



CAPACITAR— Women Planting One Heart

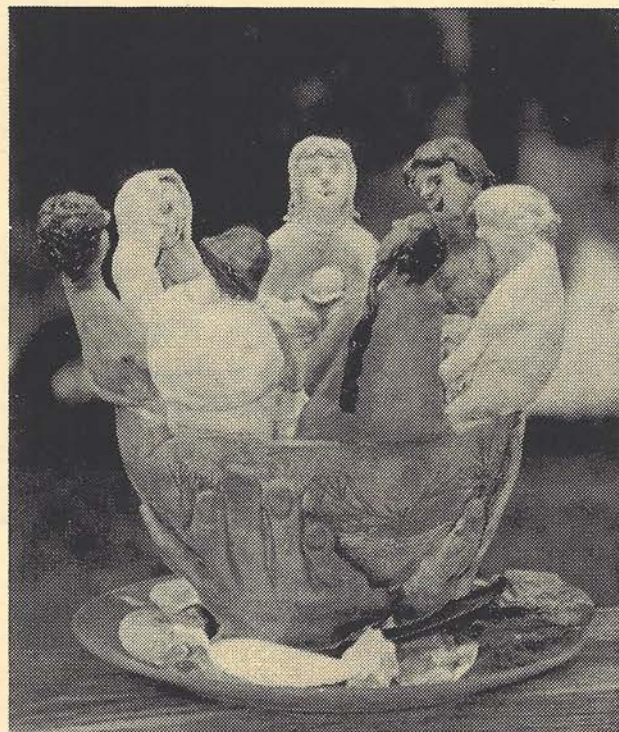
An International Network of Empowerment and Solidarity

Learning Fierce Compassion

When CAPACITAR coordinated the Healing Tent in China three years ago for the World Conference on Women, everywhere we traveled we met the presence of Kwan Yin, the Goddess of Compassion. Like Mary for Christians and Tara for Hindus, she comes to our aid when we call out to her. China Galland tells us of Kwan Yin and Tara in her inspiring new book The Bond Between Women, A Journey to Fierce Compassion. Kwan Yin is the bodhisattva who became enlightened and chose to stay in the world to relieve the sufferings of others until all had attained enlightenment. Tara, standing against all tradition, vowed to become a buddha enlightened as a woman, "because she thought it would be more useful and instructive of people to see a woman become a buddha."

The commitment of Kwan Yin and Tara is likewise the mission of CAPACITAR—enlightened as women, to bring healing and transformation to our world. China Galland describes the fierce compassion needed as we stand in truth facing the injustice and suffering around us and within us: "I could not face the world's pain until I faced my own. Paradoxically I could not pass through that narrow place until I was willing to attend more deeply to the pain of others. . . We are always guided, always cared for, always healing, moving inevitably toward wholeness, even when we cannot yet see it for all the pain and difficulty that surrounds us." In the history and wisdom myths of the world we are reminded that "the divine feminine rises up when the world is in danger, that help comes from forgotten quarters, from what has been cast out, lost, rejected, and marginalized, and that what we have cast out is what saves us, what becomes the cornerstone for a new foundation."

In recent travels and CAPACITAR workshops, we met this divine feminine arising with great compassion in many places. This issue of the newsletter will share stories of some of these women. One woman who coordinated our Boston workshop, especially stands out—Louise Dunlap from Cambridge, Massachusetts. Louise had just returned from two month's participation in the Interfaith Pilgrimage of the Middle Passage. With eighty men and women representing many faiths and cultures, Louise walked through the deep South to heal the wounds of racism fostered by the history of slavery. Louise shared how her ancestors in Virginia had been slave owners, and her ancestors in California had abused the indigenous peoples. She poignantly described how in the name of her forebears she wanted to heal and transform their legacy of racism and violence. Without judgment she saw them as people, like all of us, blinded by



WOMEN ON THE EDGE OF THE EARTH Upheld by multi-colored hands of many cultures, women sit on the edge of the earth doing the many compassionate tasks that nourish life. An indigenous woman weaves, an oriental woman plays her lute, an Arabic woman bakes her bread, a Hindu woman prays, a Caucasian woman teaches a child, an Eastern European woman harvests her vegetables, an African woman works her pottery.

Artist—Sr. Corlita Bonnarens RSM

the culture and mores of their times. Louise said she often felt her ancestors' presence as she participated in rituals of healing in places where slaves had been brutally beaten or murdered. She sensed that her forebears had awaited her birth so that they, too, could be freed of the violence and hatred with which they had lived.

Like Louise, at this time on the planet, we too must address with fierce compassion the legacy of our forebears, as well as our own woundedness, so that the patterns and attitudes that are destroying us all may be healed and transformed.

There is a beautiful story told by the Vietnamese monk Thich Nhat Hanh to encourage our action. Whenever we do good, we are surrounded by many bodhisattvas and wise beings who wait to pat us on the head in encouragement. As we move into the fall and winter months and the year preceding the new millennium, we are encouraged to take time to go deep within, as well as look around, to learn fierce compassion and follow our own unique path of healing.

—PAT CANE, FOUNDER/ EXECUTIVE DIRECTOR

CAPACITAR is network of women who share a desire to heal and empower themselves, as well as heal and transform their groups and societies, especially those living in areas of poverty and violence; who believe that through nurturing, listening and responding to the deeper wisdom of body and spirit, it is possible to bring peace and healing to our world.

The CAPACITAR network includes women, as well as men, from diverse countries, cultures, generations, socioeconomic backgrounds and experiences, who encourage and support a spirit of solidarity and hopeful interchange.

CAPACITAR shares techniques of healing, team building and self-development with women leaders to encourage physical and spiritual transformation, working in such a way that all involved are empowered to act out of their own source of strength and wisdom.

CAPACITAR connects women through an international network of solidarity, building relationships of cultural and personal understanding, responding to needs identified by community groups within a country.

Our name, CAPACITAR, is a Spanish word meaning to empower, to encourage, to bring forth.

Our logo comes from a pre-Columbian design of the lotus. For us it symbolizes the creativity and empowerment of women—coming to life, rooted to the earth, birthing new life, joining together, empowering each other.



Meet the Staff

Often we are asked, "How many people are part of CAPACITAR?" Our response usually is, "We've stopped counting!" In a world of statistics, numbers are important. In a world of healing and compassion, numbers can't tell the story of the many people whose lives have interconnected with ours. So we stand in wonder as a "capacitar" spirit takes root in eleven states and ten countries, with new seeds being planted all the time. In the daily running of the nonprofit organization, there are several staff members and volunteers whose work and dedication are invaluable to CAPACITAR.

Joan Condon, International Coordinator, has served as Board member, treasurer and volunteer for two years. Joan coordinates international outreach, and is writing a manual in grassroots leadership training and organizational development. Often groups fail because members do not have the necessary organizational skills. Joan will bring this training component to future workshops.



Left to right: Alice Godfrey MD, 1997 Board President; Joan Condon, International Coordinator; Pat Cane, Founder/ Executive Director; Nancy Meyerhofer OSF, CAPACITAR-El Salvador Coordinator; Rita Jovick PBVM, Development Director

Development Director, Sr. Rita Jovick PBVM, has only been with CAPACITAR since September, but already her work is invaluable. Funded by the Sisters of the Presentation Ministry Fund to develop the financial base of CAPACITAR's outreach to empower underserved women, Rita has to date written 6 major proposals and 25 letters of intent, developed a memorial program and made innumerable contacts.

Sr. Mary Litell OSF will start half time work with CAPACITAR this fall facilitating local, national and international workshops. Mary has been part of CAPACITAR for the last four years, serving as Board member and trainer. Mary was part of the CAPACITAR-China team for the NGO World Forum on Women and has also led CAPACITAR workshops in Chiapas, Mexico and Guatemala.

As we celebrate our anniversary of incorporation and Thanksgiving, we wish to especially thank several people who have been closely connected with the history and development of CAPACITAR. Attorney Richard Klein has been friend, guide and advocate in incorporating and developing our nonprofit. We are deeply grateful for his countless hours of wise legal advice. Founding member Diane Klein has served on the Board and as a volunteer empowering many connections with the local community. Alice Godfrey MD, as founding member, former board president and volunteer has given countless hours of generous and loving service. Alice has also been an inspiration as a volunteer doctor in rural clinics in Guatemala, Haiti and St. Lucia. Thank you to all the women and men who form the network of CAPACITAR!

The Woman with the Paper Napkin Mark—SISTER RITA JOVICK PBVM, DEVELOPMENT DIRECTOR

It was our second night teaching mind-body-spirit techniques to the migrant families from the tobacco fields in Kentucky. Twelve participants had been drifting into the store front where Pat Cane was leading the group. One woman in particular caught my attention. She held a napkin over her mouth. Throughout the evening the napkin continued to hide the lower part of her face. Sister of Loretto Lupe Arciniega, Director of the Hispanic Migrant Ministry, said that a month ago the woman had fallen in a field, damaged her face and lost some teeth, but would soon be going to the dentist. Although mute throughout the evening, it was obvious that she was actively listening. I came to her to massage her frail work-worn hands. Realizing that other parts of the body can be reached through the meridians that come from our hands, I desired to reach her woundedness.

As Development Director of CAPACITAR, I hope to help you reach out in a positive way to help heal the impoverished. Many invitations are being extended to CAPACITAR to heal the underserved in different parts of the world. We have a ten-year program that has been proven to be very successful. **CAPACITAR has offered more than 500 workshops to over 10,000 people in ten different countries and in eleven states.** We have people who are trained and ready to give workshops. What we need is financial contributions so that we can say to the underserved, "Yes, we will come and teach you time-proven healing methods that will empower you." There are many ways that you can help by increasing our fund base:

- individual contributions
- purchasing calendars, T-shirts, manuals, tapes and/or necklaces
- naming CAPACITAR as your United Way choice
- using the enclosed memorial card
- remember CAPACITAR in your estate plan
- all of the above.

Thank you for your support!

On the International Front —JOAN CONDON, CAPACITAR INTERNATIONAL COORDINATOR

CAPACITAR continues to grow internationally. Participants at our Central American Regional Conference last February in El Salvador recommended that we develop a Regional Team to expand workshops to more grassroots groups across Central America. At the fall meeting, the CAPACITAR Board set international goals for 1999. In addition to developing the Regional Team, we will solidify team development in Central and South America and expand our work to northern Guatemala, Chiapas, Panama and Belize. The Chile team with support from U.S. CAPACITAR, will begin training in Bolivia. We will also move in new directions and begin work in Africa.

The Women's Journey, originally scheduled for the end of January, 1999, has been postponed to December 1-10, 1999. This will be a Women's Journey of Healing for the Millennium. We will visit grassroots organizations, such as the Committee for the Defense of Women in El Salvador and MadreTierra (Mother Earth) in Guatemala, as well as memorials to martyrs in the civil wars in both El Salvador and Guatemala. This is a true journey of the spirit. If you are seriously interested in travelling with us, please contact Joan Condon at the Capacitar office.

One of CAPACITAR's experiences working with women's grassroots organizations has been that often women need help with basic organizational development skills. With this in mind, we will develop simple guidelines and worksheets for budgeting, accounting and marketing and will offer these trainings along with our body-mind-spirit healing workshops.

Capacitar recently joined the SIPAZ/International Service for Peace (Servicio Internacional Para La Paz) coalition. SIPAZ was formed after the January, 1994 Zapatista uprising in Chiapas by a group of U.S., European and Latin American organizations. Its mission is to work for a just and lasting peace in Chiapas. SIPAZ has an international volunteer team based in San Cristobal de Las Casas with members from the U.S., Canada, France, Netherlands,

Germany and Mexico. The team maintains contact with all parties to the conflict and provides independent analysis of the situation to the international community through a quarterly newsletter. They also provide accompaniment and workshops in nonviolent conflict resolution and conflict transformation to nongovernmental organizations. CAPACITAR will be offering workshops to some of these organizations in early 1999. By joining this international coalition which works for peace, CAPACITAR once again embraces the spirit of nonviolence and collaboration to help heal our world.

Our sisters in Central America, South America and Africa have struggled for many years for peace and justice. The cost has often been very high: physical and psychological violence against them and their families. Some have had children, parents, brothers or sisters murdered. They want to learn CAPACITAR's body-mind-spirit practices because it helps them heal themselves, their families and their societies. But they do not have the resources to pay what it costs to bring CAPACITAR workshops to them. Most struggle just to feed and house their families. So CAPACITAR must count on your generosity to bring this healing work to women whose need is so great. We are deeply grateful for your support!

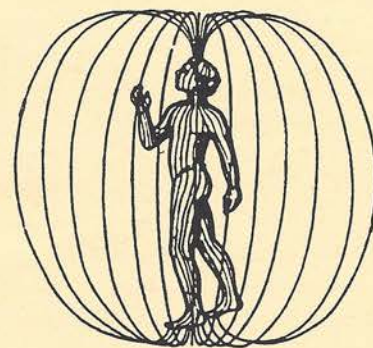
We had planned to be in Honduras for trainings at Centro Visitación Padilla in early November just as Hurricane Mitch hit with such deadly force. We postponed our work there until February '99, and we walk in solidarity with many friends in Central America so deeply affected by the recent disasters.

If you would like to contribute directly to the relief efforts for Honduras and Nicaragua, contributions may be sent to: Congregation of St. Agnes, Central American Relief, 475 Gillette St. Fond du Lac, WI 54935.

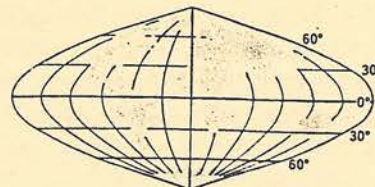
You can also send contributions to CAPACITAR for relief aid in Honduras. This will be given to Centro Visitación Padilla, a women's center which has a long history of working with and empowering the very poor.



Development Director Rita Jovick PBVM, with the Mexican tobacco field workers in Springfield, Kentucky



As a HAND MASSAGE REACHES OUT TO THE MERIDIANS of the body, YOU CAN HELP CAPACITAR by YOUR CONTRIBUTIONS REACH OUT TO THE MERIDIANS of the world.



CAPACITAR—Growth in New Places

Reaching out in Appalachia

—CAROLYN BRINK RSM, SUNRISE CENTER, RICHLANDS, VIRGINIA

CAPACITAR has been spreading quickly in Appalachia through women connected with Sunrise Center. Sunrise is a community organization which assists low-income women in their struggles to achieve a healthy, secure life-style for themselves and their families. The center is located in the coalfields of Southwest Virginia, where the unemployment rate in the area is triple that of the rest of the state. Women in the Virginia mountains must overcome lack of transportation, child care, education, employment opportunities, and health care in their efforts to achieve their goals. Many families here have histories of black lung disease, domestic violence and illiteracy. Since the first CAPACITAR workshop at Sunrise last April, the Appalachian women have been sharing what they learned with many other groups. Local team leader, Deborah Haydu, gave a follow-up workshop in July. Sister Margaret Turk led a session for survivors of domestic violence in September. Kathleen McNulty and Terri Therrien led sessions at a Women's Health Day in October at Buchanan General Hospital. Team leaders Kinza Perkey, Margaret Turk RSM and Carolyn Brink RSM attended an advanced workshop in Cincinnati. Deborah Haydu and Sister Carolyn gave a CAPACITAR presentation for CASA, a local child advocacy group in early November. A second workshop with Pat Cane for the women at Sunrise Center will take place later in November. Appalachia is embracing the spirit of "capacitar"!

CAPACITAR—Colorado

—LIZ FUHR OSF, SOCIAL MINISTRIES, MARYCREST, DENVER CO

I have been busy trying to create a welfare to work program and CAPACITAR is an integral part of this. Earlier this year I facilitated a CAPACITAR training for 12 women and the staff of Louise's Workshop, a welfare to work program in Denver. I find that the women on welfare in the US have experienced much abuse and poverty and are in need of healing and empowerment as are the women living in war-torn countries. The welfare to work women who participated in the seven 2-hour sessions were very open and appreciative of CAPACITAR. They described how they found "peace, refreshment and relaxation" and looked forward to the beautiful environment at Marycrest. In the closing session the women led the exercises and I think they felt empowered to continue to take this program into their homes. What CAPACITAR is doing is a right gift at the right time for so many women!

CAPACITAR in Dubuque, Iowa

CAPACITAR has been on the road in the midwest with first-time workshops in Iowa in September. Sponsored by the Franciscan Sisters' Shalom Retreat Center in Dubuque, Salvadoran team coordinator Nancy Meyerhofer OSF and Pat Cane facilitated a weekend with participants from many places. The group included grassroots women as well as Sisters working in ministries serving the marginalized in Iowa. Participants from Sioux City spoke of the large Hispanic population there working in the hog industry, struggling to organize for ecological and economic justice on the job. The women planned a follow-up workshop for their area. One woman who ran a local radio program for Hispanics, planned to teach the wellness practices "on the air". At the conclusion of the workshop, the Franciscan Community blessed Nancy for her inspiring work with the people of El Salvador. Shalom Retreat Center will host CAPACITAR 1 and 2 October 22-24, 1999.



Above: Women of a welfare to work program in Denver, Colorado

Right: Workshop participants at Boston's Women's Theological Center

Below: Franciscan Sisters blessing Nancy Meyerhofer OSF in Dubuque, Iowa





Above: Board President John Smith DDS and his wife Diane at the Fond du Lac, Wisconsin workshop sponsored by the Center to Be and the Sisters of St. Agnes Below: Spirituality in action with a massage circle at the Women's Theological Center, Boston



CAPACITAR in Wisconsin

A Circle of Sisters

The CENTER TO BE hosted a first-time CAPACITAR training for 80 participants from the Fond du Lac area. Working with the Congregation of St. Agnes brought CAPACITAR full circle round to its roots and foundation. Ten years ago CAPACITAR was born in Nicaragua, inspired by the friendship of Sister of St. Agnes, Mary Hartman CSA. In October CAPACITAR again reached out in collaboration with Rhea Emmer CSA and her Sisters in Fond du Lac, to touch the lives of many people in Wisconsin. The majority of the men and women attending the training serve others in prison ministry, education, nursing, social work, ministry with the elderly and dying, and primary education. A number of scholarships were also given to grassroots persons connected with centers for domestic violence and social service programs. Many participants expressed how for the first time in their lives they experienced the sacredness of their bodies and the depth of the body-mind-spirit connection. In 1999 the Center to Be will continue its collaboration with CAPACITAR focusing on two new directions: work with youth and young adults and work with couples.

CAPACITAR in Massachusetts

The Women's Theological Center in Boston sponsored CAPACITAR's first training in Massachusetts over the Columbus Day weekend. Coordinated by writer and activist Louise Dunlap, and Theological Center Co-Director Donna Bivens, the workshop brought together women from many different backgrounds, cultures, ages and experiences. Some of the women were involved in housing issues, struggles for ecological and social justice, work with survivors of domestic violence, the rights of the deaf and hard of hearing, work with youth and violence in the streets, and the organization of a women's coalition in response to the Beijing Platform of Action. In the midst of their activism, all participants recognized the need to nourish and deepen the body-mind-spirit connection in order to do the work of healing and transformation for the long haul in our communities and our world.

In many ways the Women Theological Center is a sister-in-spirit to CAPACITAR, whose mission likewise is to nourish women's spiritual leadership and communities for liberation. As workshop participants shared their stories, struggles and experiences, a deep sense of community and compassion connected us all. The work of both organizations is to bring together spirituality and wisdom practices of ancient cultures to deepen and nourish the present struggles for justice and liberation. This is a body-mind-spirituality in action, not a new age panacea. This is work that demands the fierce compassion of Kwan Yin and Tara, coming face to face with the ordinary and extraordinary everyday reality of the present moment.



On the Set in Cincy

—KATHY MOSES, MERCY ANDERSON, CINCINNATI

A research and development grant awarded to Mercy Health Partners in Cincinnati by their parent corporation gave us the opportunity to work with Pat Cane in developing a video and training manual in multicultural wellness education using CAPACITAR practices and methodology. This past year we learned how to work with and adapt the body-mind-spirit materials for multicultural groups, and we focused on an empowerment model of popular education in our outreach to communities.

Video producer Deborah Hetzer is working with us on the video and manual. Deborah immediately understood the mission and vision of CAPACITAR and was able to capture the personal stories of transformation and empowerment that we all experience in this work. In October Deborah Hetzer and her associates filmed the video which includes local Afro American, Appalachian and grassroots women, along with team trainers. The video will be available in early 1999 and the manual will be ready later in the year.

Through our training we are learning how to use CAPACITAR materials and methods with different cultures and in a variety of settings. Denise Franer RN taught the body-mind-spirit practices to seniors in a convalescent facility. Myrna Jordan RN worked with Afro American Head Start children (3-5 years), and with juveniles (13-15 years) in the Justice Center. Kathy Moses RN taught a group of Appalachian women, a helper's group of women who work in service jobs and nonprofits, and a group of Head Start moms. Flo Higgins RN worked with her volunteers at Catherine McAuley Center, as well as with children at the annual health fair. Massage Therapist Ginny Reifenberger taught the practices to a staff in ICU, to a third grade class, to a university faculty group in Kentucky, and to pastoral care directors. Tina Peterson RN shared the practices with fibromyalgia patients to control symptoms, as well as with a surgery unit. Therese Holden RN has used the practices with congestive heart failure patients and their caregivers, as well as with CHF case managers. And Jamie Houseman introduced the wellness practices to hospital managers, and occupational therapists working with the elderly.

In 1999 Pat Cane will continue advanced trainings with the current Cincinnati team and will also train staffs at the new Mercy Health and Wellness Centers. One new direction for the coming year is developing a CAPACITAR experience for teens, who in turn will offer trainings to younger groups and children in local schools. A teen CAPACITAR planning committee has already surveyed their classmates and friends and they found much interest and enthusiasm for the February '99 training.



Above: Video producer Deborah Hetzer "on the set" in Cincy with CAPACITAR and Mercy trainers
Below: Sr. Lupe Arciniega SL (right) with migrant Mexican families in Springfield, Kentucky



CAPACITAR-Kentucky

This past October, Pat Cane and Rita Jovick PBVM, visited Nazareth, Kentucky to facilitate another workshop with 23 women in attendance. Some members of the Catherine Spalding Center Holistic Health Team and one Board member teamed up with Pat and Rita to take CAPACITAR to Kentucky urban streets and rural country roads. First stop was Catholic Charities in Louisville where they conducted a mini-workshop for the multicultural staff of the Immigration and Refugee Services Office with immigrant participants from Bosnia, Peru, Russia, Southeast Asia and the US. Second stop was Springfield where Pat and Rita led two evening workshops in Spanish with a group of migrant Mexican families who work in the tobacco fields and local bourbon distilleries. Even their small children participated. The first evening when Pat asked everyone to briskly rub their palms together in order to sense the energy, one baby girl sitting on her mama's lap, began rubbing her hands together, too! The CSC Holistic Team members could not speak any Spanish, but we all connected across cultural boundaries through the healing touch of seated massage. Sister Lupe Arciniega SL who organized the migrant families through her program with the Diocesan Hispanic Ministries, has asked the CSC Holistic Team to continue offering CAPACITAR workshops in the area. Now if we could only learn Spanish as well as and as quickly as Pat has picked up the Kentucky dialect! She did well on this trip with her ya'lls and such! Peace, everyone!

—SUZANNE GUDE, DIRECTOR OF CATHERINE SPALDING CENTER, NAZARETH, KY

CRONE's Corner



A Crone's Ritual of Thanksgiving

Fall is the time of harvest, of thanksgiving for the wisdom and love learned through life. Fall is the season of the Crone who joyfully savors the fruitfulness of life, yet with a sense of poignancy, compassion and letting go. Jungian psychologist Marian Woodman gives us this description of the Crone:

"The Crone is a woman who has faced crossroads in her life and has chosen to live with acceptance and love, rather than closing down with resentment. She has expanded into life, losing the ego drive, opening to the full energy of the unconscious. She is a surrendered instrument, living out of her soul. She is an instrument through which the god and goddess energy moves. She comes from love rather than ego. The dark side of the Crone is power, great intuitive power that can control other people. The other side of the Crone is love, love flowing through her as an immense healing presence. The Crone has finely developed masculine and feminine sides, as well as a highly developed sense of discrimination and discernment in her capacity to act. The Crone is like a tuning fork in her environment. The world and the people around her are different because she is there."

During the Thanksgiving holidays, with friends or by yourself, take time to reflect on the fruitfulness of your life. What crossroads have you faced? What wisdom have you gained? What do you still have to let go of to become current, to be lighter and clearer in your being? How can you live from your soul, like a tuning fork, with love flowing through you? In a sacred space in your home place images or symbols representing the harvest of your life. Celebrate your fullness and fruitfulness as a Crone!

WARNING:

Philanthropy is contagious and good for your heart.

1998-99 CAPACITAR Calendar

- First Sunday of each month, CAPACITAR Crones, Mercy Center St. Louis, MO For information call: Mary Jo Brauner 314-227-7445
- November 10-11, 1998 CAPACITAR Level 1 for Appalachian women, Sunrise Center, Richlands VA Carolyn Brink RSM 540-596-9992
- February 6, 1999 CAPACITAR workshop for Teens, Cincinnati, OH Mercy Wellness Center, Anderson, Kathy Moses 513-624-3273
- February 8-9 Team trainings, Cincinnati, OH, Mercy Health System
- February 10-12 Honduras workshops—Visitación Padilla, CONFREH
- February 13-25 Guatemala workshops, San Marcos, Nahualá, Guatemala City--CONFREGUA 011-502-2301290
- February 22-26 Chiapas, Mexico workshops
- March 4-14—CAPACITAR Team training and Level 6—Santiago, Chile Judy Riss, Victoria Martinez 011-562-2223001
- April—CAPACITAR Team training and work with Salvadoran refugees—Guadalupe Spirituality Center, Belize—Sarita Vasquez RSM 011-501-232275
- April 24-25 Workshop, Center to BE, Fond du Lac, WI, 920-921-6044
- May 15 CAPACITAR Fundraiser—Plaza Vigil, Watsonville, CA
- May 18-19 Team trainings, Cincinnati, OH, Mercy Health System
- May 21-22 Level 3, Cincinnati, OH Mercy Wellness Center Anderson, Kathy Moses 513-624-3273
- June 21-25, Fields of Energy workshop, CANTERA, Managua, Nicaragua Anabel Torres 011-505-2780103
- June 28-30 CAPACITAR workshops in Panama
- July 9-12 CAPACITAR Workshops, St. Louis, MO Sharon Schmitz RSM Mercy Center, 314-966-4313
- July 12 Teen workshop, Mercy Wellness Center, Cincinnati, OH
- July 13-14 Team trainings, Cincinnati, OH Kathy Moses 513-624-3273
- Sept. 29-30, Oct 1, Methodist Minister's Conference, Asilomar, CA
- October 2-3 Workshop, Center to BE, Fond du Lac, WI 920-921-6044
- Oct. 5-7 Workshops, Catherine Spalding Center, Nazareth, KY Suzanne Gude 502-348-1516
- October 8-10 Spanish Workshop, Hispanic Ministry, Cleveland OH Sr. Alicia Alvarado, 216-696-6525
- October 11-16 Team trainings, Level 2, Cincinnati, Ohio/Mercy
- October 22-24 Levels 1, 2, Shalom Retreat Center, Dubuque Iowa Sr. Marie Therese Kalb OSF 319-582-3592
- December 1-10, Women's Journey to El Salvador and Guatemala, co-led by Pat Cane and Joan Condon. For information 831-722-7590

Thank you for your Support!

• You may remember CAPACITAR through your **United Way** contributions. When United Way forms are given at work, there is an option entitled "Other", followed by a blank line. Your contribution will come to us if you write in **CAPACITAR, Inc. Watsonville, CA** on that blank line. United Way will then send us your donation.

• **Remember CAPACITAR in your will or trust.** You may also give an estate gift by adding a codicil to a will or an amendment to a trust. The legal name is CAPACITAR, Inc. Watsonville, CA.

• **CAPACITAR MEMORIAL CARDS are now available.**

Cards are included in this mailing and may also be requested from our office: 831-722-7590. At the time of death give the memorial card to the bereaved. Then fill in the small card and send it in the self-addressed envelope with a donation.



Kwan Yin—Goddess of Compassion

*THERE IS A GOODNESS, A WISDOM
THAT ARISES, SOMETIMES AWKWARDLY,
SOMETIMES FIERCELY, BUT IT WILL ARISE
TO SAVE US IF WE LET IT,
AND IT ARISES FROM WITHIN US, LIKE
THE FORCE THAT DRIVES GREEN SHOOTS
TO BREAK THE WINTER GROUND, IT
WILL ARISE AND DRIVE US INTO A GREAT
BLOSSOMING LIKE A PEAR TREE, INTO
FLOWERING, INTO FRAGRANCE, FRUIT AND
SONG, INTO THE WILD WIND DANCING,
SUN SHIMMERING, INTO THE ALIVENESS
OF IT ALL, INTO THAT PART OF OURSELVES
THAT CAN NEVER BE DEFILED, DEFEATED
OR DESTROYED, BUT THAT COMES
BACK TO LIFE, TIME AND TIME AGAIN,
THAT LIVES—ALWAYS—THAT
DOES NOT DIE. INTO THE DIVINE.*

—CHINA GALLAND *THE BOND BETWEEN WOMEN*
A JOURNEY TO FIERCE COMPASSION

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We welcome you to become part of our CAPACITAR network.

Please return the form below to: **CAPACITAR inc.**
23 East Beach St. Suite 206 Watsonville, CA 95076
831-722-7590 FAX 831-722-7703
E-mail capacitar@igc.apc.org

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____ I would like to be part of the CAPACITAR network.

____ Please send me information on the December '99 CAPACITAR Journey

____ I would like to give a tax-deductible donation of \$ _____

I would like to order a CAPACITAR Manual: Spanish _____ English _____

Cost per manual: \$12, plus \$3 for postage and handling.

I would like to order a CAPACITAR 1999 Calendar _____

Cost per manual: \$10, plus \$2 for postage and handling.



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