



CAPACITAR Women Planting One Heart

An International Network of Empowerment and Solidarity

A Prayer for the Millennium

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.

If we imagine there is a chance that all people might one day learn to live in beauty and kindness, then what might we pray for now, at this potent moment in history, to help invoke this possible future? Elizabeth Roberts and Elias Amidon posed this question in preparing to write their beautiful new book, *Prayers for a Thousand Years* (Harper San Francisco, 1999). Prayers contributed by people of many cultures and creeds, echo the heart-cries of the human family. We feel privileged that CAPACITAR's prayer was included in this collection. (Newsletter pp. 4 & 5)

Robert Muller, Former Assistant UN Secretary General and Chancellor Emeritus of the UN University of Peace gave his prayer:

I dream that the celebration of the millennium will be devoted by all humans, nations, and institutions to unparalleled thinking, action, inspiration, determination and love to solve our remaining problems and to achieve a peaceful, united human family on Earth.

In recent CAPACITAR workshops we met African-American women who are doing just that. At the Women's Theological Center in Boston, Co-Director Donna Bivens told us that there is a notable rise in racism on the national level. Her groups, *Love Herself Regardless: Programs for Women of African Descent* inspire African-American women to look at their historical legacy in order to heal the wounds of racism. Jo Davis described the sister-to-sister mentorship program she leads with adults and adolescents to inspire bonds of trust and self-identity in the African American community. Curdina Hill works to bring business and organizational development skills to empower women both in the US and in Africa.

Louise Dunlap, recently returned from work with grassroots groups in South Africa, described her participation in the the walk of the Middle Passage through the Southern states and West Africa to heal the history and legacy of slavery. During our time with the Women's Theological Center we spoke often of what it might mean to face the wounds and attitudes of our forebears which are destructive and no longer serve the human family, and to say, *This stops with me!* The WTC women were an inspiration as CAPACITAR looks for funding and begins initial plans to train teams in Africa in



The women of Honduras are likewise focused with determination, action and love to rebuild their country after the devastation of Hurricane Mitch and the years of political violence. Our recent program on Trauma, Healing and Transformation, is CAPACITAR's response to walk in solidarity with the people of Honduras.

In collaboration with Center Visitación Padilla, grassroots leaders were invited from different areas of the country to be part of a one-year on-going training. The women work with street gangs, abused women, families, youth, the homeless, refugees affected by Mitch, the aging, the tortured and victims of political violence, as well as men and women prisoners and their families.

The women see the recent destruction of Hurricane Mitch as only a further breakdown of life that needs to be rebuilt in a very different way. One woman leads a group of housewives who daily work to rebuild their destroyed homes and community in La Ceiba. Most of these women have very few material possessions but are rich in love, faith and a spirit that is indomitable. In their closing ritual the women expressed a deep commitment to take on the healing and rebuilding of their country, and to support each other in their own healing and transformation. It is a great privilege for CAPACITAR to work with these remarkable women.

The women of Boston and Honduras teach us that our prayers to transform our world can be realized. Their lives and actions are a great example of the human capacity to create what we focus upon, what we long for, and what we desire. Imagine the kind of healing energy that would be unleashed on the planet if we took to heart these prayers for the **millennium!**

Pat Cane, Founder/ Executive Director

2000



A Dream Come True—CAPACITAR Comes to La Paz, Bolivia

Barbara Nube Roose

I am totally satisfied and grateful.

The workshop touched me deeply. In spite of doubts due to personal limitations and other problems, I realized that I could do something to fulfill my hopes.

This comment was written by one of the 58 participants of La Paz, Bolivia's first CAPACITAR workshop with Pat Cane and Joan Condon on March 14, 1999.

Over seven million people live in Bolivia, a country described as one of the poorest on the American continent in terms of quality of life indicators. With over 60% of its population live in urban areas, and at least 19% of households have female heads of families. The fulfillment of hopes is not a daily experience. Women between the ages of 14 and 49 constitute 24% of the total population in Bolivia. Women without schooling number 2.3 times higher than men. The average number of grade levels completed by women in urban areas is 6.6. While in rural areas most women complete only 1.5 grades.

Although Bolivia is considered a poor country, its vast cultural and geographical diversity make it a fascinating country. Many of the traditional ways of healing, scorned by professionals for far too long, are gradually finding their rightful place among peoples from various sectors of the general population. Thus CAPACITAR's arrival in La Paz, Bolivia comes at a necessary and propitious time.

After an initial contact with CAPACITAR about three years ago in California, and a later meeting with Pat Cane. There has been a continuing correspondence and reception of CAPACITAR's materials. The dream of beginning work with CAPACITAR in La Paz, Bolivia came true with Pat and Joan Condon's visit this March. I have heard that whirling dervishes emit a lot of energy. Pat and Joan were our own dervishes for the three days they graced us with their presence. A number of people commented about the loving and trustworthy atmosphere set in both the first workshop, as well as the second one offered for thirty university students from poorer sections of the city of La Paz. Ninety persons, among them students, housewives, religious, psychologists, educators, social workers, an economist, a forestry engineer (female!), secretaries and six staff members from an NGO working with street children attended the two workshops.

Two common themes ran through most of the reasons for attending the workshops: getting to know myself better, and helping others. As a consequence most people also indicated that they would begin applying what they had learned to themselves, with practices extending to their families and friends, and gradually to other groups in their communities.

Street children, women in jail, female members of the police force in charge of responding to family violence, youth, older people, and mothers, were some of the groups mentioned. Some also want to work with people in rural areas, others with handicapped children.

In mid-May, Maruja Gonzalez and Margarita Milne, RSM, two members from the CAPACITAR Chile team came to give four workshops in La Paz. Two of the workshops were organized for indigenous women from a grassroots organization by Maryknoll Lay Missioner, Cati Williams. Thanks to her initiative, our group was able to hold two workshops: 20 women and 30 students had the opportunity to reinforce the healing modalities learned in March. Polarity massage was also introduced to the 20 women selected on the criteria of walking their own healing process and willingness to teach others.



Scholarships were given for all workshops thanks to CAPACITAR La Paz, Bolivia and the PASTORAL UNIVERSITARIA of La Paz. Contributions were made to both visiting teams. A core group of women now meets every other Saturday for a few hours to practice what we have learned so far. Informal feedback tells us that most participants are truly practicing within their families. Future plans were discussed at this July steering committee meeting.

Enthusiasm here runs high. We are grateful to Pat Cane and Joan Condon, Maruja Gonzales and Margarita Milne and all the other people who make this tremendous work possible. We wish for a long, healing and service-oriented relationship with women interested in CAPACITAR in Bolivia.

Gifts Made In Honor of

Rajohanna Aguilar
Debbie Beckerbeg
Dorothy Bengal
Bess Blacquiere
Glenna Bramer
Barbara Brown
Sister Carla
Patricia Caspary
Sarah Classen
Father Fred Daley
Nancy Dodsworth
Clara Emmer
Kathy Emmer
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Mrs. Turk
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Patti Walther
Claire Wantz
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Beth Wikle
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Annetta McFeeley, PBVM
Dell Metz
Evelyn
Lena E. Godfrey
Becky McCann
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Carolyn Sabin
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Remember a
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wedding
anniversary
or other special
occasion
by sending a
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CAPACITAR.

*A festive
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will be sent to the
person(s) you
remembered and
their names will
appear in the next
newsletter.*

Memorial cards
are available
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by mail
phone
fax or
E-Mail.

Crones International

Carol Bialock, RSCJ, funded by her congregation of Sisters, participated in our recent training in Honduras. Carol taught the Honduran women many wonderful dances of peace and healing, and stayed on for two weeks after the workshop to work with the crones and grandmothers. Many friends know Carol as the founder of the CAPACITAR Crones in St. Louis, MO, and as the author of meditations for crones which have appeared in CAPACITAR newsletters. Carol celebrated her 70th birthday during her visit to Honduras. The following are Carol's reflections:

In a few days I will have the privilege of beginning my work with the crones of Honduras. Even as I write, it is the crones, the grandmothers, who are caring for children so that their daughters can come to this four-day workshop that Pat is giving in the Valley of Angels near Tegucigalpa.

In Tegus, as they call it, I spoke briefly with Martha, the woman at Center Visitación Padilla, who coordinates work with the crones. Her face filled with compassion as she spoke: "In spite of ill health and bodies bent over, these women must continue to work to stay alive and support their families."

I like to think that grandmothers are bread and perfume: what feeds the body and nourishes the spirit. How to honor them? By listening to their stories and by a ritual to honor their wisdom years. They will speak the names of their own mothers, grandmothers and great grandmothers and build an altar to all the valiant women who have gone before as models. They will light a candle chanting, "We are women of wisdom, a gift to the world." There will be incense, blessings, songs and flowers. And the secret gift will be to put seeds in their hands, for seeds are the symbol of the crone, the way LIFE continues. And all through the ritual we shall dance, some perhaps with a hobble and a limp, but dance!

Carol hopes to visit other Central and South American countries in the future to honor the crones in many cultures.

CAPACITAR

Pat Cane

WE ARE WOMEN AND MEN OF THE MILLENNIUM
WE ARE WISDOM AND CREATIVITY EMBODIED
A VOICE FOR GAIA'S ENERGY UNFOLDING.



WE BELIEVE THAT GIVING IS THE ACT OF RECEIVING,
THAT IN HEALING OURSELVES
WE HEAL OUR WORLD.



WE ARE CHANGE,
ENCOURAGING INNER AND OUTER HEALING,
WILLING TO BE IN THE CAULDRON OF TRANSFORMATION

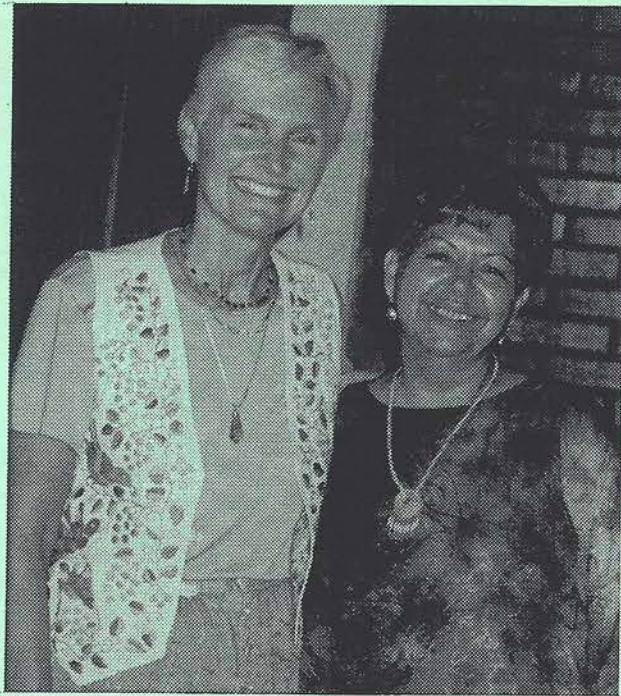
WE ARE WILLING TO RECOGNIZE OUR WHOLENESS
AND HOLINESS,
WILLING TO GROW WITH PEACE, POWER, AND LOVE.



PRAYER

Founder & Executive Director

*WE ARE COMMUNITY-
DISCERNING, EMPOWERING, AND COMPASSIONATE,
INTERCONNECTED WITH ALL BEINGS.*



*WE BELIEVE THAT WE ARE INTERCONNECTED,
PART OF ANCESTORS AND CHILDREN TO COME,
PART OF SOIL, EARTH, AND STARS.*



*WE ARE WITNESS TO THE PAIN AND INJUSTICE AROUND US,
WILLING TO BE COMPANIONS IN THE STRUGGLE.*

*WE BELIEVE IN EQUALITY AND DIVERSITY,
RESPECTING DIFFERENCES.*



On that day
the salmon
shall return
whole tribes of them
swimming together:
giant chinooks,
silvers & pinks,
reds & steelhead,
quartznosed leapers:
old tailwalker
mountain-climber,
mad for the glaciers,
flooding the rivers,
clothing the land
in its vast body,
healing the scars,
and calling us home.

And on that day
the trees
shall return
whole forest
of them,
marching together:
red cedar
the sacred tree,
fir & hemlock,
spruce & pine,
redwood & cypress,
juniper & yew,
cloud-scrappers
piercing the skies,
bringing
down the rains,
holding the earth,
setting
the rivers free;
and the mountains
shall become
fountains
of the waters.

And on that day
the animals
shall return
whole flocks
& herds of them:
eagle & raven,
otter & beaver,
wren & hummingbird
coyote & bear,
elk & wolf,
and all the lost species
shall pour from the ark:
each to their
own homeplace,
and the wood
and water shall sing!

An Instrument of Peace

Our northern California coordinator, Mary Litell, OSF, has lived the Prayer of Saint Francis. As an instrument of peace she uses the CAPACITAR methods and reaches out to those in need.

Elmwood Women's Correctional Facility, Milpitas
Where there is despair...let me sow hope.

Marian Emergency Shelter, San Francisco
Where there is darkness...let me sow light.

Tenderloin Resource & Educational Center for the Homeless
Where there is doubt...let me sow faith.

Damien Clinic, Manteca
Where there is sadness...let me sow joy.

Besides these CAPACITAR workshops, Mary integrated Tai Chi into the retreat for the Presentation Sisters in San Francisco last May. In June Mary worked with Pat Cane and the CANTERA team facilitating a Spirituality and Energy workshop in Managua, Nicaragua. On July 17th, she facilitated a California workshop for trainers. The purpose of the workshop was to enable these women to go back to their groups and continue CAPACITAR self-healing practices.

Rita Jovick, PBVM, Development Director



Our logo comes from a pre-Columbian design of the lotus. For us it symbolizes the creativity and empowerment of women—rooted and grounded in the earth, raising arms to receive the energy of the heavens, joining together in solidarity around the globe to empower each other, birthing the seed of life within ourselves and within the society around us.

And on that great day
the peoples shall return
whole communities
and nations:
Our families, friends
and neighbors,
all our relations,
with the old ones
from the time
before time began...

All the people
who have ever lived here
will gather together
in one great Potlatch
to remember--
"Give away
as you were given"--
and the house of names
shall call out
and dance again!

And on that sacred day
the spirits shall return:
Grandfather and
Grandmother,
the Great Spirit,
southwind & winter wave:
sun, moon and stars
shall align us
here down below:
and the lord
of the mountains
and the lord
of the sea --Bear & Orca--
shall dance long
looping circles together,
restoring the hoop
of the world.

And our teachers
shall return,
all the great spirits
of this region,
be here with us now.
All praise and
thanks to those
who help us learn
to sing this land, and
find our way home!

On that day...
And on that great day...
And on that joyous day...

David D. McCloskey
found in Prayers for a Thousand Years

CAPACITAR Welcomes Local Coordinator

Let me introduce you to Lillian Soto-Cordero who is the Santa Cruz and Monterey County Coordinator for CAPACITAR. Lillian has led bilingual (English-Spanish) workshops in REIKI and CAPACITAR practices in California and Puerto Rico. As part of her position as Lead Shelter Advocate in a local non-profit domestic violence agency she also works daily with women and children survivors of abuse. Lillian has a BS in Geology from the University of Puerto Rico-Mayaguez and a MS in Earth Science from the University of California at Santa Cruz. Due to her strong commitment to the empowerment of women, Lillian is dedicated to working with grassroots groups in multicultural and underseved communities.

Lillian has been with CAPACITAR since the beginning of June. Within that short time she has taught workshops at San Benito Health Foundation for 40 hispanic expectant mothers, Familia Center for low income women & Garden Hill Apartments (in collaboration with ALTO).



Lillian Soto-Cordero, Local Coordinator, and Valerie Bengel, MD, CAPACITAR Board President, listen to the suggestions at the Local Planning Meeting

Present at the planning meeting which was held on June 21st were Maria Flores, Teresa Padilla, Fatima L. Gupta, Blanca Sanchez, Mary Ondreyco, SNJM, Joan Condon, Rita Jovick, PBVM, Valerie Bengel and Lillian Soto-Cordero. This group is the beginning of a team that will work collaborately. At this meeting names of groups that would benefit from the CAPACITAR workshops were recorded and Lillian has begun to contact these groups, thus giving life and form to our local program.

Our Santa Cruz County program was in progress from 1993-1997. Because of lack of funding, we were not able to continue in 1998. This year we have received seed money to reinstate the workshops to the underserved in our local area. If we continue to receive contributions, the CAPACITAR Body-Mind-Spirit Workshops will be able to bring peace and healing to those who suffer the effects of violence and poverty.

Rita Jovick, PBVM, Development Director

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**

You may remember CAPACITAR through your United Way contributions. When United Way forms are given at work, there is an option entitled, **Other**. This is 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.

CAPACITAR Calendar 1999 **2000**

• **First Sunday of each month** Mercy Center
CAPACITAR Crones, St. Louis, MO 314-621-4936

• **July and August - Tuesdays**
Garden Hill Apartments Lillian Soto-Cordero 831-722-7590

• **August 21 & 28**
Women's Health Leadership, Sacramento & Los Angeles
Pat Cane and Lillian Soto-Cordero 831-722-7590

• **September 6-10**
Trauma, Healing and Transformation Trainings
Pat Cane, Managua, Nicaragua 505-2775329

• **September 25** Plaza Vigil, Watsonville, CA 10-1:00
CAPACITAR Board Meeting 831-722-7590

• **Sept. 29-30, Oct 1**
Methodist Minister's Conference, Asilomar, CA

• **October 2**
Level 3 Workshop, Center to BE, Fond du Lac, WI
Rhea Emmer CSA 920-921-6044

• **October 8-10**
Bilingual Workshop, Hispanic Ministry, Cleveland OH
Sr. Alicia Alvarado, 216-696-6525

• **October 11-12**
Team trainings, Cincinnati, Ohio, Mercy Center, Anderson
• **October 15-16** 513-624-3273
Level 4 Workshop, Cincinnati Mercy Center, Anderson

• **Oct. 17-18**
Levels 1 & 3 Workshops, Catherine Spalding Center, Nazareth, KY Suzanne Gude 502-348-1516

• **October 20-21** Appalachia, Richlands, VA
Sunrise Center Carolyn Brink RSM, 540-596-9992

• **November 6**
CAPACITAR Level 1 Watsonville, 9-4:00, 831-722-7590

• **November 25-27** Honduras
Trauma, Healing & Transformation, Pat Cane, Gladys Lanza

• **November 29-30** El Salvador
Trauma, Healing & Transformation, Pat Cane, Nancy Meyerhofer

• **December 1-11**
Women's Journey to El Salvador and Guatemala

• **January 15** Plaza Vigil, Watsonville, CA 10-1:00
CAPACITAR Board Meeting 831-722-7590

• **January 29 - 30** Mt. Alverno Center, Redwood City
Capacitar Levels 1, 2, 3 & 4
Sr. Mary Litell, OSF 831-722-7590

C A P A C I T A R

Founder/Executive Director

Pat Cane

International Coordinator

Joan Condon

Development Director/

Editor

Rita Jovick, PBVM

California Coordinator

Mary Litell, OSF

Local Coordinator

Lillian Soto-Cordero

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Honduras

Gladys Lanza

Alba de Mejia

El Salvador

Nancy Meyerhofer, OSF

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

Name _____

Address _____

City _____ State _____ ZIP _____

Phone (____) _____ FAX _____

E-mail _____

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

____ Send me information on the December '99 CAPACITAR Journey

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

Suggested donation: \$12, plus \$3 for postage and handling _____

I would like to order 2 *Magic Mayan Medicine Balls* _____

Suggested donation: \$5, plus \$1 for postage and handling.

I would like to order a chakra necklace _____

Suggested donation \$12, plus \$1 for postage and handling.

I would like to order a pair of chakra ear rings _____

Suggested donation: \$8, plus \$1 for postage and handling.



Gladys Lanza leading the grassroots leaders in song in Valle de Los Angeles, Honduras. This photo was taken during the June Trauma, Healing and Transformation Training.