



## Efforts to Heal a World in Conflict — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

This summer Capacitar teams worked in Rwanda and Burundi, Indonesia and East Timor, and Israel and Palestine with grassroots people who are trying to reclaim their lives and heal from violence and ongoing conflict. Capacitar's commitment to work at the heart of so much trauma requires that we continually reflect on what supports integral healing and transformation and how we can best accompany and empower this process. In communities affected by multigenerational trauma, the healing of individuals also includes the transformation of destructive attitudes and cultural patterns that no longer work. Years ago Paolo Freire noted in his book, *Pedagogy of the Oppressed*, that the oppressed can become the oppressor unless there is a deeper transformation and empowerment of individuals and societies.

Riane Eisler's excellent new book, *The Real Wealth of Nations: Creating a Caring Economics*, addresses many of the underlying issues that must be considered in this healing process: "Why, when we humans have such a great capacity for caring, consciousness and creativity, has our world seen so much cruelty, insensitivity and destructiveness? . . . We need economic models, rules and policies that support caring for ourselves, others, and our mother Earth. . . Giving greater value to caring and caregiving won't cure all our problems. But it is impossible to solve our current global crises, much less advance our personal, economic and global development, unless we do."

Another important issue to consider is how consumerism impacts our consciousness, spirit and desires. Diarmuid O'Murchu's thought-provoking new book, *The Transformation of Desire*, looks at how contemporary globalization affects our capacity for desire, warping the human spirit with fear, addictions and consumer needs. This "destruction undermines not just the fabric of social and political life, but indeed the deepest yearnings

and hopes of the human heart. . . The human spirit was never meant to live with so much fear and helplessness. . . We need to reclaim the inner resources through which, once more, we can learn to live with integrity, meaning and joy in our daily lives."

Some of the grassroots groups with whom we worked this summer are dealing with these deeper issues. In Nazareth, Arab and Jewish women at Women in the Center are creating a space for healing and peace-making. Tired of repeating the multigenerational patterns of misunderstanding and conflict, these women are sharing rituals and healing circles to create new possibilities for understanding and interconnection. In Jenin, Palestinian village women, in the wake of ongoing violence and the murder of one of their sons, have joined together in a cooperative for mutual support, to generate some income and to keep alive their handicrafts and traditions. In Burundi, grassroots men and women are caring for thousands of orphans and child soldiers, bringing new life and possibilities to this war-torn country. In Rwanda, counselors are working with genocide widows and orphans to heal and transform the pain of the past. And in Indonesia and East Timor, grassroots leaders are teaching Capacitar methods to keep alive a spirit of peace and freedom as they face ongoing conflict and natural disasters.

Joanna Macy, in *Coming Back to Life*, says that compassion and insight are the two qualities needed to sustain us in this healing work. Compassion, because it gives us power and passion to move without fear of the pain of the world, so we can open to it, step forward and act. But compassion alone can burn us out, so we also need insight into the radical interdependence of all, recognizing the light and shadow that runs through every human heart. And with insight we see that our actions taken with pure intent are part of the larger healing of the web of life.

CAPACITAR's Vision is Healing Ourselves Healing Our World. CAPACITAR means to empower, to encourage, to bring each other to life. We are an international network of empowerment and solidarity. Capacitar teaches simple practices of healing, team-building and self-development to awaken people to their own source of strength and wisdom so they can reach out to heal injustice, work for peace and transform themselves, their families and communities. Using a popular education approach, Capacitar works with grassroots people in 30 countries.



West Bank workshops: (Left) Barta'a women (Right) Juliet Spohn Twomey and Pat Cane with women of a handicraft cooperative, Jenin—July 2007



**Israel & Palestine**



*Top left: Israeli psychologists and counselors of Mashabim Trauma Center near the Lebanese border—Kiryat Shmona*



*Top Right: Israeli Jewish and Arab women working with Palestinians at Barta'a health clinic—West Bank*



*Bottom Left: Israeli and Palestinian youth of Creativity for Peace at a workshop hosted by Women in the Center—Nazareth*



*Bottom Right: Juliet Twomey caring for an Arab baby, while the mother and members of Women in the Center learn acupressure to heal stress and pain—Nazareth, July 2007*

At the invitation of Women in the Center in Nazareth, La Casa de Maria associate director and Capacitar board member, Juliet Spohn Twomey, and Capacitar founder/director Pat Cane traveled to the Mideast for two weeks offering 6 workshops to over 150 women and men. In Israel participants included mental health professionals at Mashabim Trauma Center in Kiryat Shmona, greatly impacted by the bombings of last summer's second Lebanese war. Another workshop was for young women from Israel and Palestine who are leaders in the project, Creativity for Peace. Women in the Center hosted a wonderful gathering of Jewish, Christian and Muslim women, including 12 Arab childcare workers. For most of these women this was the first time they had ever been together, and they found deep connection learning the Capacitar

practices for healing themselves, their families and communities. Three different workshops were offered to Palestinian groups on the West Bank—for a clinic in Barta'a, where there are very few health services for families; in Ramallah for a women's sewing cooperative; and in Jenin for a cooperative of village women who are trying to keep alive their handicrafts and traditions. Capacitar plans to return to Israel and Palestine in 2008 to continue offering workshops as well as to train teams in our methods and spirit.

Arabic and Hebrew translations of the Capacitar Emergency Kit are now available and can be downloaded from our website. Thanks to Women in the Center leaders: Aura Hammer for the Hebrew and Asmaham Mansur for the Arabic translations. <http://www.capacitar.org/publications.html>



*Tai Chi and the labyrinth for healing and transforming trauma in Rwanda—June 2007*

**Rwanda**

It has only been a year since Capacitar started to work in Rwanda and already there is great growth in teams and outreach coordinated by Dr. Genevieve van Waesberghe, MMM, and Antoinette Gasibirege, SH. Currently the 56 men and women participating in the in-depth program are using Capacitar practices with thousands throughout the country. At the June training, the Capacitar Chartres-style labyrinth, made by Genemarie Beegan, RSM, nearly ten years ago, was offered to participants. This was the first time, to our knowledge, that a labyrinth has been used in Rwanda and it deeply touched everyone. One man said: "I found my center and deep peace after all the pain I have suffered in my life. I am not alone."

Generous friends from Toronto, Canada, have donated funds so that Sr. Genemarie can make a labyrinth for Capacitar Rwanda. This will be inaugurated and blessed at the January trainings in Butare and Cyangugu.



*Above: Joan Condon (center) with the East Timor team—July 2007  
Left: Capacitar training and teams in Indonesia facilitated by Joan Condon and Nina Jusuf—June 2007*

## East Timor

In July, East Timor was in political crisis, unable to form a government after parliamentary elections at the end of June. People feared widespread street violence and house burnings, a repeat of what happened in April 2006. Despite this, 35 people—teachers, police, youth outreach and church workers—came to the fourth session of the training of trainers held at a retreat center in the mountains above the capital, Dili. The training was arranged by the Timor Aid Capacitar team and facilitated by Capacitar trainer Joan Condon. In addition to Capacitar practices, the focus was on leadership, teamwork, conflict resolution and workshop facilitation skills. Participants also reported on work done between trainings in schools, homes and communities.

Between Capacitar International visits, the Timor Aid Capacitar team has provided workshops on basic practices to people in 7 districts in the country and follow-up workshops for those attending the training of trainers. During this visit, Joan and the Timor Aid team also offered a four-day training for 17 PRADET staff who work with victims of domestic violence and sexual abuse as well as those traumatized by political violence. Joan gave a one-day leadership workshop for 27 people including staff from Timor Aid, Redo Feto, a coalition of women's organizations, and Fokuppers, a women's group and co-facilitated a workshop for 45 men in the prison.

Capacitar practices are vital to the people of East Timor as they struggle to overcome the trauma of years of colonial rule and build a nation that provides education, stability, peace and work for its people. *For more information on Capacitar in East Timor and Indonesia: [http://www.capacitar.org/new/letters\\_field.html](http://www.capacitar.org/new/letters_field.html)*

## Indonesia

Capacitar trainers Joan Condon and Nina Jusuf returned to Indonesia in June to continue formation of Capacitar teams and to offer care for caregivers and groups working with people affected by the earthquakes, tsunami and ongoing political violence. Participants at one workshop included staff and volunteers of KOMNAS (National Commission for Violence Against Women) along with commissioners in charge of human development for the national police and the president of Indonesian Catholic women. Another caregivers workshop was hosted by Muhammadiyah—National Muslim Organization for young Women. Many of these women were university students who worked in children's crisis centers after the devastating earthquakes in May 2006.

Since trainings in October 2006 the Capacitar Indonesia teams have offered workshops throughout the islands in Bali, Aceh, Manado and Poso to a broad cross-section of participants including refugees, tsunami and earthquake victims, teachers, people with HIV/AIDS, medical professionals, social workers, fishermen and farmers from local villages. The Capacitar Emergency Kit, translated by Nina Jusuf, is available in Indonesian on our website. <http://www.capacitar.org/publications>.



## Burundi



*Left: Caritas Habinomana at her center for orphans and children with HIV—Bujumbura  
Center: Burundian children in play therapy  
Right: Boy with HIV showing the Capacitar headhold that Caritas has taught the children in her programs, Burundi—July 2007*

Since April, Capacitar has started to grow in Burundi, a neighbor of Rwanda that has suffered four decades of civil war, ethnic divisions and ongoing conflict. After being left in shambles, Burundi, with the peace process in Arusha, is now trying to pull itself together. Two Burundians are currently in our Rwandan trainings: Fr. Zacharie Nyonzima, director of Justice and Peace in the Bururi Diocese, and Caritas Habinomana, founder/director of a center in Bujumbura for orphans and people with HIV. An estimated 500,000 children are orphans in Burundi (some of these are child soldiers) and Caritas' center works with 21,000 of the orphans. Zacharie and Caritas are now using Capacitar practices with all their groups and want to get trainings offered throughout their country in 2008.

### 20th Anniversary Celebration

To celebrate 20 years of service to grassroots peoples around the world, Capacitar plans a Global Celebration from July 20-23, 2008 at La Casa de Maria in Santa Barbara, CA. For details and an application visit our website: [www.capacitar.org](http://www.capacitar.org). Click on Global Celebration on the home page.

## **CAPACITAR Staff, Board and Advisors**

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## **CAPACITAR Calendar**

### **2007**

- Sept 22-23 Training 2 Hammersmith, London, England
- Sept 29-30 Training 3 Cork, Ireland
- Oct 4 Team Retreat, Oct 5-7 South Africa Team Training 3, Cape Town
- Oct 12, 13 Stillpoint Workshops Las Vegas, NV
- Oct 27-28 Training 1 Victoria, Canada
- Nov 5-9 Workshops and Trainings Quiche, Guatemala
- Nov 14-16 Care for Caregivers Tr1, La Casa de Maria, Santa Barbara, CA
- Nov 16-18 Training 4, La Casa de Maria, Santa Barbara, CA
- Nov 30-Dec 2 Training 3, Center to BE, Milwaukee, WI
- Nov 30-Dec 2 Training 4, Elizabeth Seton Center, New York
- Dec 12-15 Team trainings Suchitoto, El Salvador
- Dec 18-21 Capacitar retreat training, Cantera Managua, Nicaragua

### **2008**

- Jan 12-13 Training 2 Victoria, Canada
- Jan 17-19 Training 3 Butare Rwanda, Jan 23-25 Cyanguu, Rwanda
- Feb 2-3 Cork Training 4, Ireland
- Feb 6 Ireland Team Tutor Training 1, Dublin
- Feb 9-10 London Training 2, Hammersmith Feb 8 London Taster Workshop
- Feb 12-24 AIDS/Trauma workshops in Nigeria
- Feb 22-24 Training 4 San Francisco
- February Trainings, Workshops in Israel and Palestine
- Mar 1 Caregivers workshop La Casa de Maria, Santa Barbara, CA
- Mar 5-7 Care for Caregivers Tr2, La Casa de Maria, Santa Barbara, CA
- Mar 7-9 Training 1, La Casa de Maria, Santa Barbara, CA
- Mar 14-16 Training 1, Center to BE, Milwaukee, WI
- Mar 29-30 Training 3 Victoria, Canada
- Apr 1-3 Workshops, Winnipeg, Canada
- Apr 6-10 Capacitar Multicultural Wellness Training, Toronto, Apr 5 Taster Day
- Apr 18-19 Training Sophia Center, Holy Names University, Oakland, CA
- Apr 26-27 Ireland Team Tutor Training 2, Dublin
- May 6-7 Taster days Scotland
- May 10-11 London Training 3, Hammersmith
- May 13-16 South Africa Trainings, Team mentoring
- May 30-Jun 1 Training 2, Center to BE, Milwaukee, WI
- Jun 6-8 Training 2, La Casa de Maria, Santa Barbara, CA
- Jun 14-15 Training 4 Victoria, Canada
- Jun 20-21 Conference Keynote, Irish & British Psychological Assoc. Trinity College, Dublin

### **2007-2008 Trainings—Multicultural Wellness Education**

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 [mwilbur.centertobe@sbcglobal.net](mailto:mwilbur.centertobe@sbcglobal.net)  
2008 Training: Mar 14-16 May 30-31, Jun 1 Sept 12-14 Dec 5-7 CEUs —Marian College
- **Santa Barbara, CA** La Casa de Maria, Juliet Spohn Twomey 805-969-5031 [juliet@lcmd.org](mailto:juliet@lcmd.org)  
2008 Training: Mar 7-9 June 6-8 Sept 19-21 Nov 14-16 CEUs
- **San Francisco, CA** Mary Litell, Sheila Novak [capacitar@capacitar.org](mailto:capacitar@capacitar.org)  
2007 Training: Sept 7-9 2008: Feb 22-24 Jun 13-15
- **El Paso, TX** Maureen Jerkowski, Centro Mujeres Esperanza, [matj7@sbcglobal.net](mailto:matj7@sbcglobal.net)  
2008 Training: Apr 12-13 Jul 11-12 Nov 22-23 2009: Jan 17-18
- **Las Vegas, NV** Stillpoint Mark Serna [Stillpoint.mark@gmail.com](mailto:Stillpoint.mark@gmail.com)  
Training 2007: Nov 9-11 2008: Jan 11-13 Apr 14-16 May 9-11
- **Ireland** Kathleen Day ijs [cap.ireland@eircom.net](mailto:cap.ireland@eircom.net)  
Galway Training: 2008: May 3-4 Oct 18-19 2009: Feb 7-8 May 23-24
- **London, England** Margaret Wilson RSCJ, [margaretwilsonrscj@hotmail.com](mailto:margaretwilsonrscj@hotmail.com)  
Cycle 2 Training 2008: Oct 4-5 2009: Jan 31, Feb 1 May 16-17 Oct 26-27
- **Victoria, Canada** Sandra Thomson [sandra@drishti.ca](mailto:sandra@drishti.ca)  
Training 2007: Nov 27-28 2008: Jan 12-13 Mar 29-30 June 21-22
- **Toronto, Canada** John Smith, [jjandl@rogers.com](mailto:jjandl@rogers.com)  
Training 2008: April 6-10 Training 2009: June 21-25
- **Rwanda** Antoinette Gasibirege, Genevieve van Waesberghe [capacitarbutare@yahoo.fr](mailto:capacitarbutare@yahoo.fr)  
Team Tr. 2008: Aug 28-30 2009: Feb 26-28 Jul 9-11 Cycle 2 Tr 2008: Sep 4-6 2009: Mar 4-6 Jul 15-17
- **Rio de Janeiro, Brazil** Tony Sheridan, CSSp [acs Sheridan@uol.com.br](mailto:acs Sheridan@uol.com.br)  
Cycle 1 2007: Sept 15-16 2008: April Cycle 2 2007: Sept 22-23 2008: April Sept

### **Gifts Made In Honor of**

CSA Golden Jubilarians: Sisters Ann McKean, Anne Jude VanLanen, Carla Crave, Dianne Bergant, Esperanza Rico, Grace Buckreis, LaVerne Miller, Marcus Gmeinder, Mary Hornung, Mary Ann Bogosoff, Rose Andre Miller, Stella Marie Karls, Virginia Adler, Vivian Kleinsong, Wilhelmina Schoch

### **Gifts Made In Memory of**

Janet Dunlap • Dan Morgan • Malva Arevalo

### **REMEMBER CAPACITAR IN YOUR ESTATE PLAN**

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

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

The legal name is CAPACITAR International, Inc., Santa Cruz, CA.

### **Gift Capacitar With**

**Stocks** - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd. Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815.

### **FREQUENT FLYER MILES**

**Support our outreach to areas of conflict and violence:** We need airline tickets to:

Indonesia, East Timor, Southern or Eastern Africa, Asia Pacific (60,000-70,000 miles)

Central America, South America (35,000-50,000 miles).

If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.



August 2007

Dear Friends,

Through recent work described in this summer newsletter I am all the more convinced of the vital role that Capacitar is playing in the lives of grassroots people in the US and in places around the world. And we need your help to do this!

During trainings in New York, California and the Texas/Mexican border, participants spoke of the gift of empowerment that Capacitar has brought to their lives helping them heal from past violence and trauma.

At a July workshop in Nazareth an Israeli woman commented: "This is the first time I have ever had the opportunity to be with Palestinian and Arab women. I realize that we are all one—wanting peace and healing for our families and communities. I will never be the same!" Others recognized how Capacitar practices can help to heal differences and build peace.

This past week I received an email from Narcisse, a clinical psychologist working at a center for trauma and HIV in Rwanda. Narcisse says: "I would like to thank you and Capacitar for the help you brought to me and to the Rwandan people. Capacitar practices are appreciated by all levels of our population: widows, base communities, intellectuals, young and old. I have a wonderful group of 20 people, including teachers of secondary schools and students of the university who are very interested and active using Capacitar. We have a meeting in our center "Igiti cy'Ubugingo" every week for the practice and training. It is an 'energising' team! My confirmation is that Capacitar is contributing considerably to trauma healing and transformation in the Rwandan community."

This year Capacitar is offering programs in strategic areas that include:

- Ten Multicultural Wellness Trainings in the US (California, Wisconsin, New York), Canada (Victoria, Toronto and Winnipeg), Europe (Ireland and England), Latin America (Brazil and Argentina) and South Africa
- Workshops for Palestinian and Israeli groups in our first collaborations in the Middle East
- Trauma Healing Trainings in Rwanda, with new outreach to Burundi, Nigeria and Sierra Leone
- Work with Latina health promoters and mental health workers in California and in border communities in Texas
- Capacitar for Children programs for teachers and schools in communities affected by poverty
- New trainings in Canada and England especially focusing on groups working with poverty and injustice
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Southern Africa
- Translation and publication of Capacitar manuals in languages for different world areas.

Please continue your partnership with Capacitar and help us again with your generous donation. You are remembered in all of our healing circles as together we work in our mission of healing ourselves, healing our world.

In peace and solidarity,

*Pat Cane*

Capacitar International Founder/Director