



## Capacitar's Response to Global Crises — Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

With the overwhelming suffering and trauma of the people of Japan and the violence and repression impacting the Middle East, many are asking: what is Capacitar's response to these global crises? Through years of experience in responding to crises and trauma, we have learned that our work begins when the basic needs of survivors are met and the first wave of aid workers is ready to go home. When people begin to take on their lives and return to normality, the symptoms of trauma usually emerge. It is then that Capacitar's simple wellness tools can empower people to heal and transform the pain and suffering of their experience. In places where trauma touches so many lives and there are not enough therapists to go around, Capacitar's popular education approach to trauma healing is most effective. The self-care skills people learn to do for themselves, can spillover to family and community, multiplying our work on many levels.

As Capacitar commits to responding to crises and to walking in solidarity with the human family, we are learning through the process new ways to be present with wisdom and strength. Buddhist scholar Joanna Macy in her reflection on the suffering of the people of Japan, describes what she learned from survivors of Chernobyl: "There are two basic responses to massive collective trauma. One response is to let it destroy our trust in life and in each other, plummeting us into division, blame and despair. The other is to let the shared cataclysm strengthen us in greater solidarity, and deepen our knowledge of our mutual belonging in the web of life. . . We remember to breathe. We breathe through the reports we hear and the images of disaster. This helps us to simply take in what is happening, and not be blocked by horror or the desire to fix or flee. We also breathe with those who are caught up in the tragedy, in the intensity of panic, shock and loss. This breathing-with helps our heart-mind to fearlessly and tenderly embrace them. We can let this break

us open to greater realizations of our innate solidarity, and this realization in itself is a kind of 'enlightenment'."

In the midst of the growing crises, a new consciousness is emerging as the human heart awakens to its depths of wisdom, resilience and compassion. Susanne Cook-Greuter of Harvard University in her Adult Consciousness Research on higher stages of human development, describes a new kind of consciousness that she sees emerging, what she calls the Unitive. Unitive persons have a worldview that is universal and cosmic, seeing themselves and acting as part of the ongoing flow and transformation of humanity. Capacitar's mission—healing ourselves, healing our world—embodies this unitive vision awakening people to their commitment to global transformation.

We need to inspire and learn from each other as we engage in this transformation. This newsletter shares stories of people committed to this process in different communities: Sr. Maria Antonia walks with the families of Juarez in face of the drug cartel violence. The Capacitar en la Frontera team empowers women and refugees in El Paso. Sr. Antoinette Gasibirege accompanies widows who survived the genocide in Rwanda. Sr. Genevieve van Waesberghe transforms the lives of youth and former child soldiers in Northern Uganda. Rita Chairez and Raquel Roman minister to women in the jails of Los Angeles. Educators and counselors of Armagh work with youth and families.

We have been born to live at this time and each person is important to the process. Cultural historian Thomas Berry in The Great Work, says that "this is the work of all the people. No one is exempt. . . Each person in and through their personal work assists in the Great Work. . . We cannot doubt that we have been given the intellectual vision, the spiritual insight and even the physical resources we need for carrying out the transition."

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 works  
with grassroots  
people in over  
35 countries.



*Capacitar Middle East Network inaugural training: Jewish, Christian and Muslim women learning Capacitar practices for use in schools, mental health centers, psychiatric hospitals, peace work, work with children and families, and outreach to places of need in Israel and Palestine.*

—March 2011

# Capacitar International: 2011 Outreach



*Sr. Maria Antonia and the Juarez women meeting in solidarity with the Capacitar en la Frontera team*

## Capacitar en la Frontera

—Pat Cane, Capacitar Founder/Director

At a recent workshop in Juarez when asked what the community wanted, Sr. Maria Antonia Aranda and the women said, "Teach us how to deal with our fear." Daily they face drug cartel killings, extortion and ongoing terror. The women described how they meet in four different neighborhoods each week sharing the Capacitar practices to give them courage and strength. Capacitar en la Frontera has formed a network and a presence at the Texas/Mexico border. On the El Paso side a group of women meets regularly to practice Tai Chi and to pray in solidarity for peace and healing. Some members of the group are committed to helping refugees fleeing the violence. Two of the women are leading Capacitar groups at a detention center.



*Raquel Roman (left) and Rita Chairez (right) practicing Tai Chi at a training*

## Retreats for Women in Los Angeles Jails

Rita Chairez and Raquel Roman of the Office of Restorative Justice for LA Diocese recently led a retreat using Capacitar practices with 60 women in the Los Angeles County Jail. Rita is coordinator of outreach for family victims of violence. Raquel directs a homeless shelter for men in LA. Rita described how the incarcerated women found so much help with the fingerholds and other practices for healing stress and trauma as they face their time of incarceration separated from their children and families. Rita also finds the practices invaluable as she works with victims of crime and gang-related violence. Raquel uses the practices regularly with men at her shelter as they deal with depression, addiction, mental illness or histories of trauma. Many of these men are refugees fleeing violence and poverty and are desperate for help.



*Relaxing with drum massage at the Multicultural Wellness Training in Watts*

## Capacitar at Presentation Learning Center, Watts

For the last two years the Presentation Learning Center in Watts, CA has incorporated Capacitar practices as part of their daily programs for Latinos in San Miguel Parish. Jane Bonar and Catherine Burke, PBVM, described how the day starts with Tai Chi in the courtyard with 35 or more men and women participating. Fingerholds, tapping and Pal Dan Gum exercises help adult students to relieve the stress of their lives so they can focus more effectively on their English, computer or citizenship classes.

The Presentation Sisters were able to secure funding to host a Multicultural Wellness Training in Watts for 45 participants. The bi-lingual training was also co-sponsored by the Office of Restorative Justice and St. Irenaeus Care Ministries. Participants included Latino leaders and teachers in ministries in San Miguel Parish, caregivers for the elderly and the dying in Cypress, persons working in jails, prison ministry and outreach to victims of violent crimes, and several persons working with the homeless and refugees in Los Angeles.



## Schools in Armagh, Northern Ireland

Five members of the Pupil Personal Development Services in Southern and Western Education and Library Boards are implementing Capacitar practices as part of the Boards' Critical Incident Response to Schools. The team is working to support the mental health and wellbeing of children and families in the Armagh area impacted by a history of violence during the Troubles.



## El Salvador Work with Youth

—Joan Rebmann Condon, International Team

The El Salvador training group recently completed the Multicultural Wellness trauma module with the majority of participants working with women and children in urban and rural communities. The Capacitar team will begin a new project with youth in a rural community in the Guazapa area of Cuscatlán. There have been several youth suicides in this community in past months as well as increasing pressure on rural youth to become involved in gang activities. The team feels compelled to respond to these problems by teaching young people Capacitar techniques that they can use to deal with their stress and trauma.

## Rwanda: Empowering Genocide Widows

—Sr. Antoinette Gasiborege, SH, Capacitar Rwanda Director

"You told us you were a Helper of Holy Souls. Here are the photos of my eight children. Help me that they may be with God." These were the words of Dorothée, a mother participating in the Capacitar formation, as she took my hand and drew me aside. She told me the name of each child, mentioned their age at the time they were killed and added something special about each one. This mother was haunted by the memory of her children and had not yet dealt with her grief. This woman is like so many others in Rwanda whom I have met in my work of Capacitar. "Capacitar" means to empower, to awaken in ourselves the innate wisdom that enables us to manage our emotions and transform our lives. I took Dorothée by the hand saying: "Yes, I understand your pain and your desire for your children to be happy. They have a big place in your life and they have gone before us. Can we now together pray with them, rather than pray for them?"

In this encounter, I could not be neutral or indifferent. It was an emotionally difficult moment for me. My own history surfaced: I had also lost so many members of my own family. I was in a room with 40 widows who had come to rebuild their lives and to learn to live in the present. A wave of emotions—sad, warm and gentle—passed through me as the women moved and danced to the songs that tell of war, genocide, death, orphans, loss and pain. Each woman had her own unique expression of what she felt and of finding ways to deal with her emotional healing.

As part of my outreach to widows I was also invited to work with a group described as difficult, non-trusting and apathetic. I accepted while being afraid to be rejected. My first meeting was to find out if the group could trust me or not. One of our Rwandan proverbs encouraged me to accept: "Don't reject a parcel without having opened it!" As the group began to heal during the Capacitar work, the widows gave me the highest sign of trust. They asked me to accompany them during their preparation for the Commemoration Week of the Genocide that takes place each year in April. For three months we did not speak about the death of our loved ones, but rather we tried through rituals to let them go free. God who is stronger than death, helps us to live again and raises us up today and each day.

Dorothée, the mother who had asked me to pray for her children, had, in fact, invited me to be in communion with them. Together we felt their presence and passion for life. We united with them in a dialogue that had been interrupted by their deaths and now was brought to fruitful silence and communion during the genocide memorial.

*Antoinette Gasiborege celebrates traditional dances of new life with Rwandan widows*



## Working with Youth in Northern Uganda

—Dr. Genevieve van Waesberghe, MMM, Central Africa Coordinator

In Northern Uganda in 25 years, an estimated 35,000 children were abducted into the Lord's Resistance Army and forced to commit atrocities. Some girls became sex slaves, later returning home with a child, often HIV positive. Some children had to kill their parents. In Gulu, a Capacitar 3-day workshop, organized by Hearts for a Safe Harbor, brought together 60 youth from rural communities. Fifteen of them were former abductees. It was extraordinary to see the youth grow from fear to trust as they relaxed over the three days. With visualization and Tai Chi movements they became more grounded. Many realized that despite the terrible things they had experienced, they were good within and could heal. In their evaluations several youth mentioned that what helped them the most was recognizing their connection to the earth. They also experienced, some for the first time, mutual respect and love and ways to be together without violence. The youth wanted to share with others in their villages what they had learned in order to build peaceful communities. And they wanted to have the same opportunity to learn Capacitar skills for their parents, teachers and community leaders.



## Peace Building in Southern Sudan

—Dr. Genevieve van Waesberghe, MMM

During recent work in Southern Sudan, I witnessed healing and transformation and the possibility for societal change. One workshop in Juba that was part of "101 Days of Prayer for a Peaceful Referendum", included 140 women, grassroots and professionals, who were all traumatized by 21 years of violence. As they learned simple tools to heal themselves, they realized that their outbursts of anger, flashbacks, nightmares and ill health were due to trauma and living in a continuously stressful environment. The peace and relief they experienced awakened in them a passion for healing and transforming their families, local communities and country. As Southern Sudan prepares for independence in July 2011, a Capacitar Training in Healing and Transformation is being organized for Juba in May and October. This training, entitled Women Sowing Seeds for Peace, will include 36 women, four from each of the nine Catholic dioceses of Southern Sudan. The training will give tools for laying the foundation for peace building and societal transformation.

## CAPACITAR Staff, Board and Advisors

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Patricia Mathes Cane, Ph.D.

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Asmahan Mansur

### Gifts Made In Honor of

Joan Condon • Mary Litell • Pat Cane

### Gifts Made In Memory of

Martha and Andrew Rebmann • Sr. Rosemary Lynch, OSF

### REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Requests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

### FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

## CAPACITAR Calendar—2011

### 2011

- Apr 1-3 Retreat, Resistencia, Argentina
- Apr 14-17 Trauma Healing Training, Chile
- Apr 16-17 Training 1, Transfiguration Spirituality Center, Cincinnati, OH
- Apr 27-28 Workshops, Capacitar en la Frontera team meetings El Paso, TX, Juarez, Mexico
- May 7 Capacitar Middle East Network training gathering, Kadarim, Israel
- May 7-8 El Salvador Training 4, San Salvador
- May 7-8 Training 4, Hammersmith, London, England
- May 10-11 Training 4 Armagh, Northern Ireland
- May 14-15 Training 4, Cork Ireland
- May 21-22 Training 1, Dublin, Ireland
- May 22-24 Training 2 Arusha Mental Health, Arusha Tanzania
- Jun 4-5 Training 4, Connecticut
- Jun 4-5 Training 2, Transfiguration Spirituality Center, Cincinnati, OH
- Jun 10-12 Training 2 La Casa de Maria, Santa Barbara, CA
- Jun 10-12 Training 2, San Francisco, CA
- Jun 16-18 Tr 4, Capacitar Middle East Network, Kadarim, Israel
- Jun 19-25 Middle East workshops, Israel & Bethlehem, Palestine
- Jul 2-3 Training 1, Ballygriffin Presentation Centre, Cork Ireland
- Jul 4 Cantera staff training, Managua
- Jul 6-8 Nicaragua Training
- Jul 14-16 Trauma Healing Training 1, Rwanda
- Jul 18-20 Team meetings, workshops, Rwanda
- Jul 22-26 Uganda workshops, Kampala
- Jul 28-30 Training 1, Kampala, Uganda
- Aug 20-25 Capacitar Panama Training 1 Panama City, Panama
- Aug 27-28 Training 3, Transfiguration Spirituality Center, Cincinnati, OH
- Sep 10-11 Training 1, Tau Center, Wheaton, IL
- Sep 16-18 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 16-18 Training 3 San Francisco, CA
- Oct 1-2 Training 2, Ballygriffin Presentation Centre, Cork Ireland
- Oct 8-9 Capacitar Team Formation 1, Dublin, Ireland
- Oct 15-16 Training 2, Dublin, Ireland
- Oct 18-19 Training 1, Belfast, Northern Ireland
- Oct 22-23 Training 1, Glasgow, Scotland
- Oct 24 Team Formation, Scotland
- Oct 29-30 Training 1, Hammersmith, London, England
- Nov Trainings in East Timor and Indonesia
- Nov 5-6 Training 2, Tau Center, Wheaton, IL
- Nov 12-13 Training 4, Transfiguration Spirituality Center, Cincinnati, OH
- Nov 18-20 Training 4 La Casa de Maria, Santa Barbara, CA
- Nov 23-25 Training 3 Arusha Mental Health, Arusha Tanzania
- Nov 24-26 Training 1, Middle East Network, Kadarim, Israel
- Nov 27 Formation Day, Israel
- Nov 28-Dec 1 Workshops in Israel and Palestine
- Dec Nicaragua Dance Retreat, CANTERA

### 2011-2012 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmdm.org CEUs
- 2011 Training: Jun 10-12 Sept 16-18 Nov 18-20
- 2012 Training: Mar 16-18 Jun 8-10 Sept 14-16 Nov 16-18
- San Francisco, CA Mary Litell, Angelina Cahalan 415-592-2727 capacitarSF@gmail.com
- 2011 Training: Jun 10-12 Sep 16-18 Module 4 TBA
- Ireland Kathleen Day ijs\_capireland@eircom.net
- Dublin Training 2011: May 21-22 Oct 15-16 2012: Feb 4-5 May 5-6
- Dublin Tutor Formation 2011: Oct 8-9 2012: Feb 11-12 Oct 13-14 toniryan@eircom.net
- Cork Ballygriffin Presentation 2011: Jul 2-3 Oct 1-2 2012: Feb 18-19 May 12-13 alpapbvm777@yahoo.co.in
- Northern Ireland Ann Brady bradyann@hotmail.com
- Belfast Training 2011: Oct 18-19 2012: Feb 7-8 May 15-16 Oct 10-11
- England: London Margaret Wilson RSCJ, Bronagh Heaney capacitarengland@gmail.com
- Hammersmith, London Training 2011: Oct 29-30 2012: Jan 21-22 May 26-27 Sep 29-30
- Leeds Training 2011: Nov 5-6 2012: Jan 28-29 Jun 2-3 Oct 6-7
- Glasgow, Scotland Ali Newell, alinewell@aol.com James Kirk james.p.kirk@btinternet.com
- Training 2011: Oct 22-23 2012: Jan 28-29 May 19-20 Oct 6-7
- Team Formation 2011: Oct 24 2012: Jan 30 May 21 Oct 8
- Rwanda Trainings Antoinette Gasibirege, agasibirege@gmail.com capacitarwanda@yahoo.fr
- 2011: Jul 14-16 2012: Feb 23-25 Jul 19-21
- Israel/Palestine training: Lora Hillel, Asmahan Mansur capacitamiddleeastnetwork@gmail.com
- Training 2011: Nov 24-26 2012: Mar 8-10 Jun 14-16 Oct 18-20 Team Formation 2011-12 TBA
- Wheaton Illinois, Tau Center, A Spirituality Ministry of the Wheaton Franciscans
- Training 2011 Sep 10-11 Nov 5-6 2012 Mar 24-25 Jun 2-3 630-909-6805 www.taucenter.org
- Cincinnati, OH Convent of Transfiguration Spirituality Retreat Center 513-771-5291
- 2011 Training: Apr 16-17 Jun 4-5 Aug 27-28 Nov 12-13

April, 2011

Dear Friends,

"Our world is in desperate need of healing, but it also rests in good hands, because it rests in yours. And in you rests the source of all healing and all that is needed to awaken you and the world." These words of Dr. Roger Walsh, MD, in his book Essential Spirituality, touch the reality of our times and urge us to awaken to our call to be part of the process of global healing and transformation. We can't get away from the disasters, violence and trauma that face us everywhere. And as Capacitar, we are more in demand than ever, with requests for trauma healing work and trainings in the US and other parts of the world. We invite you to be part of our vision and healing mission by joining Capacitar's network of solidarity and empowerment through your prayers, your financial support, and by participating in one of our workshops or learning our healing skills.

Our new website, [www.capacitar.org](http://www.capacitar.org), will give you many resources. You can download our Emergency Kit of Best Practices in 13 languages to use or to forward to friends doing relief work in troubled spots of our world. You can visit our Country Pages to see where there are workshops or trainings. You can shop in our Capacitar Store for manuals and materials. You can make online donations to support our outreach. And Capacitar is also on Facebook, so you can join our cause.

As our work in 2011 unfolds, your support will empower Capacitar to partner with many groups in the US and in other parts of the world through the following programs:

- Multicultural Wellness Trainings in ten countries (in the US, Latin America, Europe, Africa and the Middle East)
- Work with Latino caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Continued collaboration with Restorative Justice Programs in LA and the Presentation Learning Center in Watts, CA
- Trauma Healing Trainings for Palestinian and Israeli groups in the Middle East
- Trauma Healing and Leadership Trainings in Rwanda, Uganda, Congo DRC, Tanzania and Kenya
- Continued workshops for people suffering from HIV/AIDS and for their caregivers in Eastern and Southern Africa
- Trainings for groups in Southern Sudan and Northern Uganda to build peace after years of great violence
- New outreach to earthquake survivors and aid organizations in Haiti and Japan
- New outreach to veterans and their families in California
- New border outreach to refugee communities and detention camps through Capacitar en la Frontera.

At a time when everyone, and in particular small nonprofits, are struggling with finances, we encourage your generous support of Capacitar. Because of our popular education approach, your contribution is multiplied many times over through the spillover effect in some of the poorest communities. Thank you for your generous support and prayer. Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

*Pat Cane*

Capacitar International Founder/Director

