



Creating Fields of Compassion — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

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
30 countries.

During 2010, Capacitar International worked in 24 countries on 5 continents offering trainings to over 3100 men and women from a broad cross-section of cultures and socio-economic backgrounds. Through the research and reflection project, 210 persons were interviewed and videotaped to study the impact of Capacitar's work on individuals, organizations and communities.

Reflecting on Capacitar's development in so many places, we recognize that we are part of a growing network of people who are contributing to an emerging new consciousness, empowering "a field of compassion" in the human family. Judy Cannato in her inspiring book, *Field of Compassion*, describes how one group of people daring to dream can create a morphogenic field sustained by the energy of focus and intention. "The more that energy increases, the more people join in, the more the field resonates with power and strength. . . As we become more spacious, more contemplative, more committed to the work and more imaginative in our approach, a Field of Compassion emerges and transforms us—and transforms our world."

In challenging places where Capacitar works we see this field of compassion emerging. In Juarez, Mexico, the Capacitar en la Frontera Network meets regularly to support and encourage families affected by the violence, extortion and daily murders of the drug cartel warfare in their neighborhoods. HIV/AIDS caregivers from Care Ministry in Port Elizabeth, South Africa, use Capacitar tools to compassionately minister to hundreds of the dying in their communities. In Southern Sudan, Capacitar workshops were offered as part of a diocesan movement of 101 Days of Prayer. People learned skills to be more

peaceful in themselves, so they can create peace in their families and communities to prevent further violence as Sudan prepares for the January 9th referendum vote on the independence of Southern Sudan.

In East Timor, Capacitar practices help school children impacted by the years of violence in the region. In Chile, Capacitar trauma healing methods empower earthquake and tsunami survivors to heal from their devastation. In Armagh, Northern Ireland, Capacitar practices are used with families and children in several schools to transform bullying and violent behaviors. In Dublin, Ireland, psychologists at Spirassi Centre integrate Capacitar practices in therapy sessions to transform the lives of torture survivors and asylum seekers. In the Middle East, Capacitar Jewish, Christian and Muslim women work together teaching Capacitar methods to heal their communities. In Watts, California, the Presentation Learning Center daily uses Tai Chi and other practices with Latino families to create peace and healing in neighborhoods impacted by gang violence. In Los Angeles, the Diocesan Office of Restorative Justice incorporates Capacitar methods in jail ministry and in support groups for family victims and survivors of violent crime.

As together we work to empower healing, we become part of a global process described by Cannato: "We are the universe coming to consciousness. We are the universe awakened to its own empowerment. . . As we embrace our power we embrace the world, and as we embrace the world we become instruments of grace that everywhere abounds. . . The journey will be messy. . . but journey we must, growing all the while in our capacity to become people of compassion."



Capacitar en la Frontera: Women and men of Juarez, MX and El Paso, TX creating a field of compassion in the midst of the drug cartel warfare

Capacitar International: New 2010 Outreach



Genevieve van Waesberghe led the first Capacitar workshops in Juba and Wau during the 101 Days of Prayer.

Southern Sudan

During the diocesan campaign for 101 Days of Prayer for a peaceful referendum in Sudan, Dr. Genevieve van Waesberghe, MMM, led eight Capacitar workshops in Juba and Wau working with over 300 men and women from Southern Sudan. Most participants have lived through very traumatic experiences witnessing massacres, ambushes, and raids, or have been refugees or soldiers. The workshops were coordinated by Cathy Arata, SSND, of Solidarity with Southern Sudan, in partnership with the Juba Diocese, Catholic Relief Services and other organizations. Participants included leaders from all the parishes of the Juba Diocese, representatives from the Ministries of Education, Information, Health and Social Affairs, UN-MIS, Radio Bakhita personnel, teachers, nurses, doctors, students and those working with street children, youth, and rural communities.

One field officer from Sudan Aid said: "Now we can overcome our anger and trauma, helping our families in a healthy way. We need to be healed because we are traumatized by a long war. We saw people killed, wounded, raped; we lost our dearest and we still suffer from what happened. After the Capacitar workshop we are released of our trauma and we can teach others."



*Alibel Pizarro with the first Capacitar training in Panama
Below: Isali Pizarro leading a women's workshop in Colon*

Panama: Refugee Outreach

The first Capacitar training in Panama was led by Pat Cane and hosted by Alibel Pizarro of CEASPA (Panamanian office for research and social action). Participants included 24 men and women representing organizations working with refugees from conflict zones and border communities—RET (Foundation for Refugee Education Trust), JRS (Jesuit Refugee Services), OIM (International Organization for Immigrants) and the Ministry of Education for Darien Province. All participants work with trauma among IDPs (internally displaced refugees), indigenous and Colombian refugees. Alibel Pizarro and Isali Pizarro will co-lead the development of Capacitar Panama. An in depth training is scheduled for August 2011.



Chile Trauma Healing Training



Mary Litell, OSF, is leading the Trauma Healing Training in Chile with 45 participants who work in areas devastated by the February earthquakes and tsunami.



Arusha, Tanzania

New outreach to a variety of groups is being developed in Arusha by Dr. Genevieve van Waesberghe. Workshops have been offered to teachers, students, psychologists, social workers and local leaders. One workshop involved a community of Shia Muslim women with 32 professional and grassroots participants. A 3-module in depth trauma healing training has been scheduled by Arusha Mental Health for 2011.



Northern Wales

Capacitar began first workshops in Northern Wales in collaboration with Noddfa Retreat Centre in Penmaenmaw. Sr. Mary Jo McElroy, co-director of Noddfa, coordinated 35 caregivers who came from different parts of Wales, as well as Liverpool, Essex, Cheshire, Leeds and other areas of England. A second workshop is scheduled at Noddfa for February 2-3, 2011.

Connecticut Training



A new Multicultural Wellness training began in September in Connecticut. Focus on Recovery, Apapro, and Good-Works, Connecticut-based service agencies, are sponsoring the program facilitated by Joan Condon. Participants come from Maine, Connecticut, New York and New Jersey, including social workers, educators, health workers and religious.

Capacitar Research Project—Joan Condon, MA

As part of the Research and Reflection Project funded by Trocaire, Capacitar interviewed 210 people who had completed one of the in-depth programs in order to assess the impact of Capacitar training on individuals and organizations. We conducted interviews with participants from the USA, Rwanda, Burundi, Nicaragua, El Salvador, Honduras, Guatemala, Argentina, Brazil, Ireland, Northern Ireland, England, and East Timor. We also sent questionnaires to those we could not interview directly, including persons from Honduras, Indonesia, Tanzania, Ghana, Canada, South Africa, England, and the USA.

At the individual level, 100% of those interviewed credited their use of Capacitar practices with positive individual change or transformation. One Timorese who works with an international organization serving children in East Timor said, "It reduced my anger and fear. My behavior changed. I control my emotions better and I am more patient in dealing with other people." A grassroots woman from Argentina said, "I have learned to take care of myself and manage situations so my health doesn't suffer." A woman who works on the US-Mexico border said, "When I do the exercises it makes a huge difference in my day. I can focus better; there's a lightness and ease in how I face the day." A therapist in Honduras said, "I am more in peace and harmony within myself. I've grown in acceptance of myself as I am, not as others want me to be." A woman from Ireland said: "I have embraced life at a deeper level. I am who I am, more than what I do." And a woman from Rwanda said, "I am free and happy. I can manage whatever happens with ease."

At the organizational level where the practices have been integrated, staffs report improved relationships among members of staff and better relationships with clients: more unity and support among staff and more welcoming and accepting behaviors with clients.

In other organizations, those trained by Capacitar are integrating the practices into their social service programs for children, seniors, prisoners, students, HIV/AIDS, immigrants and refugees, human rights activists, widows, etc. In Rwanda, Capacitar is being used with rural survivors of genocide. One woman reported that survivors say things like, "Now I can sleep like a child—I no longer have nightmares." In New York, Capacitar methods are used in an afterschool children's program, in anger management programs and in family weekends; in Massachusetts, in programs for the homeless. In Ireland, Capacitar is used in pre-school and school programs, public health and family service programs. In East Timor, Capacitar is helping people in schools and prisons.

Other research and reflections can be found on www.capacitar.org. Our website is also being redesigned to better share research, connect partners and exchange data and experiences from around the world.



Lucy Assam of Care Ministry uses Capacitar at Gelvan Park Centre for Frail Elderly



Volunteer caregivers at a recent Capacitar workshop in Port Elizabeth, South Africa

South Africa: Care Ministry—Port Elizabeth

One of the organizations with whom Capacitar has collaborated since 2003 is Care Ministry led by Director Moira Boshoff in Port Elizabeth, South Africa. The Southern African Bishops Conference (SACBC) AIDS Office funded the first Capacitar workshops for this organization, and since that time, there have been significant outcomes for staff and volunteers.

Moira writes: "Capacitar has had a major impact on the compassion and energy of all of us involved in Care Ministry. It is certainly a major factor in some of the results we have achieved in offering compassionate care and support to people in our communities who are struggling with trauma, violence, poverty and illness, especially HIV/AIDS, including orphans and vulnerable children (OVC). Most of our 104 volunteer care-givers, 7 supervisors and 3 staff have continued to receive Capacitar retreats and trainings and the multiplying effect has been phenomenal. The volunteers use the Capacitar practices regularly with their families, patients and communities.

The transformation in the lives of volunteers has been amazing. They have been given skills to deal with vicarious and continuing trauma, as well as their own personal trauma. Our data base of volunteers has been very constant over the years. We believe that investment in our Care for the Carer Programme has been extremely beneficial for the support and encouragement of volunteers in their work.

Volunteers who have been trained as Capacitar practitioners have also offered workshops to groups in their communities: Lucy Assam, Sheridan Hiles, Julia Giraud, Gail Gardner, Antionette Swigelaar, Ntombi Dyantje and Zelda Williams. They volunteer with: the Hankey OVC Project, Happydale Hope Centre for Mentally Challenged Young Adults, For Love of People After Care for Children, St John Cadets and Seniors, Ithemba Special Care Centre and Gelvan Park Frail Elderly Care Centre. The elderly enjoy the practices and take part enthusiastically. They look forward each week to the sessions and report that their bodies feel more energetic and flexible. At Happydale the shift in the young mentally challenged adults over the years has been a joy to observe. They love the practices, have come to know them well and even take turns in presenting to their peers. They often ask for the practices that they want!

We are so grateful for the wonderful support, guidance and wisdom gained in learning the practices and theory of Capacitar. But most important, we are grateful to be part of the spirit, embodying the heart of Capacitar!"

Moira Boshoff and Care Ministry recently won the International AIDS Award from CORDAID in Holland, and the Health and Wellness Award from the South Africa Business Coalition on AIDS and Port Elizabeth Chamber of Commerce.

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East Timor

Maria Dias

Indonesia

Nina Jusuf

Middle East Network

Lora Hillel

Asmahan Mansur

Gifts Made In Honor of

Joan Condon • Mary Litell • Pat Cane on their 70th Birthdays

Gifts Made In Memory of

Martha and Andrew Rebmann • Ester Pepper



Ester Pepper at a Cape Town training, 2005

We mourn the death of Ester Pepper, head nurse at St. Luke's Hospice in Cape Town, South Africa. Ester introduced Capacitar to staff and patients at Hospice and to many in her church community. Ester was a woman of great compassion who touched and inspired all of our lives.

CAPACITAR Calendar—2011

2011

- Jan 8 Capacitar Birthday Celebration, Unitarians, Aptos, CA
- Jan 11-13 Capacitar en La Frontera Meetings, El Paso TX/Juarez, MX
- Jan 22-23 Training 3 Presentation Center/Restorative Justice LA, Watts, CA
- Jan 29 Capacitar Ireland Gathering: Tutor Formation 1, Dublin, Ireland
- Jan 29-30 El Salvador Training 3, San Salvador
- Jan 31 Capacitar Scotland Gathering, Glasgow
- Jan Trainings in Kampala, Moyo and Gulu, Uganda
- Feb 2-3 Capacitar Workshop, Noddfa Retreat Centre, Northern Wales
- Feb 5-6 Training 3, Cork Ireland • Feb 8-9 Training 3, Armagh, Northern Ireland
- Feb 12-13 Training 3, Hammersmith, London, England
- Feb 17-19 Training 3 Butare, Rwanda • Feb 24-26 Training 3 Butare, Rwanda
- Mar 3-5 Training 3, Capacitar Middle East Network, Kadarim, Israel
- Mar 18-20 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 23-25 Training 1 Arusha Mental Health, Arusha Tanzania
- Mar 26-27 Training 4 Presentation Center/Restorative Justice LA, Watts, CA
- Mar 26-27 Training 3 Connecticut
- Apr 1-3 Retreat Buenos Aires, Argentina • Apr 8-10 Retreat Argentina
- May 7-8 El Salvador Training 4, San Salvador
- May 7-8 Training 4, Hammersmith, London, England
- May 10-11 Training 4 Armagh, Northern Ireland
- May 14-15 Training 4, Cork Ireland • May 21-22 Training 1, Dublin, Ireland
- May 22-24 Training 2 Arusha Mental Health, Arusha Tanzania
- Jun 4-5 Training 4, Connecticut
- Jun 10-12 Training 2 La Casa de Maria, Santa Barbara, CA
- Jun 16-18 Tr 4, CapMiddle East Network, Kadarim, Israel • Jun 19-25 Mideast workshops
- Jun 28 Keynote Presentation, Spirassi Torture Rehabilitation Centre, Dublin, Ireland
- Jul 2-3 Training 1, Ballygriffin Presentation Centre, Cork Ireland
- Jul 7-9 Trauma Healing Training Rwanda • Jul 14-16 Trauma Healing Rwanda
- Jul 21-23 Training 2, Kampala, • Jul 28-30 Training 1, Kampala, Uganda
- Aug 1-14 Trainings in South Africa: Cape Town, Port Elizabeth, Johannesburg
- Aug 20-25 Capacitar Panama Training 1 Panama City, Panama
- Sep 16-18 Training 3 La Casa de Maria, Santa Barbara, CA
- Oct 1-2 Training 2, Ballygriffin Presentation Centre, Cork Ireland
- Oct 8-9 Capacitar Tutor Formation 2, Dublin • Oct 15-16 Training 2, Dublin, Ireland
- Oct 22-23 Training 1, Glasgow, Scotland • Oct 29-30 Training 1, Leeds, England
- Nov 18-20 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 23-25 Training 3 Arusha Mental Health, Arusha Tanzania
- Dec Nicaragua Dance Retreat, CANTERA

2011-2012 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org CEUs
2011 Training: Mar 18-20 Jun 10-12 Sept 16-18 Nov 18-20
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
2011 Training: Jan 21-23 Mar 11-13 Jun 10-12 Sep 16-18
- Connecticut/Massachusetts: Rocio Chang, Ph.D. rchangv@yahoo.com
2011 Training: Mar 26-27 Jun 4-5 CEUs
- Ireland Kathleen Day ijs capireland@eircom.net
Dublin Training 2011: May 21-22 Oct 15-16 2012: Feb 4-5 May 5-6
Dublin Tutor Formation 2011: Jan 29 Oct 8-9 2012: Feb 11-12 Oct 13-14 toniyan@eircom.net
Cork.Ballygriffin.Presentation 2011: Jul 2-3 Oct 1-2 2012: Feb 18-19 May 12-13 alpapbvm777@yahoo.co.in
- England: London Margaret Wilson RSCJ, Bronagh Heaney capacitarengland@gmail.com
Hammersmith Training 2011: Feb 12-13 May 14-15
Leeds Training 2011: Oct 29-30 2012: Jan 21-22 May 26-27 Sep 29-30
- Glasgow, 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
- Rwanda Trainings Antoinette Gasibirege, agasibirege@gmail.com capacitarwanda@yahoo.fr
2011: July 7-9 Jul 14-16 2012: Feb 23-25 Mar 1-3 Jul 12-14 Jul 19-21
- Israel/Palestine training: Lora Hillel, Asmahan Mansur capacitarmiddleeastnetwork@gmail.com
Training 2011: Mar 3-5 June 16-18 2012-2013 Training Dates TBA
- Wheaton Illinois, Tau Center, A Spirituality Ministry of the Wheaton Franciscans
Training 2011 Sep 10-11 Dec 3-4 2012 Dates TBA 630-909-6805 www.taucenter.org
- Cincinnati, OH Convent of Transfiguration Spirituality Retreat Center 513-771-5291
2011 Training: Apr 16-17 Jun 4-5 Aug 27-28 Nov 12-13



November, 2010

Dear Friends,

Greetings to you from Capacitar as we come to the end of 2010 and take time to give thanks during the holidays. We are most grateful to you for all the support you have given to Capacitar this past year. It has been a challenging time for everyone, especially the poor and underserved in America and around the world. Because of global disasters, violence and trauma, Capacitar has been even more in demand with requests for trainings frequently coming to our office. Your continued contributions have empowered new outreach as needs have arisen and we have been called upon to respond.

I am writing this letter of appeal from South Africa as I finish a seven-week working trip in four countries. Sometimes during a long journey I wonder if Capacitar is really making any difference. And then I visit a community with whom I have worked over the years and I am humbled by my questioning. I had that experience last week in Port Elizabeth when I visited Care Ministry, an organization of 104 volunteer caregivers headed by Moira Boshoff, that offers home-based care to over 500 people with HIV/AIDS in the townships around PE. (HIV in the Eastern Cape is now estimated at 35-40%.) I have worked with Care Ministry since 2003, so it is always a joy to return to this group to share more of Capacitar. These volunteers are themselves poor, but they so value Capacitar that they held bake sales in order to raise the money for my flight to PE. As I watched caregiver Lucy Assam (pictured below) leading Capacitar practices with a group of poor and intellectually-challenged youth at Happydale, I saw the joy and empowerment that she awakens in the people around her. Lucy and her colleagues have taken Capacitar to heart and it is making a difference! Care Ministry is an inspiring example of the many remarkable organizations with whom Capacitar is privileged to collaborate.

As we move into 2011 and a new year of outreach, your support will help Capacitar continue to partner with many groups, like Care Ministry, in the US and in other parts of the world. We plan to offer the following programs and trainings:

- Multicultural Wellness Trainings in ten countries (in the US, Latin America, Europe, Africa, the Middle East)
- Work with Latina caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Continued collaboration with Restorative Justice Programs in LA and the Presentation Learning Center in Watts, CA
- Trauma Healing Trainings for Palestinian and Israeli groups in the Middle East
- Trauma Healing and Leadership Trainings in Rwanda, Uganda, Congo DRC, Tanzania and Kenya
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Eastern and Southern Africa
- New trainings for groups in Southern Sudan and Northern Uganda
- New outreach to earthquake survivors and aid organizations in Haiti.

This holiday season we again ask you to share your resources so that Capacitar can continue to empower the lives of those living in some of the most desperate places. Your contribution to Capacitar will be multiplied many times over through the cascading effect of our approach. Thank you for your generous support and prayer. Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director

