CAPACITAR—An International Network of Empowerment and Solidarity

Healing Future Generations — Patricia Mathes Cane, Capacitar Founder/Co-Director

Capacitar’s summer workshops in Central America, Indonesia, East Timor and Africa focused on grassroots groups that included many young people who are committed to healing future generations and renewing their communities battered by the violence of the past. Most of these participants were born into desperate worlds, victims of violence in both home and society. These are children who have witnessed violence or have been part of it. Now they have practices to help heal themselves and to use for prevention—to keep the trauma of the past years of violence from passing from generation to generation, creating a wounded society in a country which needs all its resources to build this newly independent nation.

Their presence in the workshops was a sign of hope, and their enthusiasm and wisdom inspired us all.

In Nicaragua teens from Ciudad Sandino, a large very poor barrio near Managua, participated in our Spirituality and Leadership training sponsored by the popular education center CANTERA. This workshop spanned the generations from 14 to 69. One enthusiastic 14 year-old described how he planned to teach what he had learned to his youth group so that his friends could also benefit from positive healing and spirituality. He spoke about the negativity and desperation of some of his peers who felt they had no future. Some had even contemplated suicide. This young man had the great wisdom to see that if he wasn’t committed to changing the world into which he was born, then there really was no hope.

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Buddhist scholar Joanna Macy in her book “Coming Back to Life” speaks of the importance of being in “Deep Time”—living the present in a way that we are connected with past and future generations. Macy describes how to make the transition to a life-sustaining society. We must begin to act like ancestors, attuned to longer ecological rhythms, nourishing a strong, felt connection with past and future generations. As Capacitar we “elders” are committed to this heartfelt connection walking in solidarity with youth to heal and transform the violent legacy of the past so that future generations can live in wholeness.

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Help the Victims of Trauma by Hosting A House Party

Would you like to help Capacitar help those suffering from trauma? During the first six months of this year, 1,500 participants attended trauma healing workshops. Because of insufficient funds, we have not been able to go to 1,200 others whose leaders had requested workshops. Since September 11, foundations and other groups who had been funding us, have decreased the amount given. We now need your help more than ever.

Capacitar supporters are organizing house parties throughout the United States. When you host a party you will be given a 10-minute video, printed materials and a script that will take you step by step through the one-hour event. You will invite friends, relatives and/or church members and provide simple refreshments. Say, "Yes!" Contact Rlta at the office (831) 722-7590. She will happily answer questions.

Special Thanks...
- To the American Friends Service Committee for funding the participation of Joan Condon, Capacitar Co-director, in the Psychologists for Social Responsibility international conference in Bangor, Maine. The conference theme was personal and community reconstruction, resilience, and empowerment in times of ethnopolitical conflict. A group of approximately 70 practitioners from different disciplines and from all over the world discussed guidelines for best practices in response to ethnopolitical conflict. It was an intense three days where Capacitar was both able to share from its experiences and learn from the experiences of others.
- To Joan Lohman and Zania Velasquez, founding board members, who have helped Capacitar grow and develop. We wish them well in their new endeavors.
- To Dottie Allison for her four years as office assistant. Blessings on your retirement.
- To Larry Burch for his help in compiling and analyzing the survey.
- To Deran Bacon for producing the Capacitar video and donating copies to use in our house parties.

Capacitar in East Timor

East Timor is the world's newest independent country. A spirit of optimism is in the air even though it is the poorest country in Asia and people know there is much work to do.

An important part of the work is personal and communal healing. The wounds from years of violence, which culminated in the burning and mayhem that followed the vote for independence from Indonesia in August 1999, are still raw. Capacitar is helping in the healing process. Working in collaboration with Maria Dias of PAS (Prontu atu Serbi) and other Capacitar team members, trainers Joan Condon and Mary Litell gave a series of workshops in several districts in late June and early July. Men, women and children, both lay and religious, attended, learned and began to use the practices to help them deal with the trauma in their own lives.

One religious said that she would use the finger holds to help control the fear she always feels when travelling the road where two sisters from her order were murdered in 1999. The workshops also served as mentoring and training for East Timor team members, who replicate the program with other groups.

Capacitar in Indonesia

"Look," writes Father Terry Ponombon from Jakarta. "The small seed is growing." The seed was planted during the June 21-23 Jakarta workshop, Capacitar's first in Indonesia. Father Terry of the Pontifical Mission Society organized the workshop. Twenty-four people from various conflict areas participated: two from each region, one Christian and one Muslim, so that they could have the same experience in trauma healing and go home and work as a team to serve their people.

"It was quite remarkable," said trainer Mary Litell. "The people were wonderful—a real testimony to compassion and fidelity. Most were quite stressed out themselves, some pretty badly traumatized, but all working to help victims of the conflict."

The "growing seed" to which Father Terry referred is the plan to introduce young people to trauma healing training in a youth camp and to integrate training into programs with youth and families. Inge, a physical therapist living in Bali who translated the workshop, is also ready to translate the Capacitar basic manual into Indonesian.

We need to find a way to water this small seed of healing, reconciliation and peace. A grant to support the program was not funded. If you know any sources, please let us know.

Capacitar in Colombia

The magnitude of emotional pain in Colombia is a huge challenge. Most of the population is traumatized. Two and a half million people are displaced and each day more flee from conflicted areas. Kidnappings are common. The violence escalates and the US appropriation of more than a billion dollars to the Colombian military threatens the make matters worse. Judging from peoples' very enthusiastic response to Capacitar work in April and May when Pat Cane and Pat Farrell were in Colombia, Capacitar's approach, which empowers people through popular education to take on their own and their community healing, brings hope.

The goal was to further develop the Colombian Capacitar team and to plan a year-long course of Capacitar practices for those who give workshops locally. In Medellin leadership is emerging among religious and lay Franciscans working with the displaced. Cal's team is a rich combination of university professors and students, leaders of grassroots women's organizations, religious, workers from a network of solidarity with political prisoners, and kidnap victims who have formed an organization to help other victims. Team members from the outlying cities of Buenaventura and Pereira outreach to displaced people in those areas. In Bogota we trained religious, popular educators, and people who work in the prisons.

We welcome to the Capacitar network of personal and global transformation the remarkable, courageous Colombians. During this very difficult time in their history many continue to face threats to their personal security. Yet they have assumed the commitment to bring healing to their people and to build peace from an inner place of strength and wisdom.
Once you locate the point you want, you apply firm pressure, then release slightly. If you don’t feel the pulse, don’t worry. Energy is flowing, but your fingers will intuitively know when you are finished. As you breathe deeply, feeling go away or increase in strength. Notice when the energy becomes clear and harmonious. When your energy builds up, you may want to use it as a self-help technique.

Acupuncture points are often blocked to different parts of the body. Acupuncture points work well in balancing the body’s energy and decreasing symptoms. Acupuncture is a remedy you can use whenever you need. If you have a scene of your favorite music, you can use it to calm and center yourself. If you want to use it as a self-help technique, you may want to use it as a self-help technique.

Practice: Points for Shoulder and Stomach Pain

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<tr>
<th>Points</th>
<th>Use For</th>
<th>Practice</th>
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<tr>
<td>&quot;Heavenly Rejuvenation&quot;</td>
<td>nervous tension, stiff neck worry stored in the shoulders</td>
<td>Place the index and middle finger of each hand in the upper shoulder area, half an inch below the top of the shoulder and midway between the neck and the arm socket. With the index and middle finger of each hand locate the highest point of the shoulder, about two inches out from the neck and hold these points. Pregnant women should press these lightly.</td>
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<tr>
<td>&quot;Shoulder Well&quot;</td>
<td>anxiety, fatigue, shoulder tension, irritability, nervous problems, headaches or poor circulation</td>
<td>Place the tip or knuckle of your index finger in the point beneath the nose in the indentation of the upper lip. Place the first three fingers of each hand just below each cheekbone. You can also do this easily at your desk. Make a fist with your hands and place the knuckles under your cheekbones, then lean on your elbows, which applies pressure to the point.</td>
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CAPACITAR Staff, Board, and Advisors

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Delle McCormick
Rodo Chávez

Nicaragua
Anabel Torres
Sr. Mary Hartman
Martha Cabrera

We are happy to welcome
Marcus Weakley to our staff
Melanie Stern & Jane Dawson to the board
Sheila Tobbe, OSU & Joan Lohman as national advisors.

CAPACITAR Calendar 2002-2003

- Sept 11 Day of Healing & Remembrance, Presentation Ctr, Los Gatos, CA
- Sept 13-15 Wisconsin Training 4, Milwaukee, Center to BE
- October 12-13 St. Louis Workshops
- October 19-20 San Diego/Tijuana gathering/workshop
- October 26 Board Meeting, Watsonville, CA
- October 27 Capacitar Level 1, Mt. Alverno, Redwood City, CA
- November 2-3 Northern California Training 4, Redwood City
- December 7, 21 Capacitar Retreat Days at Presentation Center

2003
- February 7-15 Haiti Workshops
- February 17-28 Guatemala Workshops
- Spring Trainings in East Timor, Indonesia, and Colombia
- May 1-14 Workshops in No. Ireland and Republic of Ireland
- July 1-4 Workshops in Nicaragua

2003 Trainings
- Wisconsin Training in Multicultural Wellness Education
  Sponsored by the Center to BE, West Bend Wisconsin
  Mar. 28-30 May 30-June 1 Sept. 5-7 Nov. 14-16
  For information: Marjorie Wilbur (262) 629-1937,
  Mwctobe@execpc.com. CEUs offered through Marian College.
- El Paso, TX Training in Multicultural Wellness Education

Remember CAPACITAR in Your Estate Plan

Requests - 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

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