem, Palestine
- Dec 1-2 Ireland Tr 1, Dublin, Ireland
- Dec 5, 6 Workshops, Presentation Learning Center, Watts CA
- Dec 7-9 Tr 2, La Casa de Maria, Santa Barbara, CA
- Dec Dance Retreat, CANTERA Managua, Nicaragua

2019—Other Scheduled Workshops & Trainings

- Jan 17-18 Advanced Tr Ciudad Juarez, Mexico Capacitar en la Frontera
- Jan 19-20 Advanced Tr El Paso, Texas Capacitar en la Frontera
- Feb 5, 6 Trauma Healing Symposium, Catholic University, Aachen, Germany
- Feb 19-26 Workshops in Kabul, Afghanistan
- Feb New Training British Virgin Islands
- March 8 Advanced Training, Durham, England
- Mar 21-23 Advanced Training, Tucson, Arizona
- Mar 28-30 Training for Office of Human Rights, Chihuahua, MX
- Mar Trainings in Haiti
- Apr 5-14 Trainings in Japan
- May 4-5 Advanced Training, Emmanuel College, University of Toronto
- Jun 1-19 Training, Noddfa, Northern Wales
- Sep 3-15 Trainings in Argentina
- Oct 2-6 Trainings in Alaska
- Oct 17-24 Workshops in Kabul, Afghanistan
- Nov 2-13 Trainings in Japan
- Nov 26-27 Trainings in Palestine: Jenin, Ramallah, Beit Jalla

2018-2019 Trainings

- Santa Barbara, CA La Casa de Maria 805-969-5031
Mary Ann Paxton maryann@lcmdm.org CEUs
2018 Training: Sep 7-9 Dec 7-9 2019 Training: Mar 15-17 Jun 28-30
- San Francisco Bay Area: Atherton, CA Oakwood
Sr. Patty Creedon pcreedon@rscj.org
2018 Training: May 18-19 Sep 21-22 Nov 16-17 Module 4 TBA
- Toronto, Canada Emmanuel College, University of Toronto
Jo-Ann Graham joann.graham@utoronto.ca
2018 Training: Sep 15-16 2019: Jan 26-27 Apr 27-28
- England, Durham St Antony Priory capacitardurham@gmail.com
2018 Training: Nov 3-4 2019: Mar 9-10 Jun 22-23
- Scotland, Perth & Glasgow The Bield--Perth, Finn's Place--Glasgow
capacitarscotland@gmail.com
2019 Training: Feb 16-17 Jun 1-2 Aug 31-Sep 1 2020: Mar 21-22
- Capacitar Ireland capacitar.ireland1@gmail.com
Foundation Training 2018: Dec 1-2 2019: Mar 2-3 Jun 22-23 Oct 12-13
- West Bank, Palestine--Beit Jala--Eilda Zaghmout eilda@beitshams.com
2018 Trainings: Nov 23-24 2019 Training date: Nov 29-30
- Aachen, Germany Anke Reerman anke.reermann@bistum-aachen.de
Training 2018: Jul 14-15 Sep 1-2 2019: Jan 12-13 May 11-12
- East Germany (Leipzig) Anke Reerman anke.reermann@bistum-aachen.de
Training 2019: Feb 9-10 May 18-19 Aug 24-25 Dec 7-8
- Luxembourg (KORU) Lidice Mendizabal lidice@koru-foundation.org
Training 2019: Feb 9-10 May 18-19 Aug 24-25 Dec 7-8
- British Virgin Islands Training 2019-2020--Dates TBA



CAPACITAR
International

Healing ourselves, healing our world

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August, 2018

Dear Friends,

As we celebrate 30 years of commitment and service will you help us with our healing work so needed at this time in our world? Your support will empower Capacitar to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings in Germany and The Philippines
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and detention centers through Capacitar en la Frontera at the US/Mexico border
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of the Refugee Accompaniment Manual in Spanish, Arabic, French and German.

We cannot do this work of healing and transformation without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane



Aachen, Germany—Inaugural training coordinated by Anke Reermann for people working with refugees and others



Beit Jala, Palestine—Capacitar training coordinated by Eilda Zaghmout for teachers, social workers and leaders