



Empowering Active Hope—Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

In our Capacitar travels in many countries we are often inspired by the commitment and creativity of people working at the grassroots to empower hope and possibilities. As we globally face challenges and disasters in our institutions, politics, economy and environment, more than ever we need to look to those who embody and practice hope.

Buddhist scholar Joanna Macy and psychologist Chris Johnstone give us valuable insights and practical guidance in their new book, *Active Hope: How to Face the Mess We're in without Going Crazy* (New World Library 2012). "Active Hope is a practice. Like Tai Chi or gardening, it is something we *do* rather than *have*. It is a process we can apply to any situation, and it involves three key steps. First, we take a clear view of reality; second, we identify what we hope for in terms of the direction we'd like things to move in or the values we'd like to see expressed; and third, we take steps to move ourselves or our situation in that direction... Since Active Hope doesn't require our optimism, we can apply it even in areas where we feel hopeless. The guiding impetus is intention; we *choose* what we aim to bring about, act for, or express. . . We focus on our intention and let it be our guide."

The Capacitar groups in this newsletter are people who live and practice Active Hope. On both sides of the border wall separating El Paso, Texas and Juarez, Mexico, Capacitar en la Frontera teams offer solidarity and support to people caught in the drug cartel warfare. As families daily deal with fear and violence, Capacitar groups come together to practice and share, to heal

and transform their ongoing trauma, and to create and envision possibilities for their communities.

Behind another separation wall in the Middle East, non-violence groups like Holy Land Trust in Bethlehem, actively engage in spiritual practice, community outreach and international solidarity programs. Holy Land Trust values self-care, spiritual practice and healing as integral to non-violence. This past year Capacitar offered two workshops at Holy Land Trust, and we will begin a Multicultural Wellness Education Training for Palestinian community leaders later this year.

International trainers Nina Yusuf (Indonesia) and Yvonne Deutsch (Israel) are committed to bringing Capacitar practices of healing and self-care to women activists from around the world. They recognize that human rights for women cannot be attained if activists are traumatized, so they are actively engaged in empowering women with hope and healing.

We are all called to Active Hope. In the words of Joanna Macy and Chris Johnstone: "We live at a time when the body of our Earth is under attack. . . At the same time an extraordinary recovery process is under way, a vital creative response we call the Great Turning. What helps us face the mess we're in is the knowledge that each of us has something significant to offer, a contribution to make. In rising to the challenge we discover something precious that both enriches our lives and adds to the healing of our world. An oyster, in response to trauma, grows a pearl. We grow, and offer, our gift of Active Hope."

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 over
35 countries.



Workshop for Palestinians at Holy Land Trust, center for non-violence—Bethlehem

Capacitar 2012 Outreach

Capacitar en la Frontera

—Kathy Braun OSF, Kathy Revtyek

Here on the El Paso, Texas—Ciudad Juarez, Mexico border, the consequences of the Mexican “War on Drugs” are palpably felt. Those we accompany on both sides of the border have been personally affected by the homicides, kidnappings, extortions, and even torture that is occurring in Northern Mexico. In the face of such violence, the practices and network of Capacitar are true sources of hope and healing.

Our bi-national leadership team continues to provide a variety of support to the many multipliers of Capacitar who are hard at work on both sides of the border. In Ciudad Juarez, Sisters Maria Antonia, Maureen Kelly, Josefina Lopez and Arlene Woelfel are supporting the six groups that meet in chapels and community organizations on a regular basis. In May, they organized a day-long workshop for leaders from grassroots organizations, including Ojos de Dios, that serves orphaned children with special needs, and groups working with those affected by the violence. These identified leaders, we anticipate, will be a part of the upcoming Multicultural Wellness Education Training that will begin in Ciudad Juarez in November.

Team leaders in El Paso are similarly preparing for the multi-module training. We recently facilitated four workshops in agencies that focus on children’s issues, services to the colonias, health, mental health and spirituality. We also continue to teach Capacitar practices in pilot projects in the County of El Paso’s Juvenile Justice Center and in the Department of Homeland Security’s Immigrant Detention Center, that has just renewed its agreement for the continuation of the Capacitar groups. As a sign of solidarity with our sisters and brothers in Juarez, we meet weekly for Tai Chi in the bi-national Chamizal Park. And we strengthen our bi-national connections and commitment to each other through a monthly practice group.

We are grateful for our participation in a community of border leaders who stand committed to healing and transforming the violence in our midst.

Capacitar in San Juan de Lurigancho, Peru

A new training program recently started near Lima sponsored by Irish Presentation Sister Peggy O'Rourke, Director of Hampi Wasi Healing Center, and Holy Names Sister Mary Ondreyco, of the Maria Rosa Center in San Juan de Lurigancho. Eighty-five men and women representing ten organizations in the area participated in a two-day training facilitated by Pat Cane. Participants were encouraged to multiply what they learned with their families and communities. Capacitar methods will be used with a wide variety of groups, including: parish and community organizations, women’s groups, youth groups, health promoters, centers working with poor children and families and caregivers working with cancer patients. Further trainings are being scheduled for 2013 to develop a Capacitar team of trainers for the area.



Capacitar en la Frontera team leads a workshop—El Paso, TX



Capacitar support group meets in Santa Elena Chapel—Juarez, Mexico

Capacitar in Panama

Workshops and trainings continue in Panama City, Colon and other parts of the country with Capacitar leaders Alibel and Isali Pizarro. A Trauma Healing Training sponsored by CEASPA and UNFDP included psychologists, social workers and groups working with UN violence prevention and population programs.



Trauma Healing Training for groups working in violence prevention—Panama City



Participants of the Capacitar Training in San Juan de Lurigancho—Lima, Peru

Capacitar for Women Activists: AWID Forum, Istanbul, Turkey

Trainers Nina Jusuf (Indonesia), Yvonne Deutsch (Israel), Sandra Ljubinkovic (Serbia) and Lizzy Openshaw (UK) facilitated Capacitar workshops in the Wellness Center at the AWID (Association for Women's Rights in Development) 2012 International Forum in Istanbul, Turkey. The Wellness Center offered support to Forum participants to recuperate, reinvigorate and calm their bodies and minds. In addition to learning self-care and wellness practices, visitors to the area engaged in conversations about self-care and security as a right for all who work on defending and promoting women's rights. Leaders recognized that activists need to exercise this right for themselves, and not only for the people whose rights they are defending. The Wellness Center provided an opportunity to share experiences and tools regarding the political importance of working for the well-being, security, and self-care of women's rights activists.

Utica, New York

Participants in the Multicultural Wellness Training, sponsored by the Mohawk Valley Resource Center for Refugees in Utica, New York and facilitated by Joan Condon, completed the fourth training module in June. Practicums by participants included teaching Capacitar to patients in a psychiatric crisis unit, to staff and young clients at an agency for at-risk youth and families, at the YWCA with domestic and sexual violence support groups, and to ESL students, refugees and seniors.

Joan Condon also led a workshop for the Center for Family Life and Recovery in Utica. Forty-five participants represented a variety of service organizations and groups including: Kids Oneida working with at-risk children and families, Planned Parenthood, Center for Family Life and Recovery, Insight House, Catholic Charities Halfway House, Utica Rescue Mission, Oneida County Jail, Liberty Resource for the mentally ill, County Probation Department and the First Baptist Church.

Mayan Training—Quiché, Guatemala

Thirty Mayan men and women gathered at the Barbara Ford Peace Center in Santa Cruz del Quiché for the new Multicultural Wellness Training coordinated by Virginia Seering, SC, and led by Pat Cane. Participants work with youth and gangs, domestic violence, Mayan organizations, youth team leaders from Cotzol, human rights groups, women's commission, Peace Center team and women's groups from Sacapulos. Quiché was one of the areas most affected by the 36 years of civil war and is currently dealing with gang violence, drug trafficking and poverty.

An Cosan Grandmothers' Group—Tallaght, Ireland

For the last four years Marion Baker and Bernie Coleman have led a grandmothers' group at An Cosan, a community center in Tallaght West. The grandmothers are actively raising their grandchildren because of the problems of their own children who deal with drug abuse, divorce or separation, the death of a spouse, alcoholism or domestic abuse. Marion and Bernie teach Capacitar practices and create a safe space for the women to come together to learn and to share with each other. The women have shown improved self-esteem, a feeling of empowerment, increased motivation, a more positive outlook, greater ability to deal with day-to-day difficulties and stress, and improved health.

Middle East Network Training—Upper Galilee, Israel

Twenty-four participants are completing the Multicultural Wellness Training in the Upper Galilee coordinated by Lora Hillel, Asmahan Mansur and Ronit Zur. Eight women from the first cycle of training are mentoring new participants who meet regularly in four regional groups to practice, study, discuss and share experiences. The Capacitar training is uniting people from all spiritual and religious traditions bringing an awareness of hope and possibility at the community level. A third cycle of training is scheduled for 2013-2014.



Activists learn self-care practices—AWID Forum, Istanbul



Training participant presents her creative expression—Utica, NY



Mayan community leaders practice Tai Chi—Quiché, Guatemala



Grandmothers' group at An Cosan, Tallaght—Dublin, Ireland



Jews, Christians, Muslims and Druze in the Capacitar training—Upper Galilee

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Nina Jusuf

Emmy Liana Dewi

Middle East Network

Lora Hillel

Asmahan Mansur

Ronit Zur

CAPACITAR Calendar—2012

2012

- Jul 15-28 Trainings & Workshops, Haiti
- Jul 19-21 Training 3, Butare, Rwanda
- Jul 26-28 Training 3 Kampala, Uganda
- Jul 29-Aug 7 Workshops, Karamoja, Uganda
- Aug 6-8 Training 2, Barbara Ford Peace Center, Quiché, Guatemala
- Aug 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
- Aug 24-26 Training 3 Colon, Panama
- Aug 28-30 El Paso, TX, Ciudad Juarez, Mexico workshops, meetings
- Aug 31, Sep 1-2 Training 4 San Francisco, CA
- Sep 7-9 Training 3, La Casa de Maria, Santa Barbara, CA
- Sep 9 Workshop for Religious, LA Diocese, Los Angeles, CA
- Sep 14-16 Training 1, Poso, Indonesia
- Sep 21-23 Training 1, Jojakarta, Indonesia
- Sep 22-23 Training 2 Transfiguration Spirituality Center, Cincinnati, OH
- Sep 29-30 Training 4, Sacred Heart School, Hammersmith, London, England
- Oct 6-7 Training 4, Edinburgh, Scotland
- Oct 8 Formation Day 4, The Bield Perth, Scotland
- Oct 10-11 Training 4, Belfast, Northern Ireland
- Oct 12 Workshop Southern & Eastern Library and Education Boards, Belfast Northern Ireland
- Oct 13-14 Capacitar Ireland Formation 1, Dublin, Ireland
- Oct 18-20 Training 4 Capacitar Middle East Network, Kadarim, Israel
- Oct 26-27 Training 1, Bethlehem, Palestine
- Nov 3-4 Training 3 Transfiguration Spirituality Center, Cincinnati, OH
- Nov 8-9 Training 1, Juarez, Mexico
- Nov 10-11 Training 1, El Paso, Texas
- Nov 16-18 Training 4, La Casa de Maria, Santa Barbara, CA
- Nov 19-25 Trainings for teachers and communities, León, Mexico
- Nov 30-Dec 1 Workshop, Sophia Center, Holy Names University, Oakland, CA
- Dec 7-9 Formation Training, La Casa de Maria, Santa Barbara CA
- Dec 18-20 Nicaragua Dance Retreat, CANTERA, Managua, Nicaragua

2012-2014 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org CEUs 2013 Training: Mar 22-24 Jul 12-14 Sep 13-15 Dec 6-8
- San Francisco, CA Angelina Cahalan 415-592-2727 capacitarSF@gmail.com 2013 Dates TBA
- Cincinnati, OH, Transfiguration Spirituality Center, ctretrats@gmail.com 513-771-2171 CEUs 2012 Training: Sep 22-23 Nov 3-4 2013: Jan 19-20 2014 Training: Apr 20-21 Jun 29-30 Sept 21-22 Nov 23-24 2013 Training: Mar 29-30 Jun 7-8 Sept 6-7 Nov 22-23
- Capacitar en la Frontera-El Paso/Juarez capacitar.frontera@gmail.com
- El Paso TX Training: 2012: Nov 10-11 2013: Jan 26-27 Sep 28-29 2014: Jan 25-26
- Juarez, MX Training: 2012: Nov 8-9 2013: Jan 24-25 Sep 26-27 2014: Jan 23-24
- Quiché, Guatemala Training 2012: Aug 6-8 2013: Jan 29-31 Apr 15-17
- Ireland Kathleen Day ijs capireland@eircom.net toniryan@eircom.net Advanced Formation 2012: Oct 13-14 2013: Feb 9-10 May 25-26 2014: Feb 15-16
- England: London Margaret Wilson RSCJ, Marj McDaid capacitarengland@gmail.com Hammersmith, London Training 2013: Feb 16-17 May 11-12 Oct 12-13 2014: Feb 1-2
- Perth, Scotland Ali Newell, James Kirk Shirley Gillian capacitarscotland@gmail.com Training 2013: Feb 23-24 May 18-19 Oct 5-6 2014: Feb 8-9
- Toronto, Canada: 2014: Sep 19-20 Nov 14-15 2015: Mar 20-21 May 29-30
- Capacitar Middle East Network Training 2013: Mar 7-9 Jun 6-8 Nov 14-16 2014: Feb 27-28-Mar 1
- Bethlehem, Palestine Training 2012: Oct 26-27 2013: Mar 1-2 Jun 14-15 Nov 22-23

Gifts Made In Honor of

Mary Litell • Joan Condon • Pat Cane

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon

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.

FREQUENT FLYER MILES

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

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

Capacitar 25th Anniversary Celebration

September 6-8, 2013

La Casa de Maria—Santa Barbara, California

Share in our 25th Anniversary Gathering

Celebrating Capacitar's Global Commitment to Wellness

For details & application forms visit www.capacitar.org



July, 2012

Dear Friends,

Special greetings to you this summer from Capacitar! As 2012 quickly passes, we want to update you on all of the outreach that your support makes possible.

During July, Capacitar trauma healing trainings will begin in Haiti, facilitated by Joan Condon. Capacitar now has several partners who are collaborating on these initial workshops and trainings, but more funding still is needed to offer the full program and to adequately mentor a Haitian team. In June, Joan also facilitated a retreat day for families of the Penobscot Nation sponsored by the Penobscot Nation Health Department at their ancestral lands on Indian Island, Maine. The agenda included Capacitar basic practices and discussion of family and Nation values and how participants could strengthen these values. Some of the members felt that Capacitar practices could be helpful in this process and asked to receive the in-depth training.

I am recently back from June trainings in the Middle East, and next week travel to Rwanda and Uganda for team trainings and mentoring in that area. Capacitar Rwanda recently received nonprofit status. Rwanda Founder/Director Antoinette Gasibirege, SH, and her team are offering trainings throughout the country working with development programs, schools, health and mental health centers, HIV groups and community centers. Many thousands of Rwandans have received the benefit of Capacitar since inaugural workshops began in 2006. In Uganda, Capacitar outreach also continues to grow. In July and early August, I will train groups in Kampala and Jinja and will also work with teachers and community leaders in Karamoja, an area greatly impacted by the years of violence. Later this year I look forward to being part of the bi-national program that is growing with Capacitar en la Frontera teams in El Paso and Ciudad Juarez.

We invite you to continue your support of our work in the U.S., Haiti, Latin America, Africa, the Middle East and Asia where the needs are so great. Your generous donation will help make possible:

- Work with Latino caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Trauma Healing Trainings for survivors of the earthquake and violence in Haiti
- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa and the Middle East
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, Tanzania, Kenya, East Timor and Indonesia
- New outreach to Native Americans and First Nations peoples
- Outreach to refugee communities and detention camps through Capacitar en la Frontera.

Capacitar cannot do this work without you. At this time when finances are a struggle for everyone, we are especially grateful for your generous donations and prayerful support. Know that we remember YOU as part of our Capacitar global family and network during the healing circles at our trainings. Together we create hope and possibilities through our mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Nano Nagle Centre participants share experiences—Ballygriffin, Ireland



Grassroots leaders practice Tai Chi—San Juan de Lurigancho, Peru