



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.

Multipliers of Global Healing — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

What would our world be like if each of us were to heal and awaken to our own possibilities and use our gifts for the benefit of the human family? Often I reflect on this question as I work with new groups in diverse settings. The joy of Capacitar is seeing people from all walks of life who are overwhelmed with violence, poverty and traumatic stress, suddenly awakened to their own healing and transformation and reach out to share this with others.

As I travel in different places I am often asked: "How many people benefit from Capacitar in the countries where you work?" My usual response is: "I have no idea at this point, but for sure many many thousands because of the multiplier effect!" Since our founding nearly 20 years ago, Capacitar has used a popular education methodology whereby people heal and empower themselves and in turn reach out to their families and communities, multiplying the work many times over. Capacitar learned this method in Latin America from grassroots groups who had very few material resources, but with great spirit and wisdom they were empowered to bring about healing and change in their own lives and communities. The transformative nature and multiplier effect of popular education have been key factors in the rapid growth of Capacitar in diverse cultures and socioeconomic settings, moving people to desire healing and wellbeing in the midst of the trauma and violence of our world.

This newsletter offers a collage of Capacitar faces —grassroots people committed to "healing ourselves, healing our world". This collage shows some of the Capacitar multipliers working in the Americas, Europe, Central and Southern Africa, the Middle East and Asia. During 2007 Capacitar International offered 101 direct workshops to nearly 3,000 people in 18 countries and 8 states in the US. Most of these people reached out to at least 10 others to share what they learned, touching over 30,000 lives. And many were leaders of teams who worked with large numbers of people in their communities. So this multiplied the healing work to many thousands more. To grow the work, manuals and translations are also important. This past year more Capacitar materials were translated into Spanish, French, Portuguese, Indonesian, Arabic and Hebrew. Our Emergency Kit of best practices is available in 8 languages and can be downloaded from our website: www.capacitar.org/publications.html.

Dorothy Day once said: "No one has a right to sit down and feel hopeless. There's too much work to do!" In this season of light bringing hope in the darkness the words of Anne Hillman inspire us: "We are all on a journey together. . . Look deep into yourself, into another. . . As we experience and accept all that we really are, we grow in care. We begin to embrace others as ourselves, and learn to live as one among many."



Leadership dance at a workshop for community leaders, genocide survivors, caregivers and people with HIV/AIDS— Rwanda 2007



CAPACITAR International Programs 2007 — Healing Ourselves



Virginia—Appalachia training, Sunrise Center



Westbank—Barta'a Palestinian women



Winnipeg, Canada—University of Winnipeg Graduate School of Theology



Rio, Brazil—Multicultural Wellness Training



Las Vegas NV—Stillpoint, trauma workshop



Victoria, Canada—Inaugural Multicultural Wellness Training



East Harlem, NY—Spanish/English Wellness Training



Nicaragua—Cantera spirituality workshop



Bujumbura, Burundi—HIV orphan



Save, Butare, Rwanda—HIV/AIDS caregivers



Quiché, Guatemala—Mayan mental health team



East Timor—National team



Santa Barbara, CA—La Casa de Maria training



South Africa—National training & team development



Trauma Centre—Cape Town



Hammersmith, England—Inaugural Multicultural Wellness Training

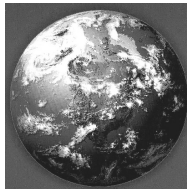
Healing Our World



Rwanda—AIDS Caregiver



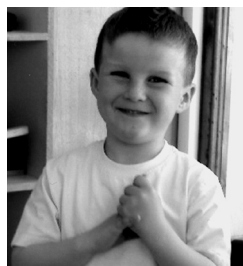
Nazareth—Israeli/Palestinian teens, Women in the Center



South Africa—PE, AIDS Caregivers



Port Elizabeth, South Africa—CARE, HIV/AIDS Caregivers



Ireland—Capacitar for Children



Indonesia—Muhammadiyah workshop



Ireland/Northern Ireland—National team tutor training



Argentina—Los Cerezos, Buenos Aires



Milwaukee, Wisconsin—Center to BE, 6th MWE training



El Paso, Texas & Juarez, Mexico—Community workshop sponsored by Centro Mujeres Esperanza

Capacitar Multipliers—2007

• **Milwaukee, Wisconsin:** The Center to BE offered its 7th year of Multicultural Wellness Education (MWE). Over 120 men and women from 10 states and 6 countries have participated in the training using Capacitar in many professions and ministries.

• **Santa Barbara, CA:** La Casa de Maria hosted the 3rd year of MWE trainings with 20 men and women from Southern California participating. An intensive training for Hispanic and end of life caregivers will also be offered during 2008-2009.

• **San Francisco, CA:** The MWE training at St. Anthony's Foundation modeled international collaboration with Nina Jusuf of Indonesia and Costancia Mbogoma of Tanzania sharing experiences of Capacitar work in their countries.

• **San Diego, CA:** Team member Natalia Hernandez offered Capacitar practices to children at a San Diego school after the recent devastating fires and mass evacuations.

• **Las Vegas, Nevada:** Stillpoint Center sponsored a Capacitar workshop for men and women experiencing the effects of trauma, along with a caregivers workshop.

• **Richlands, Virginia:** 13 women who participated in the Multicultural Wellness Education Program at Sunrise Center are doing outreach to local Appalachian communities.

• **East Harlem NY:** 25 women who completed the Spanish/English MWE training are working at centers for homeless women and children, the elderly and youth at risk.

• **Canada:** 32 men and women are participating in the first MWE training in Victoria. Taster days will be offered in Winnipeg in 2008, with an MWE training planned for 2009. Toronto will host a week-long MWE workshop and taster days in 2008 and 2009.

• **East Timor:** The Capacitar team at Timor Aid continues to follow-up with participants in rural districts who attended July trainings. The PRADET mental health team uses Capacitar practices to begin their day's work.

• **Indonesia:** Capacitar Indonesia team members are offering workshops in a variety of areas in Indonesia, including Bali, Jakarta, Sumatra and Ambon.

• **Rio, Brazil:** In Nova Iguassu there are two sessions of MWE trainings. Health promoters using Capacitar practices with teachers reported that children are quick to appreciate the effects of the practices and to find creative ways to use them.

• **Quiché, Guatemala:** Capacitar offered its 5th year of team trainings to Utz K'aslemal Mayan mental health workers and the Caritas peace and justice team.

• **Suchitoto, El Salvador:** December trainings are planned for the Capacitar ES team and family, and a workshop in a nonviolence program for youth in the schools.

• **Ireland/Northern Ireland:** 28 men and women are part of the national team tutor training for all of Ireland. A new MWE training will start in 2008-2009 in Galway.

• **London, England:** 24 women are part of the inaugural MWE training offered in Hammersmith. A second London training is planned and workshops in Scotland in 2008.

• **South Africa:** 20 participants completed the practitioner's training. In development are a national team and certified courses for outreach to many regions of South Africa.

• **Rwanda:** 56 men and women will complete the Trauma Healing Training in January 2008. A second training, a national team and office will develop in 2008-2009.

• **West Africa—Nigeria:** 2008 HIV/AIDS workshops will be offered in 3 regions of Nigeria, including Lagos and Abuja, under the auspices of the MMM (Medical Missionaries of Mary) network. An integrated AIDS/Trauma manual was developed for the trainings. Plans for workshops in Sierra Leone are also being developed with Trocaire partners.

• **East Africa—Kenya:** Plans for workshops and an indepth training are being developed for 2008-2009.

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. Click on Global Celebration on the home page.

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Anabel Torres

Canada

John Smith

Joan Silcox-Smith

Lorraine Dumont

Gifts Made In Honor of

Mary Dutcher • Antoinette Gasibirege SH

Gifts Made In Memory of

John Isherwood • Patricia Casey • Kay Smeaton

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.

CAPACITAR Calendar

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 2, Dublin
- Feb 9-10 London Training 2, Hammersmith Feb 8 London Taster Workshop
- Feb 12-23 AIDS/Trauma workshops in Lagos, Abuja, Nigeria
- Feb 22-24 Training 4, Feb 29-Mar 1 Training 1 San Francisco, CA
- 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 9 Keynote-Conference: Childcare Initiative Project, Santa Rosa, CA
- Apr 12-13 Training 1, Centro de Mujeres Esperanza, El Paso, TX
- Apr 18-19 Training Sophia Center, Holy Names University, Oakland, CA
- Apr 26-27 Team Tutor Training 3, Dublin, May 3-4 Training 1 Galway, Ireland
- May 6-7 Taster days Scotland May 9-London Taster Day
- May 10-11 London Training 3, Hammersmith
- May 13-17 South Africa Trainings, Team mentoring
- May 16-18 Training 2, San Francisco, CA
- May 30-Jun 1 Training 2, Center to BE, Milwaukee, WI
- Jun 4-5 Care for Caregivers 3, La Casa de Maria, Santa Barbara, CA
- 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
- Jun 28-29 Training 2, El Paso, TX
- Jul 20-23 Capacitar Global Conference, La Casa de Maria, Santa Barbara, CA
- Aug 7-23 Workshops in Sierra Leone
- Aug 29-31 Training 3, San Francisco, CA
- Aug 28-30 Team Training 1, Butare, Sep 4-6 Trauma Module 1, Rwanda
- Sep 12-14 Training 3 Center to BE, Milwaukee, WI
- Sep 19-21 Training 3, La Casa de Maria, Santa Barbara
- Oct 4-5 Training 1, Hammersmith, London, England
- Oct 11-12 Team Tutor Training 4 Swords, Oct 18-19 Training 2, Galway, Ireland
- Oct 22-25 National Team Training, South Africa
- Nov Trainings in Indonesia
- Nov 7-9 Training 4 San Francisco, CA
- Nov 12-14 Caregivers 4, Nov 14-16 Training 4, La Casa de Maria, SBarbara
- Nov 22-23 Training 3, El Paso TX
- Dec 5-7 Training 4 Center to BE, Milwaukee, WI

2008-2009 Trainings—Multicultural Wellness Education

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5932 mwilbur.centertobe@sbcglobal.net
2008 Training: Mar 14-16 May 30-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@lcmdm.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
2008: Feb 29-Mar 2 May 16-18 Aug 29-31 Nov 7-9 CEUs
- **El Paso, TX** Maureen Jerkowski, Centro Mujeres Esperanza, mati7@sbcglobal.net
2008 Training: Apr 12-13 Jun 28-29 Nov 22-23 2009: Jan 17-18
- **Ireland** Kathleen Day ijs_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
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
Training 2007: Oct 27-28 2008: Jan 12-13 Mar 29-30 June 14-15
- **Toronto, Canada** John Smith, jjandl@rogers.com
Training 2008: April 6-10 Training 2009: June 21-25
- **Rwanda** Antoinette Gasibirege, Genevieve van Waesberghe capacitarbutare@yahoo.fr
Team Tr. 2008: Aug 28-30 2009: Feb 26-28 Jul 9-11 Cycle 2 Tr2008: Sep 4-6 2009: Mar 4-6 Jul 15-17