



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.

# CAPACITAR—Women Planting One Heart

## An International Network of Empowerment and Solidarity

### Spring and Possibilities

In our CAPACITAR prayer "we join with the Earth and with each other to bring new life to the land, to recreate the Human Community. . . ." At this time of Spring, Passover and Easter we look forward to continued growth for CAPACITAR, and through our work and rituals, we meditate on the possibilities which flow from small steps taken in new directions. This issue of the Newsletter focuses on Springtime and planting seeds for the future. Mimi Latno describes a recent Spring Ritual in the redwoods which gave us a moment's pause to be silent, listen, take root and learn, preparing us for growth and action. Joan Lohman describes plans for the '96 Women's Journey to Central America and the '97 Retreat/ Sojourn in Guatemala, planting seeds of solidarity and cross-cultural understanding. Mary Litell and I describe recent CAPACITAR workshops in Latin America, and new work begun in Chiapas and El Salvador. Work is growing locally with women in labor camps and shelters, and in May I will be meeting and collaborating with Mercy Sisters in St. Louis, MO and in Burlingame, CA, as well as with Maryknoll Sisters in New York.

Plans are underway for our second annual Spring Swing fundraiser to which you are invited. We also encourage you to consider becoming a monthly donor and sustainer of CAPACITAR's work. Your active involvement and financial support can help us realize this new growth and help us create the possibilities we anticipate on local, national and international levels.

—PAT CANE, EXECUTIVE DIRECTOR



### A Spring Ritual in the Woods

—Mimi Latno

Four glorious hours of quiet, broken only by the steps of feet passing and the gentle wind blowing through the trees, was the gift of this awakening to Spring. Greeted by a call to go deep into our own silence, find what is growing, a seed placed in the palm of our hand, we began a walking meditation, which moved into a glorious hour of silence. Each person spent this time alone with a majestic redwood, pine or madrone. Cradled in the wisdom of a tree we each were given insight, calmness and vitality.

A poem written by Carol Bialok RSCJ, speaks best about the experience of this day:

Some trees are gods.  
You know you must bow down  
before them and ask their will.  
What would you do with me tree?  
Where should I go?  
What would you have me do?  
And the tree God speaks:  
"Stay here. Be silent. Listen.  
Take root and learn to know  
You also are God."

Welcome to Spring!

**R**ESURRECTION. THE REVERSAL OF WHAT WAS THOUGHT TO BE ABSOLUTE. THE TURNING OF MIDNIGHT INTO DAWN, HATRED INTO LOVE, DYING INTO LIVING ANEW. IF WE LOOK MORE CLOSELY INTO LIFE WE WILL FIND THAT RESURRECTION IS MORE THAN HOPE, IT IS OUR EXPERIENCE.

WE HAVE COME BACK TO LIFE, NOT ONLY WHEN WE START TO SHAKE OFF A SHROUD OF SORROW THAT HAS BOUND US, BUT WHEN WE BEGIN TO BELIEVE IN ALL THAT IS STILL, ENDLESSLY POSSIBLE.

WE GIVE THANKS FOR ALL THOSE TIMES WE HAVE ARISEN FROM THE DEPTHS OR SIMPLY TAKEN A TINY STEP TOWARD SOMETHING NEW. MAY WE BE EMPOWERED BY EXTRAORDINARY SECOND CHANCES. AS WE ENTER THE WORLD ANEW, LET US TURN THE TIDES OF DESPAIR INTO ENDLESS WAVES OF HOPE.

—Molly Fumia from *A GRATEFUL HEART*, M.J. RYAN Ed.



# 1996-97 CAPACITAR Journeys of Hope—Joan Lohman, Journey Director

Moving silently in Tai Chi as shadows play on ancient Mayan ruins in Guatemala. . . Listening raptly to the sweet harmonies of the Batahola, Nicaragua, Children's Choir singing in Spanish "Jesu Joy of Man's Desiring". Weeping as union organizers and community activists share stories of the suffering and struggle of our Central American brothers and sisters. Sharing shoulder massage with local factory workers. Laughing over pizza on an outing to downtown Guatemala City. These are some of the repeated images of CAPACITAR Journeys which have taken groups of North Americans on pilgrimages to Nicaragua and Guatemala since 1993.

Plans for this year's Journey build on our prior three Journeys to Central America and the experience of Team-China, which took 25 CAPACITAR representatives (including nine women from seven Latin American countries) to the NGO World Forum on Women to organize a Healing Tent with women from the Chinese Medical Association. This December we will again take our annual solidarity Journey to Nicaragua and Guatemala, rewatering the many seeds that CAPACITAR has planted with women's organizations, indigenous groups, health centers and grassroots efforts. The Journey of Interchange and Solidarity, costing \$1650, will be held from December 5-15, 1996 and will include five days in Nicaragua and five days in Guatemala.

In Nicaragua we will be hosted by CANTERA, an inspiring, effective grassroots center that holds classes in everything from self-esteem to beekeeping. CANTERA's director, Anabel Torres, was a teaching member of our NGO China Team. An incomparable gift of the Nicaraguan experience will be the guidance of Mary Hartman, a Catholic nun who has been a witness to Nicaraguan struggles over the past 30 years. Mary was a member of the Human Rights Commission under the Sandinistas. In Managua we will join in the celebration of Purissima, Nicaragua's most joyous holiday—Christmas, Halloween and New Year's rolled into one.

Our Guatemala host will be CAMI, an organizing center for the poor, located in an idyllic rural setting outside Guatemala City. CAPACITAR has many dear friends at CAMI, including Director Rodolfo Robles, a key organizer of the successful Coca Cola Union strike in the mid 80's, and Carmen Garcia, head of a union women's committee, who also traveled with CAPACITAR to China.

For 1997 the Journey Committee is creating a new vision—a unique Heart and Spirit Sojourn to Guatemala, April 15-26, 1997. Because members of past journeys expressed a wish to build greater intimacy with one group of Central American women, the Heart and Spirit Sojourn will focus on deeper interchanges between North and Central American women through shared stories, healing classes, improvisation, singing and play. Those interested in the Heart and Spirit Sojourn should have some prior experience in Central America through CAPACITAR or other organizations or have particular healing skills to share. They must also be willing to support equal participation by Central American women. The cost of Heart and Spirit Sojourn is \$1900, which includes \$250 towards the food and lodging of our Guatemalan sisters. If you are interested in Heart and Spirit, consider asking friends and family to participate in your fund-raising. They will be grateful beneficiaries of your experience in Central America.

In both Journeys, we are working with a model of shared leadership. Joan Lohman and Doris DeVilliers will co-lead the December '96 Solidarity Journey. Penny Mann, Joan and Doris will co-lead the Heart and Spirit Sojourn. For more details or applications for either Journey, contact the CAPACITAR office. Deadline for applications for the Solidarity Journey is August 31, 1996.

Warning: participation in a CAPACITAR Journey is guaranteed to expand your heart and change your life.



Joan Lohman and Penny Mann with women of Guatemala, during the 1994 Women's Journey.

## Swing into Spring 1996 —Kay Delli

Last year the first Spring Swing was hosted by Doris and Fred DeVilliers at their home in Prundale. This year they will continue this latest CAPACITAR tradition, hosting the Second Annual Spring Swing and All that Jazz on Saturday, May 18, 1996 from 2 to 6:00pm. Doris declared that this year will be even better since we do not anticipate rain! Music will be provided by the Wayne Baldwin Quintet. Wayne is a local musician who has been in the Bay Area music scene for a number of years. Prior to forming his new Jazz Quintet, he played piano and keyboards for the

Daryl Patrick Jazz Ensemble which played gigs in the San Jose area at such clubs as Gerard's Club Jazz. The group promises to be entertaining and creative, performing mainstream jazz in a relaxed alfresco setting. The afternoon will also include gourmet food, wine, dancing and a raffle. Sliding scale donation for the event is \$15-25, with proceeds benefiting CAPACITAR's local program in labor camps and women's shelters.

So please join with us to celebrate Spring, the renewal of life that it represents, meet new friends and have fun. Dress is casual. For further information or reservations call: 408-761-5893.

## Journal from Latin America

—Pat Cane, CAPACITAR Executive Director

Edited by Jeanne Rosen

*Pat Cane just completed a seven week trip to El Salvador, Guatemala, Chile, Chiapas and Nicaragua. From February 10 to March 30, Pat conducted dozens of workshops and training sessions for hundreds of women and men, including indigenous, union leaders, grassroots and base community leaders, feminists, religious, directors of formation, youth, catechists and couples. The FAXes she sent back home during her trip convey vividly and movingly the struggles and hopes of the people CAPACITAR is reaching through its programs. Pat's reflections underscore again and again how CAPACITAR's training can help light the path for women who must grope their way to some sense of physical and mental well-being through the darkness of rape, war, poverty and government oppression.*

**EL SALVADOR**—*From the first stop on her trip Pat writes:*

This is a hard moment in El Salvador. People are depressed after so many years of war, and the dreams of a new El Salvador have gone. It's a question of survival for many, with so much violence everywhere. The spirit of the Church is dying as bishops and priests are being replaced by ultra conservative Opus Dei men. . .

I am working with 34 women religious and one priest. They arrived tired and depressed for the opening session on Monday, not quite knowing what to expect. I already notice a great change as their hunger is filled with the Tai Chi and the body-mind-spirit work. Their response is how can we share this with our people, with survivors of massacres, with the tortured, those who have lost their families and the women being raped daily in the streets. There is much work to do here, and I know we have a place here animating and accompanying the people, helping to heal the wounds of a war our tax dollars paid for. Salvador is really a country where the forces of great good and great heroism play out against incredible darkness and evil. . .

Each person has her story, her history of great deeds of courage in the midst of terror. And in these days of peace, neo-liberal politics and materialism, where drug money is building the largest shopping mall in Central America, the acts of violence continue. Yesterday I worked with a beautiful young Mexican woman who is finishing her university degree with a study of the plight of the Salvadoran woman. She was kidnapped on Thursday by a masked gunman and brutally raped. Her spirit is strong and vibrant, so she will recover. She said it is ironic that the week before she is to return to her home, she herself has experienced the terror that the vast majority of Salvadoran women live with daily. . .

What am I learning in the midst of all this? How strong and vibrant is the human spirit. How important, to act with love and strength, facing fully our fears, death and daily darkness. Archbishop Oscar Romero, the four US churchwomen and the six Jesuits who were murdered here in the 1980's, are truly alive today, continuing to inspire the people. In the process of reconciliation how important to face the injustice with truth and deep compassion. . . I love you all and am deeply grateful for your love and support of what I do. I know somehow our work is bringing healing to the people, and your support makes that possible. I am not here alone. Happy Valentine's Day. . .



*Pat continues a few days later, still from El Salvador:*

Everywhere you go people have their stories of death, massacres and the horrors of the war. It is a very significant time now—people are depressed and disillusioned. There no longer is the energy and the push to fight against the enemy; many of the promises of the peace accords have not been met, and in many ways, the poor feel worse off than before the war. It is an important time for CAPACITAR to start working here to give the people some skills of empowerment to claim their lives and persons in the midst of the disillusionment.

Yesterday's workshop was a most interesting mix: 25 people including five religious and a number of ex-combatants from Chalatenango and San Jose las Flores, the first place to be resettled with refugees. . . At first the ex-combatants (young women in their early 20's who have never had lives of peace and joy) appeared hard, rigid, timid and embarrassed with the body movement and touch. By the end of the day they had big smiles and were talking about how they could use the materials with the disabled and those badly injured in the war, with their families and in their work. There is so much rape here, the result of much repressed violence in the home and in society. A shocking statistic is that 80% of religious currently in formation in Central America have been victims of rape, incest or sexual abuse. So work with body and spirit is very helpful. Everyone loves the Tai Chi and the Polarity the most. . .

**GUATEMALA**—*Soon after arriving on February 18 Pat writes:*

I am sitting in the garden basking in the sun. The azaleas are blooming, two green humming birds enjoying the nectar. Today is my day off after a nonstop week in Salvador. . . In the workshops I facilitated with different groups, I tried to express the sorrow and shame that many of us feel for our country which paid over one and a half million dollars a day for the war, the weapons and training the soldiers and torturers. And in the name of our people, I asked forgiveness of the Salvadoran people. Often I feel that the work of CAPACITAR is to bring healing to places where our own tax dollars have killed and destroyed. If we do nothing more than this, we will have accomplished our reason for existing. . .



It's a very hard time here in Guatemala. The new UVA tax has raised the price of most commodities and basics and the cost of living has risen almost 30%. As people struggle daily to survive, our presence as CAPACITAR is important to raise their spirits and to accompany their struggle to create hope in the midst of the violence. . .

The nine Mayan women who participated in yesterday's workshop were all leaders of different communities, and their goal was to share with their people what they had learned. We really had a fascinating time together, learning to move beyond our cultures, appreciating our common being, our bodies and our spirits. I taught them the Tai Chi meditation, some simple energy theory, some acupressure points, seated massage and Pal Dan Gum. Alejandro, a Mayan priest, translated everything into Cachiuel, the Mayan language connected to the beautiful archaeological site of Ixchimché, where we take the CAPACITAR Women's Journeys. As I spoke of connecting with the Energy of the earth and the heavens through our bodies, sparks of recognition came into the eyes of the Mayan women. This is the basis of Mayan theology and cosmology—"coscolmar"—the Force and Radiant Energy that moves through all. The Mayans know Gaia and Spirit, and they live daily with this recognition. There is a transporence to all life forms and a deep mystical sense in all events. The sadness for the Mayans is that, because of years of political violence, many people have lost connection with their culture, their community and the religious roots of their ancestors. In spite of the fact that many of our CAPACITAR techniques are from Asian cultures, from bodywork or psychotherapeutic systems, there is a great common understanding and experience that connects our work with the Mayans. Not one person in the group had ever practiced massage, even though it was a common practice with their grandmothers. They spoke of their grandmothers using candles and herbs to scan the body of someone sick or emotionally disturbed. When we passed our hands over each other sensing the energy, they recounted these Mayan practices. They talked about how grateful they were to once more see the power they have in their hands and in their spirits, and how much they wanted to return to their villages to share with their people and remember the practices they had forgotten or devalued. The Mayan people have been so devalued by the 500 years of domination. In spite of all they have suffered, grace and beauty shine forth from these people. Yesterday in the Mayan calendar was a day to offer thanks and to ask for blessings on planting the seeds. . . We ended our workshop with a Mayan blessing and an exchange of flowers of hope, and I offered CAPACITAR buttons. Everyone loves getting our button and symbol. One Central American woman immediately recognized the pre-Colombian symbol and said it is found in many places. It contains the four cardinal directions of the Cosmos and the blossoming of the spirit. . .

*A week later Pat catches up on her report:*

The time has flown bye and I have had little time to write. . . The Guatemalan religious of CONFREGUA are always so eager and enthusiastic. I facilitated Level One and Level Two workshops for large groups, and on Thursday taught a group of 24 directors of religious formation the rapid eye movement therapy, which can be extremely effective with persons who have been victims of trauma and abuse. So far I have worked individually with four religious women who as children



*Mayans and union women exchanging flowers of hope and life in a closing ritual*

were victims of incest. It's a joy to see their burden of guilt and anxiety transformed with this amazing therapy.

Thursday evening I gave a mini-workshop for about forty couples in a local parish. It was a fun evening; everyone really got into the Tai Chi and the energy work. With all the sisters and priests taking my workshops, many are starting to use Tai Chi meditation in the Mass.

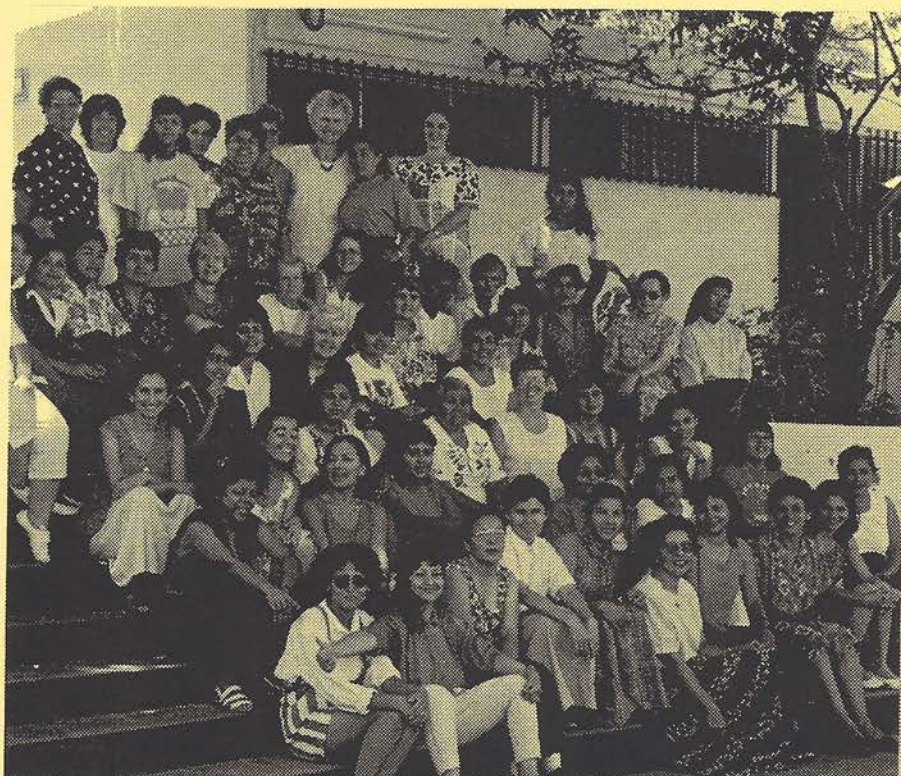
Yesterday was a day of work with 22 women from various unions affiliated with FESTRAS—coffee union, chicken union, Coca Cola, a state union of educators, and others. Many of these women deal daily with machismo, suffering sexual harrasment and abuse in their homes, places of work and personal lives. Most are exhausted and depressed from long hours of work, have low self-esteem, little joy in their lives, and in this group, no one has ever had the opportunity for spiritual or personal development. So work with them was like rain on parched soil. . .

*Just before leaving, Pat reflected on her work in Guatemala:*

My two weeks in Guatemala have passed quickly with much accomplished in terms of work and connections. Each time I am here I have a clearer sense of the groups with whom CAPACITAR should work, as well as who are the best people to multiply the work. Without a doubt, we must always focus on the poor and the grassroots who have few resources. This is part of our core vision, and for many, it is what makes our work credible. In terms of multipliers, working with people of vision is also important. A highpoint this time was working with Jesuit Carlos Cabarrús and the 42 wonderful people from 15 different countries who are involved in the four month program at ICE, the Center for Spirituality. The goal of this program is to help each participant to look at their wounds and dark side, to heal and grow so that their ministries with the poor and their work of forming others can be truly authentic. The group immediately



*Women of Chile expressing a Tree of Life meditation*



*Participants at the Ecofeminist workshop in Nicaragua*

had a profound sense of what I am trying to develop with CAPACITAR: a deep integration of body-mind-spirit and an inner healing, so that our work of healing our world may be more authentic. Another high point was my work yesterday with CLAR, the Conference of Religious of Latin America. The CLAR conference had representatives from all countries of Latin America and the Carriibbean (except Cuba and Panama). CLAR is a remarkable group that has taken brave stands regarding justice and human rights, the church and women's issues. They have been a visionary force in Latin America. As I was leaving the conference yesterday, the President of CLAR, a wise compassionate woman from Brazil, presented me with a simple black ring made from a seed pod by poor women and children. She said it represented the commitment to accompany the poor and the suffering of our world. So in the name of CAPACITAR, I accepted to wear this ring with love and joy and commitment. . .

***CHILE—On March 18 Pat reports from Santiago:***

We had a fine week together, working with the Chile team, and the Level 4 workshop went very well, with about 30 women participating. The majority of these women have participated in the previous trainings, so it is a joy to see the growth of each person over three years of working together. There is a beautiful spirit of love, respect and joyful conviviality as we get together each year. These workshops have effectively brought together poor grassroots women (who are now leaders of communities and local women's centers) with religious, intellectuals and feminist leaders. Normally these women never mix, but the body-mind-spirit work is a common connection which has empowered some deep interchanges.

This year's theme was "healing the healer, working with the chakras". We have covered in depth all the different techniques of the

manual these last three years, so we wanted to begin to look at ourselves as healers, our way of using the techniques, our wounds and histories (reflected in each chakra level) as they affect or block our work, our clarity and wholeness as facilitators of healing. Participants were very ready to work with this deeper level of material. We worked with chakra exercises, polarity, visualizations and Shibachi. Everyone really benefited from this deeper, more intense program.

***CHIAPAS—From Chile Pat traveled to Mexico:***

I visited the remarkable ruins of Palenque on Thursday with Franciscan Sisters Mary Litell and Maria Elena Martinez. By wonderful coincidence, it happened to be the day of the Spring Equinox and according to the news, many people were visiting Mayan archaeological sites absorbing the earth energy. Palenque is a beautiful site with great energy. The grounds are lush and tropical with a babbling river running through the forest. . .

Our Chiapas workshops, under the auspices of Sister Consuelo Martinez and the Franciscan Sisters, involved grassroots leaders from different villages, as well as teachers and leaders of the Palenque parish. . . (See Mary Litell's report from Chiapas.)

***NICARAGUA—At the end of her trip, Pat reported from Managua:***

It's great to be back in Managua working with CANTERA, where CAPACITAR began nearly eight years ago. We have all grown so much, and CANTERA, with its staff of 25 dedicated people, is a beacon of light in the midst of the darkness and so much hardship. In the first three months of this year alone, a number of small children died of starvation, and over one million children (out of a population of 4 million

people) are not in school because their families are unable to pay for classes, books and transportation.

Our three-day conference was entitled: CANTERA-CAPACITAR Workshop in Ecofeminism. Fifty-five women from many different parts of Nicaragua participated. I knew many of the participants from past workshops, and was delighted to see how each woman has grown in dignity, self-esteem and leadership. Our team was composed of Rebeca Cervantes from Guatemala and Mexico, Judy Ress and Doris Muñoz from Chile, Mary Litell and myself from the US, with five members of the CANTERA team. It was a wonderful experience of partnership and collaboration, each woman sharing her best talents. Judy and Doris developed the theology and philosophy of eco-feminism, looking at how we have evolved as humans in the cosmos, developing a sense of interconnectedness with the Sacred Whole, pointing to new directions in a earth and feminine-based theology. Rebeca and Mary led us in rituals and dance expressing our connection with the Earth. And I developed the Tai Chi, bodywork, visualization and chakra theory, integrating personal healing and growth with this global process. . .

I return home tomorrow, the beginning of Semana Santa, when the people of Latin America commemorate the suffering and death of Jesus. Everywhere I have worked these past seven weeks, there were signs of suffering and dying. Twenty-five people a day are currently being killed in El Salvador, more than during the war. Two leaders of bank unions were disappeared and badly tortured in Guatemala at the time of my visit there. Over 50,000 soldiers are mobilized in different parts of Chiapas to keep the people under control. Yet everywhere I went, I witnessed so much hope and commitment to bring light, transformation and resurrection to these areas of death. I feel blessed and privileged to share, in some small way, in this process of transformation and resurrection through the work of CAPACITAR.



*Women of Nueva Esperanza, Chiapas*

## *Chiapas, Mexico* —Mary Litell osf

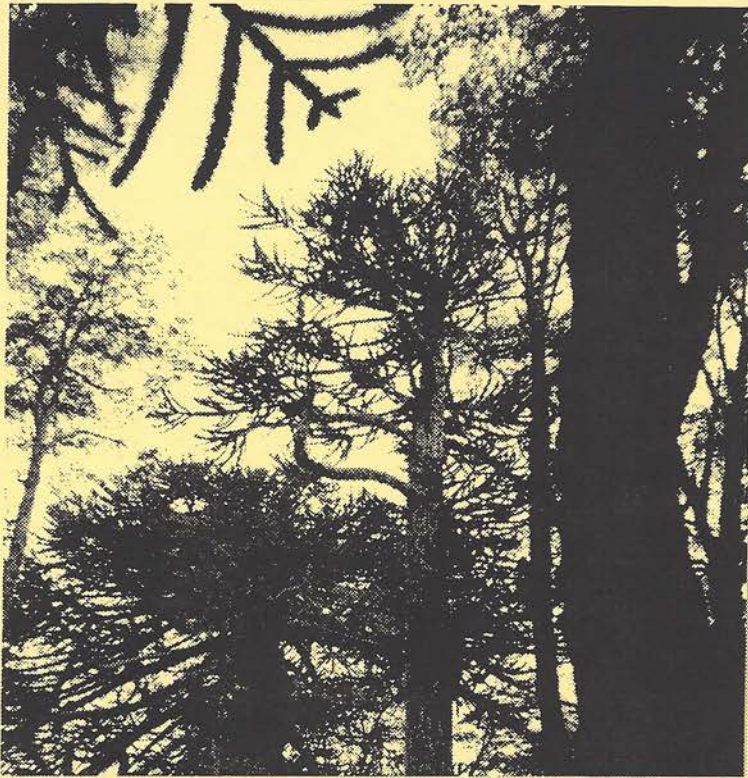
It is early morning, two women arrive at the house where we are staying in Palenque. They have come from a small village about an hour away. Last night, two other women from a village about two hours away arrived and spent the night. We are all going to leave soon for still a third village which is perhaps an hour from town. From the main road we walk to the village church where local women, as well as women from the neighboring community have gathered. Other women had also wanted to participate in the workshop, but didn't have the few cents needed to take the truck transport. So instead, the one or two leaders participating from each village will teach what they learn to the rest of their communities.

On one side of the small stucco and palm-thatch church is a field of chilies ready for harvesting. On the other side we see a splash of color on a zinc roof and learn that it is the first crop of red chilies drying in preparation for sale. In front is a communal cooking area, a wood oven and work tables. All of this, we discover, is the work of the local women's co-op. With chile and bread sales, they hope to build up a small capital fund which will enable them to become self-sufficient.

We gather in the cool of the church building for this first CAPACITAR workshop in Mexico. While the Tai Chi, acupressure, visualization and massage are new for these women, they are enthusiastic, sensing the value of this way of work. Evaluations are written slowly by these women who have only recently learned to read and write through the women's literacy campaign. Before leaving, we are invited to taste a specialty of the co-op's bakery—a delicious colorful cake decorated with strawberries! Back home, it is beginning to cool off, and some of the women are going into Palenque's central plaza where people gather on Saturday evenings to visit and to listen and dance to the marimba music. Tomorrow morning we will begin a very different style of workshop with the catechists of the local church.

Forty people—young men and women, newly married couples, parents of growing families, teachers—have gathered for their first retreat day. They have chosen the theme of "reconciliation" and have planned a full day from 8:00am to 8:00pm. The retreat begins with a Tai Chi meditation focusing on awareness of being at one with one's self, with others and with our whole earth. Demonstrations of massage, acupressure, co-listening continue the reconciliation theme, especially within families. We work until early afternoon, then they continue the retreat with discussion and reflection. The CAPACITAR-style of integrating spirituality with work involving body, emotions and imagination opens the group in a way that enables them to face the serious areas of conflict they experience as families, as a parish community, as people of Palenque.

Later on we meet them at the Sunday evening Eucharist in the parish church and see for ourselves the energy, the enthusiasm they carry with them from a rich day's work together. One family comes home with us to videotape the Tai Chi and Pal Dan Gum exercises for their own work, as well as for the work of the catechists. We speak with them about possible CAPACITAR work in the future. It is very late; we are leaving tomorrow before 5:00am, but there is still time for a cool drink with the Franciscans with whom we have been staying, Consuelo, Maria Elena and Juanita. Already, before going to bed, we begin dreaming of a return to Chiapas.



## *Planted deeply in the Earth—A Meditation*

*"A plant that grows deep in the earth cannot be uprooted"—Tao Te Ching*

Stand with your feet separated, knees slightly bent, with your back straight. Hold your hands out in front of you and then reach out to the sky. Feel your feet connected to the earth, toes like roots growing into the earth, arms and hands like great branches stretching to the heavens.

Inhale deeply into your abdomen, into your point of power about two inches below your navel. Feel the energy of the Earth rise up through your feet. Your legs and torso are like the great trunk of a tree, with roots running deeply to the center of the earth.

Exhale, and feel the energy flow out through your hands and fingers, like the branches of a tree, and out the crown of your head to the heavens. Continue to breathe deeply, connecting to earth and heaven through your body, filling your being with energy and renewed life.

### *CAPACITAR Volunteers needed:*

As our office and work grow, we need additional volunteer help. Please call if you can help us out one or two hours a week in the office, or if you can help occasionally with mailings or different projects.

#### Also needed:

- A graphics artist to work on the Newsletter and to develop flyers
- Volunteers to work on the computer data base/ mailing list.
- Volunteers willing to help with the Spring Swing.

## *After Beijing '95* —Dana Del Norte *Caucus on Women and the Media*

You are invited to attend After Beijing '95: Caucus on Women and the Media on May 19, 9:00 am to 1:30pm at Stanford University, History Corner on the Main Quad. The cost is \$10, \$5 for seniors and students, lunch included. This half day program brings together grassroots leaders and newspaper, radio and television professionals to explore coverage of women's activities and the inclusion of gender perspectives in the news. Women and the media was a critical area of concern addressed in the Platform for Action document produced at the Fourth UN World Conference on Women. Through working sessions, caucus participants will link this global issue to local action and help create a media plank for the California Women's Agenda Assembly being held at the end of June in San Francisco. The morning caucus will be followed by an afternoon program on women's health, providing an opportunity to address another key area of the UN Platform for Action.

The Caucus is sponsored by the Beijing Conference Action and Resource Network, the Women's Intercultural Network, the Stanford Center for East Asian Studies, and is endorsed by over 20 local organizations. For more information or to register call 415-493-8626.

## *1996 Calendar: Coming Events, Rituals, CAPACITAR Presentation and Workshops*

- April 27th—Exploring Women's Spiritual Issues, Carmel, CA 8:30am-4:30pm A program of workshops, including CAPACITAR presentations. All Saint's Church. For information: 408-659-7440
- May 3-7, Levels I and II Workshops, St. Louis, MO, Mercy Center For information: Sr. Sharon Schmitz 314-966-4313
- May 8 and 9, Presentations for Maryknoll Sisters, New York For information: 914-941-7575
- May 18, 2nd Annual Spring Swing, Prunedale, CA 2-6:00pm An afternoon of jazz, dance, wine and gourmet foods at the home of Doris and Fred DeVilliers. Fundraiser to benefit CAPACITAR's local program with women in shelters and labor camps. For information or reservations: 408-761-5893
- June 8—Healing Ourselves, Healing the World, Workshop with Pat Cane at Mt. Alverno in Redwood City, CA 9:00am-4:00pm. For information call: 415-369-0798
- June 22—Catholic Women's Network—Connecting: Body/Mind/Spirit—a day of spiritual nourishment and personal growth 8:00am to 4:30pm Several CAPACITAR presentations, among many other wonderful workshops. San Jose, CA Archbishop Mitty High School, For information 408-245-8663
- June 30—CAPACITAR Summer Ritual 1:00-4:00pm. For information call: 408-761-5893



*THERE IS NO ONE BUT US.  
 THERE IS NO ONE TO SEND,  
 NOR A CLEAN HAND NOR A PURE HEART  
 ON THE FACE OF THE EARTH, NOR IN THE EARTH,  
 BUT ONLY US,  
 A GENERATION COMFORTING OURSELVES  
 WITH THE NOTION THAT WE HAVE COME  
 AT AN AWKWARD TIME,  
 THAT OUR INNOCENT FATHERS ARE ALL DEAD  
 —AS IF INNOCENCE HAD EVER BEEN—  
 AND OUR CHILDREN BUSY AND TROUBLED,  
 AND WE OURSELVES UNFIT, NOT YET READY,  
 HAVING EACH OF US CHOSEN WRONGLY,  
 MADE A FALSE START, FAILED,  
 YIELDED TO IMPULSE AND  
 THE TANGLED COMFORT OF PLEASURES,  
 AND GROWN EXHAUSTED, UNABLE TO SEEK THE THREAD,  
 WEAK, AND INVOLVED.  
 BUT THERE IS NO ONE BUT US.  
 THERE NEVER HAS BEEN.*

*A meditation by Annie Dillard from Holy the Firm*



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