



CAPACITAR—

Women Planting One Heart

An International Network of Empowerment and Solidarity

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.

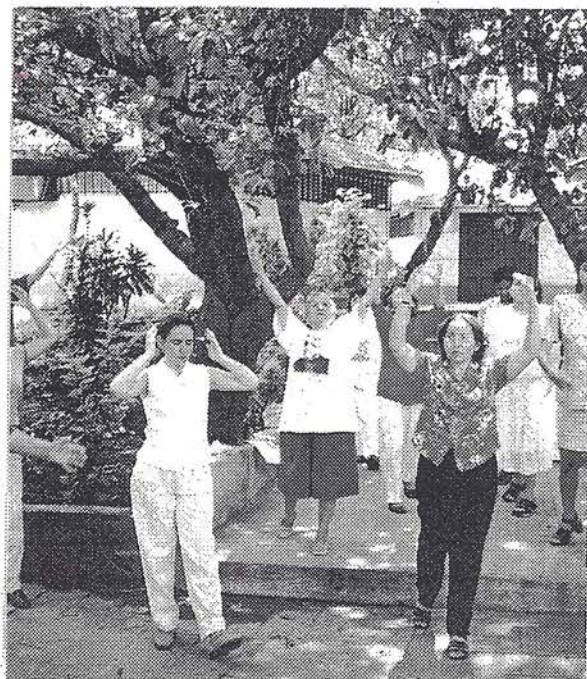
Global Solidarity and The Tree of Life

"The time for healing of the wounds has come. The time to build is upon us . . . We must act together as a united people for reconciliation, for the birth of a new world." Nelson Mandela challenges us to action as the human family stands before the new millennium. In preparing to celebrate this moment in history, it is important to recognize our interconnection with all who have gone before us as well as the generations to come. The Tree of Life in the art of the African people powerfully expresses our profound interconnection. People intertwine to form trunk and branches on the Tree of Life. Each generation stands on the back of the past, while supporting and upholding the generations of the future.

When I first saw this image of the Tree of Life in South Africa, I was struck by its graceful flow. From a distance the Tree seems to be one whole being, while close up the uniqueness of each individual person appears. The birth of the new world that Mandela speaks of depends upon the unique gift of each person. No one is left out of the Tree of Life. Each person is precious and necessary to the whole: rich and poor, young and old, all races, colors and creeds. Yet can we truly celebrate the millennium when at this moment in history there is such disparity on the Tree of Life; when the suffering of the many is caused by the affluence of the few.

At John Carroll University in Cleveland, Ohio I recently heard an address by Dean Brackley, S.J. who replaced one of the six university Jesuits assassinated by the Salvadoran military in San Salvador. Rev. Brackley quoted a UN report on the rapidly growing income gap between the richest fifth and the poorest fifth of our world. In 1960 the income gap was 30 to 1, and in 1999 the gap has grown to 74 to 1. With all the advances in science and technology, there has also been a marked increase in economic inequality. The number of poor women and children on the planet is now double the number of poor men.

Yet in spite of social disintegration and violence on the global level, Rev. Brackley sees great hope in the efforts of grassroots peoples. Groups of ordinary people working together around the world are pushing for change from the bottom up desiring to heal the wounds and to create a new world. According to Brackley, what is needed now is the globalization of solidarity and the formation of a new generation of human beings with eyes open to suffering and hearts open to respond—humans capable of putting the best of the new to serve and heal the misery of the many. And from the vulnerability and suffering, as well as the love and generosity of the poor, we will all learn what is most important, and what is often missing in our lives, blinded by materialism and greed.



In recent CAPACITAR trauma workshops in Nicaragua, I saw remarkable examples of this generosity and love. Often the very poor are the most generous, giving from the abundance of their poverty. In Managua I worked with grassroots healers, themselves very poor, who give of their time and resources to help survivors who lost families and possessions in Hurricane Mitch. Alba, who witnessed her brothers shot in the Contra war and understands the meaning of forgiveness, works to heal and empower people who lost everything in the floods. Mary Bolt and Martha Cabrera, psychologists of Centro Antonio Valdivieso, work with the traumatized in Posoltega, where the volcano collapsed and buried thousands of people. During our time together in Posoltega, one poor woman gave us a loaf of her bread in gratitude for our visit. Martha and Mary spoke of the new revolution taking place in their people. In the midst of overwhelming poverty and corruption, a deeper change is occurring in many people—a true revolution and transformation of the heart.

As CAPACITAR we commit ourselves in global solidarity to do what we can to plant a new heart, knowing that in the process we too are healed and transformed. This issue of the newsletter focuses on CAPACITAR's work to tend the Tree of Life in many places. Over the last eleven years we have grown standing on and supported by the gifts of many people. As we reach out in solidarity, we commit ourselves to global healing for the benefit and support of future generations. Thank you for your support of our efforts. We wish you and your families many blessings for the holidays and the new millennium!

Pat Cane, Founder/ Executive Director



Over the last **eleven** years CAPACITAR has grown through the efforts of many. The **Tree of Life** that we help tend has branched out to include people in **eleven** countries and **eleven** states. We celebrate together this millennium in joy and thanksgiving for the gift of each person.

•**Nicaragua (1)**—Birth of Capacitar in 1988 in the barrios of Managua. Urban and rural workshops 1988-1999 with many hundreds of Nicaraguans and grassroots leaders and healers. Spirituality Programs and Trauma and Transformation Trainings with CANTERA, Centro Valdivieso, and CONFER (Nicaraguan Federation of Religious) to be developed for the future.

•**Guatemala (2)**—Workshops and trainings since 1991 with several thousand union leaders, grassroots leaders, Mayan peoples, religious, human rights activists and youth under the auspices of CONFREGUA (Guatemalan Federation of Religious), UITA-FESTRAS (Union Federation), Tierra Viva, Madre Tierra, and the spirituality center ICE-CEFAS. Future work to include trainings to heal the wounds of thirty years of political violence.

•**El Salvador (3)**—Workshops since 1996 with religious, healers, psychologists, educators, ex-combatants, midwives sponsored by CONFRES (Salvadoran Federation of Religious), DIGNAS (Center for Women and Abuse), and women's centers. Since September 1999 the CAPACITAR-Salvador Team coordinates Wellness Center in Suchitoto with outreach to peoples living in the former war zone. Future trainings will involve collaboration with Women's Health Leadership.

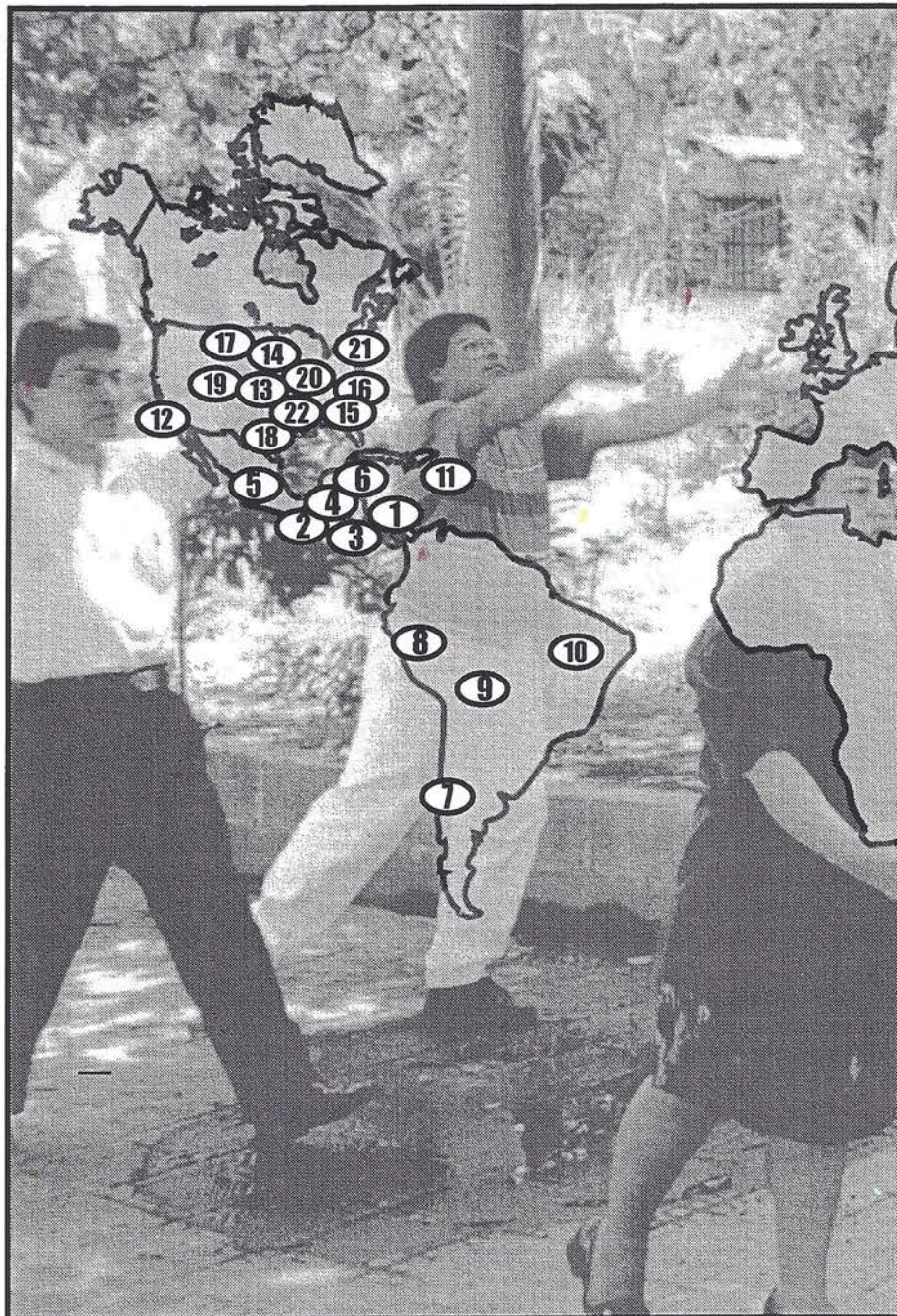
•**Honduras (4)**—Workshops for grassroots leaders since 1995 in Tegucigalpa coordinated by Centro Visitación Padilla. With aftermath of Hurricane Mitch CAPACITAR is committed to Trauma and Transformation trainings for leaders from eight regions working to heal their country.

•**Mexico (5)**—Workshops since 1996 in Palenque and San Cristobal in the State of Chiapas, for Mayan peoples and community leaders sponsored by the Franciscan Sisters and in 1999 for SIPAZ; the international team working for peace and nonviolence in Chiapas. Future work to be sponsored by the Franciscans.

•**Belize (6)**—Workshops for Belizian women's groups in Belize City and for Salvadoran and Guatemalan refugees in Belmopan, sponsored by Mercy Sisters and Guadalupe Spirituality Center. Future workshops in healing and organizational development will also be supported by the Sisters of Charity of Nazareth.

•**Chile (7)**—Workshops for grassroots women and team development since 1992. Spanish Manual developed in collaboration with Chile Team. CAPACITAR-Chile team offers workshops in Brazil, Argentina, Peru and Bolivia and is developing plans for building their own CAPACITAR Wellness Center in El Cajon de Maipu.

•**Peru (8)**—Workshops from 1994-1998 with grassroots groups, community leaders and religious in centers around Lima. Future workshops to be developed in collaboration with the Chile Team.

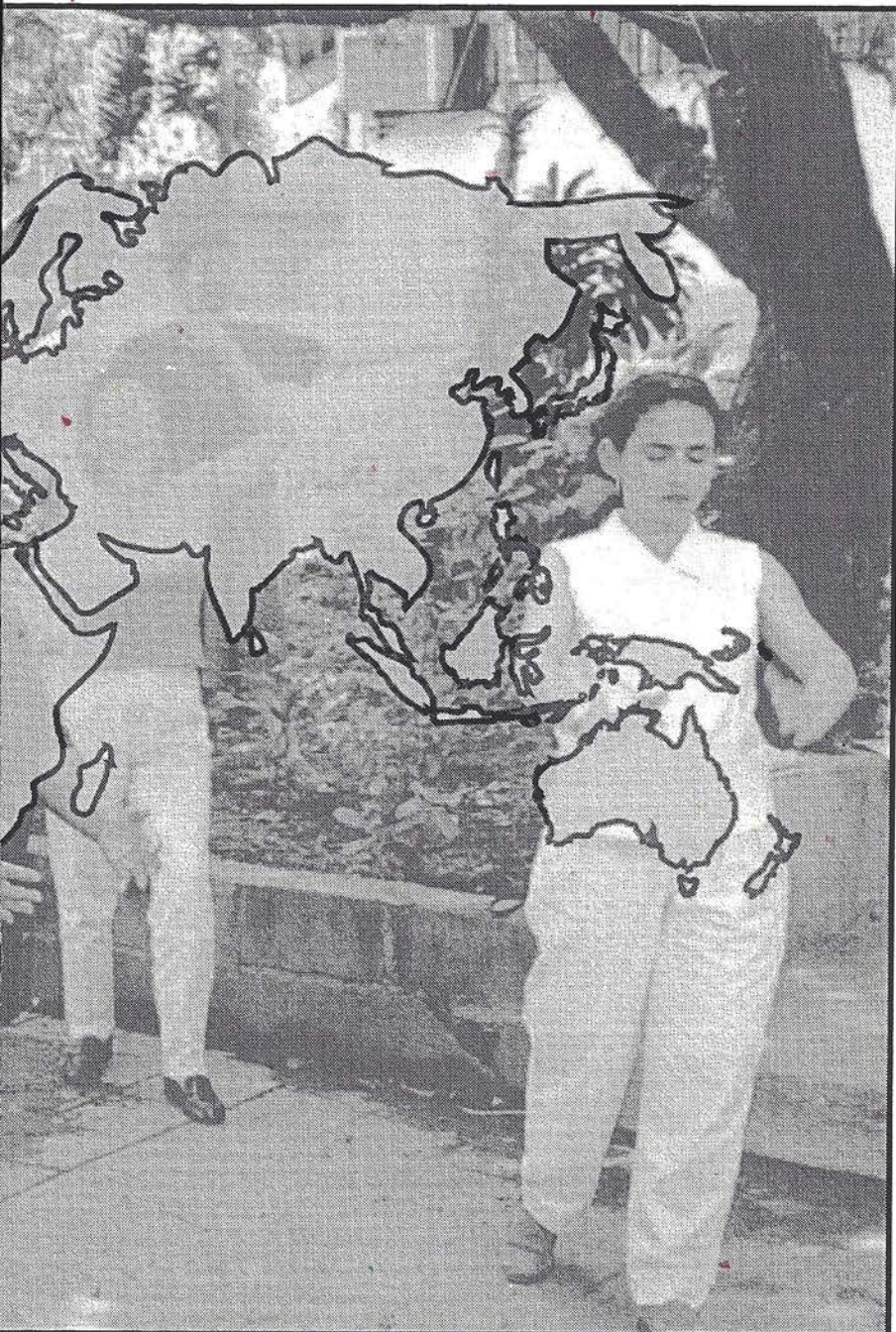


•**Bolivia (9)**—Workshops in 1999 in La Paz and Santa Cruz for grassroots healers, educators and psychologists. The beginnings of development of a Bolivia team in La Paz.

•**Brazil (10)**—Workshops in 1996 and 1997 in Sao Paulo and Recife. Future work to be developed by the Chile Team.

•**Puerto Rico (11)**—First workshops with religious and grassroots groups in 1998-1999.

We reach out to the generations of the future committing ourselves to global healing and solidarity. At the dawn of the new millennium, we envision Capacitar to be in the Middle East, India, Africa and other world areas traumatized by violence and natural disasters.



International Conferences

1993 - VI Encuentro Feminista (Feminist Congress of Latin America and the Caribbean) held in El Salvador—CAPACITAR coordinates the Healing Tent

1995 - NGO World Forum on Women, China, CAPACITAR coordinates the Healing Tent in collaboration with the Chinese Medical Association and the Chinese Traditional Medical Association. CAPACITAR Team included 25 women from 12 different countries.

1996—VII Encuentro Feminista in Chile—CAPACITAR coordinates the Healing Tent.

•**California (12)**—Workshops with women farmworkers in Watsonville labor camps since 1992. Local program in Santa Cruz County. Outreach to groups, grassroots centers, women in prison, homeless shelters and Head Start in Northern California. Future work in collaboration with California Women's Health Leadership.

•**Missouri (13)**—Workshops sponsored by Mercy Sisters in St. Louis since 1995. Development of CAPACITAR Crones support group for women over 50 in 1997-99. Future work includes CAPACITAR workshops for couples and for youth.

•**Ohio (14)**—Workshops sponsored by Mercy Health-Partners in Cincinnati since 1997. Trainings for Mercy Wellness Center Staffs and outreach nurses in 1998-99. Multicultural CAPACITAR Workshop for Hispanic and African American Ministries of the Cleveland Diocese in 1999-2000. Future outreach to youth, grassroots women; Appalachians, seniors.

•**Kentucky (15)**—Workshops sponsored by Catherine Spalding Center and the Sisters of Charity of Nazareth. Workshops for Mexican migrants working as farm laborers in Springfield. Future development of Multicultural Wellness Education trainings.

•**Virginia (16)**—Workshops for Appalachian women and the development of CAPACITAR-Appalachia Team in Richlands sponsored by Sunrise Center and the Sisters of Mercy. Outreach to women's centers for abuse, Head Start and health centers planned for the future.

•**Wisconsin (17)**—Workshops in Fond du Lac 1998-99 sponsored by the Sisters of St. Agnes and the Center to BE. Multicultural Wellness Education Training planned for 2000-2001.

•**Texas (18)**—Workshops in 1996-1997 in Laredo, and Laredo, Mexico, sponsored by the Mercy Sisters and a federal health grant. Future work to be developed in Houston and border towns.

•**Colorado (19)**—Workshops for women on welfare sponsored by the Franciscan Sisters.

•**Iowa (20)**—Workshops for religious and grassroots leaders sponsored by the Franciscan Sisters in Dubuque.

•**Massachusetts (21)**—Multicultural workshops for African-American and grassroots women from diverse backgrounds sponsored by the Women's Theological Center in Boston 1998-1999. Future collaboration planned.

•**Arkansas (22)**—First CAPACITAR workshop in Little Rock for African American women sponsored by Sophia Center and the Mercy Sisters in November, 1999.

HOLIDAY GIFT SUGGESTION

Pathways to Self-Healing A Video

with CAPACITAR and MERCY HEALTH PARTNERS

This 52-minute video features CAPACITAR founder/ director Pat Cane and members of Cincinnati's Mercy Health Partners discussing wellness and giving instruction in CAPACITAR body-mind-spirit practices. The video may be used personally or with groups to learn how to do:

Tai Chi
Breathing Exercises and Visualization
Acupressure
Mindfulness Meditation and Eating

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23 East Beach St, Suite 206 Watsonville, CA 95076
831-722-7590 e-mail: capacitar@igc.apc.org FAX 831-722-7703

Name _____

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City _____ State _____ ZIP _____ Phone _____

Cost per video: \$20.00 Postage and handling: \$4.00
Please send me _____ video(s)
Total videos \$ _____
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Gifts Made...

In Honor

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Paul Diebels
Suzanne Ruiz Goldenkrauz
Marie and Gary Norton

In Memory of

Rose Conrotto
Helen Kleszyk
Kevin McDonald
Maria Regis Meiers, PBVM

CAPACITAR Calendar 1999

• November 19-21
Level 1 Workshop, Sophia Center, Little Rock, AK
Pat Cane, Lee Ann McNally RSM 501-280-0955

• November 25-27
Trauma and Transformation training, Honduras
Pat Cane, Gladys Lanza, Centro Visitación Padilla

• November 29-30
Trauma and Transformation training, El Salvador
Pat Cane, Nancy Meyerhofer OSF, María Isabel Figueroa

• December 1-8
Strategic Planning meetings in El Salvador & Guatemala
Pat Cane, Joan Condon, Rita Jovick PBVM, Board President
Valerie Bengal and in-country teams

• December 9
Elmwood Correctional Facility workshop, Mary Litell OSF

• December
Workshops in Puerto Rico, Lillian Soto Cordero

2000

• January 7
Elmwood Correctional Facility workshop, Mary Litell OSF

• January 15
CAPACITAR Board Meeting/Strategic Planning
with National-level board 9:30am-4:00pm
Presentation Center, Los Gatos, CA

• January 29-30
Levels 1& 2, Mt. Alverno Center, Redwood City CA
Mary Litell, OSF 831-722-7590

• February 11
Elmwood Correctional Facility workshop, Mary Litell OSF

• March 11-24
Workshops in Chiapas, Mary Litell OSF

• April 7-9
CAPACITAR Multicultural Wellness Ed Training
Center to BE, Fond du Lac, Wisconsin

• June 24
Workshop for CONFER (Nicaraguan Fed. of Religious, Managua) Pat Cane

• June 26-30
Workshop for CANTERA, Managua, Pat Cane, Mary Litell OSF

• June 30-July 2, July 8-9
Workshop for Couples, Mercy Center, St. Louis MO Pat Cane,
Mary Jo Brauner, Sr. Sharon Schmitz 314-966-4313
Workshop for Mothers and Daughters, Pat Cane, Lynn Placek

Remember CAPACITAR in Your Estate Plans

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

Gifts of Life insurance - You can transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR, Inc., Watsonville, CA