



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 Response to Global Crises—Patricia Mathes Cane, PhD, Capacitar Founder/Director

2021 has been a year of many crises around the world: COVID with economic and personal losses, refugee emergencies at borders, the Taliban takeover of Afghanistan, and numerous climate crises, including massive wildfires, floods of whole towns, debris flows, hurricanes, volcanic eruptions, tornados and earthquakes. As our human family struggles with these traumas, Capacitar is all the more committed to be present accompanying those in greatest need.

Through Zoom and other media, Capacitar teams have stayed in touch with communities impacted by the violence and disasters offering healing practices for self-care to manage trauma. In response to the COP26 UN Climate Conference, teams from Scotland and the UK have been involved in side-events and pilgrimages supporting youth and climate activists. Several hundred copies of Capacitar's new climate manual, Empowering Strength and Resilience, were printed and distributed to activists from different countries. The manual is now available in English and Spanish, and a German edition is being published for a climate conference in Aachen in 2022. Capacitar Global Gatherings have brought together hundreds of team members from many countries to envision future steps of Capacitar around the world and to organize Capacitar at regional levels. Different team members often say, "As the crises and traumas continue, Capacitar will not run out of work anytime soon!"

In the words of our Capacitar Prayer based on the UN Prayer of the Sabbath:

*We join with the Earth and with each other
With our ancestors and all beings of the future
To bring new life to the land; to recreate the human community
To provide justice and peace,
To remember our children, to remember who we are.
We join together as many and
diverse expressions of one loving mystery,
For the healing of the earth and the renewal of all Life.*



Capacitar Tai Chi for self-care for climate activists led by Ali Newell during the pilgrimage

Capacitar Scotland at COP26—Ali Newell

Ali Newell and Glen Cousquer from Capacitar Scotland were guides for 2 days of a COP26 pilgrimage. This 2-week pilgrimage from Dunbar through Edinburgh to Glasgow, joined other climate activists (Ecumenical Pilgrimage for Climate Justice from Sweden, Germany and Poland, and the Extinction Rebellion pilgrims and Camino to COP pilgrims) in walking to the large global COP26 conference in Glasgow to call for change. The national newspaper headline ran: "COP26: Pilgrims march on Glasgow to call for justice for world's climate-hit communities."

At the start, Ali and Glen led the pilgrims along part of the John Muir Way sharing the words of John Muir, the early Scottish-born prophetic conservationist. Muir saw that everything is flowing—that we are part of one another and held in a great flow of life. Muir said: "The sun shines not simply on us but in us, the rivers flow not just past us but through us, and every bird song, wind song and storm song is our song."

Ali reflected: "As we shared Capacitar practices on beaches along the way, we practiced, aware of the climate crisis, and knew we were part of a great web of interconnectedness that cries out for healing. We also handed out copies of Capacitar's new manual for youth and climate activists at the labyrinth walk for climate justice, at the climate interfaith walk through Edinburgh, and at Capacitar workshops for young climate activists. One young Dutch activist at COP26 called Moon, at a climate workshop in Glasgow, said she had been part of organising the 'climate train' for 500 activists from Europe. Moon was delighted to learn about the Capacitar self-care practices and said this was much needed. The pilgrimages for COP26 were inspired both by the faith tradition of pilgrimage and historic justice marches of the past, such as the Salt March in India. As pilgrims we wanted to raise awareness of the climate crisis and called for COP26 negotiators to agree on a fair deal for communities in the Global South who are suffering the most devastating impacts of environmental breakdown."



Child and youth activists on the COP26 pilgrimage



Capacitar 2021 Outreach

Capacitar Multicultural Wellness Education on Zoom

The 2021 Zoom Multicultural Wellness Education Training (MWET) cohort facilitated by Sheila Grady and Joan Condon just completed their fourth module. In addition to people from the USA, participants also came from England, Brazil, Ireland, Canada, Luxemburg and Palestine. The July Cohort with participants from the USA and Europe will attend Module 3 in November and finish their training in January 2022. Dates are set for a new MWET series beginning in late January 2022.

Capacitar en la Frontera--El Paso and Ciudad Juarez

During 2021, Advanced Capacitar formations and Multicultural Wellness trainings were offered to over 150 participants from schools, trauma centers, refugee centers and local NGOs by Kathy Revtyak and her team of the El Paso Child Guidance Center (EPCGC). Pat Cane recently offered a hybrid advanced module and also a hybrid Climate Emergency Response training with environmental lawyer, Sharon Duggan. Participants were both in-person as well as with Zoom, including 16 Maryknoll Sisters of the Mission Institute in New York. Funding has been secured and dates have been set to continue these programs through 2022 as a collaboration with EPCGC and Capacitar International. Workshops will also be offered in 2022 to the Capacitar network in Ciudad Juarez, Mexico.

Capacitar Arizona

The 4th Multicultural Wellness Module was completed by the Arizona team with founder Pat Cane facilitating. Under the leadership of Sharyn Chessner, Maria Elena McElroy and the Capacitar Arizona team, a thriving network continues to grow in Tucson with regular meetings and practice sessions. During COVID, participants offered significant support and outreach to health systems, wellness groups and NGOs in the Pima County and Tucson areas including: the 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 have empowered Capacitar multipliers. Collaborating with Rev. Delle McCormick, Pat Cane also gave a Zoom workshop in self-care practices for 16 volunteers of Casa Alitas, who accompany hundreds of refugees and migrants in the Tucson area.

Capacitar in Watts, Los Angeles, CA

Sisters Jane Bonar and Catherine Burke, PBVM, recently reopened Presentation Learning Center (PLC) in Watts offering many classes to the local Latino community. Pat Cane offered workshops to evening and daytime students, as well as met with the core team of PLC. The center has given great support to the Watts community dealing with illness, depression and the challenges of COVID.

Capacitar Sonoma

Environmental attorney Sharon Duggan and Pat Cane led a recent climate workshop and meetings in collaboration with the Earth Care Committee of the First Congregational Church of Sonoma, Rev. Curran Reichart and coordinators Virginia Bertelsen and Kathy Lukefahr Jewell. The workshop included members of the FCC community and youth activists from Pacific Pathways. Future outreach and Zoom trainings will be offered by Capacitar International to Latino groups who work in agriculture in the area.

Capacitar in Afghanistan

Since the Taliban takeover of Afghanistan in August, Zoom contact with youth and teachers, as well as with different groups in Kabul has continued with Pat Cane in Santa Cruz CA, George Horan in Los Angeles and Dari translator Hakim Young in Singapore. Pat, George and Hakim offer Zoom support meetings, classes and individual therapy for the youth and for Afghans in need. They are also involved in promoting support for Afghans in Kabul who are dealing with extreme poverty, and advocacy for those who are trying to get out of the country.

Capacitar Haiti

The people of Haiti are much in our minds and hearts. The recent earthquake followed by a tropical storm devastated parts of the South. The assassination of the president has further weakened the government and the continued gang violence, especially in Port Au Prince, terrorizes people so that they are afraid to leave their homes. In July, just before the earthquake, trainer Joan Condon completed a course on personal and community trauma healing based on Capacitar practices with 7 students of the Faculty of Social Work and Social Justice of the Episcopal University. Students and faculty reached out to survivors in the South after the earthquake and storm. Pere Franz Cole, a longtime collaborator, facilitated a 7-day retreat using Capacitar practices for people in his parish as the earthquake brought back strong memories of the 2010 earthquake in Port Au Prince that killed thousands of people.

Capacitar Indonesia

A group of 25 people, the majority psychologists, completed an in-depth training in September. One member of the group, Pamela Dewi, was invited by her son's teacher to come into the virtual classroom for 8 and 9-year-olds to help children manage their emotions. She taught Fingerholds, introducing them to the children as "magical fingers." On each of her fingers she drew a face to reflect the emotion connected with that finger. For example, a sad face on her thumb as the sadness finger; a fearful face on her index finger, the fear finger etc. Pamela wrote: "They were enthusiastic yet so serious holding each of their fingers. And kids are really great influencers... Minutes later, some of the parents texted me asking about the Fingerholds: 'My son said, each finger is for a different feeling...' 'There's a sad finger, Mommy...' 'I learned from my girl about Fingersholds.' So, I guess it's so true that Capacitar resonates the rhyme of healing to the world, it's like passing the candle of healing from one person to another one... to another one... etc, even from a kid." The Indonesia team also presented a series of stress release workshops on Zoom. Each workshop drew the maximum of 100 people.

Capacitar Philippines

Members of Capacitar in the Philippines continue to share what they have learned. Capacitar practices are integrated into the educational program and program with parents at the Gelacio I Yason Foundation Family Farm School. One recent graduate is sharing the techniques through live Facebook gatherings. Others are integrating it into their work in education. A new in-depth training course is planned for 2022 and the group is developing a Capacitar Philippines web page.

Capacitar Nicaragua

Joan Condon, in collaboration with Mary Ondreyco, SNJM, continues to facilitate monthly trainings by Zoom for a group of teachers and staff of an NGO in Ciudad Sandino, Nicaragua. These trainings are supported with a refugee/migrant ministry grant from the Holy Names Sisters, as are short trainings for Spanish-speaking people who do outreach to support refugees and immigrants in the San Jose and Gilroy areas of California.

Capacitar for Community Solutions

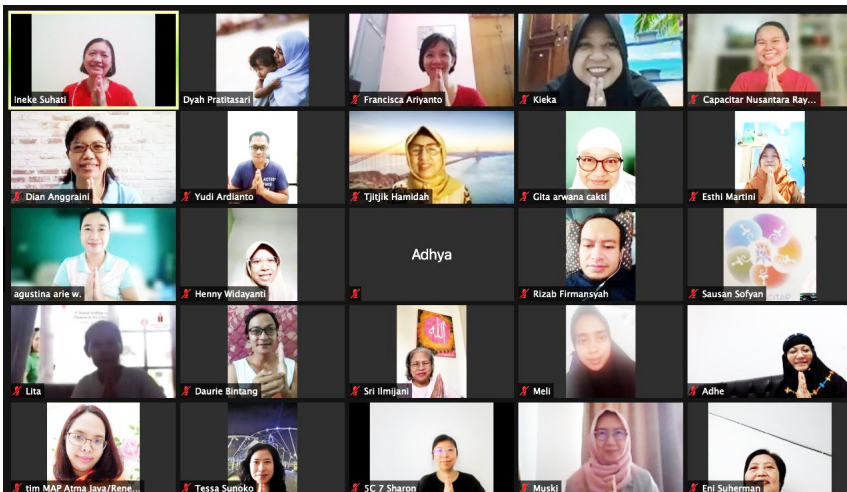
In November, Capacitar began a series of trainings led by Joan Condon for staff at Community Solutions, which serves families, children and individuals in Santa Clara and San Benito Counties in California. Thanks to Sr. Mary Becker, SNJM, who put us in contact with the agency, the trainings are supported by a ministry grant of the Holy Names Sisters. Community Solutions programs address human trafficking, family dysfunction, sexual and domestic violence, mental health issues, substance abuse and trauma.

Capacitar Global Gatherings

Zoom gatherings in English and in Spanish brought together hundreds of Capacitar members from around the world to envision the future of Capacitar. Presentations and discussions focused on Capacitar's commitment to support youth and climate activists, as well as our response to the trauma of survivors resulting from the growing number of climate emergencies in many places. Models for organizing at the regional level were offered by Nancy Adams of Scotland who is coordinating the interaction of Capacitar teams in six European countries including: Scotland, England, Ireland, Wales, Luxembourg and Germany.



Ali Newell & pilgrim flags of 500 coastal towns facing danger of flooding



Capacitar Zoom training with participants from many places in Indonesia



El Paso hybrid advanced training with in-person and Zoom participants



Core team of Presentation Learning Center, Watts, Los Angeles, CA



Pamela Dewi of Capacitar Indonesia teaching "magical fingers" to children in her son's class

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

• Valerie Bengal MD • Wendy Ostrow

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Vashek Cervinka

Valery Mantel

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CAPACITAR Calendar—2022

2022—Workshops & Trainings

Because of Covid 19 continued lockdowns in many places around the world, some Capacitar international trainings have either been postponed or adapted as Zoom or hybrid 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

• Capacitar Ireland Foundation & Advanced Trainings: Fiona Cody capacitar.ireland1@gmail.com

• Germany Trainings: Anke Reermann, anke.reermann@bistum-aachen.de
Advanced Training in Aachen: 2022

• Scotland trainings & Zoom: Nancy Adams capacitarscotland@gmail.com

• England trainings & Zoom: Paul Golightly capacitalrbion@outlook.com

• Israel Zoom & Gatherings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com

• Philippines Zoom: Joan Condon jcondon@igc.org

• 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

2022 Scheduled Training Dates:

• Multicultural Wellness 4-Module Zoom Training 2022 with Sheila Grady & Joan Condon Feb 26, Mar 5; May 7, 14; Jul 23, 30; Sep 17, 24. sgrady@capacitar.org

• Capacitar Hybrid Climate Training with Pat Cane and Sharon Duggan Zoom and in-Person March 26-27, 2022, Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org

• Tucson Advanced Climate Training with Pat Cane & Sharon Duggan in-person October 8-9, 2022 Sharyn Chesser, svchesser@cox.net

• Capacitar Zoom Global Gatherings 2022: English Feb 11, 12; Oct 14, 15.

• Spanish Zoom Global Gathering dates TBA.

• Germany Advanced Training with Pat Cane & Anke Reermann Apr 2-3, Germany Climate Conference, University of Aachen Apr 5-6 anke.reermann@bistum-aachen.de

• Philippines Zoom Multicultural Wellness Training 2022: Jan 22-23, Mar 19-20, May 21-22, Jul 16-17 jcondon@igc.org

• Toronto Zoom Trainings 2022 with Pat Cane Jan 15-16; May 14-15; Sep 17-18, 2023; Jan 28-29, 2023 jsilcoxsmith@gmail.com



**CAPACITAR
International**

Healing ourselves, healing our world

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December 2021

Dear Friends,

Special greetings to you as we celebrate light transforming the darkness of our times during Advent, Hanukkah, Kwanza and Christmas. 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 translation of the 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



Members of Capacitar Germany walking the labyrinth for healing during a retreat at St Gertrude's Monastery, Helfta, 2021