



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.

## Beacons of Light and Hope—Patricia Mathes Cane, PhD, Capacitar Founder/Director

As we enter a second year impacted by Covid-19 with the many economic, political and social challenges, the words of Pope Francis in his new book, Let Us Dream: The Path to a Better Future, give us wisdom and light for our journey: "Between the first step, which is to come close and allow yourself to be struck by what you see, and the third step, which is to act concretely to heal and repair, there is an essential intermediate stage: to discern and to choose." Are we truly struck by the truth of what we see these days, or are we in denial? Are we open to commit to act to heal and repair our communities and our world? How do we discern and choose new ways of living to transform old patterns of being that no longer work?

As the current crises impact the health and mental health of global communities, Capacitar teams serve as beacons of light and hope, giving wellness tools to their families and communities. Zoom classes led by local leaders in different countries in the US, Europe, Asia and the Americas teach simple healing practices to

manage physical symptoms and strong emotions such as fear and anxiety. We are empowered to find a path to wholeness at this most challenging time in our world.

We recently had a global birthday party for three of our Capacitar leaders: Joan Condon, Mary Litell, OSF, and myself. Over 120 people from 20 countries celebrated with us. Because of this Zoom celebration, many participants asked us to continue hosting global gatherings so they can meet other Capacitar people from around the world and learn from and support each other. In June, Capacitar will host three global Zoom gatherings—two in English for different time zones and one in Spanish. Leaders from different countries will share what they are doing and how they envision the future growth of Capacitar responding in new ways to the reality of our times. Some presenters will also share how they apply the Capacitar practices in their cultures and organizations. Gatherings of this kind empower us all to be bearers of light and hope. Together we awaken the wisdom and healing within ourselves and in each other.



*Santa Cruz, California, harbor and lighthouse*

### CAPACITAR'S Global Zoom Gathering

celebrating 33 years of  
Healing Ourselves, Healing Our World

June 4 / June 5 / June 12, 2021



We will run identical sessions in English June 4 & 5 so you can join the session more appropriate for your time zone

June 4 6:00 p.m. – 10:00 p.m. (Pacific Daylight Time)

June 5 9:00 a.m. – 1:00 p.m. (Pacific Daylight Time)

June 12 9:00 a.m. – 1:00 p.m. Session in Spanish

We come together to:

- Deepen our commitment to Capacitar's mission of healing
- Share experiences and support each other
- Celebrate our diverse cultures and countries
- Celebrate what is happening with Capacitar around the globe
- Strengthen our network of solidarity and empowerment.

For more information or to register, visit [www.capacitar.org](http://www.capacitar.org)

*"We Are One" by Mary Southard. Used with permission of Ministry of the Arts*



# Capacitar Outreach in 2021

With the Covid lockdown, through Zoom and distance learning Capacitar team leaders offer trainings, gatherings and classes in many countries including: the USA (California, Texas, Arizona and Ohio), Canada, Mexico, El Salvador, Guatemala, Nicaragua, Panamá, Argentina, Haiti, Ireland, Northern Ireland, Scotland, England, Wales, Germany, Israel, Japan, The Philippines, Indonesia and parts of Africa. The challenges of Covid have opened up many new ways to multiply Capacitar practices to those unable to travel or participate in in-person trainings. With digital connections, our carbon footprint has also greatly improved this past year. Capacitar's global network is bringing light and healing to many places.

## US & International Workshops and Trainings

While the pandemic has been keeping folks all over the world at home, Capacitar International and most members of Capacitar teams in the US and other countries have moved to virtual workshops and trainings.

### USA—National Education Association NEA:

Board member Sheila Grady and International Trainer Joan Condon facilitated a March workshop for participants at the National Education Association Conference. The NEA mission is "to advocate for education professionals and to unite members and the nation to fulfill the promise of public education preparing every student to succeed in a diverse and interdependent world." The Conference this year was virtual. The Capacitar workshop, titled "Keep Calm and Carry On...But How", was a 75-minute presentation of basic Capacitar practices to deal with anxiety and stress. Participants involved in the workshop were educational support staff coming from the US and other countries.

### USA—Jesuit Refugee Services JRS:

Six members of Jesuit Refugee Services, along with the JRS Director of Chaplains, are participating in the new Multicultural Wellness Training facilitated by Sheila Grady and Joan Condon. The participants all work in refugee detention and processing centers in Texas, Florida and Arizona.

### USA—California:

Board members Sheila Grady and Ree Taylor continue to host Zoom Capacitar practice and sharing time every Tuesday and Thursday. Twice a month a Spanish language workshop is facilitated by Joan Condon and Mary Ondreyco, SNJM, sponsored by a Holy Names Sisters Immigrant & Refugee Grant. Depending on availability of internet connections, participants come from California, Nicaragua, El Salvador and Peru.

### USA—Texas:

Kathy Revtyak, MSW, of El Paso Child Guidance Center is completing two cycles of the Multicultural Wellness Education training. Over 120 men and women have participated representing work in schools, detention centers and medical centers. An Advanced Training is being planned.

### USA—Arizona:

Capacitar Arizona coordinator Sharyn Chesser and team leaders have offered the Multicultural Wellness training via Zoom for a group of 40 participants providing much needed outreach in Tucson and other parts of Arizona. Regular Zoom support gatherings are held to mentor participants working in the medical professions, education, detention centers, social work and psychotherapy.

### Ireland:

Capacitar Ireland team members are offering a Zoom 4-module foundation training to over 25 participants coming from different areas of Ireland and Northern Ireland. Capacitar International founder Pat Cane has offered input and support to the training. Capacitar Ireland President Marian Baker continues to do outreach to schools in innercity Dublin as well as to women from Ruhama, an organization that supports women from different countries who are survivors of trafficking and abuse.

### England:

Capacitar England, coordinated by Rev. Paul Golightly, has been offering Multicultural Wellness training modules in 4 areas of England: Durham/ Newcastle, Norwich, London and Birmingham. Depending on the UK schedule of lifting the Covid lockdown, participants from the different areas will come together in a Durham retreat center to participate in the Trauma Module led by Pat Cane.

### Scotland:

Capacitar Scotland team leaders, Ali Newell and Nancy Adams, have started a new 4-module training with participants from many places in Scotland. Other team leaders host regular Zoom gatherings throughout Scotland—Arbroath, Aberdeen, Ashfield, Milton, Edinburgh, Glasgow and West Lothian.

### The Philippines:

As part of Capacitar's work in Asia, 47 participants in the Philippines completed Module 3 of the four-module Multicultural Wellness Education training program in early February. They will be back on Zoom for Module 4 in April. Meanwhile, various participants, along with participants of earlier trainings, are sharing the techniques in schools and organizations in various parts of the Philippines.

### Indonesia:

A new virtual Multicultural Wellness Education training is beginning in Indonesia in late March. Facilitated by Joan Condon assisted by members of the Capacitar Nusantara team, the subsequent training modules will be in May, July and September. The training will be given in English.

### Haiti:

Joan Condon will teach a virtual class on "Body Mind Spirit Practices working with Trauma" to students at the School for Social Work and Social Justice located in Bon Repos, Haiti. This social work school is accredited with the Episcopal University of Haiti. The class will run from March through June. Joan has worked in Haiti many years, first arriving after the earthquake in 2011 to offer workshops to organizations working in development, women's issues, and church outreach. While her plans to return to Haiti were upended by the pandemic, Joan says that teaching Capacitar work virtually has gone surprisingly well. People widely separated geographically can come together, build community online, and learn the healing Capacitar skills together.

### South Africa:

Capacitar facilitator Moira Boshoff led a training for caregivers working with children in healthcare and homework clubs in Port Elizabeth and local townships. Siobhan Dooley and some nurses worked in a Covid field hospital using Capacitar practices with patients who were very traumatised by not being with their loved ones as they died.



# Celebrating Capacitar Beacons of Light and Hope around the World!



Capacitar team members leading healing practices around the world.  
From middle left and clockwise: Capacitar training in San Jose, CA at Catholic Charities for those working with immigrants and refugees; Multicultural Wellness Training in Encino, CA; Guatemala Mayan Health Promoters in the Capacitar training at the Barbara Ford Peace Center in Quiché, Guatemala; Capacitar training team and leadership in Goma, Democratic Republic of Congo; Zoom Global Celebration with over 120 participants from 20 countries celebrating the 80th birthdays of Capacitar leaders: Pat Cane, Joan Condon and Mary Litell, OSF.





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

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Tsugumi Fugita

### South Korea

Katherine Hahn Singer

### Afghanistan

Dr. Hakim Young, MD

### The Philippines

Diana McDermott

## **CAPACITAR Calendar—2021**

### **2021—Workshops & Trainings**

Because of Covid 19 lockdowns and quarantines around the world, many Capacitar international trainings have either been postponed or adapted as Zoom trainings. For information, dates, times and links to Zoom trainings and gatherings in different languages, contact the following team leaders or check the website calendar [www.capacitar.org](http://www.capacitar.org).

#### • Los Angeles/Southern California Tuesday/Thursday Zoom gatherings:

Sheila Grady and Ree Taylor [sgrady@capacitar.org](mailto:sgrady@capacitar.org)

#### • Spanish language Zoom workshops: Joan Condon [jcondon@igc.org](mailto:jcondon@igc.org)

#### • El Paso, Texas Zoom Trainings: Kathy Revtyak [KRevtyak@epcgc.org](mailto:KRevtyak@epcgc.org)

#### • Tucson, Arizona Trainings: Sharyn Chesser [svchesser@cox.net](mailto:svchesser@cox.net)

#### • Cincinnati, Ohio Zoom: Mary Duennes, [mmduennes@gmail.com](mailto:mmduennes@gmail.com)

#### • Toronto, Canada: Joan Silcox Smith [jsilcoxsmith@gmail.com](mailto:jsilcoxsmith@gmail.com)

2022—2023 Training: In person in Toronto

#### • Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody

[capacitar.ireland1@gmail.com](mailto:capacitar.ireland1@gmail.com)

#### • Germany Trainings: Anke Reerman, [anke.reermann@bistum-aachen.de](mailto:anke.reermann@bistum-aachen.de)

2021: May 29-30, Oct 2-3 (in person in Aachen)

Advanced Training in Aachen: Dec 17-18, 2021

#### • Scotland trainings & Zoom: Nancy Adams [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com)

#### • England trainings & Zoom: Paul Golightly [capacitaralbion@outlook.com](mailto:capacitaralbion@outlook.com)

#### • Israel Zoom & Gatherings: Lora Hillel, Ronit Zur [loralih@gmail.com](mailto:loralih@gmail.com), [ronitzur123@gmail.com](mailto:ronitzur123@gmail.com)

#### • Phillipines Zoom: Vicki Estella, [vitaminkee@yahoo.com](mailto:vitaminkee@yahoo.com)

#### • Indonesia Zoom: Yudi Aridanto [yudi\\_ardianto@yahoo.com](mailto:yudi_ardianto@yahoo.com)

#### • Japan Trainings & Zoom: Yuko Oyama, [yukooyama.edu@gmail.com](mailto:yukooyama.edu@gmail.com)

#### • Panama Trainings & Zoom: Alibel Pizarro [tallersalud.pa@gmail.com](mailto:tallersalud.pa@gmail.com)



*Indonesia: Circle of leadership and solidarity*

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

Joan Condon • Pat Cane • Mary Litell OSF • Sharon Duggan  
• Communities in Guatemala

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

Martha & Andrew Rebmann • Tom Condon • Elizabeth Mathews • Austin Wright  
• Sisters Claude Power • Rosemary Campi • Jackie Graham PBVM

### **Support Capacitar through AmazonSmile**

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**CAPACITAR**  
International

*Healing ourselves, healing our world*

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Spring 2021

Dear Friends,

Special greetings to you this Springtime as we begin to see changes in Covid and our capacity to heal the many challenges we have faced this past year. As Capacitar we are trying to adapt our trainings to continue outreach locally and internationally. Our vision is to bring healing and transformation to ourselves and to our world. Will you help us to realize our mission in the many places where we work? Your support will empower Capacitar teams in the US and in other countries to do the following:

- Trainings for those working with refugees and the detained in the US, Mexico, Central America and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Africa, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Germany, the Philippines, Indonesia and the US
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops and Zoom trainings to heal gender violence and racism
- Translation and publication of Capacitar manuals and materials in different languages.

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*

Capacitar International Founder/Director



*Capacitar circle of hands, friendship and solidarity from Capacitar people in the Democratic Republic of Congo*