



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 works
 with grassroots
 people in over
 35 countries.

Capacitar: Planting Seeds For Peace — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

During recent months Capacitar International teams have been busy offering tools for peace and renewal in places of trauma, disaster and violence. This newsletter gives a brief overview of work in many new places.

Southern Sudan

Dr. Genevieve van Waesberghe, MMM, offered Capacitar trainings in Juba for women from six dioceses as part of a program, Women Planting Seeds for Peace. The following are excerpts from her letter.

Much credit for the Capacitar Juba training goes to Cathy Arata, SSND, who organized it despite many difficulties. Some of the 36 women participants had to be brought by plane and others had long journeys by road (*photos right*). These were very determined women who have suffered a lot, want peace and are engaged to work for peace as Southern Sudan prepares for independence on July 9, 2011. As I write this report, the disputed region of Abyei has been under attack from the North in order to derail the peace process. But people are very united in working and praying for peace. We trust that this is creating a new field of energy that will effectively bring peace.

The women appreciated the explanation on trauma. It liberated them because often they are ashamed to be traumatized. Some privately admitted that they did not realize they were traumatized and now they have tools to care for themselves. After feeling relief from their stress and painful memories, some wanted to share what had happened to them. I was amazed by the calm with which they were able to speak. One woman had been abducted by LRA (Lord's Resistance Army) but was one of the 'lucky ones' who was brought back. She was disturbed by nightmares and hearing voices of her companions crying 'do not leave us alone'. Another woman told me that she had to separate from her husband. They loved each other but both were traumatized and often had outbursts of anger and violence



with each other. One spoke of the effects of trauma on her first child who cannot concentrate at school. We were all touched by a woman whose brother (a father of 7 children) was killed in Juba during the workshop. She heard about it at the end of the second day. His body had already been brought back home and buried. The woman said she would continue with the training because she was committed to peace. What she was learning would help her to help her family and community. Everyone expressed their gratitude for the training. One said: I now know I can heal, and have hope to be able to help my husband and children.



Nurses, administrators and staff of Holy Family Hospital, Bethlehem

Bethlehem, Palestine

The following is a brief report by Pat Cane on her Mideast work.

As our Capacitar Mideast Network grows, it has been important for me to also work in Palestine where our team from Israel cannot go. After the training in Northern Galilee, we did short workshops in Akko (for Arab teachers), in Karmiel and Tel Aviv. Then I moved behind the separation wall to a guest house in Bethlehem for five days. In Bethlehem I worked with 36 men and women who form part of the staff at Holy Family Hospital which offers maternity services to Palestinian women and families. Over 3300 babies were born at Holy Family last year. For most, this was the first time they had been exposed to energy healing practices. Many dealt with constant stress from their work as well as the violence. I also had a fun workshop at the nonviolence center Wi'Am teaching US college students and young Palestinians skills they could use at their summer peace camp for youth.

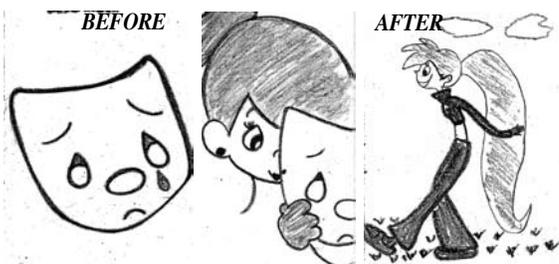
Capacitar 2011: U.S. & International Outreach



Kathy Braun and Rita Specht leading a Capacitar group with women detainees in El Paso, Texas

Capacitar in Detention Centers

When several women at the El Paso Detention Center showed signs of great depression and trauma, Jesuit Refugee Services Chaplain Richard Sotello, SJ, invited volunteer chaplains, Kathy Braun, SSSF, and Rita Specht, RSM, to develop a Capacitar program. Since February, Kathy and Rita have offered three cycles of weekly meetings under the spiritual counseling program of Homeland Security for women awaiting hearings or deportation. Because of the positive outcomes from the initial pilot with women, the Capacitar program has also been approved by detention center officials for outreach to men. Richard and members of the Capacitar en la Frontera team will offer workshops for men detainees.



At the closing session of one 5-week cycle, participants were asked to reflect on the physical, emotional and spiritual changes they noticed and to make a drawing of themselves before and after Capacitar. One woman "Maria" drew the pictures on the left. Maria had lost her children and was awaiting deportation, but with the Capacitar tools she could take off her mask and live with peace and inner freedom. Other participants reported that the practices helped alleviate headaches, insomnia and nightmares. The women detainees have more energy and inner peace as they face reality in the detention center without their families.



La Casa de Maria, Santa Barbara, CA has hosted trainings since 2003

Multicultural Wellness Education Trainings

Capacitar currently offers Multicultural Wellness trainings in 15 countries: the United States, Ireland, Northern Ireland, England, Scotland, Israel, Panama, Nicaragua, Argentina, Chile, Brazil, Kenya, Tanzania, Rwanda and Uganda. Participants include a broad cross-section of men and women from grassroots leaders to professionals who learn the Capacitar methods and then apply them in their lives and outreach.

In the Santa Barbara training at La Casa de Maria, one woman is a professor of education at UCSB and also directs educational programs for her Chumash Reservation. Another woman from Argentina works with Hospice as well as with the Hispanic community in Santa Cruz. Two principals are also participating—one directs a charter school in Santa Barbara, another heads an elementary school in Camarillo. In our Cincinnati inaugural training at Transfiguration Center, participants come from four states. Two women work with the Cincinnati YWCA shelter and one woman is a social worker at Tender Mercies, a project for the homeless. Two professors come from the Theology Department at Xavier University, and a professor of education and disability comes from Kentucky. Two women represent Hearts for a Safe Harbor, a nonprofit working with former child soldiers and youth in Gulu, Uganda. Because of the wide range of experience, exchange among training participants is rich and empowering.



Transfiguration Spirituality Center inaugural group, Cincinnati, OH 2011

Capacitar on the GO—Wendy Ostrow, MSN, NP

As a volunteer with the Red Cross, I was recently deployed to Georgia for the tornadoes. My role was Supervisor in Staff Relations, a new job for me. I have been with Red Cross disaster services for many years. With this deployment I found that the stress and fatigue I experienced were mitigated by use of Capacitar skills I learned from my recent training at La Casa de Maria.

When I packed my bag for this trip it was easy to bring along my fingers and hands and body memory that I gained from daily practice of Tai Chi and meditation. My work days in Georgia ran from 12 to 14 hours with constant demands, delays and unplanned-for crises. By day five I was waking early with anxiety from the thought that I had forgotten something important. So

I would close my eyes, breathe deeply, do the finger holds, and soon be back to sleep. When I arose at 6:00 am, I did Tai Chi with my morning routine of stretching and meditation. During the day when I would feel overwhelmed, I placed my hands on my head or tapped or gently held acupressure points to release pain or tension and to promote calm. During meetings when the energy was intense I sat with my ankles crossed and my fingertips touching, to stay centered and present so I could listen and respond with compassion. Although I did not always maintain complete peace and wisdom, I was able to find my center in the midst of the storm, clear myself by becoming aware of my fatigue and low energy, and then use the simple and exquisite protocols I learned from Capacitar. Wendy Ostrow, a Capacitar board member, is currently in the Santa Barbara training.



Capacitar in Myanmar—Eileen Brady, MM *(Excerpts from Eileen's letter from Myanmar)*

How could a month go so fast? It was with anticipation that my eyes scanned the ground with miles of green fields on the flight from Bangkok to Myanmar. I came with the hope of sharing Capacitar with groups of people suffering from HIV/AIDS. I hope that they benefited and were blessed with renewed life.

The day after arrival we flew from Yangon to Myitthinya in Kachin State. They have a local YMCA here that provided beds with warm blankets and a place to get hot water in the morning for that long desired 'cuppa'. Irish Columban Sister Mary Dolan runs Hope House for people who are critically ill. She also has a program for helping women "survivors" to develop cottage industries. We had two days of Capacitar workshops for each group, with good food and lots of fun. Tai Chi was an all round favorite, with the head, neck and shoulder massage running a close second!

The next part of the journey was a 22-hour train ride to Mandalay, a place of great beauty. The countryside is filled with lush foliage and Buddhist temples, one of which houses the Golden Buddha. Crowds of people come in pilgrimage everyday to bring flowers and incense. We witnessed a special religious procession: a little boy was riding an elephant followed by a little girl on a decorated horse, and finally, a large procession of people. Families and friends were bringing these young children to live in the temple for a week, signifying their lifetime dedication to the Buddha. We also walked the longest teakwood bridge in the world, and watched the sun set in brilliant shades of red, as fishermen paddled in with the day's catch.

Our journey then turned south and we returned to Yangon for two more Capacitar workshops. The first was for some young people involved in aerobics who jumped into this with enthusiasm. There was great interest in learning about trauma and how Capacitar practices heal the after effects. The last group was in a diocesan setting for sisters and laity who worked in parishes. When we finished, the people offered invitations for other places! I felt happy with their interest and sad because my 30 days were coming to a close. I am sure that the people will carry on the sharing of Capacitar in the months to come!

Eileen Brady is a Maryknoll Sister working in East Timor. She was invited to Myanmar to work as a volunteer with AIDS groups.



Eileen Brady (right) at Hope House, Kachin State Hospice



Chile: *The trauma training was led by Mary Litell, OSF.*

Trauma Healing in Chile

Reflections from Chilean women participants

"We are a network of more than 30 women from various organizations in Chile. Many of us have had experience of Capacitar and we use the practices in our work of empowerment. Because we are now responding to people traumatized by the continuing earthquakes, we know that we need to deepen our understanding of the Capacitar approach to trauma and transformation. It is a holistic way of empowerment for the healing of ourselves, our communities and our planet that fits well with our own way of work. Through the training we entered into a process of deep listening to the wisdom of our bodies, to one another and to the transformation that is emerging in communities here in Chile. The vision of Thomas Berry and Joanna Macy, the concept of wellness as a continual process, and the sense of an emerging universe, all provided a context for our work with the healing practices of Capacitar. We have committed ourselves to this process and will be meeting again to support one another in our participation in this moment of global transformation. The realization that we are part of a much larger circle of healing and transformation is a tremendous gift!"



El Salvador: *Participants who completed the El Salvador training led by Joan Condon represent neighborhoods in San Salvador and in Cuscatlán. (above)*

Tanzania: *(right) Training for Arusha Mental Health staff was facilitated by Genevieve van Warsberghe, MMM.*



Argentina: *(left) Pat Cane led two Capacitar retreats for large groups in Resistencia and Cordoba, coordinated by the Eco-Spirituality Center, Los Cerezos. The growing Capacitar network in Argentina represents many grassroots leaders along with psychologists, social workers, teachers, spiritual directors and religious. Los Girasoles (The Sunflowers), a wonderful center for children with disability, was the site for the Resistencia retreat.*



Israel: *(left) Capacitar Middle East Network completed the first training led by Pat Cane, with participants from many parts of Israel. A new training is scheduled to begin in November.*

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East Timor

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Dilyana Daten

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Middle East Network

Lora Hillel

Asmahan Mansur

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Irene Lukefahr BVM • Joan Condon • Mary Litell • Pat Cane

Gifts Made In Memory of

Tom Condon • Austin Wright • Sr. Elizabeth Peplow, CSJ • Charles Ostrofe • Lia Meyer

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Requests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2011

2011

- Jul 14-16 Trauma Healing Training 1, Rwanda
- Jul 18-20 Team meetings, workshops, Rwanda
- Jul 22-23 Uganda Training, Jinja
- Jul 24-25 Uganda Teachers workshop, Masaka
- Aug 20-21 Capacitar Panama Training 1 Colon, Panama
- Aug 23-24 CEASPA training for groups working with refugees, Panama City
- Aug 27-28 Training 3, Transfiguration Spirituality Center, Cincinnati, OH
- Sep 10-11 Training 1, Tau Center, Wheaton, IL
- Sep 16-18 Training 3, La Casa de Maria, Santa Barbara, CA
- Sep 16-18 Training 3, San Francisco, CA
- Sep 24-25 Training 2, Mater Hospital, Nairobi Kenya
- Oct 1-2 Training 1, Ballygriffin Presentation Centre, Cork Ireland
- Oct 6 Introductory workshop, Focus on Recovery, Middletown, CT
- Oct 8-9 Training 1, New York, NY
- Oct 8 Capacitar Formation 1, Dublin, Ireland
- Oct 9 Capacitar Formation 1, Cork, Ireland
- Oct 15-16 Training 2, Dublin, Ireland
- Oct 18-19 Training 1, Belfast, Northern Ireland
- Oct 21-23 Training 2, Juba, Republic of Southern Sudan
- Oct 22-23 Training 1, Edinburgh, Scotland • Oct 24 Team Formation, Perth, Scotland
- Oct 27 CAFOD workshop, London, England
- Oct 29-30 Training 1, Hammersmith, London, England
- Nov Trainings in East Timor and Indonesia
- Nov 4-6 Training 2 Jinja, Uganda
- Nov 4-6 Training 4 San Francisco, CA
- Nov 5-6 Training 2, Tau Center, Wheaton, IL
- Nov 9 Capacitar workshop, Hearts for a Safe Harbor, Youngstown, OH
- Nov 12-13 Training 4, Transfiguration Spirituality Center, Cincinnati, OH
- Nov 18-20 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 23-25 Training 3 Arusha Mental Health, Arusha Tanzania
- Nov 24-26 Training 1, Middle East Network, Kadarim, Israel
- Nov 27 Formation Day, Capacitar Middle East Network
- Nov 28-Dec 1 Workshops in Israel and Palestine
- Dec Training 3 Mater Hospital, Nairobi, Kenya
- Dec 15-17 Nicaragua Dance Retreat, CANTERA, Managua

2011-2013 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org CEUs
2012 Training: Mar 16-18 Jun 8-10 Sept 14-16 Nov 16-18
- San Francisco, CA Mary Litell, Angelina Cahalan 415-592-2727 capacitarSF@gmail.com
2012 Training: Dates TBA
- Wheaton Illinois, Tau Center, A Spirituality Ministry of the Wheaton Franciscans
Training 2011 Sep 10-11 Nov 5-6 2012 Mar 24-25 Jun 2-3 630-909-6805 www.taucenter.org
- Cincinnati, OH, Transfiguration Spirituality Center, cretreats@gmail.com 513-771-2171
2012 Training: Jun 30-Jul 1 Sep 22-23 Nov 3-4 2013: Jan 19-20
2013 Training: Apr 20-21 Jun 29-30 Sept 21-22 Nov 23-24
- New York, NY Maureen Jerkowski maureenj56@gmail.com, Joan Condon, jcondon@igc.org
2011 Training: Oct 8-9 2012: Jan 14-15 Apr 21-22 Jul 14-15
- Ireland Kathleen Day ijs_capireland@eircom.net
Dublin Training 2011: Oct 15-16 2012: Feb 4-5 May 5-6
Dublin Tutor Tr 2012: Feb 11-12 Apr 28-29 Oct 13-14 2013: Feb 9-10 toniryan@eircom.net
Ballygriffin, Presentation 2011: Oct 1-2 2012: Feb 18-19 May 12-13 Aug 4-5 albabvm777@yahoo.co.in
- Northern Ireland Ann Brady bradyann@hotmail.com
Belfast Training 2011: Oct 18-19 2012: Feb 7-8 May 15-16 Oct 10-11
- England: London Margaret Wilson RSCJ, Paula Nyunt capacitarengland@gmail.com
Hammersmith, London Training 2011: Oct 29-30 2012: Jan 21-22 May 26-27 Sep 29-30
Leeds, Training 2011: Nov 5-6 2012: Jan 28-29 Jun 2-3 Oct 6-7
- Edinburgh, Scotland Ali Newell, alinewell@aol.com James Kirk james.p.kirk@btinternet.com
Training 2011: Oct 22-23 2012: Jan 28-29 May 19-20 Oct 6-7
Team Formation 2011: Oct 24 2012: Oct 8
- Rwanda Trainings Antoinette Gasibirege, agasibirege@gmail.com capacitarwanda@yahoo.fr
2012 Dates: TBA
- Nairobi, Kenya Training Aine Campbell, RSM ainecampbell@yahoo.co.uk Dates: TBA
- Israel/Palestine training: Lora Hillel, Asmahan Mansur capacitarmiddleeastnetwork@gmail.com
Training 2011: Nov 24-26 2012: Mar 8-10 Jun 14-16 Oct 18-20

August, 2011

Dear Friends,

As daily we witness the floods, raging fires, oil spills, tornadoes, wars, economic crises and disasters that are touching our communities everywhere, it is important to see the signs of hope and resilience as people plant seeds for peace and healing, often in unlikely places. This newsletter shares some of the recent stories of hope from Capacitar teams who are committed to the process of healing and transformation in challenging places. We work to empower people in many countries and cultures to take on the Capacitar work for themselves, but we also continue to walk with them in solidarity for the long haul. People often ask, "When are you coming back?" And it is important to reassure them of our continued commitment. You, through your donations, are very much a part of Capacitar's network of hands and hearts reaching around the world.

As our work grows in 2011, your contributions make possible Capacitar's outreach in the US and in other parts of the world. We invite you to help support the following efforts with your generous donation:

- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa and the Middle East
- Work with Latino caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Continued collaboration with Restorative Justice Programs in the US and the Presentation Learning Center in Watts
- Trauma Healing Trainings for Palestinian and Israeli groups in the Middle East
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, Tanzania, Kenya, East Timor and Indonesia
- Continued workshops for people suffering from HIV/AIDS in African countries
- Trainings for groups in Southern Sudan and Northern Uganda to build peace after years of horrific violence
- Outreach to earthquake survivors and aid organizations in Haiti and Japan
- New outreach to Native Americans and First Nations peoples
- Outreach to refugee communities and detention camps through Capacitar en la Frontera.

At each Capacitar training we end with a circle of solidarity and gratitude remembering you, our generous supporters, along with the Capacitar family around the world. We cannot do this work without you. Thank you for your generosity and prayer. Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Women planting seeds for peace in Southern Sudan



Palestinian & US youth learn Capacitar skills for work in peace and nonviolence