



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.

Practices to Heal the Challenges of our World—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Capacitar is not going to run out of work any time soon! Given the many challenges we currently face at a global level, our vision and mission are greatly needed everywhere. With wars, violence, poverty, climate disasters, school shootings, financial chaos, global tariffs, deportation of refugees and immigrants and loss of aid to the poorest of countries, small nonprofits like Capacitar are called upon to respond with services, resources and practices to support grassroots people in many places.

This edition of the newsletter will describe some of the practices and outreach Capacitar has been doing in the US and around the world. Research-based practices are being multiplied by team leaders offering theory and methods that people can use for themselves, their families and communities.

One of the favorite practices for many is the Labyrinth, as pictured below at a women's center in Juaréz, Mexico. The Labyrinth is an ancient symbol of healing and transformation found in many cultures. The energy field of the archetypal pattern, along with the spiraling turns of the path, somehow unblock, harmonize and heal the whole person. The Labyrinth can be a deeply healing practice for people who have experienced traumatic stress from natural disasters, political violence, divorce, abuse and other wounds. Labyrinths are now found in many places, such as, retreat centers, playgrounds, hospitals, schools and public parks. The well-known Labyrinth of Chartres was used to heal paralysis of body and spirit over a thousand years ago. Different kinds of Labyrinth patterns can be found in the floors of churches in Europe, in the religious art of Judaism, in indigenous art of the Americas, in the cultures of Crete and Tibet, and in many mystical traditions.

Whether using a finger Labyrinth or walking a large Labyrinth, individuals and groups find healing and resilience for their lives. In Scotland, one of the Queen's Nurses who participated in a Capacitar training, received funding to develop community Labyrinths near Edinburgh to empower people of all ages. Rev. Lauren Artress of Grace Cathedral, San Francisco who developed the Worldwide Labyrinth Project, said in her book Walking a Sacred Path: Rediscovering the Labyrinth as a Spiritual Tool: "To walk the Labyrinth, is to discover our inner sacred space: that core of feeling that is waiting to have life breathed back into it...As we grow up, our spark of life continually shines forth. If we ignore this spark, we become thirsty and shrivel. And if we respond to the spark, we flower. Our task is to flower, to come into full blossom...."

In the days before she died, Capacitar friend Alice Waco wrote a current version of the Beatitudes that inspires us with great Light at this time of global darkness. As we face the challenges and work to heal ourselves and our world, may we stand together and

live in the Light and spirit of these Beatitudes:

We stand with You, the humble in spirit who practice kindness. You will break open our hearts.

We stand with You, the poor and oppressed, with people of color and immigrants facing brutality, detention and prison. Your fearlessness will stir us to action as we seek to become fearless like you.

We stand with You, Women, Gay Men, Lesbians, Transgender Individuals, Queer and Questioning and All who live lives of authenticity. Your struggles help us recognize the divine in every person.

We stand with You who mourn for the world. You will find comfort in your chosen families and communities and build bridges of hope.

We stand with You who hunger for justice. For you will create a new world in which all of us share in the banquet of peace.

We stand with You who show loving mercy. For you will empower us to be non-violent and merciful to all.

We stand with You who listen to your conscience and speak out your truth. You challenge the status quo and move us to act.

We stand with You peacemakers and those who teach non-violence. You will liberate us from the madness of war, prison and hate.

—Alice Waco



Walking the Capacitar Labyrinth, Ciudad Juaréz Women's Center, Mexico



Capacitar 2025 Outreach



Noddfa participants from the UK & Ireland celebrating the Capacitar community

Capacitar at Noddfa, Penmaenmawr, Northern Wales

In September, Pat Cane offered a Capacitar training retreat at the beautiful center Noddfa, meaning in Welsh "refuge or haven". Capacitar has been part of Noddfa since 2009, hosted by Sisters Patrice Power and Mary Jo McElroy, RSHM. The Sisters include Capacitar practices and the Labyrinth in many of their weekly workshops and gatherings for carers and local people who need support. Twenty-two men and women participated in the recent retreat coming from England, Wales, Scotland and Ireland. Participants represented a variety of professions including teachers, therapists, health professionals, those working with refugees, and retired persons. The retreat theme focused on empowering resilience during these times of chaos and challenge. Participants were encouraged to share the Capacitar practices with others, as well as use for self-care.

Capacitar at Findhorn—Rev. Ali Newell, Capacitar Scotland

A new Multicultural Wellness Training in Scotland is scheduled for 2026 at the Findhorn Community Ecovillage, led by the Capacitar Scotland team of Ali Newell and Nancy Adams. The Findhorn Community's own values of inner listening, co-creation with nature and work as love in action echo Capacitar's mission of 'Healing ourselves, Healing the world'. There are many wellbeing activities already happening in Findhorn. The Ecovillage has also sponsored 20 Ukrainian refugees who now live in the community so we hope to have a number with us on the training. Capacitar Founder Pat Cane will join us in May to facilitate the module on trauma. The Findhorn Ecovillage is aiming to co-create a more resilient, sustainable and thriving world.

Multicultural Wellness Education—Joan Condon, MA

An MWE training recently finished with participants from England, Ireland and the USA. Facilitated by Joan Condon, Sheila Grady and Mary Litell, all agreed it was a rich and life-enhancing experience. The training was open to all who have taken a Capacitar training and the team offered an intersession between each module to explore readings in greater depth.

An MWE training is ongoing for a group in the Philippines. Facilitated by Joan Condon this group has especially appreciated the self-care tools to deal with the stress they feel with the present violent political situation. Part of this training is on Zoom and the final session and an advanced formation will be with Joan in person in January in Manila.

Joan also continues to meet monthly with CECIM and the staff of the Maura Clark school in Ciudad Sandino, Nicaragua.



Watsonville workshop for groups supporting refugees and immigrants, August 2025

Capacitar Refugee Support in Santa Cruz, CA

A workshop of trauma healing practices was offered in Watsonville to 30 men and women who support refugees and immigrants in Santa Cruz County. Coordinated by Robert Re of Community Bridges and Fernanda Medina of Compassionate Relationships, the workshop was led by Pat Cane, accompanied by Capacitar Board President, Dr. Valerie Bengal, MD. Participants represented many grassroots organizations that work with refugees, including: Community Action Board of Santa Cruz County, Nueva Vista Community Resources, Santa Cruz Welcoming Network, Star of the Sea Catholic Church, Immigration Team of the Quaker Meeting, YARR Your Applied Rapid Response of Santa Cruz County, Senderos, CB Elderday, McRory Parenting, Community Bridges, and other organizations.

Capacitar at the Human Caring Conference

Laura Gorby, MSN, RN, presented a 90 minute Capacitar workshop, Awakening Self-Care Using Interactive Healing Modalities, for medical professionals at the 46th Annual International Association for Human Caring Conference, University of Rhode Island, Providence, RI. Educated in Caring Science as a Caritas Coach® and in Capacitar, Laura Gorby's intention at the conference was to show the similarities and integrated alignment of Capacitar Practices and Caring Science Caritas Processes. Equipped with these research-based practices, participants are able to share the holistic self-care methods with healthcare professionals, patients, families and communities to build a culture of compassion, healing, and strength around the globe. Grounded in international wisdom traditions and trauma-informed care, the workshop offered hands-on experiences with practices such as Tai Chi, Pal Dan Gum, Fingerholds, Emotional Freedom Technique (EFT), and Visualization. Together in community, the workshop helped transform woundedness into wisdom, deepening in participants a sense of interconnectedness as one human family.

Capacitar in Tucson, Arizona

Pat Cane recently completed an El Rio Health training for doctors, nurses, psychotherapists, and other heads of departments. Because Capacitar trainings are research-based, the health professionals are able to receive CME credits from the American Medical Association.

A dinner and gathering of Capacitar Arizona members was coordinated by Maria Elena McElroy at St. Mark's Presbyterian Church. And a workshop at Casa Cardo for resident women asylum seekers was offered by Pat Cane and coordinated by Mennonite minister Kristina Schlabach.



The Elderseed Community Labyrinth in Scotland

The Elderseed Labyrinth—Nancy Adam, Capacitar Scotland

Alison Bunce, founder of Compassionate Inverclyde, is one of 40 Queen's Nurses who did the Capacitar training in Scotland. During a Zoom Training, while Joan Condon led a meditation for finger-walking the Labyrinth, Alison experienced a profound moment. "I felt an overwhelming sense that there needed to be a Labyrinth in Inverclyde." This became the seed for what would eventually become the Elderseed Labyrinth in Inverkip. Alison posted on Facebook asking if anyone knew of existing Labyrinths in the area and who had interest in creating one. The response was immediate and enthusiastic. What started as a grassroots initiative soon connected with broader community efforts. The group named itself "Walk As One," and began collaborating with a COVID Memorial project that had significant funding. This partnership expanded the vision to include five more Labyrinths throughout Inverclyde.

The Inverkip Labyrinth's construction became a community endeavour, with organizations volunteering teams to help lay the stones of what has now become a community healing space. The Elderseed Labyrinth was completed in September 2025, but unlike the more manufactured COVID Memorial Labyrinths, this Labyrinth has a natural, organic quality that makes it feel "as if it's been there forever." Nestled among trees at the edge of the Firth of Clyde, it offers a peaceful retreat for reflection and meditation. A beautiful tree trunk, placed at the centre, offers a place to sit and reflect after walking the path. A daily rotation of volunteers maintains the Labyrinth.

The Inverclyde team is creating a virtual experience of the Labyrinth, producing a professional video that will allow people to "walk" the Labyrinth online. A QR code will direct visitors to the virtual experience. The Elderseed Labyrinth demonstrates how a single moment of inspiration grew into a meaningful community resource. For more information visit the website at <https://compassionateinverclyde.org/projects/the-elderseed-labyrinth/>.

Capacitar in Japan

Yuko Oyama and the Capacitar Japan team that includes Yukiko, Masako, Rie and Shio-chan are coordinating a series of trainings with Pat Cane In November. Basic workshops and MWE training modules, are planned for Tokyo. A workshop for Arrupe Jesuit Refugee Center in Kamakura will be held for refugees and immigrants, many of whom are from Asian countries that are dealing with violence. A training coordinated by Rie is also planned for Osaka for a group that includes survivors of violence, those working with human rights and participants from the University of Osaka.



Tai Chi for youth in a school in Bandung, Indonesia

Capacitar Nusantara—Indonesian Team

Capacitar Nusantara led a workshop for Rumah Belajar Semi-palar, a school in Bandung. Due to the political situation that caused great stress for the students, the principal and teachers asked Capacitar Nusantara to share some self-care techniques for pupils in Grade 7. Fourteen adolescents and 2 teachers participated. Team members Nina and Pamela led Tai Chi, Fingerholds and the Safe Place Visualization.

In June, Capacitar Nusantara was invited by PraktiQu, a platform for mental health professionals, to give a talkshow, titled "Living The Practice". Yudi, as Capacitar Nusantara Leader, led the questions and answers about Tai Chi, Fingerholds, EFT Tapping and Salute to the Sun.

Capacitar Nusantara participated in The Journey to Harmony Life Event in Botani Square Bogor, West Java. This was a charity event held by Serenity Wellness Home Foundation. The Capacitar Nusantara team (Alvie, Sheila, Putri, Retno, Tuty, Aan and Dhanie) led Tai Chi, Fingerholds and the Leadership Dance to 40 participants at the event.

Capacitar Nusantara was invited by Argyadata Piramida Edu-centre, a school for children with special needs, to offer a Trauma Healing session for teachers and parents. Lina, Watie and Aan shared Drum Massage, Fingerholds, EFT, Pal Dan Gum, and Breathwork.

In September, Capacitar Nusantara held an online event attended by 70 people in response to the recent political violence in Indonesia. Tai Chi, Fingerholds, Safe Place and Breathwork were led by team members Pamela, Sheila, Alvieni, Putri, Yudi and Ika. Participants said that the Capacitar practices helped them overcome their anxiety.

Capacitar Spanish Language MWE Training

Special Projects Coordinator Joan Condon and Alibel Pizarro of Capacitar Panamá are facilitating a Spanish-language MWE 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 is offered on Saturdays via Zoom to include participants working in Ecuador, Panamá, Costa Rica, Mexico, Nicaragua, Guatemala and El Salvador.

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Afghanistan

Dr. Hakim Young, MD

Hussain Behtaash

The Philippines

Diana McDermott

CAPACITAR Calendar—2026

2026 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 Zoom trainings in Nicaragua, El Salvador: jcondon@igc.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 lorahil@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

2026 Scheduled Training Dates:

- MWET Zoom Training 2026: Feb 28 & Mar 7; Apr 25 & May 2; Jun 6 & Jun 13; Aug 22 & Aug 29 Joan Condon & Sheila Grady jcondon@igc.org
- Global Gathering English 2026: Feb 20-21; Oct 2-3 sgrady@capacitar.org
- GlobGather Spanish 2026: Feb 7, Oct 17 Alibel Pizarro, tallersalud.pa@gmail.com
- El Paso Tr. 2026, 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
- Encino Adv Training 2026: Apr 18-19 Sheila Grady sgrady@capacitar.org
- Mexicali Workshops 2025: Dec 12-13 with Pat Cane & George Horan, Border Compassion, Suzanne Jabro, CSJ, sjabro@csjla.org
- Nicaragua Zoom 2026: Monthly, jcondon@igc.org
- England Training Hilfield 2026: Jan 17-18; Mar 7,8,21; May 15-17; Jul 11-12; Sep 18-19 Paul Golightly Capacitaralbion@outlook.com
- Philippines Training for 2025-26 Zoom, Nov 8; In person with Joan Condon, Jan 17-19, 2026 jcondon@igc.org
- Japan Trainings 2025: Nov 1-9 with Pat Cane, Tokyo, Osaka, Kamakura Yuko Oyama, yukooyama.edu@gmail.com
- Germany Training Anke Reermann, anke.reermann@bistum-aachen.de
Germany 2026 MWE: 2026: Feb 21-22; May 30-31; Jul 4-5; Oct 31-Nov 1
• Training of Trainers 2026 with Pat Cane & Team, Jun 27-28, 2026
- Scotland, Findhorn Trainings 2026: Mar 28-29, Apr 25-26, May 30-31, Jul 4-5, 2026 Ali Newell & Nancy Adams capacitarScotland@gmail.com,
- Scotland Adv Training 2026: May 23 with Pat Cane
- Ireland Foundation Training 2026 with Pat Cane & Team in-person: capacitar.ireland1@gmail.com 2026: Feb 28-Mar 1; May 9-10; Sep 12-13; Nov 14-15 Marian Baker capacitar.ireland1@gmail.com
- Ireland Renewal Days 2026 with Pat Cane, Mar 7; Sep 19 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: 2026 Dates TBA. jcondon@igc.org and alibel tallersalud.pa@gmail.com
- Argentina, Neuquén 2026: Trainings with Pat Cane, los Cerezos team April 25-26; loscerzosur@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 • Carolyn Brink • Alistair Amery • Desmond Kelleher
Kenneth Christmas • Anne Jennings • Victoria Post • Barbara Roose
Reinhart Lutz • Blanca Betty Jara Quiroga Abozaglo • Alice Waco



**CAPACITAR
International**

Healing ourselves, healing our world

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December, 2025

Dear Friends,

Greetings to you this season of light transforming the darkness of our times—with climate emergencies, war, violence, deportations of refugees and immigrants, poverty and disasters. As we celebrate the light of Christmas, Hanukkah, and Kwanza, our Capacitar teams are more than ever committed 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 during this season of light to 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 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 climate activists
- Trainings for healthcare professionals who deal with burnout in the US, Europe, Asia 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 during this season of light,

Pat Cane

Capacitar International Founder/ Executive Director



Capacitar Ireland Renewal Day with members from all of Ireland, October 2025