Circles of Light in the Darkness—Patricia Mathes Cane, PhD, Capacitar Founder/Director

As the darkness and violence of our times challenge us on many levels, Capacitar circles around the world offer light and healing in the midst of community violence, disasters, gender violence, immigration issues, and trauma. At the Texas/Mexico border and in other parts of the US, trainings in self-care and tools for trauma healing have been given to psychologists, social workers, legal aid workers and those accompanying refugees and immigrants. Workshops in how to handle fear and stress were recently offered to participants at Presentation Learning Center that serves the Spanish-speaking community in Watts, near Los Angeles, CA.

After the recent devastating earthquakes in Lombok and Sulawesi, the Capacitar Indonesia team reached out to survivors to offer trauma healing workshops and individual support. With the growing numbers of women and men talking about their own experiences of abuse, workshops to heal gender violence are being offered in Guatemala, Mexico, Panama, Japan, Indonesia, the US and other countries to give survivors tools to heal and transform their lives.

As one woman in Japan recently said, “Capacitar came at the right time for us. We don’t have to talk a lot about our painful experiences, but instead have tools to heal and empower ourselves.” As we remember this season of light transforming darkness, the words of Rev. Martin Luther King Jr. can guide us: “Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.”
During 2018, Capacitar offered trainings to over 3,100 people with many more thousands benefiting from the popular education multiplier effect. Trainers worked in 23 countries including: the USA (California, Texas, Arizona, and Ohio), Canada, Mexico, El Salvador, Guatemala, Nicaragua, Panama, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Israel, Palestine, Japan, The Philippines, Rwanda, Tanzania, Kenya, DR Congo, Uganda and South Sudan. Welcome to the growing Capacitar global network!

**Lombok, Indonesia**—Earthquake survivors practicing Capacitar

**Japan**—Drum massage at the advanced training in Tokyo

**DR Congo**—Drum massage for stress led by Sr. Ingrid Janish

**Ireland/Northern Ireland**—Circle at Glencree for those working with refugees

**Beit Jala, Palestine**—Hand Massage for healing trauma

**Israel**—Community healing with Jews, Christians, Muslims

**The Philippines**—Training with community leaders
Quiché, Guatemala—Health promoters working to heal gender violence

Scotland—10th Anniversary Tai Chi circle

Capacitar en la Frontera—10th Anniversary healing circle

Los Angeles, CA—Global Conference Tai Chi in four languages

Durham, England—Drum circle at training

N. Wales—Healing circle at Noddfa Retreat Center

Toronto, Canada—Capacitar training at Emmanuel College

Tucson, AZ—Sharing experiences at the advanced training

San Antonio, TX—Training group of local leaders
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Dear Friends,

As we celebrate this season of Light transforming the darkness, will you help us with our healing work so needed at this time in our world? Your support will empower Capacitar to do the following:

- Trainings for those working with refugees and the detained in the US, Europe and the Middle East
- Multicultural Wellness Trainings in 15 countries in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings in Germany, Luxembourg, The Philippines and the British Virgin Islands
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and detention centers through Capacitar en la Frontera at the US/Mexico border
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of Capacitar manuals and materials in Spanish, Arabic, French and German.

We cannot do this work of healing and transformation without you! We are deeply grateful for your generous donations and prayerful support through the years. Together we are committed to the mission of healing ourselves and healing our world.

With peace and blessings,

Pat Cane

Juarez, Mexico—Drum circle for 10th Anniversary celebration
Suchitoto, El Salvador—Practices to heal community stress and violence

Aachen, Germany—Capacitar training for social workers, teachers and those working with refugees
Indonesia—the Holds for a survivor