



CAPACITAR—An International Network of Empowerment and Solidarity

Living in Wellness: Capacitar and AIDS — Patricia Mathes Cane, Founder/Co-Director

CAPACITAR is a network of people 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 people 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 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 people 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.



What does living in wellness mean to the majority of the human family impacted by poverty, violence, trauma and AIDS? This is a question that Capacitar ponders as our outreach extends to Southern and Eastern Africa, Indonesia, East Timor, Colombia, places of violence in the US, and in 2003 to Haiti and Ireland.

During summer workshops in Kenya, Tanzania and South Africa, we became deeply aware of the overwhelming needs of millions of people affected by AIDS. Currently over 24 million Africans have HIV, with 11,000 people being infected and 6,000 dying daily. By 2010 Africa is expected to have 40 million orphans, with many becoming street children trying to survive by whatever means they can (Brown, L. *Earth Policy Reader*, 2002).

One social worker in Durban, SA asked for advice on what to say to children in her orphanage who were angry with God because four of their playmates had just died of AIDS. She wept as she described the grief of these small children. In Johannesburg we worked with a number of youth, many who were HIV positive, who were struggling to help their peers living on the streets. These youth, who understood how bleak their future is, were caring for their friends dying at a time when most young people are going to parties and dreaming about their own possibilities. Some spoke of the hopelessness, desperation and negativity they felt

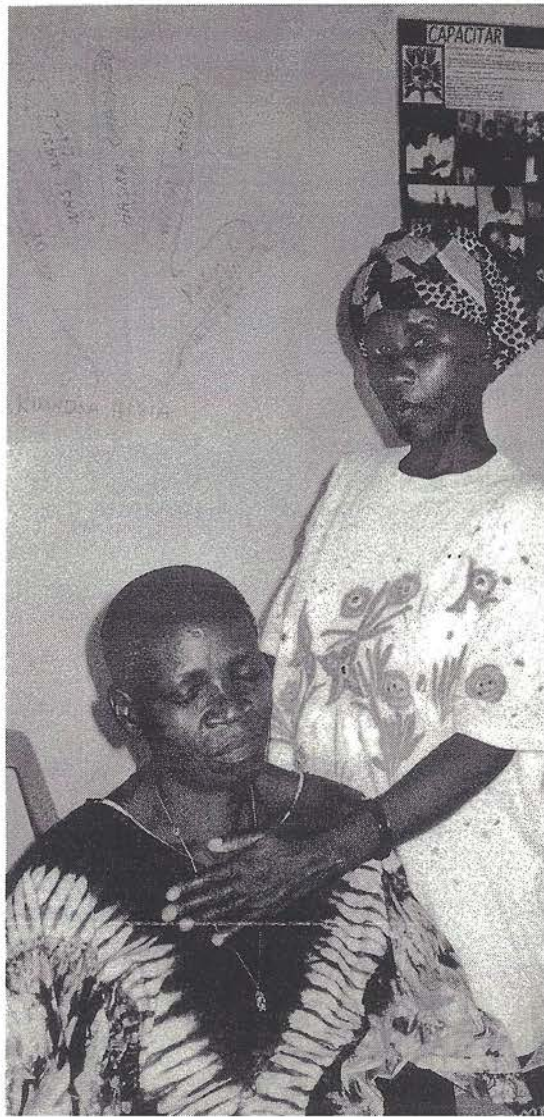
and even considered suicide. We felt such pain for these young people, and came away from all this suffering and desperation, desiring to offer what Capacitar can give to caregivers, youth and groups working with HIV/AIDS.

Capacitar has a long history of teaching simple wellness practices to awaken people to their own source of wisdom and strength. Many of the youth and caregivers desired to learn skills in handling the trauma of grief, loss, abandonment, violence, abuse and growing up in overwhelming circumstances. Others asked to learn skills of psychological and spiritual caregiving to accompany dying family members and friends, as well as skills in palliative care. And almost all participants in our African workshops desired spiritual, emotional and physical skills in self-care to live their own lives with principles of wellness. As one young man said: "We are all going to die. You may die of an accident; I may die of AIDS. What I want to learn is how to live and die well!"

As we shared in the vibrant song and celebration of many Africans, we realized how much we have to learn about living well from people who are so close to life and death. In pondering the darkness of our times Capacitar is inspired by the strength and courage of many who cry out to live in wellness bringing care and hope to their communities and to the world.

Capacitar in Southern Africa

"When Nelson Mandela was elected president in 1994, I knew freedom for the first time. And now after so many years of pain and trauma, I feel free in my body and my spirit!" Mali, a Zulu activist working with AIDS outreach at the Valley Trust in Kwazulu/Natal, described his experience at a Capacitar workshop with Pat Cane. The response to Capacitar was enthusiastic and participants asked for more trainings and support materials. Capacitar will be producing another book—Living in Wellness: A Capacitar Manual for HIV/AIDS—which will focus on practical skills, body-mind-spirit practices, palliative care, the grief process, and self-care for youth, caregivers and grassroots groups for use especially where there are few resources and little access to medical or psychological care. The manual will be used in community-based training programs to be conducted in 2003-2005 in Southern and Eastern African countries. A number of wellness trainings are being scheduled throughout South Africa by the Capacitar-South Africa Coordinating Committee—Sharon Ries, Joel Perry, and Sandy Perry.



Capacitar in Eastern Africa

Capacitar-Tanzania team members, including Constansia Mbogoma and Maryknoll Sister Pat Gallogly, MM, are already multiplying the work, planning trainings and securing funds for 2003-2004.

Workshop participants in Mwanza, Tanzania represented women's groups working to deal with AIDS, women's rights, orphans, poverty, domestic violence, social justice, and caregiving. As Constansia remarked: "This is ripe for us here, and Capacitar will be well received!"

In Nairobi, Kenya Mary Litell OSF and Pat Cane worked with Jesuit Refugee Service staffs, with invitations in 2003 for continued work there and in refugee camps. Maryknoll Sisters Ruth Greble and Nancy Lyons hosted a training at Maryknoll World Section House which included women from the Sudanese Women's Voice of Peace, and youth involved in Kenyan peace movements.

Capacitar at the Border — San Diego/Tijuana

Capacitar is embarking on a new and exciting program in the San Diego border area. In collaboration with a group of women from the community—all graduates of the Spanish language Capacitar Multicultural Wellness Education training—we will be doing an outreach program to grassroots women and families. We will give you more news about this program as the planning progresses, but it is a great opportunity to work in cooperation with community members to bring Capacitar wellness practices to more people.

Capacitar in Appalachia

Capacitar has been reaching out to many people in the Appalachian region this fall. Deborah Haydu, Kathleen McNulty and Sister Carolyn Brink, R.S.M. teamed up with artist Sister Marianne Hieb, R.S.M. to present a Wellness Retreat at Jubilee House Retreat Center in Abingdon, VA. A Capacitar group meets monthly at Sunrise Center, a self-help center for low-income women. At one of the meetings the 9-year-old daughter of one of the women learned the "Leadership Dance." She went home and practiced it and then led the dance for the whole group when she came to the next meeting.

This fall Capacitar Appalachia taught healing techniques to women at a health fair, a cancer outreach group, an interfaith charismatic group, a college class, a free clinic, and a retreat group. In all, the team has given over 40 workshops to a total of 611 people since July, 2001. Kathleen McNulty and Terri Therrien are planning to teach the Labyrinth to the parishioners at Resurrection Church in Moneta, VA. In 2003 the Capacitar Appalachia team is scheduled to give a twilight retreat at Jubilee House in Abingdon, VA.

CAPACITAR SELF-CARE CORNER -

Acupressure

In this newsletter, we continue our series of acupressure points you can use to help heal yourself. This month we will describe points in the chest.

With stress and trauma, energy is often blocked to different parts of the body and pressing acupressure points is effective in freeing energy and decreasing symptoms. Acupressure is a remedy you have in your fingers. You can use it whenever you need it. You know best how it fits into your life. You may want to hold acupressure points as part of a daily routine in bed before going to sleep, while seated at your desk or workspace, on the bus, or while watching TV. Combined with meditative music, you can use it to calm and center yourself. Or you may want to use it like aspirin, on an as-needed basis.

Once you locate the point you want, you apply firm pressure, then release slightly to feel the energy pulse. If you don't feel the pulse, don't worry. Energy is flowing. The points are often tender but holding them does no harm. While you hold the points, close your eyes and breathe deeply, letting go of all tension, thoughts and worries. Hold the points for 3 to 5 minutes until the energy pulse is calm, clear, and harmonious. After some practice your fingers will intuitively know when you are finished.

For photo illustrations of these points, see the Capacitar Trauma Healing and Transformation Manual, page 50.



BELIZE

PRACTICE: POINTS: CHEST POINTS FOR DEPRESSION & ANXIETY

POINTS

"Elegant Mansion"

"Letting Go"

"Sea of Tranquility"

USE FOR

use for depression, anxiety, chest congestion

depression, grief, repressed emotion, chest tension, and shallow breath

Nervousness, grief, depression, hysteria, emotional imbalance, and chest congestion

PRACTICE

Find the indentation at the lower edge of the collarbone, on either side of the sternum by the first rib.

Locate in a sensitive area in the outer part of the upper chest near the arm socket, a distance of approximately four fingers from the arm pit.

Find in the center of the sternum at the level of the nipples.

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South Africa

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Joel Perry

Sandy Perry

Tanzania

Constansia Mbogoma

Pat Gallogly, MM

East Timor

María Díaz

Indonesia

Fr. Terry Ponombon

CAPACITAR Calendar 2003

- January 18 Capacitar Board Meeting, 9-4
- Jan. 29 - Feb. 18 Trainings in East Timor and Indonesia
- Jan. 31 - Feb. 2 Workshops for Hispanic Families, NY
- February 7-15 Haiti Workshops
- February 20 Sophia Center Presentation, 10-12, Berkeley, CA
- March 15-16 Training 1, El Paso TX
- March 28-30 Training 1, Milwaukee, WI, Center to BE
- April Workshops in So. Dakota
- April 7-17 Trainings in South Africa
- April Trainings in Tanzania
- April 26 Capacitar Board Meeting
- May 1-14 Workshops in No. Ireland and Republic of Ireland
- May Trainings in Belize
- June 21-22 Training 2, El Paso TX
- July 1-4 Workshops in Nicaragua
- July 26 Capacitar Board Meeting
- August 23-24 Training 3, El Paso TX
- August 25-26 Capacitar for Kids, Cincinnati schools/teachers
- August Trainings in Tanzania
- September 5-7 Training 3, Milwaukee, WI
- September 22-30 Trainings in South Africa
- October 1-30 AIDS Trainings in So. African countries: Botswana, Namibia, Swaziland, Lesotho, Zimbabwe and So. Africa
- October 18 Capacitar Board Meeting
- Nov. 1-2 Trainings in South Africa
- November 8-9 Training 4, El Paso TX
- November 14-16 Training 4, Milwaukee, WI

2003 Trainings

- Wisconsin Training in Multicultural Wellness Education
Sponsored by the Center to BE, Milwaukee, WI
Mar. 28-30 May 30-June 1 Sept. 5-7 Nov. 14-16
For information: Marjorie Wilbur (414)672-5932
Mwctobe@execpc.com. CEUs offered through Marian College.

Remember CAPACITAR in Your Estate Plan

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

Visit our website
www.capacitar.org

Gifts Made In Honor of

Sr. M. Loretta Jacobs * Sr. M. Ann Thomas
Lindsay & Jason Northness

Gifts Made In Memory of

Jean Ball Edwards * Alice Gamerston, PBVM
Inez Hernandez, PBVM * Charlotte Lane
Josephine Maier * William Maier, Sr
Agnes Orth, PBVM * Margaret Sweeney
Teresa Pickerel * Paul Tersero