



## Capacitar Celebrates!—Patricia Mathes Cane, PhD, 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 has  
worked with  
grassroots people  
in over  
45 countries.

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 Artic 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 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](mailto: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 Juarez



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.

## CAPACITAR Staff, Board and Advisors

### Founder/Director

Patricia Mathes Cane, Ph.D.

### Capacitar Office Coordinator

Maryanne Campbell

### Special Projects

Joan Rebmann Condon, MA

### Board of Directors

Valerie Bengal, MD

Mary Dutcher, Esq.

Sheila Grady MSEd

Sharon Kuehn, MHRE

Wendy Ostrow, MSN, NP

Juliette Spohn Twomey, IHM, MA

Ree Taylor, MA, CMP

### International Advisors

#### Capacitar en Frontera El Paso/Juarez

Kathy Braun, SSSF

Kathy Revytek

Arlene Woelfel, SSSF

#### Canada

Rev. Joan Silcox Smith

#### Argentina

Susana Diaz, MD

Sarita Fliess

#### Brazil

Tony Sheridan CSSp

#### Chile

Mary Judith Ress, PhD

#### El Salvador

Leonor Sanchez

#### Guatemala

Virginia Searing SC

Sandra Quixtan

#### Nicaragua

Anabel Torres CSA

#### Panama

Alibel Pizarro

Isali Pizarro

#### Haiti

Wilson H'odiore

Pere Frantz Cole

#### Germany

Anke Reermann

#### England

Margaret Wilson, RSCJ

Marj McDaid

Rev. Paul Golightly

#### Scotland

Nancy Adams

Marianne Anker Petersen

Ali Newell

#### Wales

Mary Jo McElroy, RSHM

Patrice Power, RSHM

### U.S. Advisors

Suzanne Anglim, SC

Rita Chairez

Rocio Chang PsyD

Sharyn Chesser, RN, MEd

Mary Duennes, RN, MA

Leelia Franck, MD

Fr. George Horan, MA

Maureen Jerkowski, SSSF

Maria Elena McElroy, MSEA, MHA

Mary Ondreyco, SNJM

Dick Vittitow, MA

### Ireland/Northern Ireland

Marian Baker

Ann Brady, RSM

Patricia Abozaglo, MA

### Luxembourg

Lidice Mendizabal

### Rwanda

Antoinette Gasibirege, SH

### Central Africa

Genevieve van

Waesberghe, MMM

### Burundi

Caritas Habinomana

### Tanzania

Constansia Mbogoma

### Nigeria

Felicia Muoneke, MMM

### Uganda

Hilda Bamwine, RSCJ

### DR Congo

Ingrid Janisch, ISB

Daniel Mbonekuba

### Capacitar Middle East Network

Lora Hillel

Ronit Zur

### Palestine

Itaf Awad

Hekmat Bessiso

Eilda Zaghmout

### Timor Leste

Maria Dias

Fidelio da Costa

### Indonesia

Nina Jusuf

### Japan

Eiko Maki, CSJ

Satoko Iwatani

### Korea

Katherine Hahn Singer

Hyunjoo Jeong

### Afghanistan

Dr. Hakim Young, MD

### The Philippines

Diana McDermott

Mila Carlos

### Gifts Made In Honor of

• Joan Condon • Pat Cane • Valerie Bengal, MD

Sisters of Mercy, St. Louis MO • Allen and Valerie Thomas

### Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Marjorie Wilbur

Francoise Horenburg • Olivier Noah • Luc -Goma

### Support Capacitar through AmazonSmile

AmazonSmile is a simple and automatic way for you to support Capacitar, at no cost to you. When you shop at [smile.amazon.com](http://smile.amazon.com), just select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.

## 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](mailto: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](mailto: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](mailto:joann.graham@utoronto.ca)  
2018 Training: Sep 15-16 2019: Jan 26-27 Apr 27-28
- England, Durham St Antony Priory [capacitardurham@gmail.com](mailto: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](mailto: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](mailto: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](mailto:eilda@beitshams.com)  
2018 Trainings: Nov 23-24 2019 Training date: Nov 29-30
- Aachen, Germany Anke Reerman [anke.reermann@bistum-aachen.de](mailto: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](mailto: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](mailto: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*

2901 Park Avenue Suite B12 Soquel, CA 95073 Tel: 831-477-7644 www.capacitar.org

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*