CAPACITAR International Newsletter Vol. 34 No. 2 Summer 2026

Healing Ourselves, Healing Our World



From our Executive Director: These are challenging times. Stories of discrimination, injustice, natural disasters and the devastation of war enter our homes daily through the news. Many in our Capacitar family are directly affected—living in places threatened by missiles, drones and other violence, earthquakes and typhoons, or in communities facing immigration raids and systemic discrimination. Whether we are personally impacted or simply absorbing the constant flow of troubling events, it is natural to feel anxious, angry, frustrated or hopeless.

Yet it is vital to remember that **joy itself is an act of resistance**. In difficult times we are called to nurture our spirit, remembering that every moment of joy sends ripples of resilience and hope throughout the human family.



Joy is the theme of our upcoming Global Gatherings. We invite you to join us. The Gathering in Spanish will be on September 27 at 8:30am PDT. The English Gatherings will be October 2 at 6:00 pm PDT and October 3 at 9:00 am PDT.

Capacitar News

- In early August, our Afghan training team—Rocio Chang, PsyD, Efat Abulfazil, and Joan Condon—completed a **Healing and Empowerment training** for 35 young Afghan women. One participant now leads twice-weekly practice sessions in her home, while another described Tai Chi as making her feel "like a bird in the sky."
- In mid-August, we will begin a **Trauma Healing and Transformation program** for staff of the Peace and Justice Commission at the Archdiocese of Gulu in northern Uganda.
- **The Healing and Empowerment Project for Central America and Mexico** launches with a Zoom program on August 29, followed by trainings in Mexico, Guatemala, El Salvador, Panama, and Nicaragua. Special thanks to the Ministry Fund of the Sisters of St. Francis of Dubuque for supporting this work.
- **The Multicultural Wellness Education Foundation training**, which began in February, will conclude in September after four modules and inter-session discussions.
- We also continue to offer **monthly Zoom workshops for CECIM** and the faculty of the Maura Clarke School in Ciudad Sandino, Nicaragua.
- **Mark Your Calendar — Upcoming Workshop: Listening to the Wisdom of the Body: Capacitar Practices for Menopause** Saturday, November 7 and November 21 at 8:30 AM PST. Facilitators: Joan Condon, Capacitar International, and Nancy Adams, Capacitar Scotland. Open to all who are interested. No previous Capacitar training needed. To register, email capacitarscotland@gmail.com or joan.condon@capacitar.org.

>>> IMPORTANT NOTICE: If you'd like to help us save paper and resources and receive our news by email, please send us your email address in the enclosed envelope, or email us at office.admin@capacitar.org



Memorial Group in Ireland



Sharing with students in Indonesia

Turn for more Capacitar news!!

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Capacitar 2026 Global Outreach

Capacitar Scotland continues to grow its community, adding another 17 members as this year's THT training — in the north of Scotland at Findhorn — came to an end in July. Half of the trainees were women completing their degrees in Counselling at the University of the Highlands and Islands - Moray. They had been offered a Capacitar taster session at the college and they were very impressed and intrigued by how the somatic practices enhanced their own wellbeing so quickly. Several of them immediately saw the potential benefits for their clients, having already acknowledged that talking therapy alone does not reach the whole person. From the very first module, they began to invite their clients to join them in trying out some of the practices and the stories they returned with were heart-warming: clear, noticeable changes to their ability to manage their emotions; reduced trauma-related symptoms; and a deep sense of empowerment.



Scotland Core Group

It was also a delight for several of the Capacitar Scotland Association members to meet Joan Condon over a relaxing shared lunch during her visit to Scotland in June. We received some of Pat's ashes which will be buried at the base of a tree that will be planted in her memory at The Bield near Perthshire. This is a place where Pat had done several trainings and many formation days over the years. She always loved to return to the quiet sanctuary of The Bield when she came to Scotland, enjoying the warm hospitality of Marianne and Robin Anker-Petersen.

Nancy Adams

Capacitar Nusantara (Indonesia)



Ella, a Capacitar Multiplier, led a Tai Chi self-care session for staff handling gender-based violence reports at the National Commission on Violence Against Women in Jakarta.

Ibu Retno shared Chakra Tai Chi with 90 teenagers at the Learning Activity Center to support emotional balance and also taught Pal Dan Gum at Bogor's Mental Health Fest 2026.



Ibu Tuty and **Ibu Retno** brought Tai Chi to Vihara Dharma Ratna in Sukabumi, where participants from the Vihara and Budi Luhur Buddhist School joined in social self-care practices.

Ireland Remembers Pat Cane, Capacitar's Founder

Capacitar Ireland honored Pat's life with a memorial gathering in Dublin in March, where more than sixty people from across Ireland came together to share rituals, memories, and a Tai Chi video in her honor. In June, a Japanese maple was planted as a lasting memorial. As Marian Baker reflected, the tree ensures Pat will always have a special place in Irish soil, and that her legacy of healing, compassion, and hope will continue to inspire others.





During a recent visit to Scotland, Joan Condon met with the **Capacitar Scotland** core group and learned how they are sharing Capacitar practices in their communities. She also visited the **Inverkip labyrinth**, inspired by Alison Bunce's MWE training experience and created by the local community as a healing space by the Firth of Clyde. (For more information on the labyrinth project, see the Winter 2025 newsletter.)



IN GRATITUDE FOR:

◊ ***Donations in memory of Founder Pat Cane. Her legacy carries on through the work of Capacitar around the world.***

◊ ***Donations in memory of Tom Condon and in support of Joan Condon, Executive Director.***

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International

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Summer 2026

Dear Friends,

As you know, with Pat Cane's unexpected passing last November, Capacitar is in a time of transition. It is a moment of both challenge and opportunity. As we move forward, one imperative guides us: that Capacitar's program of healing, empowerment, and transformation continues to reach and support people around the world who are living with the stress and trauma of poverty, violence, oppression, and climate change.

One of our new initiatives to make Capacitar practices accessible to more people is the creation of a digital library. Organized by language, it will include manuals, readings, articles, handouts, PowerPoints and other presentation materials, videos, and suggested agendas for workshops and trainings. This resource will be available to Capacitar trainers across the globe.

To expand the library and as a way to reach young people, we are filming and producing short videos of Capacitar practices. These will be added to the library, shared on social media, used in trainings, and posted on our YouTube channel. As part of the Healing and Empowerment Project for Central America and Mexico, six short videos in Spanish are currently in production. This fall, a team member from Capacitar Nusantara (Indonesia) will create videos in Bahasa, and we will be inviting our other global partners to produce videos in their languages as well.

We also continue the virtual and in-person training programs that have long been the foundation of Capacitar's global work. As you will see in the enclosed newsletter, we have direct programs serving people in Afghanistan, Uganda, Haiti, and Nicaragua, as well as the Multicultural Wellness Education Foundation training. This four-module virtual program, with inter-sessions for deeper study, has reached participants this year in the U.S., Africa, Canada, Ireland, Scotland, and Haiti.

We are deeply grateful for the support you have given Capacitar through the years. Once again, we ask for your partnership so that we may continue to fulfill our vision—and Pat's hope—of empowering people who work to bring healing, justice, and peace to their families and communities. Together, we can help heal the world.

With thanks for whatever you can share: your prayers, your special thoughts, your donations.

Peace and light,

Joan Condon

Joan Rebmann Condon
Executive Director

WE ARE GRATEFUL FOR OUR WIDE NETWORK!

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