



Empowering Healing and Harmony—Patricia Mathes Cane, Ph.D., Capacitar Founder/Director

As Capacitar works in places of trauma and violence, people often ask how we keep going when faced with the suffering of the human family. There are no simple answers. But as we each connect deeply with our inner wisdom, together we create new visions and paths into the future.

Many scholars and spiritual leaders are emerging, whose insights inspire our journey. Capacitar friends John Philip and Ali Newell of Scotland are two such persons. John Philip Newell's new book, *A New Harmony: The Spirit, The Earth and The Human Soul*, describes the ancient harmony that united us, and the brokenness that then fragmented us as we disconnected from our true source. As we face what is destroying us at this time, we open to the possibility of rediscovering our essential unity and wholeness. "We will either choose to meet this moment and translate its grace into the relationships of our lives and nations, or we will lose this moment and abandon ourselves further and further to fragmentation and lack of well-being. . . In this moment of grace, 'all we' are being invited to take the ring of oneness and to pledge ourselves to the earth and to one another in radically new ways. . . The Spirit is doing a new thing. It is springing forth now in our consciousness, among every people, in every discipline, in every walk of life. Do we see it? And shall we serve it?"

At our recent gathering at La Casa de Maria, participants from past training groups came together for an afternoon of support and renewal. Many spoke of weariness at work and in their lives, and their hunger to reconnect and be inspired by

a nourishing community. Two women who are principals at local schools shared how they were able to keep peacefully centered with the Capacitar practices as they worked with the challenges of teachers, students and parents. Two women from Wellness Works in Los Angeles described how they use the healing skills with returned war veterans and their families. A professor at a college in Southern California teaches classes in stress management using Capacitar tools with students who deal with the challenges of addiction and failure at school. As one by one the participants shared what they were doing, the group became animated with hope and encouragement. Together we recognized that each person's gifts are important, and that each person brings their unique contribution to heal the whole. As Capacitar Middle East leaders recently wrote: "In these times when there is so much chaos and instability all around, it brings such hope to work together with Capacitar practices that strengthen us individually and help us become healthy human beings, as one in our communities."

In *A New Harmony*, John Philip Newell reflects on a quote by Carl Jung that "every true and deep love is a sacrifice." "It is a giving of ourselves freely to something more than our ego. In love we offer ourselves to a oneness that is greater than our separateness. . . We make sacrifices in our lives in order to make whole again. It is the holiness of wholeness. . . What is love calling us to be and to do at this point in our lives? What is the sacrifice required of us if we and our world are to be whole, if we are to find a new harmony?"



Spring Gathering of the Capacitar La Casa de Maria network, Santa Barbara, California

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 Outreach

Congo DRC—Dr. Genevieve van Waesberghe, MMM

In February, I was invited by Amnesty International and Protection International to facilitate a workshop on Stress Relief and Trauma Healing for a group of 30 human rights defenders in Bukavu, DRC. Participants represented 10 organizations that are active throughout the Congo, including, women and men lawyers, development and social workers and human rights educators working in North and South Kivu and Eastern Congo where there have been successive conflicts since 1998. Millions of people have died in the conflicts, with many thousands internally displaced. This region is known as the worst part of the world for women to live in, due to sexual terror. Massive rapes have been perpetrated by the regular and foreign armies or by rebel groups. The population, especially in more isolated areas, lives in a situation of continual traumatic stress and is regularly confronted by intimidation, threat, killings, thefts, looting and sexual violence. Recently another aspect that is being reported as a weapon of terror is the sexual violence against men and boys.

Workshop participants were very receptive to the approach of Capacitar and quickly recognized how the simple practices brought relief and healing. They said the techniques would be very important for themselves and for their families to manage daily traumatic stress. Participants also expressed the desire to have Capacitar take root in the Kivu region, as well as in the whole of the Congo.



Human rights defenders at a workshop sponsored by Amnesty and Protection International



Capacitar Tanzania Coordinator Costansia Mbgoma leads Tai Chi for teachers and students at a local school.

Capacitar Rwanda

Capacitar Rwanda recently received NGO status as a Rwandan nonprofit. Workshops and materials in Kinyarwanda have been developed by Director Antoinette Gasibirege, SH, and Assistant Gilbert Mutagombwa. Current training participants represent 14 organizations working with some of the most vulnerable populations of Rwanda. Antoinette and Gilbert also offer supervision for organizations using Capacitar methods. Workshops have been given at the Kigali Health Institute, Mental Health Department, HIV groups, widows, genocide survivors and many others.



Rwandans walk the labyrinth to heal their history of genocide. The labyrinth was donated by friends from Toronto, Canada.

Capacitar Tanzania

Capacitar Tanzania Coordinator Costansia Mbgoma and Africa International Trainer Dr. Genevieve van Waesberghe, MMM, have offered trainings and workshops to a broad cross-section of people in Tanzania. Costansia has worked with schools, teachers, children and families in Mwanza and Arusha, as well as with women's groups, religious, groups working with mental health and HIV/AIDS and prison staff. Genevieve recently completed a trauma healing training for the Arusha Mental Health Trust and workshops for Muslim women in Arusha.



Above: Indonesia team and facilitators. Below: Timor Leste National Training



Capacitar Middle East Network

The new in-depth training, coordinated by Lora Hillel, Asmahan Mansur and Ronit Zur, includes 24 men and women of diverse backgrounds: teachers, social workers, psychologists, therapists and activists. Seven from the 2011 training are serving as mentors to new participants. All meet monthly in regional groups to exchange experiences, review practices and discuss articles. A Druze woman who runs a kindergarden in her home shared that during a recent birthday party one of her 4 year-old girls comforted a crying 2 year-old boy by holding his fingers! Another woman uses the practices with young mothers and their babies. And a teacher has built a labyrinth with the children in her school.



Jews, Christians, Muslims and Druze share a walking meditation at the second Capacitar training in the Upper Galilee.



Finger Holds in Nepal

Katmandu, Nepal—Selina Quinn

Sati is a Nepali teacher at the NGO 'Just-one' that works with children, families and communities in Katmandu. 'Just-one' encourages children off the streets or out of the workplace, into education and a chance for a brighter future. I recently taught staff ways to deal with their own trauma, as well as tools to use with children and the community. Capacitar has already inspired many changes in the NGO's headquarters, including the purchase of several vibrant plants to bring life and renewed energy to the building and all within it. I hope to see other transformations over the next five months of my volunteer work with 'Just-one'.

Selina Quinn participated in the Capacitar training in Northern Ireland and has worked with Trocaire in outreach to schools in Ireland.



Head Holds in Mohawk Valley

New York: Mohawk Valley

The Mohawk Valley Resource Center for Refugees in Utica, NY is sponsoring the Capacitar Multicultural Wellness Education program facilitated by trainer Joan Condon for 25 men and women. Participants include ESL teachers, therapists, clinicians, counselors and staff from the Center, as well as from other agencies that work with refugees, children and families. A workshop and gathering will also be held in June sponsored by the Center for Family Life and Recovery.

Capacitar 25th Anniversary Celebration—2013

Share in our 25th Anniversary Gathering:

Celebrating Capacitar's Global Commitment to Wellness

September 6-8, 2013 La Casa de Maria, Santa Barbara, California

Details & Application Forms to be posted on www.capacitar.org

Capacitar Indonesia—Joan Rebmann Condon

The Capacitar Indonesia team recently organized a workshop in Ubud, Bali facilitated by Joan Condon. Fifty-one people attended from Java and Aceh, as well as from Bali. Joan also met with the Indonesia team and together they scheduled Multicultural Wellness trainings for 2012-2013 in Poso, Sulawesi and Yogyakarta. The first module will begin in September 2012.

Capacitar Timor Leste

The Timor Leste team coordinated a national training for 8 women and 10 men, including: teachers, a police officer, a prison guard, students, NGO workers and religious. Joan Condon facilitated with translation support from team members. Joan also led outreach workshops for various groups: for PRADET, a mental health organization; with team member Dillyana Daten, for Casa Viva, where girls who are survivors of abuse live; with Eileen Brady MM; and for National University students with team member Fidelio da Costa. Capacitar International thanks the Maryknoll Sisters in Timor Leste for their support for the National Training and Maria Dias for providing lodging and transportation support.

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Mary Litell • Joan Condon • J'Val • Joanna Macy

Gifts Made In Memory of

Martha & Andrew Rebmann • Kim Woehler • Verman Bengal • Shirley Bastien

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests 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—2012

2012

• Apr 13-15 Training 2, Panama
• Apr 13-15 Training 1 San Francisco, CA
• Apr 19-20 Training 3, Mohawk Valley Resource Center for Refugees, Utica, New York
• Apr 21-23 Peru training, San Juan de Lurigancho and Lima
• Apr 26-28 Training 1, Barbara Ford Peace Center, Quiché, Guatemala
• May 5-6 Training 4, Dublin, Ireland • May 12-13 Training 3 Nano Nagle Centre, Ballygriffin
• May 15-16 Training 3, Belfast, Northern Ireland • May 17 Teacher Formation Belfast
• May 19-20 Training 3, Edinburgh, Scotland • May 21 Formation Day 3, The Bield Perth, Scotland
• May 23 Workshop for Jesuit Refugee Services, The Hurtado Centre, London, England
• May 25-27 Training 2 San Francisco CA
• May 26-27 Training 3, Sacred Heart School, Hammersmith, London, England
• May 26 Capacitar England gathering, Barat House, Roehampton University, London
• Jun 29-30 Training 3 San Francisco, CA
• Jun 2 Workshop, St. Louis, Missouri
• Jun 7-8 Training 4, Mohawk Valley Resource Center for Refugees, Utica, New York
• Jun 8-10 Training 2, La Casa de Maria, Santa Barbara, CA
• Jun 13-15 Spirituality and Leadership Training, Managua, Nicaragua
• Jun 14-16 Training 3 Capacitar Middle East Network, Kadarim, Israel
• Jun 20 Workshop Holy Land Trust, Bethlehem, Palestine
• Jun 30-Jul 1 Training 1 Transfiguration Spirituality Center, Cincinnati, OH
• Jul 9 Somatic Psychology class, Pacifica Graduate Institute, Santa Barbara, CA
• Jul 19-21 Training 3, Butare, Rwanda
• Jul 26-28 Training 3 Kampala, Uganda • Jul 29-Aug 7 Teacher Trainings, Uganda
• Aug 11-12 Training 4 Nano Nagle Centre, Ballygriffin, Ireland
• Aug 24-26 Training 3 Panama
• Aug 28-30 El Paso, TX, Ciudad Juarez, Mexico workshops, meetings
• Aug 31, Sep 1-2 Training 4 San Francisco, CA
• Sep 7-9 Training 3, La Casa de Maria, Santa Barbara, CA
• Sep 9 Workshop for Religious, LA Diocese, Los Angeles, CA
• Sep 14-16 Training 1, Poso, Indonesia • Sep 21-23 Training 1, Jogyakarta, Indonesia
• Sep 22-23 Training 2 Transfiguration Spirituality Center, Cincinnati, OH
• Sep 29-30 Training 4, Sacred Heart School, Hammersmith, London, England
• Oct 6-7 Training 4, Edinburgh, Scotland • Oct 8 Formation Day 4, The Bield Perth, Scotland
• Oct 10-11 Training 4, Belfast, Northern Ireland • Oct 12 Teacher Formation, Belfast
• Oct 13-14 Capacitar Ireland Formation 1, Dublin, Ireland
• Oct 18-20 Training 4 Capacitar Middle East Network, Kadarim, Israel
• Oct 26-27 Training 1, Bethlehem, Palestine
• Nov 3-4 Training 2 Transfiguration Spirituality Center, Cincinnati, OH
• Nov 8-9 Training 1, Juarez, Mexico • Nov 10-11 Training 1, El Paso, Texas
• Nov 16-18 Training 4, La Casa de Maria, Santa Barbara, CA
• Nov 19-25 Trainings for teachers and communities, León, Mexico
• Nov 30-Dec 1 Workshop, Sophia Center, Holy Names University, Oakland, CA
• Dec 7-9 Formation Training, La Casa de Maria, Santa Barbara CA
• Dec 18-20 Nicaragua Dance Retreat, CANTERA, Managua, Nicaragua

2012-2014 Trainings—Multicultural Wellness Education

• Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcmd.org CEUs
2012 Training: Jun 8-10 Sep 14-16 Nov 16-18
2013 Training: Mar 22-24 Jul 12-14 Sep 13-15 Dec 6-8

• San Francisco, CA Angelina Cahalan 415-592-2727 capacitarSF@gmail.com 2013 Dates TBA

• Cincinnati, OH, Transfiguration Spirituality Center. ctretreats@gmail.com 513-771-2171 CEUs

2012 Training: Jun 30-Jul 1 Sep 22-23 Nov 3-4 2013: Jan 19-20

2013 Training: Apr 20-21 Jun 29-30 Sept 21-22 Nov 23-24

2014 Training: Mar 29-30 Jun 7-8 Sept 6-7 Nov 22-23

Capacitar en la Frontera-El Paso/Juarez capacitar.frontera@gmail.com

• El Paso TX Training: 2012: Nov 10-11 2013: Jan 26-27 Sep 28-29 2014: Jan 25-26

• Juarez, MX Training: 2012: Nov 8-9 2013: Jan 24-25 Sep 26-27 2014: Jan 23-24

• Ireland Kathleen Day ijs capireland@eircom.net toniryan@eircom.net

Advanced Formation 2012: Oct 13-14 2013: Feb 9-10 May 25-26 2014: Feb 15-16

• England: London Margaret Wilson RSCJ, Paula Nyunt capitarengland@gmail.com

Hammersmith, London Training 2013: Feb 16-17 May 11-12 Oct 12-13 2014: Feb 1-2

• Perth, Scotland Ali Newell, James Kirk capacitarScotland@gmail.com

Training 2013: Feb 23-24 May 18-19 Oct 5-6 2014: Feb 8-9

• Toronto, Canada: 2014: Sep 19-20 Nov 14-15 2015: Mar 20-21 May 29-30

• Capacitar Middle East Network Training 2013: Mar 7-9 Jun 6-8 Nov 14-16 2014: Feb 27-Mar 1

• Capacitar 25th Anniversary Celebration September 6-8, 2013, La Casa de Maria, Santa Barbara CA



CAPACITAR
International

Healing ourselves, healing our world

212 Laurel Street Suite 210 Santa Cruz, CA 95060 Tel/FAX: 831-471-9215 www.capacitar.org

April, 2012

Dear Friends,

We send our blessings and gratitude to you this Springtime! Your prayers and financial support in the midst of these challenging times bring hope and renewed energy to Capacitar teams and to the many people we serve around the world. As I write this letter, one of our trainers, Genevieve van Waesberghe MMM, is leading Capacitar workshops in South Sudan with teachers, children, womens' groups and local leaders who are trying to rebuild their society after years of war and violence. When I was with Genevieve last month in Rwanda, she described the positive impact that the Capacitar practices are having on many people: "I was especially moved by the women in South Sudan. Many work in teams and they wanted Capacitar tools so people can learn to live together in peace. In one place two women have taught Capacitar to over 450 people! Many of the women and children, including some who had been kidnapped by rebel forces, have said to me that Capacitar has truly changed their lives!"

Because of increased stress in the many places where we are working, Capacitar classes are also being offered to help people deal with the struggles of their lives. At All Hallows College, Dublin, two Irish trainers are facilitating Capacitar classes for men and women who have lost their jobs and have returned to school for a degree. In Israel at the Open University, an Arab facilitator offers Capacitar classes to help her students focus for learning and calm themselves at exam time in order to succeed at the university. At a college in Southern California, a university professor teaches stress management and Capacitar skills to students who deal with addiction, burnout and failure at school. And caregivers learn the Capacitar practices at Noddfa in Northern Wales for self-care and to help family members suffering from dementia, Alzheimers, cancer and other illnesses.

Stories like these give us hope! It is your contributions that have helped bring this hope to people in the US, Sudan, Juarez, Mexico, the Middle East and other countries. However, in other places people wait for Capacitar training because resources are not available. Capacitar now has two partners in Haiti ready to organize trainings as soon as funding is found. We invite you to support our work in Haiti, Africa, the Middle East and Asia where the need is so great. Your generous donation will help make possible:

- Trauma Healing Trainings for survivors of the earthquake and violence in Haiti
- Multicultural Wellness Trainings in 15 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
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, Tanzania, Kenya, East Timor and Indonesia
- New outreach to Native Americans and First Nations peoples
- Outreach to refugee communities and detention camps through Capacitar en la Frontera.

We cannot do this work without you. Thank you for your generous donations and prayerful support of Capacitar.

Together we can realize our mission of healing ourselves, healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Capacitar en la Frontera gathering with Juarez and El Paso teams



Caregivers from a Capacitar training at Noddfa, Northern Wales