



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

people in over

45 countries.

Accompanying Those Who Have Passed or are Deported—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Capacitar members recently suffered the loss of family in different countries. We especially remember Maria Mathes and Bill Cane (my twin sister and former husband), Kenneth Christmas (a neighbor), Victoria Post (a wonderful San Francisco friend), Reinhart Lutz of Germany (brother of board member Barbara Lutz), Anne Jennings (partner of board member Sharon Duggan), Carl Taylor (father of board member Ree Taylor), Blanca Betty Jara Quiroga Abozaglo of Peru (mother of Capacitar Ireland Patty Abozaglo), and Barbara Roose (former leader of Capacitar Bolivia). We bless their passings with the poem by John O'Donohue:

"From the moment you were born, your death has walked beside you though it seldom shows its face. You still feel its empty touch when fear invades your life, or what you love is lost. . . That the silent presence of your death would call your life to attention, wake you up to how scarce your time is and to the urgency to become free and equal to the call of your destiny. That you would gather yourself and decide carefully how you now can live the life you would love to look back on from your deathbed."

And as we reflect on lives passing we also call to mind the many people who are being apprehended and deported from our communities, many of whom are treated without justice or human rights, a death in itself. At this time more than ever, Capacitar is committed to accompany refugees and migrants as they face the great difficulties of our times.

It is not a coincidence that we were born to live during these times of great challenge. Each of us has gifts and talents meant for these days: to stand up for truth and justice and to call for the changes so needed in our country and the world.

In the words of Wayne Muller: *"There are times in all of our lives when we are forced to reach deep into ourselves to feel the truth of our true nature. For each of us, there comes a moment when we can no longer live our lives by accident. Life throws us into questions that some of us refuse to ask until we are confronted by death or some tragedy in our lives. What do I know to be most deeply true? What do I love, and have I loved well? Who do I believe myself to be and what have I placed on the center of my altar of life? Where do I belong... and what is my gift to the family of earth?"*

So what are we to do these days as individuals and as a Capacitar community as we face the challenges and injustices around us? Roger Walsh, MD in his book Essential Spirituality says: *"Our world is in desperate need of healing. But it also rests in good hands, because it rests in yours. And in you rests the source of all healing, and all that is needed to awaken you and the world."*



Stonehenge, ancient site of burials and rebirths—photo by Andrea Nosetti, Chile



Capacitar 2025 Outreach



IEL Rio Health medical professionals at the Advanced Alumnae Training, June 2025

Capacitar at El Rio Health—Tucson, AZ

In June, Capacitar founder Pat Cane offered a Wellness Training and an Advanced Alumnae Training for 40 participants including doctors, providers, nurses, psychotherapists, and other heads of departments. With US government changes in funding priorities, some El Rio programs have been cut causing a lot of stress for administration, staffs, patients and families. Because Capacitar trainings are research-based, the health professionals are able to receive CME credits from the American Medical Association. Additional Capacitar trainings are planned for October.

The Capacitar healthcare manual written in collaboration with El Rio Health is now available in English, Spanish and German and is also being published in Ireland and England for use with many groups.

Capacitar SoCal Outreach to Medical Groups

In April, Capacitar board members Jane Roeder and Sheila Grady, along with Betsy Lindsay, offered a training for 28 healthcare professionals at St. Mary Medical Center in Long Beach. First to arrive at the workshop was a team from the hospital's trauma center! Also in attendance were doctors, nurses, social workers, and spiritual care directors.

Last fall, Jane, Sheila, and Betsy also provided a series of three Capacitar relaxation and wellness workshops for employees of the County of Los Angeles' Department of Health Services. All of the participants, primarily social workers, received Capacitar's healthcare manual.

We hope these partnerships with SoCal medical centers will continue to grow!

Capacitar England

Trainings continue to be held at St. Bede's in York, England led by Rev. Paul GoLightly and therapist Anne Harrison. In May, Pat Cane offered an in-person Module 3 and a hybrid Advanced Training on Resilience and Hope with over 40 participants. At least half of the participants in the Multicultural Wellness Training were men and women in some stage of recovery who are enthusiastically committed to using the Capacitar healing practices for their own wellness and personal growth. Two men from the Recovery College spoke of how they use Capacitar as an integral part of their different programs. Others shared how practices like Tapping and Fingerholds have been significant resources to transform their lives of addiction.



Nadette Foley and Patty Abozaglo of Glencree with refugees at a Capacitar training

Capacitar Training for Refugees—Glencree, Ireland

In May, Pat Cane led a Capacitar training sponsored by the peace center Glencree at the Sanctuary in Dublin. Coordinated by Glencree leaders Nadette Foley and Patty Abozaglo, the 30 participants came from many countries including a doctor from Pakistan, community leaders from Africa, a psychologist from Spirassi (a center for healing torture), as well as many Ukrainian organizational leaders. Other trainings for refugees will be offered in October.

Capacitar and Refugee Support—Santa Cruz

Pat Cane recently offered a refugee support workshop for 18 participants who represented various organization in Santa Cruz and Monterey Counties. The community organizations are teaching families how to protect their children if parents are apprehended by ICE (US Immigration and Customs Enforcement). The workshop was convened by attorney Sherry Cassidy, JD, and Sr. Lois MacGillivray SNJM at Villa Maria del Mar in Santa Cruz. Given the current reality of apprehensions and deportations by ICE, Sherry talked about how stressed parents, staffs and volunteers currently are. The workshop was enthusiastically received and Capacitar hopes to continue to offer more trainings in the future to support volunteers and organizations working with immigrants and refugees in the area.

Refugee Community Partnership—North Carolina

In the first of a series of trainings in Capacitar practices for RCP staff, Amanda Levinson, (president of the RCP board) and colleague, Linda Rapuano shared an overview of Capacitar and the science of stress and trauma in the physical, mental and emotional functioning of individuals and communities. Basic practices for self-care were introduced with Breathwork followed by Switching, Finger Holds and Tai Chi. There was time between for staff to share their response and insights to the practices and identify those they felt they could immediately use with the refugees they serve. Breathwork was acknowledged as the vital practice that could be employed with clients. Finger Holds were embraced for their profundity and simplicity. Switching and Tai Chi were also well received. The concept of self-healing, self-awareness and support envisioned while moving on the left side of Tai Chi, and family, friends, community and the world envisioned on the right side, deeply impressed RCP staff as a healing and expansive approach that all could benefit from. Amanda and Linda invited each staff member to embrace their new role as a Capacitar multiplier, and Amanda led a closing healing circle.

Capacitar in Africa

Capacitar Trainer, Dr. Sister Genevieve van Waesberghe, MMM, has worked in over 10 African countries during the past 50+ years. Because of health issues Genevieve moved back to Ireland and is currently living in Drogheda with her Medical Missionaries of Mary Community. However, Genevieve's heart continues to be with the people of Africa. Trained as a medical doctor, she worked in many countries setting up clinics and offering primary healthcare. In the land of the Massai, she set up the first hospital and was especially committed to the health of women who dealt with extreme poverty and the infections of female circumcision, birth trauma and lack of care.

When the genocide in Rwanda started in April, 1994, Genevieve was funded by Trocaire, Catholic Development Agency of Ireland, to go to Rwanda to offer healthcare and set up clinics for those most in need. As the majority of people fled the genocide, Genevieve bravely entered the country and worked with both Tutsis and Hutus, victims of the violence who were living in refugee camps. After the genocide, Genevieve settled in Butare and established Igiti c'bungingo, a trauma and HIV center for grassroots people. It was then that she discovered Capacitar and started using the different healing practices. In 2006, Genevieve and Sister Antoinette Gasibirege, SH, invited Pat Cane to come to Rwanda, and the first trainings were offered to people in many of the poorest communities. Since that time, many thousands of Rwandans have received the benefit of Capacitar.

In June, Genevieve traveled to Kenya and Tanzania to offer Capacitar trainings for community groups and retreats for religious. She hopes to go to work in Africa at least twice a year in the future.



Sr. Genevieve and Pat Cane at a training in Dublin, Ireland

Capacitar Nicaragua

Each month the teachers and staff of CECIM (a center for popular education) and the Maura Clark School gather in Ciudad Sandino for a Capacitar Zoom workshop led by Joan Condon and Sr. Mary Ondreyco, SNJM. It is an opportunity for all to learn new Capacitar techniques and to practice the ones they already know. It is also an opportunity for self-care—an hour for participants to relax and de-stress before returning to the school day.

The current political reality of Nicaragua is most difficult. Over 5,600 NGOs have been closed since 2018, including many organizations run by churches, groups like Save the Children, as well as the UCA, the Jesuit Catholic University in Managua. The government has wrongly accused the NGOs of obstructing government oversight, diverting funds, and failing to provide transparent financial records. It is a miracle that CECIM and the Maura Clark School still exist. Capacitar began in 1988 in Managua collaborating with the popular education center CANTERA and continues to be committed to supporting the people of Nicaragua.

Capacitar Philippines

In May, Capacitar began a Zoom Multicultural Wellness Education program for the Philippines led by Joan Condon. Currently there are 28 people participating, most of whom have not previously taken a Capacitar training. However, the training is also open to those who have participated in former trainings and who want to take a refresher.

Participants come from many walks of life including a veterinarian, managers of family or other businesses, a life coach, a meditation teacher, as well as Reiki teachers and Reiki practitioners. The first three modules will be offered through Zoom and Module 4 will be led in-person by Joan in the Philippines in January, 2026.

Capacitar Spanish Language Training

Special Projects Coordinator Joan Condon and Alibel Pizarro of Capacitar Panamá are facilitating a Spanish-language Multicultural Wellness Education training geared toward those who are actively working for justice and healing among people who suffer from discrimination, abuse, violence, trauma and physical or mental health challenges. This three module program will be offered on Saturdays via Zoom to include participants working in Mexico, Central and South America and in Spain.

For program dates and to register contact Joan Condon at (jcondon@igc.org) or the Capacitar office (office@capacitar.org).

Capacitar Germany

Under the leadership of Anke Reermann and Dr. Norbert Frieters-Reermann, Capacitar Deutschland continues to grow at a national level with activities taking place all over Germany, including one-day workshops and evening sessions. A sixth Multicultural Wellness Training began in February 2025. Module 3 in June will be led in-person by Pat Cane who will also lead the Training of Trainers and be part of the Capacitar Deutschland board meeting. The new Capacitar Healthcare Manual has also been translated into German for use with healthcare professionals.

"In a time of drastic change one can be too preoccupied with what is ending or too obsessed with what seems to be beginning. In either case one loses touch with the present and with its obscure but dynamic possibilities. What really matters is openness, readiness, attention and courage to face risk. You do not need to know precisely what is happening or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith and hope." —Thomas Merton

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Hussain Behtaash

The Philippines

Diana McDermott

CAPACITAR Calendar—2025-2026

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 El Rio Health—Shelley Whitlatch, shelleyw@elrio.org

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

Philippines 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

2025-2026 Scheduled Training Dates:

MWET 4-Module Zoom Training 2025: Joan Condon & Sheila Grady Sep 13, 20 jcondon@igc.org **Training 2026:** Dates TBA

Global Gatherings Eng 2025: Oct 10,11 sgrady@capacitar.org

Global Gathering Sp 2025: Oct 18 Alibel Pizarro, tallersalud.pa@gmail.com

El Paso Tr. 2026: Dates TBA, Kathy Revtyak, kathryn.revtyak@gmail.com with Pat Cane Feb 12-13; Oct 8-9, 2026

El Paso Advanced 2026: with Pat Cane: Feb 14, Oct 10.

Juarez Mexico 2025: with Pat Cane Feb 10-11; Oct 6-7, 2026; Dates TBA 2026 Claudia Brandes capacitar.juarez@gmail.com

Mexicali Workshops 2025: Dec 12-13 with Pat Cane & George Horan, Border Compassion, Suzanne Jabro, CSJ, sjabro@csjla.org

Nicaragua Zoom 2025: Monthly, jcondon@igc.org

England, York Trainings 2026: St. Bede's Paul Golightly Capacitaralbion@outlook.com

Noddfa, N. Wales 2025 Adv Training: with Pat Cane Sep 16-18 Mary Jo McElroy, noddapen@aol.com

Philippines Training for 2025-26: Zoom Sept 13, 20, Nov 8 In person with Joan Condon, Jan 17-19, 2026 jcondon@igc.org

Japan Trainings 2025: July 3, 4, 11 Zoom & Nov 1-9 with Pat Cane, Tokyo, Fukushima Yuko Oyama, yukooyama.edu@gmail.com

Germany Training: Anke Reermann, anke.reermann@bistum-aachen.de **Germany 2025 MWE:** 2025: Jun 28-29; Aug 23-24

Germany Training of Trainers: with Pat Cane & Team, Jun 21-22, 2025

Scotland, Edinburgh Trainings 2025-26: Dates TBA, Ali Newell & Nancy Adams capacitarscotland@gmail.com, with Pat Cane May 23-24, 2026

Scotland Adv Training 2026: May 25 with Pat Cane

Ireland Foundation Training 2025: with Pat Cane & Team in-person: capacitar.ireland1@gmail.com 2025: Sep 27-28 2026: Dates TBA

Ireland Renewal Days 2025: with Pat Cane, Oct 4 2026: Dates TBA Marian Baker capacitar.ireland1@gmail.com

Israel & Palestine Trainings: Dates 2026 TBA, Pat Cane & George Horan,

Indonesia MWET Training 2025: Dates TBA jcondon@igc.org

Spanish Language MWE: Jul 26, Aug 2; Sep 6, 27. jcondon@igc.org and alibel tallersalud.pa@gmail.com

Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell, OSF • Patty Abozaglo
• Valerie Bengal MD • Mary Duennes • Sharron Duggan • Ree Taylor

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Maria Mathes • Bill Cane
Carl Taylor • Marion Vittitow • Alistair Amery • Desmond Kelleher
Kenneth Christmas • Anne Jennings • Victoria Post • Barbara Roose
Reinhart Lutz • Blanca Betty Jara Quiroga Abozaglo



**CAPACITAR
International**

Healing ourselves, healing our world

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July, 2025

Dear Friends,

Greetings this Summer as we continue to witness the challenges and dyings around us—deaths of family members, climate emergencies, war, violence, deportations, poverty and disasters. Our Capacitar teams are more than ever committed to accompany those dying in body or spirit and to empower new life and healing of people and their communities. Our mission to heal and transform ourselves and our world is being realized in small yet important ways. Will you help us fulfill 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:

- Trainings for those working with refugees and immigrants in the US, Mexico, Central America, Asia and Europe
- New 4-Module trainings and Zoom trainings in Indonesia, the Philippines, Europe and the Americas
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- 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 who deal with burnout in the US, Europe and elsewhere.

We cannot do this work of healing and transformation without you! Thank you for your generous donations and prayerful support since our founding in 1988. 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



Memorial at the tree planted by Capacitar Ireland in honor of Pat Cane's twin Maria Mathes at the Dominican Ecology Center in Wicklow, Ireland