



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.

Bringing Light to the Darkness—Patricia Mathes Cane, PhD, Capacitar Founder/Director

2020 has been a year of overwhelming darkness around the world. Besides Covid 19, we have faced economic crises, large scale unemployment, massive fires and destruction of homes and communities, an unusually large number of hurricanes, toxic politics, violence in our streets, along with the looming threat of climate change. As all of these crises impact the health and mental health of global communities, many people are saying to us: "Thank goodness for Capacitar who gives us tools to manage our physical symptoms and strong emotions of fear and anxiety. We are empowered with a path to wholeness at this most challenging time in our world."

With the Covid 19 lockdown, Capacitar teams have had to adapt to internet and Zoom trainings to support and empower people in their communities. This issue of the newsletter will share some of the work that teams are doing in many places. Currently there are daily Zoom classes led by local leaders in a number of countries in the US, Europe, Asia and the Americas. Covid wellness bulletins and short videos of

Capacitar practices in different languages are available on our new website. Many resources, manuals, videos and an Emergency Kit of best practices (in 27 languages) are also available through the website: www.capacitar.org.

At this season of light transforming the darkness we must remember the spiritual dimension of our lives as we celebrate Christmas, Hanukkah, Kwanza and Solstice. For eons the human family shivered in the darkness of winter solstice longing for the return of light. It is only during our darkest moments that we can truly see the light and possibility that is within each of us. And it is now the time to be that light for ourselves and for our families and communities.

In the darkness of our times, we are called to transform hopelessness by awakening the wisdom and healing capacity within ourselves. And we are also called to transform the global trauma in systems and ways of thinking that no longer work. Capacitar's vision and commitment for the long haul is just that: "To heal ourselves and heal our world."



Light piercing the arctic winter—photo by Nancy Adams, Capacitar Scotland



Capacitar Outreach in 2020

Capacitar teams offered trainings in 2020 to thousands of people with many more thousands benefiting from the popular education multiplier effect. Even with the Covid lockdown, through Zoom and distance learning, trainers took on the leadership to work in many countries including: the USA (California, Texas, Arizona, Oregon and Ohio), Canada, Mexico, El Salvador, Guatemala, Nicaragua, Panamá, Argentina, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Germany, Israel, Japan, The Philippines, Indonesia and parts of Africa. Welcome to the growing Capacitar global network bringing light to the darkness!

International Workshops and Trainings

While the pandemic has been keeping folks all over the world at home, Capacitar International and most members of Capacitar teams in the US and other countries have moved to virtual workshops and trainings.

Indonesia: Team member Daurie Bintang facilitated a Capacitar workshop for 300 people via the internet. Using virtual space opened the training to people from distant Indonesia islands who might not otherwise have been able to travel to a training site. Capacitar International trainer Joan Condon was part of a virtual panel presentation on "Freedom In Pandemic" for the Islamic University in Pekanbaru, Indonesia. She shared both Capacitar history and values and the fingerhold practice to free people from emotions that come up with the pandemic.

The Philippines: Because the Yason Farm School in Oriental Mindoro has a large, open-sided but roofed outdoor space where participants could maintain distancing, one workshop was given in person. Capacitar team member Mina Ballesteros was able to offer basic Capacitar practices for new parents during orientation.

Japan: Capacitar Zoom trainings continued in Tokyo and Ishinomaki (the tsunami zone) led by Capacitar Japan teams, translators and Joan Condon. Besides Covid lockdown, people in Japan have also dealt with the trauma of typhoons, mud slides, and extreme heat.

Afghanistan: Zoom classes were held for large groups of Afghan Peace Volunteers and also students of Kabul University Lincoln Learning Center led by Pat Cane, George Horan and Dr. Hakim Young. The theme focused on psychological tools to handle the stress of Covid.

Amman, Jordan: Joan Condon facilitated a basic workshop for 7 refugees living in Amman, Jordan. Participants were from Sudan, Somalia and Iraq.

Israel: Lora Hillel and Ronit Zur led Zoom gatherings with Israeli groups and the core team to practice together and learn with very positive feedback. Recently the local group of Rosh Pina asked for a series of meetings to learn tools to help strengthen them during these times. Also leading gatherings are Azhar Naseraladin in her Druze village Health Center, and Einat in a community center for people who have cancer.

Germany: Joan Condon and Germany coordinators Anke Reermann and Dr. Norbert Freites Reermann represented Capacitar at a virtual Peace Conference sponsored by the University of Aachen, Missio and a number of German agencies with hundreds of international participants. The theme was: Being Peace, Making Peace, Learning Peace. From its founding Capacitar has worked in war zones and with organizations striving to heal the wounds of violence using the Capacitar practices.

Ireland: Marian Baker works with the Hopscotch project in Dublin offering Capacitar practices to inner-city children dealing with violence.

Scotland: Capacitar Scotland team leaders host regular Zoom gatherings throughout Scotland—Arbroath, Aberdeen, Ashfield, Milton, Edinburgh, Glasgow and West Lothian. Nancy Adams and Ali Newell are completing via Zoom the 4 module training started by Pat Cane with over 30 participants who use the Capacitar practices in their outreach.

USA—National Education Association NEA: Capacitar trainers Joan Condon and Sheila Grady offered a basic workshop for the National Education Association (NEA) support staff. Over 141 people from all over the US and from as far away as Kenya attended.

USA—Jesuit Refugee Services JRS: Sheila Grady and Joan Condon facilitated a two-part training for the national staff of Jesuit Refugee Services based in Washington, DC as well as staff from detention centers. Eighteen people attended: chaplains and staff from immigrant detention centers in Texas, Florida, Arizona and Northern New York State.

USA—California: Joan Condon and Sheila Grady have also been facilitating the second module of the training that began in Encino, California before the pandemic closed down the retreat center.

Board members Sheila Grady and Ree Taylor continue to host Zoom Capacitar practice and sharing time every Tuesday and Thursday.

Twice a month a Spanish language workshop is facilitated by Joan Condon, and sponsored by the Holy Names Sisters Mary Ondreyco and Mary Becker. An average of 8 people attend, depending on availability of internet connections for international participants. Participants are from California, Nicaragua, El Salvador and Peru.

Joan also offered a series of 3 Spanish-language workshops in collaboration with the International Community Foundation to NGO staff on the Tijuana side of the border. Content of workshops was the same so people could attend depending on their work schedule. Approximately 30 people participated and were enthusiastic about receiving more.

USA—Texas: Kathy Revtyak and Janine Galliner of El Paso Child Guidance Center conducted Module 2 of the Multicultural Wellness Education training for 80 participants that began in person with Pat Cane before the pandemic, and also started a new training with over 40 in attendance. Participants work in schools, detention centers, medical centers and those supporting the survivors of the 2019 Walmart massacre.

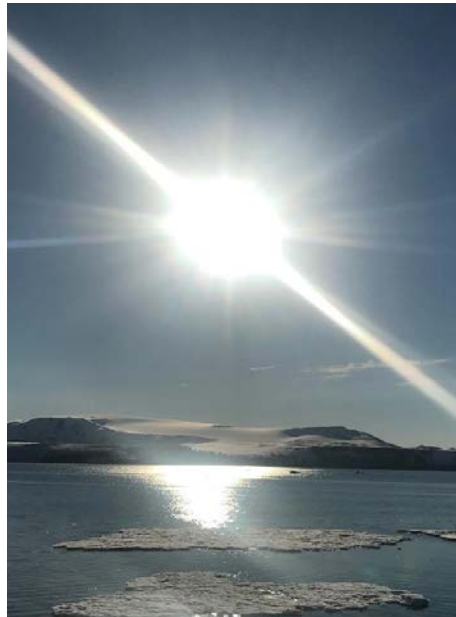
USA—Arizona: Capacitar Arizona coordinator Sharyn Chesser and team leaders moved to Zoom for Module 2, as well as offering regular support gatherings. Pat Cane facilitated Module 1 in Tucson before the pandemic, so the training has continued with a group of 40 participants.

Casa Alitas diocesan program for volunteers working with migrant families in Tucson and So. Arizona received a basic Zoom workshop facilitated by Joan Condon. Twenty-one staff and volunteers participated.

USA—Ohio: Capacitar trainer Mary Duennes hosts regular Zoom workshops through Vitality Cincinnati and Bellarmine Parish. Parents, children and locals participate. Mary also leads Zoom Tai Chi for groups.

Panamá: Since the start of the pandemic, Alibel Pizarro has led regular Spanish language Facebook gatherings for Latin American participants for support and empowerment in learning practices to manage Covid.

Capacitar is alive and well bringing light and hope during the pandemic!



Capacitar team members leading healing practices around the world. Top left and clockwise: Afghan Peace Volunteer street children of Afghanistan at a workshop in Kabul; social-distanced workshop in the Philippines; training in England; training at El Rio Health Center in Tucson, Arizona; Zoom training in Scotland with participants from many places; and walking the labyrinth in Mindoro.

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Afghanistan

Dr. Hakim Young, MD

The Philippines

Diana McDermott

CAPACITAR Calendar—2021

2021—Workshops & Trainings

Because of Covid 19 lockdowns and quarantines around the world, many Capacitar international trainings have either been postponed or adapted as Zoom trainings. For information, dates, times and links to Zoom trainings and gatherings in different languages, contact the following team leaders or check the website calendar www.capacitar.org.

Los Angeles/Southern California Tuesday/Thursday Zoom gatherings:

Sheila Grady and Ree Taylor sgrady@capacitar.org

Spanish language Zoom workshops: Joan Condon jcondon@igc.org

El Paso, Texas Zoom Trainings: Kathy Revtyak KRevtyak@epcgc.org

Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net

Cincinnati, Ohio Zoom: Mary Duennes, mmduennes@gmail.com

Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com

2021—2022: Zoom or in person in Toronto

Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody

capacitar.ireland1@gmail.com

Germany Trainings: Anke Reerman, anke.reermann@bistum-aachen.de

2021: Mar 6-7 May 8-9 (in person in Aachen)

Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com

England trainings & Zoom: Paul Golightly capacitaralbion@outlook.com

Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com

Phillipines Zoom: Lilian Jarales-Hewlett circleoflightandlove14@gmail.com

Indonesia Zoom: Yudi Aridanto yudi_aridanto@yahoo.com

Japan Trainings & Zoom: Yuko Oyama, yukooyama.edu@gmail.com

Panama Trainings & Zoom: Alibel Pizarro alibelpizarro@hotmail.com

Panama 10th Anniversary & Trainings: alibelpizarro@hotmail.com,



Light piercing the arctic winter—photo by Nancy Adams, Capacitar Scotland

Gifts Made In Honor of

Joan Condon • Pat Cane • Louise Dunlap • Marion Vittitow • Zina Khorog
Marina Salzman • Rabbi Alana Baird

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Fausto Scavello
• Judith Condon Jackson • Sr. Connie Pospisil, MM

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CAPACITAR
International

Healing ourselves, healing our world

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December 2020

Dear Friends,

Special greetings to you as we celebrate Winter Solstice, Hanukkah, Christmas and Kwanza—a season of light transforming the darkness. Our world at this time is in great need of this light. This is the vision and mission of Capacitar—to bring healing and transformation to ourselves and to our world. Will you help us to realize our mission in the many places where we work? Your support will empower Capacitar teams in the U.S. and in other countries 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 and Zoom trainings in Germany, the Philippines and the U.S.
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops and Zoom trainings to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of Capacitar manuals and materials 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

Capacitar International Founder/Director



Capacitar circle of light, South Sudan—photo by Dr. Genevieve van Waesberghe, MMM