



## Empowering our Global Networks—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Our name "Capacitar" is a Spanish word meaning to empower. As we move into the fifth month of lockdown with the global pandemic, Capacitar teams in many places have been empowered to reach out to their local communities sharing self-care practices and offering support, often to those with few resources. This newsletter will share some of the many creative ways Capacitar people have empowered others with tools, encouragement and inspiration around the world.

This is a time of tremendous challenge for our global family. The remarkable image below of the Arctic Sea at Midnight is a perfect metaphor for our times. In the distant frozen top of our planet, light and beauty break through at midnight! As we grieve the many deaths, the suffering and illness of millions, the loss of jobs, income and community, light and compassion are breaking through the darkness. Remarkable changes are taking place within us and around us. People are discovering the depths of their hearts with acts of kindness for neighbors, family, friends and often strangers in their communities. The international protests over George Floyd's murder have brought together diverse people desiring and demanding the healing and transformation of systemic racism and violence that no longer work. We are discovering our interconnection as a human family on many levels. We are reconnecting as one with nature and our mother, the Earth.

In the recent words of the Dalai Lama: "We must remember that nobody is free of suffering, and extend our hands to others who lack homes, resources or family to protect them. This crisis shows us that we are not separate from one another. . . We all have a responsibility to exercise compassion and help. . . It is important that we do not lose hope and confidence in the efforts so many are making."



### Capacitar's New Website

Visit our new website [www.capacitar.org](http://www.capacitar.org) for links to Covid-response videos and wellness bulletins and to download Capacitar practices and other resources.



Arctic Sea at Midnight: Photo by Nancy Adams, Capacitar Scotland

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.



# Capacitar Covid Outreach

*With great commitment Capacitar people around the world have offered light and compassion to others. Here are some of their stories.*

## Ireland —Marian Baker

Marian Baker, president of Capacitar Ireland, offers daily "Together-Apart Tai Chi" for her neighborhood. Marian reports: "The neighbors are really enjoying the Tai Chi and this is pulling us all through the lockdown. National RTE television even did a feature on our practice, and Irish President



Michael D. Higgins, on a 'Late Late Show' interview, paid tribute to me, the Tallaght woman who is doing Tai-Chi with her neighbors! Some of these neighbors live alone and some are grieving so they really appreciate Capacitar. I have told them how we

are all connected to the wider Capacitar family."

Marian also leads weekly Zoom gatherings with women of Ruhama, an organization that offers support to trafficked women, sex workers or survivors of sexual abuse. Over 20 women participate in the weekly class which is the largest attendance they have ever had at Ruhama.

## Panamá —Alibel Pizarro

When the lockdown started in Panamá, because I live alone I wanted to share Capacitar via Facebook and WhatsApp making videos of Capacitar practices. I never had done Facebook Live but this seemed to be easy and fast for me. I reviewed my notes, rehearsed and then went live to connect with people near and far. This helped me to manage my own anxiety and to feel accompanied while helping others.

One of the first comments that touched me came from a trans woman living in western Panamá who was very vulnerable. She said she was so grateful for our Facebook connection because it helped her manage her anxiety. Days after, another message arrived: "I sent the video to a friend with Covid-19 in Switzerland who was grateful after a week in bed." Two days later, I met this woman through Zoom in Switzerland. She had recovered and had the energy to share a cooking session with her recipes!

A month later, a message came from the interior of Panamá from a woman who had a dear friend with the virus who was staying in a hotel-hospital. He didn't feel badly, although he had other symptoms, but he couldn't sleep. He loved Tai Chi, acupressure points for the chest and between the eyebrows and the safe place visualization. Two weeks later he returned to his home. He is now healthy and continues to practice Tai Chi.

From western Panamá a colleague tried the practices and then didn't need sleeping pills. She decided to share these tools with her family. Various testimonies continue to arrive: "My mother sleeps deeply at my side after I do the Fingerholds with her." "My grandmother and my aunts love the practices." "I was able to release my back pain. Now I can sleep. How easy it is for me to release this discomfort in just a few minutes. Thank you, Capacitar!"

*For the link to join our group (in Spanish):*

<https://www.facebook.com/pg/capacitarenpanama/videos/>



*Arctic Rainbow: Nancy Adams, Scotland 2018*

## Scotland

### Bridging an Expanding Global Community via ZOOM

*—Nancy Adams, Capacitar Scotland*

In July 2019, at a retreat center near Inverness in the north of Scotland, I met a woman from the Czech Republic who was volunteering there for a month. During the week while I was there supporting a friend, I continued to do my daily Chakra Tai Chi and Salute to the Sun, inviting others to join. And they did. After Teresia returned home in August, she asked if she could join me daily using a video conferencing tool. In September 2019, we began using Zoom to meet daily to do a few Capacitar 'meditative movement' practices together.

In November, Teresia invited me to the Czech Republic to teach some Capacitar practices to her school children, to the staff at a local care home, and to her Centering Prayer Group. It was a very special few days together, because others we met during those 4 days wanted to join us on Zoom, as well. Since then, the daily group meeting has grown.

We now have a list of over 30 people from 6 countries (Scotland, England, Czech Republic, Israel, USA, Germany) and five time zones. Some of them join us now and again, and some have become regular 'Zoomers'! We try to meet daily at 5.30 pm Scotland time for about 40 minutes. Anyone can join us. You would be most welcome! Just send an email to me and I will provide you with the Zoom link.

During these strange times of self-isolation, those of us across Scotland, are finding it even more essential to connect with each other and ground our day in a meditative practice where we can hold in our hearts both our own personal health, as well as the wellbeing of our whole world. There are now Capacitar Scotland members hosting a number of Zoom sessions in Arbroath, Aberdeen, Ashfield, Milton, Edinburgh, Glasgow and West Lothian. But the people 'zooming in' to join the sessions come from all over the world. So we truly feel part of the global family using Capacitar practices for self-healing and for healing the world.

*For the link to join our Zoom community (in English):*

Nancy Adams [capacitarscotland@gmail.com](mailto:capacitarscotland@gmail.com)



## Toronto, Canada Stress Busting Webinars with "Magical Practices"

—Dr. Harvey Skinner, PhD, York University

We all encounter stress in our daily lives that affects the health of our body, mind, emotions and spirit. This is especially true as we navigate the pandemic. Practical approaches are needed that can help kids, youth and parents manage their stress. I have been offering "Stress Busting Webinars" that give simple yet powerful techniques adapted from Capacitar for calming our family and ourselves despite what is occurring around us.

The first of two Psychology Foundation of Canada Webinars focused on practices for kids up to 14 years and parents. The second addressed practices for youth and young adults approximately 15 to 30 years. The Webinars reached almost 1000 participants in total: Webinar I had 322 people attend and 277 viewed the recording afterward. Webinar II had 274 people attend and 133 viewed the recording afterward. The top 3 demographics for both sessions were: social workers/child youth workers, social service program workers and education professionals. The key lesson I have learned is that we need a dual focus on 'healing ourselves, healing others.' To be effective as a parent, teacher or caring professional, we must first focus on practices to foster our own wellness and resilience and to awaken our inherent wisdom and capacity to heal and balance our body, mind, emotions and spirit. Then, we are grounded and better able to teach, help and heal others – especially our family.

I have also been doing a major transformation to an online format of my 4th year undergraduate course on Global Mental Health: Eastern, Indigenous and Western Perspectives for delivery this summer. The local-global impact of the pandemic on mental health provides a compelling opportunity for deep learning and healing. In my course I present the vision and global reach of Capacitar, teach various Capacitar practices and have Pat Cane join the class via Zoom for an 'Inspired Conversation' with students.

To view the "Stress Busting Webinars (in English):

[https://psychologyfoundation.org/Content/Professional\\_Educators\\_Social\\_Service\\_Health/Webinars/Archived-Webinar-Recordings.aspx](https://psychologyfoundation.org/Content/Professional_Educators_Social_Service_Health/Webinars/Archived-Webinar-Recordings.aspx).

## So What Did You Do When You Were Isolating?

—Sheila Grady, Capacitar Board of Directors

Given that Pat Cane is a woman of many abilities, it should be obvious that she would make great use of her "down time". Grounded at home has been a new life for our world-traveling Executive Director! Pat created 8 Wellness Bulletins (and translated them into Spanish). Along with Joan Condon, she produced 13 Covid Response Videos and traveled via Zoom to keep in touch with Capacitar communities around the world. She also gave her artistic side freedom and redesigned our website. The new design will make it easy to explore Capacitar from your computer, phone or tablet. Our web developer, Kristin Falkner ([kristinfalkner.com](http://kristinfalkner.com)) was a life saver for us in this project! Her expertise, patience and attention to detail led us quickly to launch.

Many THANKS to Sheila Grady who took on the enormous job of rebuilding and management of many details related to WordPress and DonorView.

Pat, Joan and Sheila welcome you to [www.capacitar.org](http://www.capacitar.org)! May you find everything you need to know about Capacitar there, and if you don't, email us at [office@capacitar.org](mailto:office@capacitar.org).



## Tai Chi for Wellbeing with Presentation Sisters

—Sr. Rita Jovick, PBVM

The Sisters who live in San Francisco, California's Presentation Convent, have been experiencing shelter in place since the beginning of March. The median age of the Sisters is 87. In early June, they started using Pat Cane's DVD with 14 Sisters participating in the Tai Chi body movements. This group experience will continue as they go toward the new normal. The Coronavirus has mandated that the world be on an involuntary retreat. Hopefully, we will use this time as an opportunity to build energy, creativity, health, harmony, peace and balance.

## Indonesia —Joan Rebmann Condon, Capacitar Special Projects

Capacitar Indonesia member Intan Darmawati offers Zoom sessions entitled 'Self Love' on Sunday mornings. The sessions include 3 Capacitar techniques taught by Intan, Alvie Angelica, Inaya Wahid and Sausan Sofyan, all members of Capacitar Nusantara. Participants zoom in from different areas of Indonesia. The first session had 38 people; 58 participated in the second session and 75 in the third. More sessions are scheduled.

For the link to participate (in Indonesian) email [jcondon@igc.org](mailto:jcondon@igc.org).

## Philippines —Joan Rebmann Condon

The skeleton staff during the time of Covid at Yason Farm School in Oriental Mindoro does Tai Chi or the Holds at their meetings after their time of prayer and reflection. The larger staff connects through a Group Chat and they encourage each other to use their Capacitar techniques to stay positive and healthy. They also teach the immune system points to people with whom they come in contact. Capacitar Philippines member Lilian Jarales-Hewlett has given a full day Capacitar basic workshop through Zoom. She integrated the Capacitar response to Covid videos as well as leading each of the practices. She recorded the session, then posted it for the next month so the fourteen participants can review. She is also planning to make videos of the practices in Tagalog.

## California —Sheila Grady, Capacitar Board of Directors

For the past few years, the Capacitar folks in Southern California have called themselves the SoCal Network. In our Zoom meeting in May, we welcomed many Capacitar graduates from around the US. With that in mind, we are changing our name from Capacitar SoCal to CAPACITAR NETWORK! This network will encompass all who graduated from trainings in California, as well as other parts of the US, including Arizona and the U.S./Mexico border in Texas. So welcome to all, wherever you are!

As a result of the enthusiasm of that May call, we decided to do what so many of our colleagues around the world are doing--group practices on Zoom! We have twice weekly sessions and the response has been great. Open to all--Tuesdays at 7:30am PST and Thursdays at 1:00pm PST.

For the link to join the Zoom group (in English): [sgrady@capacitar.org](mailto:sgrady@capacitar.org)

For the bi-monthly Zoom group (in Spanish): [patcane@capacitar.org](mailto:patcane@capacitar.org)

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## CAPACITAR Calendar—2020-2021

### 2020—Workshops & Trainings

- Aug 20-21 Tr 1 El Paso, TX
- Aug 27-28 Tr 3 El Paso, TX
- Aug 29-30 Tr 2 Encino, CA
- Sep 12-13 Tr 3 Durham, England
- Sep 19-20 Tr 2 Tucson, AZ
- Sep 26-27 Tr 1 Birmingham, England
- Oct 3-4 Tr 2 Aachen, Germany
- Oct 6-7 Aachen University Peace Conference, Germany
- Oct 10-11 Aachen Advanced Tr, Germany
- Oct 17-18 Tr 2 Dublin, Ireland
- Oct 20-21 Noddfa Training, Penmanmawr, N. Wales
- Oct 24-25 Tr 4 Glasgow, Scotland
- Oct 31 Training for Climate Activists, UCC, Sonoma, CA
- Oct 31 Spanish Training, UCC, Sonoma, CA
- Nov 12-13 Tr 4 El Paso TX
- Nov 24-25 Tr 3 Beit Shams, Beit Jala, Palestine
- Nov 26 Palestine Advanced, Beit Jala, Palestine
- Nov 27-28 Tr 1 Beit Shams, Beit Jala, Palestine
- Dec 4 Watts Tr, Presentation Learning Ctr. Los Angeles CA
- Dec 5-6 Tr 3, Encino CA

### 2020-2021 Trainings

- Encino, CA Holy Spirit Ctr. Sheila Grady [mrssgrady@gmail.com](mailto:mrssgrady@gmail.com) CEs  
2020 Training: Aug 29-30 Dec 5-6 2021: Feb 6-7
- El Paso, Texas Kathy Revtyak [KRevtyak@epcgc.org](mailto:KRevtyak@epcgc.org)  
2020 Training: Aug 27-28 Nov 12-13  
2020-21 Training: Aug 20-21 Modules 2-4 Dates TBA
- Tucson, Arizona Sharyn Chesser [svchesser@cox.net](mailto:svchesser@cox.net)  
2020 Training: Sep 19-20 2021: Jan 23-24 TBA
- Capacitar Ireland [capacitar.ireland1@gmail.com](mailto:capacitar.ireland1@gmail.com)  
Foundation Training 2020: Oct 17-18 2021: Feb 27-28 May 1-2  
Advanced Training 2021: Oct 2-3 TBA 2021 Team dates TBA
- Aachen, Germany Anke Reerman [anke.reermann@bistum-aachen.de](mailto:anke.reermann@bistum-aachen.de)  
Training 2020: Jun 27-28 Oct 3-4 2021: Mar 6-7 May 8-9  
2020 Aachen Advanced Training: Oct 10-11
- Toronto, Canada Joan Silcox Smith [jsilcoxsmith@gmail.com](mailto:jsilcoxsmith@gmail.com)  
2021 Training: May 15-16 Sep 18-19 2022: Jan 15-16 May 14-15
- Panama 10th Anniversary & Trainings Mar 19-24, 2021

### Sr. Kathleen Day, ijs

With gratitude we remember Sister Kathleen Day, ijs, who served as Capacitar Ireland Administrator from 2006 to 2017. Born in Cork, she entered the Infant Jesus Sisters and worked for many years as a teacher and administrator in schools in Ireland, England, Malaysia and Nigeria. Kathleen enthusiastically brought Capacitar to many throughout Ireland. When she moved to her community retirement center, she continued to share

Capacitar practices with the "older Sisters" to help with their health problems. Kathleen will be lovingly remembered for her warmth and great humor.



### Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell, OSF

### Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Kathleen Day ijs

Carol Bialock RSCJ • Tara of Newbigging

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AmazonSmile is a way to support Capacitar, at no cost to you. When you shop at [smile.amazon.com](https://smile.amazon.com), select **Capacitar** from the list of charities. Amazon will donate a portion of the purchase price to Capacitar.

### Sr. Carol Bialock, RSCJ

Sister Carol Bialock, a Religious of the Sacred Heart, was a remarkable woman—an activist, mystic, poet and Sufi working in schools, prisons and hospitals. Carol joined Capacitar in 1993, after years of ministry in Chile and was part of the Capacitar team in China in 1995 helping to coordinate the Healing Tent for the NGO World Forum on Women. In her later years Carol lived at Oakwood in Atherton, CA, and at age 90 published a book of poetry, *Coral Castles*.







**CAPACITAR  
International**

*Healing ourselves, healing our world*

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July 2020

Dear Friends,

Special greetings to you as we celebrate Summer Solstice, as well as the slow return to the "new normal" in many places. Our world at this time is in great need of wisdom, light and compassion in our communities. This is the vision and mission of Capacitar—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 U.S. and in other countries 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, the Philippines, Indonesia and the U.S.
- Trauma Healing & Leadership Trainings in DR Congo, South Sudan and Haiti
- Work with refugee communities and asylum seekers at the US/Mexico border and in different areas of California
- Workshops to heal gender violence in Japan, Mexico, Guatemala, Panama and other countries
- Translation and publication of Capacitar materials in Spanish, Arabic, French, German and other languages
- International Covid Response materials and support for Capacitar teams and organizations with few resources.

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



*Indonesia Training*



*The Philippines, Mindoro School*