



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's Support of Climate Activists—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Capacitar recently presented practices for selfcare and resilience at a social work climate conference for students, faculty and activists at KATHO, Catholic University of Aachen, Germany. The conference was convened by Capacitar Deutschland co-coordinator, Dr. Norbert Frieters Reermann. Anke Reermann and Pat Cane also offered a workshop for 36 students, some of whom are reaching out to persons who lost their homes because of recent floods in Germany. Research was also presented on the psychological and social impact of climate change on local communities and cultures.

Capacitar's climate manual is now a valuable resource available in English, Spanish and German and is being used in Argentina, Chile, Germany, the UK and the US. According to media reports, climate disasters and climate anxiety are increasing worldwide. Clear air turbulence is more common and this recently caused the death of one person and injury to a number of airline passengers. Increased tornadoes in the US have also led to many deaths. A recent article in Nature reports that "with the rise of eco-anxiety at a global level, scientists are waking up to the mental health toll of climate change from lives disrupted by catastrophic weather to people who are anxious about the future." Capacitar is especially committed to supporting youth and those impacted by climate emergencies.



*Tai Chi with climate activists (top) and with German training groups*







## Capacitar celebrates 20 Years in Argentina

In Neuquén, Patagonia, 140 people from all parts of Argentina, including Buenos Aires, Mendoza and Cordoba, gathered together in person and through Zoom for a weekend training and the celebration of 20 years of Capacitar Argentina and Los Cerezos. Many spoke of how Capacitar practices have changed their lives as they face economic and political challenges in their country. Inflation in Argentina is currently 250% and, as people struggle to survive, there are massive national demonstrations protesting government cuts to education, food and rent subsidies and other programs. Los Cerezos founders Dr. Susana Diaz, Sarita Fliess and Marcela Fortin continue to touch countless lives through their Los Cerezos programs and Capacitar trainings.



## Capacitar Celebrates 30 Years in Chile

Capacitar offered its first workshops in Chile in 1994 at the invitation of Maryknoll Associate Judy Ress at CRP, a center for popular education. Through the years Judy co-founded Conspirando, a center for ecofeminist spirituality and Tremonhue, a retreat center where many people from Chile and Latin America have been inspired with new ideas along with Capacitar practices. In May, 25 women participated in a training led by Pat Cane and coordinated by Judy Ress. Judy said that Capacitar's new climate manual will offer important new perspectives for the work of Tremonhue and Conspirando, as many communities in Latin America face the challenges of climate change. Recent fires and extreme heat in Viña del Mar and Valparaiso killed 132 and over 16,000 people were displaced from their homes.



*Walking meditation in Myanmar*

## Capacitar in Myanmar

Maryknoll Sister Kathleen Reiley, MM, recently led a contemplative retreat for 175 persons in Myanmar. Kathleen was inspired by the people's depth of faith, courage and resilience in face of the great suffering that most have experienced. Kathleen listened to stories of violence, torture and rape by the military as hospitals, schools, churches and villages were looted and burned to the ground. One diocese had 18 churches bombed and the bishop, priests and sisters of several congregations are living in the forest with the people. Kathleen asked one grandmother who fled when her house was burned down, "How do you manage?" She replied, "We all help each other." Myanmar is often referred to as the 'forgotten war'. After the retreat, Kathleen also led 50 people in a Capacitar workshop. She commented that it was inspiring to see how much the participants appreciated the head-holds, and the silent breathing together was profound. One participant hopes to introduce Capacitar practices to others who are reaching out to internally displaced people in Myanmar. It was beautiful to see how the Capacitar workshop brought smiles and relaxation to all.

## Capacitar for Healthcare Providers in Southern California

Janey Roeder, Betsy Lindsay, and Jeehye Kim recently led a second impactful training for 25 doctors, nurses, social workers, and healthcare educators at Harbor UCLA Medical Center, following the first workshop that Founder Pat Cane conducted when she was in Los Angeles in early 2024. The workshops are coordinated by Isadora "Izzy" Romero, LCSW, Clinical Social Work Supervisor at the Medical Center. Izzy first met Pat and was introduced to Capacitar in New York City after September 11th, when she experienced the healing effects the practices had on the people she worked with in the community.

The Harbor UCLA self-care sessions were very well-received and Izzy hopes to find additional ways to bring Capacitar's relaxation and wellness practices to her healthcare team and other employees at the Medical Center. The Center is part of the Los Angeles County Department of Health Services, so the need is great. The workshops build on Capacitar work at El Rio Health in Tucson, Arizona and Capacitar's new manual – *Integrative Tools for Healthcare Professionals*.

## Capacitar in Nicaragua

Monthly Zoom workshops continue to be offered for the NGO CECIM (Center for Education and Training in Honor of Sister Maura Clarke, MM) and the faculty and staff at the school in Ciudad Sandino, Nicaragua. Facilitated by Joan Condon, these workshops offer both a time of relaxation and renewal to staff and an opportunity to learn Capacitar practices to share with their students. CECIM offers primary and secondary education for the many children and youth impacted by poverty and political violence in Nicaragua.



*Drum massage for refugee groups in Port Elizabeth Care Ministry workshops*

### **Capacitar in the Eastern Cape, South Africa**

The Care Ministry continues to offer Capacitar Living in Wellness workshops for caregivers and more recently for refugees living in Port Elizabeth, now known as Gqeberha. For a number of years, trainers Moira Boshoff and Siobhan Dooley have worked with hundreds of people living with HIV and their caregivers from the townships and parishes around Port Elizabeth. Moira and Siobhan offer Capacitar healing practices to those most in need. Workshops have included caregivers of children who experience trauma in their communities, and seven trainings for refugees from different African countries. The refugees were surprised by the transformation within themselves in such a short period of time. They asked how they could use what they learned with their families and friends, and especially with their children who were very stressed by their challenging living conditions. The South African Catholic Bishop's Conference will again hold a 3-month sabbatical for priests and religious, who have been in ministry for more than 20 years. Moira Boshoff will offer participants Capacitar practices for selfcare, healing and ministry.

### **Capacitar International Multicultural Wellness Zoom Program**

The MWE Zoom program continues with Module 3 in June and Module 4 in August. Facilitated by Sheila Grady, Joan Condon and Mary Litell, of, participants in this program include those taking it as a refresher and those who are first-timers. Twenty-two people from the US, England, Scotland, Ireland and the West Bank, Palestine, come together to learn and to share with each other.

### **Multicultural Wellness Program, Indonesia**

Twenty-eight people participate in the MWE Program in Indonesia. This is facilitated by Joan Condon and the Capacitar Nusantara team and is a hybrid program. The first two modules are on Zoom and the final two will be in-person in Indonesia in early August, when Capacitar International trainer Joan Condon will travel to Indonesia.

### **Multicultural Wellness Program, Germany**

Twenty men and women from all parts of Germany are participating in the MWE training offered in Aachen, Germany by Capacitar coordinators Anke Reermann and Norbert Frieters Reermann. Pat Cane led the Module 3 training in early June. Capacitar Deutschland is now a registered NGO in Germany. A sixth cycle of MWE training is scheduled for 2025. Workshops are also being offered to many organizations throughout Germany.

*Participants at the Maryknoll Mission Institute 5-day Capacitar retreat.*

### **Capacitar at the Maryknoll Mission Institute, NY**

In June, the second Capacitar 5-day retreat in Practices for Mindful Living and Selfcare was offered at the Maryknoll Mission Institute by Pat Cane to 25 women and men, including priests, sisters, missionaries and those in various ministries. Coordinated by Institute Director, Sr. Helene O'Sullivan, MM, the program gave a broad cross-section of practices to participants for use with self and with others. A short 3-hour workshop was also offered for caregivers of retired Maryknoll Sisters and others who were interested in learning Capacitar.

### **Capacitar Japan Zoom Trainings**

Coordinator and translator Yuko Oyama worked with Pat Cane in early July offering basic and advanced trainings to people from different areas of Japan, including Tokyo, Ishinomaki and the tsunami area, Fukushima and Yamanashi. In 2023, Capacitar Japan celebrated 10 years of outreach to those most in need after the tsunami and meltdown of the Fukushima powerplant. In-person trainings will be offered this November in different parts of Japan, and will include work with refugees.

In November, Pat Cane will also give trainings in Seoul, South Korea with the Korean Center for Nonviolent Communication.

### **New Capacitar Zoom Program**

Capacitar will be offering a new Zoom program beginning in September. This is especially for people who have taken Capacitar training and would like a chance to review the techniques and the opportunity to practice teaching the techniques in a safe space. This is open to all the Capacitar network. The course is divided into four parts: Core practices, Practices for Body and Emotions, Practices of Nourishing Energy, and Practices for Boundaries and Protection. You may choose to attend any or all of the modules. It will be offered on Saturdays September 28, October 12, November 16 and 30. Each module is 2.5 hours long and the time depends on where you live. This program will be facilitated by Nancy Adams of Capacitar Scotland and Joan Condon of Capacitar International. For more information, please contact Joan Condon at [jcondon@igc.org](mailto:jcondon@igc.org) or Nancy Adams at [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com).



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

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#### Guatemala

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#### Nicaragua

Anabel Torres CSA

#### Panama

Alibel Pizarro

Isali Pizarro

#### Haiti

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#### Scotland

Nancy Adams

Marianne Anker Petersen

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Masako Sako

Chiemi Oikawa

### South Korea

Katherine Hahn Singer

### Afghanistan

Dr. Hakim Young, MD

Hussain Behtaash

### The Philippines

Diana McDermott

## **CAPACITAR Calendar—2024-2025**

### **2024-2025 Workshops & Trainings**

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders:

- Los Angeles/Southern California Tuesday Zoom gatherings:  
Sheila Grady sgrady@capacitar.org
- Spanish language Zoom trainings in Nicaragua, El Salvador:  
Joan Condon jcondon@igc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Capacitar Ireland Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann anke.reermann@bistum-aachen.de
- Scotland Trainings & Zoom: Nancy Adams capacitarScotland@gmail.com
- England Trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Trainings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillipines Zoom: Joan Condon jcondon@igc.org
- Indonesia Zoom: Yudi Aridanto yudi\_ardianto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com

### **2024-2025 Scheduled Training Dates:**

- MWET 4-Module Zoom Training 2024: Joan Condon & Sheila Grady 2024: Aug 17, 24 jcondon@igc.org
- Zoom Relax and De-Stress With Capacitar Practices:- 2024: Sep 14, Oct 5. Joan Condon, jcondon@igc.org
- Capacitar Global Gatherings English 2024: Oct 18-19, sgrady@capacitar.org
- Global Gathering Spanish 2024: Oct 26, Alibel Pizarro, tallersalud.pa@gmail.com
- El Paso Tr. 2025 Dates TBA, Kathy Revtyak, kathryn.revtyak@gmail.com
- Juarez Mexico 2025 Dates TBA Claudia Brandes capacitar.juarez@gmail.com
- Mexicali Workshops 2024: Dec 13-14 with Pat Cane & George Horan, Border Compassion, Suzanne Jabro, CSJ, sjabro@csjla.org
- Nicaragua Zoom 2024: Nov 17, 2024: Monthly, jcondon@igc.org
- England, York Trainings 2024: St. Bede's Adv Training Day with Pat Cane, Sep 17, Paul Golightly Capacitaralbion@outlook.com
- Noddfa, N. Wales 2024 Adv Training with Pat Cane Sep 13-15 Mary Jo McElroy, noddfa@aol.com
- Phillipines MWET 4-Module Zoom 2024: Dates TBA Joan Condon
- Japan Trainings 2024: Nov 2-10 with Pat Cane, Tokyo, Ishinomaki, Fukushima Yuko Oyama, yukooyama.edu@gmail.com
- Germany 4-Module Training Anke Reermann, Norbert Frieters 2024 MWE: Aug 31-Sep 1 anke.reermann@bistum-aachen.de  
2024-2025 MWE: Nov 30-Dec 1; 2025: Mar 8-9, Jun 28-29; Aug 23-24
- Germany Training of Trainers with Pat Cane & Team, Jun 21-22, 2025
- Scotland, Edinburgh Trainings 2024: Sep 7, Oct 5, Nov 2, Ali Newell & Nancy Adams, capacitarScotland@gmail.com
- Scotland 20th Anniversary & Trainings 2024: Sep 20-22 with Pat Cane
- Ireland Foundation Training 2024 Oct 5-6 Pat Cane & Team in-person: capacitar.ireland1@gmail.com 2025: May 10-11; Sep 27-28
- Ireland Renewal Days 2024 with Pat Cane, 2024: Oct 12; 2025: May 17, Oct 4, Marian Baker capacitar.ireland1@gmail.com
- Israel & Palestine Trainings: 2025 Mar 28-Apr 13, Pat Cane & George Horan, patcane@capacitar.org
- Indonesia MWET Training 2024: In-person Aug 1-5 Joan Condon, jcondon@igc.org

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

Joan Condon • Pat Cane • Mary Litell, OSF • Patty Abozaglo  
• Valerie Bengal MD • Mary Duennes • Barb Ulmer

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

Martha & Andrew Rebmann • Tom Condon • Desmond Kelleher  
Michelle Radley • Shmulik Zur • Sybil Hillel • Ward Smith  
• Sr. Jane Bonar, PBVM



**CAPACITAR  
International**

*Healing ourselves, healing our world*

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July, 2024

Dear Friends,

Greetings to all this Summer. As we face the challenges of climate emergencies, war, violence, poverty and disaster our Capacitar teams are deeply committed to bring healing and renewal to people and their communities. Our vision to heal and transform ourselves and our world is being realized in small yet important ways. Will you help us with our mission in the many places where we work? Your support will empower Capacitar teams in the US and in other countries to do the following:

- Workshops for refugees from places of conflict and disaster and for those accompanying them
- Trainings for those working with refugees and immigrants in the US, Mexico, Central America, Japan and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Haiti Indonesia, the Philippines, Europe and the US
- 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 and racism
- Translation and publication of Capacitar manuals and materials in different languages
- Development of self-care workshops and translation of manuals to accompany youth and climate activists
- Trainings for healthcare professionals in the US and elsewhere who deal with burnout.

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/ Executive Director



Ananke Reermann & Pat Cane leading a workshop for German climate activists



Capacitar workshop for caregivers & people with HIV—Port Elizabeth, South Africa