



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 Global Gatherings—Patricia Mathes Cane, PhD, Capacitar Founder/Director

Over 320 Capacitar participants from 25 countries on 5 continents came together in 3 global gatherings (in English and Spanish) to celebrate 33 year of commitment to Healing Ourselves, Healing Our World. The groups were led in Tai Chi and Pal Dan Gum by 24 people from different countries. A Global Panel with presenters from England, DR Congo, The Philippines, Panamá, El Paso/Juarez and Tucson, AZ offered experiences in leading Capacitar in various world areas in order to inspire others about how Capacitar could grow in different cultures. Longer presentations were also given on the application of Capacitar in different settings by Rwanda, Indonesia, Japan, Ireland, Scotland, Ciudad Juarez, Chihuahua Human Rights Center in Mexico, Argentina, Guatemala and Panamá. Participants chose which presentation and Zoom room they wanted to learn from in the gathering.

Founder Pat Cane and Special Projects Coordinator Joan Condon inspired participants to recognize the unique gifts they bring to our world as together we face the next global challenge of the climate emergency. In the past when Capacitar convened in-person gatherings, many people were unable to participate because of problems with visas, cost of airfare and inability to travel. Now thanks to the internet and the power of Zoom, we are able to bring together people from so many world areas. This issue of the newsletter will share some of the valuable experiences and insights from our global gatherings.



Excerpts from Keynote by Pat Cane

We are called to live in unique times. The Covid pandemic has challenged us to think and act in many new ways, and there is no going back to old ways of being. Our Capacitar International office has received many messages from people saying: "Thank God for Capacitar who gives us tools to manage our physical symptoms and emotions of fear and anxiety. We are empowered with a path to wholeness at this challenging time in our world!"

So many Capacitar people have taken the initiative as leaders reaching out to their communities to empower people with what they can do for themselves and their families as they face losses on many levels. In many ways the Covid pandemic has been an unlikely catalyst for transformation.

(Keynote continued on page 2)



Capacitar Zoom Global Gathering, June 4, 2021

Above: "We Are One" used with permission by Mary Southard, Ministry of the Arts



Capacitar Global Gatherings & Outreach

(Keynote by Pat Cane continued)

From our first years as Capacitar, it has been important to listen to the needs of our times and to respond by giving people tools for healing in places impacted by war, violence and disasters. Given our world at the moment, Capacitar isn't going to run out of work anytime soon!

What we currently face with the pandemic is like a warmup call for a much larger challenge that looms on the horizon—the climate crisis. We can't get vaccinations for the climate crisis! And this is especially of concern to children and youth activists around the world.

Over a year ago, I received a letter from environmental attorney, Sharon Duggan, a woman I have known for many years. Sharon asked me very directly: "What are you and Capacitar doing for youth and climate activists dealing with climate change?" Sharon's letter touched me deeply. And I felt a call, not just for myself, but also for Capacitar. I wrote back to Sharon, describing what I thought we could do best—teach healing practices to youth and activists for self-care, as well as accompany communities impacted by climate emergencies. From our first years as Capacitar, we have responded to places traumatized by natural disasters, but we never specifically focused on this goal as an organization. Our teams in Japan, Indonesia, Chile, Santa Barbara and elsewhere have reached out to bring trauma healing tools to survivors. With the growing number of climate emergencies, like the recent volcanic eruption in DR Congo, we will all be called to accompany survivors and climate refugees wherever we are. This will be one of our next callings as individuals and as Capacitar.

What we are now doing here in California is developing pilot workshops for youth and activists, starting in Sonoma County, an area that has suffered massive fires, and currently is facing a very serious drought. And we are also writing another manual: [Empowering Strength and Resilience with Capacitar self-care practices to accompany youth and climate activists.](#)

Begin to think about what is your calling. What is inspiring you at this time to respond to something larger than yourself? Buddhist scholar Joanna Macy describes "The Great Turning" that challenges us to transform attitudes that no longer work. Geologist Thomas Berry talks of The Great Work we are all part of at this time. Futurist Buckminster Fuller says to each of us that we should: "Never forget that you are one of a kind. Never forget that if there weren't any need for you in all your uniqueness to be on this earth, you wouldn't be here. And never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. It is always because of one person that all the changes that matter in the world come about. So be that one person!" Together we can also say, be that one organization, or be that one team!

In the words of our Capacitar prayer:
"We join with the Earth and with each other
To bring new life to the land; to recreate the human community
For the healing of the Earth and the renewal of all Life."

Excerpts from Keynote by Joan Condon

We haven't had much choice in the past 15 months but to be personally engaged in the struggles of our times. The pandemic has changed all our lives. And in most places we continue to have to make personal sacrifices to keep ourselves, our loved ones and our communities safe, often, being isolated from those we love, as lockdowns continue. Ending the pandemic depends on each of us doing our part.

But we are also being called upon to engage in another existential struggle of our time as we face the climate crisis. The warming of the earth, the melting of polar icecaps and rising sea levels. The warming of the ocean waters leading to the dying of coral reefs, more powerful typhoons, cyclones and hurricanes leading to massive flooding and loss of lives and property. Devastating drought leading to crop failures, food emergencies or raging wildfires destroying everything in their path. Governments negotiate on who will decrease their carbon emissions by how much. Pressure is put on businesses to decrease their carbon footprints. But whatever is decided in the larger arena, it is our personal responsibility to also engage in this struggle to save the earth. Each of us must look at our own carbon footprint and decide what we can do to be part of the solution.

Futurist Buckminster Fuller said. "Never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. So be that one person."

What changes can each of us make? Depending on where we live and our personal situations, we might decide to organize or join protests. Or we might choose to become advocates in our communities or with family and friends, engaging in what each of us can do to be part of a solution. There are decisions that each of us makes everyday that can decrease our carbon footprint—so we walk more lightly on this, our Mother Earth. We can decide to eat less animal protein. The raising and harvesting of meat products is the second largest contribution to human-made greenhouse gases. Fossil fuels are used in most means of transportation, including the transportation of food. When possible, choose to buy and eat locally grown food that is "in season". We can think about the use of energy in our homes and workspaces. We can consider going solar to generate our own electricity. We also must make decisions about how we get ourselves where we want to go—or ask ourselves if we really need to go. If we must drive to work or do shopping, can we group trips so we use less fossil fuel and decrease our personal carbon footprint. We must each decide what travel is essential and how we can do that with the least impact.

Making changes like these in our daily lives will, no doubt, cause inconvenience. But if we, as the human family, are to continue to live on this earth, we need to be part of its healing. The small changes each of us makes, becomes the larger change we need. One person can make a difference but together we can truly make change. In the words of our Capacitar prayer, we commit to: "The healing of the Earth and the renewal of all Life."

Capacitar DR Congo

With the recent volcanic eruptions near Goma, many members of the Capacitar team had to evacuate to Rwanda or other parts of DR Congo. With very few resources and facing the pandemic and local violence, the team managed to offer trainings to 38,826 people, and train 3,357 persons from diverse professions including: teachers, social workers, psychologists, nurses, doctors as well as hundreds of students in 25 schools—all within the 8 years of existence of Capacitar DR Congo. Goals for the future include getting Congo's Ministry of Education to incorporate Capacitar methods in primary schools on a national level.

Capacitar Indonesia

Indonesia is the fourth largest country in the world with many climate disasters, including, volcanic eruptions, earthquakes and typhoons. The Capacitar team of volunteers reached out to survivors and the traumatized over the last few years in Borneo that suffered massive forest fires; in Lombok that survived a large earthquake; as well as reaching out internationally to the survivors of the massive 2015 earthquake in Nepal. International Trainer Joan Condon is currently leading a Zoom formation training with over 25 participants from many different parts of Indonesia.

Capacitar Philippines

Since 2016, Capacitar has grown exponentially, reaching many thousands of grassroots, professionals, religious, organizations and schools in different parts of The Philippines. The Global Panel report given by local leaders described Capacitar work in Aklan with small-scale fishing communities; in Mindanao with over 3,500 participants including NGOs, grassroots and professionals; a Farm School with over 700 participants including teachers, staff, parents and students; and 425 students, staff and teachers in Colegio Sagrada Corozon. Outreach is also being done in Saklay in rehabilitation of youth and those with drug addiction.

Capacitar Rwanda

Since the first workshops in 2006, Capacitar Rwanda has grown incredibly offering workshops and trainings to over 40,047 Rwandans including: children in primary and secondary schools, genocide widows, people dealing with HIV/AIDS, single mothers, ex-prisoners, pastoral agents working in conflict resolution in 17 church parishes and psychosocial counselors. Founder Sr. Antoinette Gasibirege, SH, and her team hope to reach many more young women who deal with abuse as single mothers, as well as people dealing with post-genocide trauma.

Capacitar in Human Rights, Chihuahua

With drug cartel violence and violence against women in the state of Chihuahua, Mexico, the team of CEAVE has used Capacitar tools to help communities heal the traumas they have experienced. Many indigenous groups have dealt with the trauma of multinational mining companies taking their lands. Psychologists, social workers and lawyers working with CEAVE have also used Capacitar skills for self-care.

Capacitar Guatemala

Since the early 1990s, Capacitar has been committed to work with the people of Guatemala. Over the last 20 years, collaboration has been with Centro de Paz Barbara Ford in the Quiché. Many Mayan health promoters have been trained in a psychosocial program to heal gender violence offering Capacitar outreach in hundreds of Mayan communities.

Capacitar Arizona

Remarkable work has been accomplished by the Arizona team. Outreach is to health systems, wellness groups and NGOs in the Pima County and Tucson areas. Groups include: University of Arizona College of Nursing, El Rio Health Centers, Jewish Family Services, Casa Alitas for Refugees, and those working with women, children, youth and trauma survivors. Regular Zoom gatherings empower Capacitar multipliers.

Capacitar en la Frontera--El Paso and Ciudad Juarez

Since 2001, Capacitar has been a presence at the Texas/Mexico border. Trainings are now offered to hundreds under the auspices of the El Paso Child Guidance Center. Self-care and trauma healing workshops facilitated by JRS chaplains give support to detained refugees in the El Paso Processing Center. On the Juarez side of the border, a number of community NGOs have incorporated Capacitar into their programs.

Capacitar Argentina

The team of Los Cerezos in Patagonia has multiplied Capacitar methods in many regions of Argentina, including: Neuquén, Bariloche, Buenos Aires, Mendoza, Cordoba and elsewhere. Besides training and certifying many counselors, the Los Cerezos team offers programs in ecofeminism, spirituality, meditation and the four-module Capacitar training.

Capacitar Japan

Responding to survivors of the 2011 tsunami and Fukushima meltdown, the Japan team has offered workshops to many thousands throughout Japan. Work has also been focused on survivors of gender violence. Future plans include outreach in Okinawa and other areas of need.

Capacitar Scotland

Since 2008, Capacitar work has grown in many areas throughout Scotland. With the Covid lockdown team leaders host regular Zoom gatherings throughout Scotland in Arbroath, Aberdeen, Ashfield, Milton, Edinburgh, Glasgow, Perth and West Lothian.

Capacitar Ireland

Capacitar started in 2003 in Northern Ireland and the Republic of Ireland. Many hundreds of trainings and formation days have touched the lives of thousands throughout Ireland. Ireland team members have also led significant international trainings in other parts of Europe and Africa. Regular Celtic rituals yearly bring together the Irish network.

Capacitar England

During Covid lockdown in the UK, Capacitar Albion that represents four regions of England and Wales, has offered trainings in Durham, London, Birmingham and Norwich. An in-person training module is hopefully planned for November, bringing the groups together in Durham.

Capacitar Panamá

A very empowering presentation was offered by Alibel Pizarro, coordinator of Capacitar in Panamá. When the Covid lockdown started in 2020, Alibel taught herself how to use Facebook Live, and Whats App to reach out and support many hundreds of others in Spanish-speaking countries. Global gathering participants felt empowered to try social media platforms for the first time, in spite of their fears, to bring Capacitar tools to their communities.

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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.

- Los Angeles/Southern California Tuesday/Thursday Zoom gatherings:
Sheila Grady and Ree Taylor sgrady@capacitar.org
- Spanish language Zoom workshops: Joan Condon jcondon@igc.org
- El Paso, Texas Zoom Trainings: Kathy Revtyak KRevtyak@epcgc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Cincinnati, Ohio Zoom: Mary Duennes, mmduennes@gmail.com
- Toronto, Canada: Joan Silcox Smith jsilcoxsmith@gmail.com
2022—2023 Training: In person in Toronto
- Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reerman, anke.reermann@bistum-aachen.de
2021: , Oct 2-3, Dec 18-19 (in person in Aachen)
Advanced Training in Aachen: 2022
- Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com
- England trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillipines Zoom: Vicki Estella, vitaminkee@yahoo.com
- Indonesia Zoom: Yudi Aridanto yudi_ardianto@yahoo.com
- Japan Trainings & Zoom: Yuko Oyama, yukooyama.edu@gmail.com
- Panama Trainings & Zoom: Alibel Pizarro tallersalud.pa@gmail.com



Capacitar Global Zoom Gathering—June 5, 2021

Gifts Made In Honor of

Joan Condon • Pat Cane • Mary Litell OSF • Sharon Duggan

• Communities in Guatemala • Shun Ichi

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • William Lee Mahan • Austin Wright

• Fausto Scavello • Linnea Capps MD

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Summer 2021

Dear Friends,

Special greetings to you this Summer as Covid reality and lockdowns change for many of us. Capacitar teams continue to do remarkable work locally and internationally via Zoom and other internet platforms sharing healing tools to empower their communities. Our vision to bring healing and transformation to ourselves and to our world is being realized. Will you help us with 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
- Development of self-care workshops and a manual to accompany youth and climate activists.

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 Global Zoom Gathering for Spanish speakers from the Americas—June 12, 2021