Capacitar: A Global Celebration — Patricia Mathes Cane, Ph.D. Founder/Co-Director

In July we came together from many parts of the United States and from communities along the Mexican border for our first U.S. Capacitar Conference. The gathering celebrated the empowering spirit and growing network of Capacitar, working together to heal and transform ourselves and our world. We were all inspired as participants shared what they were doing in their own families and communities to be a source of peace and healing. And we all recognized the importance of each person’s commitment at this time of global violence and trauma.

More than ever the work of Capacitar involves learning how to see; learning how to live in the eye of the hurricane of violence and desperation with deep peace and presence; learning how to be a source of healing and grace for those around us. There is a poignant story of paleontologist and mystic, Teilhard de Chardin who worked as a stretcher bearer in the trenches during World War I. Someone asked him, how do you see beyond the war and the dying? And he responded: I don’t see beyond it, I see into it. It is the earth that bleeds, it is all humankind that bleeds. And nothing is profane for those who truly see.

Closing ritual of the first U.S. Capacitar Conference with participants from 10 states, Mexico and border communities—San Diego, CA

Capacitar continues to learn from grassroots people how to truly see, how to see into the violence and trauma around us, how to work with love and commitment for the long haul. In our recent visit to Honduras and Nicaragua we worked with groups with whom we have walked in solidarity from our earliest years. Life is more difficult for people there with growing poverty, violence, environmental degradation and corruption at all levels. Yet through it all their spirits are ever brighter and their commitment ever stronger. As friend Gladys Lanza, former Honduran union leader and head of Centro Visitación Padilla, commented, “In the midst of it all our work is actually very simple: to awaken to our true nature and to bring love, forgiveness and healing to ourselves and to those around us.”

In his book Essential Spirituality, Roger Walsh M.D. 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.” As Capacitar we celebrate the human family awakening, and we open our hands and hearts to be part of the healing.
CAPACITAR Global Network of Teams, Multipliers & Partners

In our international programs and collaborations, Capacitar teaches simple wellness practices, such as Tai Chi, acupressure, breathwork, visualization and meditation. Our methods, based on ancient traditions as well as current research, have been field tested with thousands of people in many different cultures. We use an empowering popular education approach, rather than a therapeutic model, placing tools in people's hands to awaken their own wisdom and capacity to heal and transform stress and trauma in themselves, their families and communities. Capacitar is especially committed to grassroots people living in places of violence, poverty and trauma.

As a California-based nonprofit organization, Capacitar has an international team of trainers whose job is to offer workshops, mentor leadership and form potential teams in different countries. People who participate in workshops or trainings are called multipliers, using Capacitar practices in their lives, professions and community outreach. As groups form in different countries, they are free and independent, developing in the spirit of Capacitar the network or structure appropriate to their culture and situation.

In some countries there are well-established Capacitar teams and centers (El Salvador and Chile). In other places Capacitar works in partnership with community organizations and established centers who use our methods (Honduras, Nicaragua, Guatemala, East Timor, Indonesia, Southern Africa). In other places Capacitar trainings are sponsored by Centers or organizations whose spirit is consistent with the vision of Capacitar (Center to BE, Milwaukee, WI; La Casa de Maria, Santa Barbara, CA; Good Samaritan Hospital Parish Nurses, Cincinnati, OH; Bienestar Familiar, El Paso, TX).

For more information see our new website: www.capacitar.org.

**Capacitar Programs**

- **Multicultural Wellness Education**: Wisconsin, California, South Africa, Ireland, Northern Ireland; past trainings in: Kentucky, Ohio
- **Trauma Healing & Transformation**: California, Tanzania, Southern Africa, East Timor, Indonesia; past trainings in: Honduras, Nicaragua, Guatemala, Colombia, Ireland, Northern Ireland
- **Healing Ourselves, Healing Our World**: basic workshops offered in 25 countries since 1992
- **Capacitar for Children**: for children, schools, families offered in U.S., Indonesia, East Timor, No. Ireland; Capacitar for Kids Pilot in Cincinnati Catholic Schools by Good Samaritan Hospital Parish Nurses
- **Capacitar for Universities**: University of California Santa Cruz
- **Consultation, Retreats, Individual Programs**
- **Regional/National Gatherings**: US, Mexico, Central America

**Capacitar’s Manuals**

- **Trauma Healing & Transformation** (English 2000, Spanish 2002—published in California, Nicaragua, Colombia)
- **Capacitar Manual** (Haitian Creole version 2003)
- **Capacitar for Children** (English 2004, Spanish 2005)
  Capacitar for Kids—2003-4 Pilot in collaboration with Good Samaritan Hospital Parish Nurses-Cincinnati Catholic Schools
- **Living in Wellness Series**:
  - For Families, Caregivers and People with HIV/AIDS (English 2003, Spanish 2005)
  - For Families, Caregivers and People with Cancer (English 2004, Spanish 2005)
- **Manuals to be Developed**:
  - Leadership & Organizational Development
  - Reconciliation & Nonviolence
  - Living in Wellness: For People in Recovery
Capacitar has Teams, Partners and/or Multipliers in:

- **UNITED STATES**: Arkansas, California, Colorado, Florida, Iowa, Illinois, Kentucky, Massachusetts, Minnesota, Mississippi, Missouri, New Mexico, New York, Ohio, Oregon, South Dakota, Texas, Virginia, Wisconsin
- **CENTRAL AMERICA**: El Salvador, Guatemala, Honduras, Nicaragua
- **SOUTH AMERICA**: Argentina, Bolivia, Brazil, Colombia, Chile
- **CARIBBEAN/MEXICO**: Belize, Haiti, Dominican Republic, Chiapas, Tijuana, Juarez
- **AFRICA**: South Africa, Botswana, Swaziland, Lesotho, Tanzania, Kenya
- **ASIA PACIFIC**: East Timor, Indonesia (Java, Bali, Sulawesi, Sumatra, The Moluccas)
- **EUROPE**: Ireland, Northern Ireland

*Photo Above: Natalia Hernández (San Diego/Tijuana) mixes the soil of Mother Earth brought by US Conference participants from many regions where Capacitar works.*

*Left Photo: Patricia Zermeno (Santa Barbara, CA/Mexico) and participants take the ritual soil to share with their families and communities back home.*

*Center Photo: Conference Coordinator Joan Condon and the San Diego Core Team, Virginia Mejía, Natalia Hernández, Sofía Flores, are congratulated for their great spirit and a job well done.*


**CAPACITAR Calendar—2004**

- August Trainings in Tanzania and Kenya
- August 14-15 Capacitar/Training 1—Catholic Charities, San Jose, CA
- August 21-30 Trainings in El Salvador
- August 20-25 SACBC AIDS Trainings, Gabarone & Francistown, Botswana
- August 27-September 5 Trainings in Johannesburg & Capetown, ZA
- September 6-9 SACBC Training Port Elizabeth, ZA
- September 11-21 Trainings in Ireland/ Northern Ireland
- September 20-23 Leadership training in Alamo, Texas
- September 24-26 Training 3, Center to BE, Milwaukee, WI
- September 27 Capacitar for Kids Teacher in-service, Cincinnati, OH
- September 27, 28 Cincinnati evening workshops
- October 2-3 Capacitar Retreat in Appalachia, VA
- October 8-10 Trauma Training 1, Orange, CA, Sisters of St. Joseph
- October 8-10 Bi-Lingual Training 2, Casa de Maria, Santa Barbara, CA
- October 16-17 Training 2, Capacitar/Catholic Charities, San Jose, CA
- October 23-24 Trainings in Lensotho
- October 27-Nov. 4 Training 4 in Johannesburg & Capetown, SoAfrica
- November 5-12 SACBC AIDS Trainings in Capetown, KwaZulu/Natal
- November Trainings in Indonesia and East Timor
- November 15-16 SACBC Training in Swaziland
- December 5-13 Trainings in Belize
- December 3-5 Training 4, Center to BE, Milwaukee, WI
- December 8-12 Trainings in El Paso, TX/Juarez, Mexico
- December 17-19 Training, Angela Center, Santa Rosa, CA

**CAPACITAR Staff, Board and Advisors**

**Founder/Co-Director**
Patricia Mathes Cane, Ph.D.

**Co-Director/Program Director**
Joan Rebmann Condon, M.A.

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Gladys Lanza
Mexico—Tijuana/Chiapas
Natalia Hernández

**Gifts Made In Honor of**
Joan Condon • Pat Cane • Jennifer Blehm • Joan Lohman • Mary Duennes

**Gifts Made In Memory of**
Dorothea Allison • Tom Condon • Eileen Gargan • Bill McGee
Jack Seiquist • Page Prescott • Barry King • Julia Bezck

**In Loving Memory of**
Dorothea Allison who worked for two years on the Capacitar staff

**A Special Thank You to**
Larry Bursch, Capacitar volunteer, for his time, support & generosity

**2004-2005 Trainings—Multicultural Wellness Education**

- **Wisconsin Training:** 2004: Apr 2-4 June 4-6 Sep 24-26 Dec 3-5
  2005: Training: Apr 15-17 June 3-5 Sept 9-11 Dec 2-4
  Center to BE, Milwaukee, Marjorie Wilbur (414)672-5932
  wisctobe@execpc.com

- **South Africa: Johannesburg**
  For information: Sharon Ries sries@iafrica.com
  Johannesburg: 2004: Jan 27-29 May 28-30 Aug 30-Sep 1
  2005: Mar 4-6 May 29-30 Nov 2-4

- **South Africa: Capetown**
  Information: Sharon Johnson bookingsforafrica@djalmg.com
  Capetown: 2004: Jan 23-25 June 1-3 Sept 3-5 Oct 23-31

- **Dublin, Ireland/No. Ireland:**
  For information: Toni Ryan toniryan@tinet.ie
  Cycle 2-Dublin: 2004: Sep 11-12 Feb 12-13 May 7-8

- **2004-2005 Trauma Healing Training—Orange, CA, Sisters of St. Joseph**
  Contact Sr. Sharon Becker: sbecker@csporange.org

**NEW ADDRESS**
Capacitar International Inc.
212 Laurel Street, Suite 210
Santa Cruz, CA 95060
Tel/FAX 831-471-9215 www.capacitar.org

**REMEMBER CAPACITAR IN YOUR ESTATE PLAN**
Bequests - 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.
The legal name is CAPACITAR International, Inc., Santa Cruz, CA

**Gift Capacitar With**
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Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815

**FREQUENT FLYER MILES**
Support our outreach to areas of conflict and violence: We need miles or tickets to:
Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000 miles)
Central America, South America (35,000-50,000 miles)
If you can help us with miles, call the Capacitar office at (831)471-9215