



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.

## Fullness of Life, Living in Wellness—Patricia Mathes Cane, PhD, Capacitar Founder/Director

We recently offered a 5-day Capacitar retreat and training for the Maryknoll Mission Institute at the Maryknoll Sisters Center in Ossining, New York. Twenty-five men and women participated bringing with them rich experiences and wisdom from their work in many countries: Guatemala, El Salvador, Nicaragua, Panama, Chile, Argentina, Bolivia, Peru, Brazil, Mexico, Haiti, Cambodia, East Timor, Japan, Indonesia, the Philippines, Zambia, Tanzania, Kenya, Angola, Marshall Islands, Hong Kong, Taiwan, New Zealand and Canada. Participants represented many professions including, nurses, carers, sisters, priests, brothers, social workers, psychologists, educators, spiritual guides, workers with youth and children with special needs, directors of organizations and retired religious. Since Capacitar's founding in 1988, we have collaborated and continue to do so with many Maryknoll sisters and priests around the world. On many levels Capacitar's mission of "Healing Ourselves, Healing Our World" reflects the Maryknoll vision of bringing life and wholeness to our world, especially to places of poverty and violence.

In some countries Maryknoll Sisters have given their lives accompanying the poorest of the poor. In El Salvador, Sisters Maura Clarke, MM, and Ita Ford, MM, along with two other church women, were murdered by death squads in 1980 because of their work with the poor and with refugees. Several of our retreat participants were good friends of these women and shared their stories. They truly represented the "fullness of life" in their dedication and commitment to the poor and struggling of our world.

In different countries Maryknoll Sisters have spread the work of Capacitar. In 2002, Mary Litell OSF and Pat Cane brought trainings to people in Mwanza, Tanzania, coordinated by Pat Gallogly, MM, and other Maryknoll women, including Peg Donovan, MM, who directs the Maryknoll Mission Institute. Capacitar work continues in Tanzania and has spread throughout Africa bringing hope and healing to many. Capacitar's popular education approach empowers people to share what they learn with others in a multiplier impact. And this multiplication continues in many places in Africa, Asia and the Americas.

This visit to Maryknoll also focused on giving retired sisters tools for self-care as they live out their lives in the retirement community. A short workshop was offered to 22 nurses, carers and retired sisters. And several of the sisters are committed to continue leading Tai Chi and other practices in their communities so others can also learn. At the end of our week with the Mission Institute, because the Capacitar work was valuable to so many, we received an invitation to return again in 2024 to offer another retreat/training in June.

This group of dedicated Maryknoll women was founded in 1920 under the leadership of a remarkable woman, Mollie Rogers, later known as Mother Mary Joseph. Since that time the Maryknoll Sisters have opened missions in more than 25 countries and have served minorities in six cities of the US, including many places where Capacitar works. Mother Mary Joseph said of her sisters: "Love, tenderness, consideration and thoughtfulness for others, that is what should characterize us." May this spirit likewise inspire all those who are part of Capacitar.



Maryknoll Mission Institute participants from many countries sharing in the "Fullness of Life" Capacitar retreat, June 2023



## Capacitar & Conflict Analysis in Ireland—Patty Abozaglo, JD

At the Edward Kennedy Institute of Maynooth University in Ireland, I recently offered a lecture on Gender, Trauma and Conflict Sensitivity for a Conflict Analysis course. Over the years, Capacitar practices have been used in many parts of the world where there is violent conflict and where communities have been affected by it. The Edward Kennedy Institute has been a great hub to explore and use Capacitar practices in communities as well as do research on collective trauma.

In March, I was invited to give the lecture organised in partnership with the EU College of Security and Defence (EU-CSDP). The Conflict Analysis course provides tools for analysing the contexts where participants work in order to support and help societies affected by violent conflict. The sixteen participants, including three women, were high- and medium-level diplomats, members of the armed forces and police who work or intend to work in EU missions. My lecture was to introduce the gender and trauma lenses in conflict sensitivity, topics usually overlooked when studying conflict. Participants were very interested in hearing how trauma affects communities and how trauma passes from one generation to the next.

A good example of this is Ireland where 25 years after the Good Friday Peace Agreement, research suggests that domestic violence and addiction figures have significantly increased, especially affecting women. This increase is related to the effects of long term conflict causing trauma at collective or community levels. Most common manifestations are the break up of community structures, violence among youth (next generation), domestic violence, and fear and mistrust among community members. Another characteristic of the legacy of trauma is that it passes to the next generation. For all these reasons, Capacitar practices can become healing and preventive tools for communities to address the consequences of long-term violent conflict, to revert patterns of violence and to build peace.

This was a very successful lecture that challenged participants and opened up their minds to see other aspects of conflict that they hadn't seen before. Hopefully, they will address and include these ideas in their work. After the session, the manager of CSDP invited me to deliver this lecture in July at the Geneva Centre for Security Policy (GCSP). This will be another valuable opportunity to share the benefits of Capacitar for communities, for decision makers and for other EU professionals working in EU missions.



*Patty Abozaglo with EU participants in Conflict Analysis-Maynooth*

## International Zoom Multicultural Wellness Training—Capacitar Special Projects Coordinator, Joan Condon, MA

Capacitar will offer a new Multicultural Wellness Education four-module training by Zoom beginning in September, facilitated by Joan Condon. Offering this course by Zoom has given people from around the world the opportunity to participate in the training and to meet many others who are multiplying Capacitar in their diverse communities. Please see the calendar for exact dates.

### Capacitar Philippines

In July, Capacitar will begin a four-module Multicultural Wellness Education training by Zoom for participants in the Philippines facilitated by Joan Condon. In October, an in-person training is planned for the greater Manila area. This will be especially geared towards those who have participated in the Zoom trainings during the pandemic as well as those who received in-person training pre-pandemic.

### Capacitar Nicaragua

Zoom classes continue to support the people of Nicaragua during these challenging times. Monthly workshops are facilitated by Joan Condon for CECIM and the teachers and staff of the Maura Clark School in Ciudad Sandino, Nicaragua.

### Capacitar Haiti

Joan Condon is teaching a Zoom course on Body-Mind-Spirit Practices for Personal and Community Trauma for the College of Social Work and Social Justice at the Episcopal University in Bon Repos, Haiti. This provides future social workers with Capacitar theory and tools to use for themselves and to share through their community and counseling work. Given the violence and the political challenges currently impacting the country, Capacitar is all the more committed to accompany those who work in support of the people of Haiti.

### Capacitar Indonesia

Joan Condon is facilitating a series of three advanced formations for Capacitar Indonesia. The first was held in June with the theme of Living with an Open Heart. Two more are scheduled later in the year with the themes of Transforming Life Patterns and Active Hope.

### Capacitar Scotland

Nancy Adams and Ali Newell recently completed another 4-module training for the Queen's Nurses QNIS. A manual for medical professionals is being developed by QNIS CEO Clare Cable and Pat Cane. A second 4-module training is being completed at the Bield led by Marianne Anker Petersen and the Bield team of Capacitar Scotland.

## Capacitar Germany

—Anke Reermann, Dr. Norbert Frieters Reermann

The symposium "Climate Emergency and Social Work" was organized in April by Prof. Dr. Norbert Frieters-Reermann of the Catholic University of Aachen, in collaboration with Capacitar International, Greenpeace and other international organizations. In three intensive workshops, 120 participants were able to discuss various options for action in social work and education in times of climate crisis with the central challenge being to increase psychosocial climate resilience of young people. A highlight of the conference was a lecture and a Capacitar workshop facilitated by Pat Cane and Anke Reermann of the board of Capacitar Germany. Resilience-promoting techniques for young people and the Climate Manual of Capacitar were presented.

One year ago, the Health Kiosk of Aachen City Region was founded. The Kiosk is a counseling, prevention and support service for people who have difficult access to medical care services. Anke Reermann representing Capacitar Germany, offered a program for the Health Kiosk and received a very positive response from participants and responsible persons. As a result, she was asked to present her valuable work in a keynote at the one-year anniversary celebration of the Kiosk. In a lively lecture with Capacitar exercises, Anke introduced the Capacitar approach to top politicians and health care officials of the City-Region of Aachen.

The 3rd module of the Capacitar Foundation Training was offered by Pat Cane supported by co-facilitators of Capacitar Germany. A future cycle of 4-module trainings is scheduled for 2024. Capacitar Germany also coordinated a Train-the-Trainer course with Pat Cane in Aachen with participants from all previous courses and regions in Germany. The new five-member board of Capacitar Germany was also present. A highlight of the weekend was an open board meeting with Pat Cane and all interested parties. The goal of the meeting was to discuss current and future growth of Capacitar Deutschland, including expansion into the East and South of Germany. Capacitar Deutschland is now an official NGO!



*Capacitar Deutschland leadership at the Training of Trainers*

## Capacitar Guatemala

Since the 1990s, Capacitar has accompanied the people of Guatemala offering trainings to religious men and women, human rights organizations, unionists, feminist groups, Mayan health promoters and centers for popular education. In the late '90s Capacitar started collaboration with groups in the Quiché, one of the areas of Guatemala most impacted by the 36 years of violence. An estimated 200,000 people were killed or "disappeared" during the conflict, and many clandestine graves continue to be found in the Quiché.

Centro de Paz Barbara Ford, a project of the Sisters of Charity of New York, is one of the groups with whom Capacitar has collaborated for over 20 years. It has trained teams, health promoters and Mayan leaders who offer outreach workshops and services to dozens of villages in the Quiché. In May, Pat Cane worked with team leaders at the Centro de Paz, whose staff has grown to 55 men and women who are involved in 12 community projects including: integral health and mental health, economic development, human rights, work in schools, work with children and adolescents, healing of gender violence, beekeeping and work with young Mayan mothers. The center also hosts meetings, retreats and celebrations for other Guatemalan NGOs. One of the projects trains women and youth in the development of small businesses. Another team does outreach to a village where nearly everyone has been trafficked or has left to immigrate to the US. Capacitar is committed to accompany the wonderful people of Centro de Paz and plans to return later in 2024.



*Top: Centro de Paz leadership Bottom: Team coordinators of Centro de Paz.*

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

### Founder/Director

Patricia Mathes Cane, PhD

### Capacitar Office Coordinator

Sophia Hunter, MPH

### Special Projects

Joan Rebmann Condon, MA

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Ree Taylor, MA, CMP

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Claudia Brandes

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#### Brazil

Tony Sheridan CSSp

#### Chile

Mary Judith Ress, PhD

#### El Salvador

Leonor Sanchez

#### Guatemala

Virginia Searing SC

#### Nicaragua

Anabel Torres CSA

#### Panama

Alibel Pizarro

Isali Pizarro

#### Haiti

Wilson H'odiore

#### Germany

Anke Reermann

Dr. Norbert Frieters Reermann

#### England

Rev. Paul Golightly

#### Scotland

Nancy Adams

Marianne Anker Petersen

Ali Newell

#### Wales

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Patrice Power, RSHM

#### Ireland/Northern Ireland

Marian Baker

Ann Brady, RSM

Patricia Abozaglo, MA

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Caritas Habinomana

### Tanzania

Constansia Mbogoma

### Uganda

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Yuko Oyama

Masako Sako

Chiemi Oikawa

### South Korea

Katherine Hahn Singer

### Afghanistan

Dr. Hakim Young, MD

Hussain Behthaash

### The Philippines

Diana McDermott

## **CAPACITAR Calendar—2023-2024**

### **2023—Workshops & Trainings**

For information, dates, times and links to Zoom or in-person trainings and gatherings in different languages, contact the following team leaders:

- Los Angeles/Southern California Tuesday Zoom gatherings:  
Sheila Grady sgrady@capacitar.org
- Spanish language Zoom trainings in Nicaragua, El Salvador:  
Joan Condon jcondon@igc.org
- Tucson, Arizona Trainings: Sharyn Chesser svchesser@cox.net
- Capacitar Ireland Trainings: Marian Baker capacitar.ireland1@gmail.com
- Germany Trainings: Anke Reermann anke.reermann@bistum-aachen.de
- Scotland Trainings & Zoom: Nancy Adams capacitar.scotland@gmail.com
- England Trainings & Zoom: Paul Golightly capacitaralbion@outlook.com
- Israel Trainings: Lora Hillel, Ronit Zur loralih@gmail.com, ronitzur123@gmail.com
- Phillipines 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

### **2023-2024 Scheduled Training Dates:**

- MWET 4-Module Zoom Training 2023-24 Joan Condon 2023 Sep 16-17, Nov 18-19, 2024 Jan 27-28, Mar 16-17 sgrady@capacitar.org
- El Paso Tr. 2023 Oct 19-20, Jan 21-22, 2024, Pat Cane & Kathy Revtyak
- El Paso Advanced Tr. Oct 20, 2023; Jan 20, 2024  
Pat Cane & Kathy Revtyak capacitar.frontera@gmail.com
- Juarez Mexico Tr. 2023 Oct 17-18, Tr 4-TBA 2024  
with Pat Cane, Claudia Brandes capacitar.juarez@gmail.com
- 15th Anniversary Celebration—El Paso/Juarez Oct 21, 2023
- Nicaragua Zoom Jul 21, Aug 18, Sep 22, Oct 20, Nov 17, jcondon@igc.org
- Watts LA 2023 Oct 10-12 with Pat Cane janebonar@sbcglobal.net
- England, York Trainings 2023: Mod. 1 with Pat Cane Sep 9-10  
Advanced Tr. Sep 11, Paul Golightly, capacitaralbion@outlook.com
- Phillipines MWET 4-Module Zoom 2023: Jul 8-9, Aug 26, Sep 2; Sep 23, Sep 30; Nov 11, Nov 18 Joan Condon jcondon@igc.org  
In-person training Oct 25-Nov 1. Vicki Estrella vitaminkee@yahoo.com
- Indonesia AdvZoom 2023: Aug 5; Oct 14 Joan Condon jcondon@igc.org
- Japan Trainings 2023: Nov 3-12 Yuko Oyama, yuko.edu@gmail.com
- Capacitar 35th Anniversary Zoom 2023 Oct 6, 7 Eng; Oct 14 Sp
- Capacitar Advanced Training with Pat Cane in-person Apr 13-14, 2024  
Holy Spirit Retreat Center, Encino CA sgrady@capacitar.org
- Germany 4-Module Training Pat Cane, Anke Reermann, Norbert Frieters  
Dec 2-3, 2023; 2024 dates TBA anke.reermann@bistum-aachen.de
- Germany Training of Trainers with Pat Cane & Team, Jun 1-2, 2024
- Scotland Trainings Dates TBA 2024 Capacitar.scotland@gmail.com
- Ireland Foundation Training 2024 with Pat Cane & Team in-person:  
Feb 10-11, Oct 5-6 other dates TBA capacitar.ireland1@gmail.com
- Ireland Renewal Days 2024 with Pat Cane, Feb 17, Oct 12, 2024  
Marian Baker capacitar.ireland1@gmail.com
- Israel & Palestine Trainings: March 7-22, 2024 patcane@capacitar.org
- Chile Training & Celebration Apr 27-28, 2024 with Pat Cane  
Judu Ress judyress@yahoo.com
- Argentina Training & 20th Anniversary with Pat Cane May 4-5, 2024  
Neuquén, Patagonia, Los Cerezos Losceresosur@gmail.com
- Maryknoll Mission Institute Retreat with Pat Cane, Jun 23-28, 2024, NY  
Sr. Peg Donovan, pegmdon@gmail.com

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

Joan Condon • Pat Cane • Mary Duennes  
• Valerie Bengal MD • Wendy Ostrow • Barbara Lutz

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

Martha & Andrew Rebmann • Tom Condon • Rita Chairez  
Michelle Radley • Victoria Martinez • Miriam Ross SSND



**CAPACITAR**  
International

*Healing ourselves, healing our world*

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July, 2023

Dear Friends,

Special greetings to you this Summer as Capacitar's outreach continues to grow. Capacitar is committed to respond to invitations to many areas of need in our world. In spite of all the challenges we face, our vision to heal and transform ourselves and 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:

- Workshops for refugees from Ukraine and places of conflict and disaster and for those accompanying them
- Trainings for those working with refugees and the detained in the US, Mexico, Central America and Europe
- Multicultural Wellness Trainings in the Americas, Europe, Asia and the Middle East
- New 4-Module trainings and Zoom trainings in Germany, Indonesia, the Philippines, Scotland 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 manuals 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



*Blessing on refugee families soon to cross the border into the US.*



*Capacitar workshop for Border Compassion refugees in Mexicali, Mexico*