



## Empowering Hope in the Darkness—Patricia Mathes Cane, PhD, Capacitar Founder/Director

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 has  
worked with  
grassroots people  
in over  
45 countries.

At our recent training in Northern Wales a friend shared the following quote from Rebecca Solnit's book Hope in the Dark: "Hope is not a lottery ticket you can sit on the sofa and clutch, feeling lucky. It is an axe you break down doors with in an emergency. Hope should shove you out the door, because it will take everything you have to steer the future away from endless war, from the annihilation of the earth's treasures and the grinding down of the poor and marginal. To hope is to give yourself to the future—and that commitment to the future is what makes the present inhabitable."

In Capacitar's collaborations with groups around the world, we find so much hope in the darkness of our current global reality. During recent trainings in The Philippines, South Korea, Argentina, Haiti, Afghanistan, Japan, the Middle East, the US/Mexico border and other areas, we worked with grassroots groups whose vision and mission inspire us with hope. With few resources, and often facing challenges of war, violence, poverty and disasters, many people are committed to do what they can to take action, empower each other and bring healing and hope to their families and communities. In so many places where corrupt and blind leaders appear to be in control, the power of grassroots people is emerging. In the words of Margaret Meade: "We are continually faced with great opportunities which are brilliantly disguised as unsolvable problems." "Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."



*The Philippines: Lucena training participants with Joan Condon*



*Argentina: Training collaboration at Los Cerezos, Neuquén, with Pat Cane*



*South Korea: Training with the Center for Nonviolent Communication*



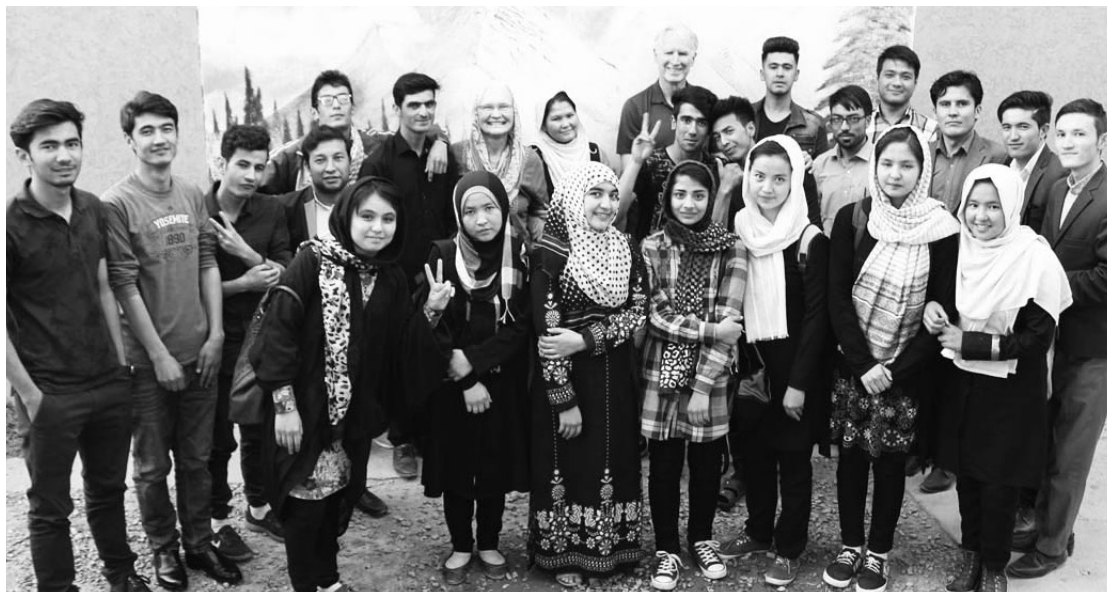
*Haiti: Capacitar Haiti men and women doing Salute to the Sun on the beach near Les Cayes where last year's hurricane devastated the area.*





## 2017 Outreach

During 2017, Capacitar offered trainings to over 3,000 people in 25 countries in the USA, Canada, Mexico, El Salvador, Guatemala, Nicaragua, Panama, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Israel, Palestine, Afghanistan, Lebanon, Japan, The Philippines, Rwanda, Tanzania, Kenya, DR Congo, Uganda and South Sudan. Welcome to the Capacitar global network!



**Afghanistan:** Capacitar collaboration with Afghan Peace Volunteers and Borderfree Community in Kabul



**Palestine:** Beit Jala training



**Japan:** Capacitar Japan team, advisors and translators at the Tokyo training



**Israel:** Capacitar Middle East training



**England:** Capacitar training at St. Antony Priory in Durham



**Scotland:** Capacitar Scotland Network gathering at The Bield in Perth





**Guatemala:** Acupressure for health promoters



**Guatemala:** Training at the Barbara Ford Peace Center for Mayans working to heal gender violence in Quiché



**Lebanon:** Workshop at a migrant center in Beirut



**Mexico:** Training for community leaders and human rights workers in Ciudad Juarez



**California:** Training at La Casa de Maria, Santa Barbara



**Texas:** El Paso training for those working in detention centers, with refugees and at the border



**Panama:** Advanced training for Capacitar Panama network



**Texas:** San Antonio training for participants working with refugees and community groups

## CAPACITAR Staff, Board and Advisors

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Lisa Peppers • Brenda Scott • Chris KK

### Gifts Made In Memory of

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## CAPACITAR Calendar—2018

### 2018

- Jan 9-12 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Jan 19-20 Oakwood Tr 1, Atherton, California
- Feb 3-4 Edinburgh Tr 3, Edinburgh Univ. Chaplaincy • Feb 5 Scotland Advanced, The Bield, Perth
- Feb 8 Training for Refugee Accompaniment, Glencree, Ireland
- Feb 10-11 Advanced Training 1, Dublin, Ireland
- Feb 14-22 Workshops & Counseling, Afghan Peace Volunteers, Kabul, Afghanistan
- Mar 9-11 Tr 1, La Casa de Maria, Santa Barbara, California
- Mar 14-15 Tr 1, Beirut, Lebanon
- Mar 17 AAUW Presentation • Mar Capacitar Trainings in The Philippines
- Mar 23-25 Advanced Training Tucson, Arizona
- Apr 5-18 Japan Trainings, Tokyo, Sendai, Ishinomaki, Okinawa
- Apr 22-27 Panama Trainings
- Apr 23-27 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- May 12-13 Edinburgh Tr 4, Edinburgh University Chaplaincy, Scotland
- May 12-13 Durham Tr1, St. Antony Priory, Durham, England
- May 15-16 Noddfa Training, Penmanmawr, Northern Wales
- May 18-19 Oakwood Tr 2, Atherton, California
- May 19-20 Capacitar Scotland 10th Anniversary Celebration, Perth, Scotland
- May 25-26 Capacitar Mideast Network, Kadarim, Upper Galilee, Israel
- May 29 Training for Counselors & Teachers, Jenin • May 30 Ramallah Training, Palestine
- Jun 1-2 Beit Jala Tr 1, Bethlehem, Palestine
- Jun 9-10 Advanced Training 2, Dublin, Ireland
- Jun 16 Durham Advanced Training, St. Antony Priory, Durham, England
- Jun 23-24 Toronto Tr 1, Toronto, Canada
- Jun 30, Capacitar Juarez 10th Anniversary Celebration, Juarez, Mexico
- Jul 1, Capacitar en la Frontera 10th Anniversary Celebration, El Paso, Texas
- Jul 6-8 Tr 2, La Casa de Maria, Santa Barbara, CA
- Jul 14-15 Aachen Tr 1, Aachen, Germany
- Aug 6-8 Capacitar International 30th Anniversary Celebration, LCDM Santa Barbara, CA
- Aug 20-24 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Sep 1-2 Aachen Tr 2, Aachen, Germany
- Sep 7-9 Tr 3, La Casa de Maria, Santa Barbara, CA
- Sep 15-16 Toronto Tr 2, Toronto, Canada
- Sep 21-22 Oakwood Tr 3, Atherton, California
- Sep 27-Oct 14 Japan Trainings in Tokyo, Yamanashi, Sendai, Ishinomaki, Okinawa
- Oct 18-25 Workshops & Counseling, Afghan Peace Volunteers, Kabul, Afghanistan
- Oct 29-30 Tr 2, Beirut, Lebanon
- Nov 3-4 Durham Tr2, Durham, Northern England
- Nov 5-9 Guatemala Trainings, Centro de Paz Hma Barbara Ford, Quiché
- Nov 16-17 Oakwood Tr 4, Atherton, California
- Nov 16-17 Capacitar Mideast Network, Kadarim, Upper Galilee, Israel
- Nov 20 Training for Counselors & Teachers, Jenin • Nov 21 Ramallah Training, Palestine
- Nov 23-24 Beit Jala Tr 2, Bethlehem, Palestine
- Dec 1-2 Ireland Tr 1, Dublin, Ireland
- Dec 7-9 Tr 4, La Casa de Maria, Santa Barbara, CA

### 2018-2019 Trainings

- Santa Barbara, CA La Casa de Maria, 805-969-5031 Anne Price [anne@lcmdm.org](mailto:anne@lcmdm.org) CEUs  
2018 Training: Mar 9-11 July 6-8 Sep 7-9 Dec 7-9  
2019 Training: Mar 15-17 Jun 28-30 Sep 27-29 Dec 13-15
- San Francisco Bay Area: Atherton, CA Oakwood Sr. Patty Creedon [pcreedon@rscj.org](mailto:pcreedon@rscj.org)  
2018 Training: Jan 19-20 May 18-19 Sep 21-22 Nov 16-17
- Toronto, Canada Emmanuel College, Kimberley Penner, [kim.penner@mail.utoronto.ca](mailto:kim.penner@mail.utoronto.ca)  
Training 2018: Jun 23-24 Sep 15-16 2019: Jan 26-27 Apr 27-28
- England, Durham St Antony Priory [capacitardurham@gmail.com](mailto:capacitardurham@gmail.com)  
Training 2018: May 12-13 Nov 3-4 2019: Mar 9-10 Jun 22-23
- Capacitar Ireland [capacitar.ireland1@gmail.com](mailto:capacitar.ireland1@gmail.com)  
Foundation Training 2018: Dec 1-2 2019: Mar 2-3 Jun 22-23 Oct 12-13
- West Bank, Palestine—Beit Jala, Bethlehem—Eilda Zaghmout [eilda@beitshams.com](mailto:eilda@beitshams.com)  
2018 Trainings: Jun 1-2 Nov 23-24 2019 Training date: TBA
- Aachen, Germany Anke Reerman, [anke.reerman@bistum-aachen.de](mailto:anke.reerman@bistum-aachen.de)  
Training 2018: Jul 14-15 Sep 1-2 2019: Jan 12-13 May 11-12
- Capacitar Levant: Beirut, Lebanon—Maysar Sarieddine [CapacitarLevant@gmail.com](mailto:CapacitarLevant@gmail.com)  
2018 Training: Mar 14-15 Oct 29-30 2019: Feb 11-12 May 20-21
- Capacitar Scotland 10th Anniversary Celebration: May 19-20, 2018, The Bield, Perth
- Capacitar en la Frontera 10th Anniversary Celebration 2018: Juarez June 30 El Paso July 1
- Capacitar 30th Anniversary Global Conference Aug 6-8, 2018, La Casa de Maria, S Barbara, CA





**CAPACITAR**  
International

*Healing ourselves, healing our world*

2901 Park Avenue Suite B12 Soquel, CA 95073 Tel: 831-477-7644 [www.capacitar.org](http://www.capacitar.org)

November, 2017

Dear Friends,

Greetings to you from Afghanistan as we finish two weeks with the Afghan Peace Volunteers in Kabul. It is an inspiration to work with the Afghan youth who are committed to peace and nonviolence in the midst of 16 years of ongoing war. These youth are the future of their country and have never known a time of peace. As Capacitar we are committed to accompany groups working in places of war, violence, poverty and disaster.

Will you help us with this healing work so needed in our world? Your support will empower Capacitar to do the following:

- New 4-module trainings in 2018-2019 in Lebanon, Germany and The Philippines
- 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
- Outreach workshops for women's groups and nonviolent peace groups in the Middle East and Afghanistan
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with Human Rights Defenders in Mexico, Central America and other world areas
- 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
- Publication and translation of the Capacitar for Children Manual in Japanese, Hebrew and Arabic
- Translation and publication of the Refugee Accompaniment Manual in Spanish, Arabic and French.

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

With peace and blessings,

*Pat Cane*

Capacitar International Founder/Director



***Afghanistan:*** Capacitar training for Afghan Peace Volunteers and the Borderfree Community in Kabul