We live at a time of significant global challenge—with climate change, food shortages, economic crises, natural disasters, trauma and violence everywhere. We are part of the human family in transition, in dysfunction, in chaos. In the view of cultural historian Thomas Berry, we are moving from Cenozoic to Ecozoic times, where as humans we no longer are the center of life, but are one of the many beings on planet earth. Buddhist scholar, Joanna Macy, describes this time as "the great turning", when we are called to heal and transform attitudes and behaviors that no longer serve us, and to build new ways of being and working as individuals and as the human community.

It is not a coincidence that we were born at this time, disquieted by a new kind of energy moving within us. As Capacitar, with a diversity of cultures, languages, backgrounds and experiences, we are challenged to enter this struggle, to share our gifts and to be part of the healing and transformation of our world. Each of us is called to be a compassionate presence, empowering and awakening ourselves and each other. Often this call breaks in on us in synchronistic or surprising ways disturbing our comfort, breaking open our hearts, challenging us to move beyond our known world. When we dare to risk and surrender our hearts, often beyond reason, a path opens out in the darkness. In this context it is important to gather as a community of support to learn, to inspire each other and to nourish ourselves as people committed to the long haul of "the great turning".

Capacitar was born in a similar context during the years of war and trauma in Central America. Our work grew in the midst of chaos through the hearts and commitment of many people and cultures. A unique spirit emerged embodying values relevant also for these times. The value of solidarity—walking in union with the poor, with those struggling for justice and peace, with the oppressed and marginalized of our world. Commitment to compassionate service, and as servant leaders, learning from the people as well as sharing who we are and what we can give, thereby empowering ourselves and others. Courage to risk going into hard places, working in the eye of the hurricane of trauma and violence with grounded wisdom and presence. And living deeply attentive to Spirit, developing the stamina, inner truth and strength, to be a loving and joyful presence of light and peace with others.

These are some of the values to uphold us in the days ahead as we face larger global challenges as a human family. In working together, we call forth possibilities in each other, inspiring and awakening the gifts and potential we often can’t see in ourselves. In this season of light transforming the darkness, take time to listen and respond to the callings of your heart, learning from your wisdom and experiences, opening to create the future.
New Capacitar Outreach in 2008

Nigeria—
Capacitar offered AIDS/Trauma workshops in 3 regions of Nigeria (Itam, Ibadan and Minna) working with 95 health promoters, caregivers, teachers and counselors. An in depth training will start in July 2009 coordinated by Dr. Felicia Muoneke, MMM, national AIDS coordinator for the Medical Missionaries of Mary.

Sierra Leone—
In August over 200 men and women participated in workshops coordinated by Dr. Ann Stevens, SJC, in 3 regions (Makeni, Kenema and Freetown). Grassroots and professional leaders included: religious, priests, psychologists, teachers, caregivers, therapists, doctors, health promoters, people working with trauma, HIV, epilepsy, the hearing impaired, amputees and the blind. Because the needs are great, in depth trainings will start in 2009 to develop Capacitar trainers in Sierra Leone.

Rwanda—
The first national team training of trainers began in Butare in June followed by a second cycle of trauma healing trainings for leaders from Rwanda, Burundi and Congo. A national team is developing coordinated by Antoinette Gasibirege, SH, in collaboration with Igiti cy’ubugingo in Butare.

Scotland—
First workshops were offered at Kilgrasten in Perth, Scotland, coordinated by Ali Newell and Erica Robbe. Participants included staff of the Glasgow Torture Rehabilitation Center, teachers, chaplains, therapists, and psychologists. An in depth training is scheduled to start in February 2009.

Watts, Los Angeles, CA—
In September over 130 men and women from Mexico and Central America participated in wellness workshops at the Presentation Learning Center in Watts coordinated by Jane Bonar, PBVM. Future trainings are planned for 2009-2010.
Leadership in our Times

Joan Rebmann Condon—Global Conference Keynote

At this time of global change and chaos, it is important to consider what it means to be a leader in the spirit of Capacitar. Margaret Wheatley, in Leadership and the New Science, says that often “it is necessary to dwell in chaos and sit with the dark moments knowing that insight will come.” As leaders we have to be comfortable with discomfort in these dark moments knowing that the one gift we have is each other.

When disaster strikes in our communities, it is often people working together at local levels who respond most quickly and effectively to the needs of those victimized. In times of challenge, there is potential for creative ways of being as well as for disaster. None of us can bring about healing and transformation alone. The key is working together, bringing our best healed or healing selves, our best qualities to the work. We must think together, reflect on ideas and share what we learn through successes and failures, not holding onto information but giving it freely. We must listen carefully to each other, forgiving ourselves and others when we fail, supporting each other as we dream and work to realize our goals.

As we assess ourselves and our work with others, it is not necessarily the measurable results that tell the story. The new cosmology teaches us that everything exists in relationship. If we do not attend to relationship, what we think we accomplish is actually very little. If a project is finished and the numbers are good but the people involved feel disrespected or discouraged, then the results are not worth the cost.

As Capacitar leaders we animate people so they, too, become leaders with a spirit that embodies solidarity (support for each other), compassion and service. As leaders we work collaboratively, knowing when to lead from behind, encouraging, empowering, animating, guiding with a gentle hand and knowing when to get out of the way of the process. We also lead by example through our way of doing things, our way of being with each other, our commitment to an inner life of spirit, so that we are light and peace. That doesn’t mean that we are never discouraged, frustrated, upset or angry, or that we never dwell in our personal moments of chaos. In those personal dark moments, it is important to remember that the first work is with ourselves using the tools we have to do that. And then we turn to each other, looking as well to those who seem to be obstacles, offering an honest and compassionate heart and a giving spirit, recognizing that they are our teachers.

In the words of Archbishop Tutu of South Africa, “We can only become human together.” As Capacitar leaders we strive to build a network of solidarity and compassion across languages, borders and cultures, a network that like our hearts expands to enfold all those seeking the rebirth of a transformed world out of the chaos.

In 2008 Capacitar International offered
100 workshops and trainings to over 3,000 participants in 18 countries & 6 states in the USA.
Hundreds of local workshops were also offered by in-country teams to many thousands of participants.

First Workshops in 3 Countries
• Scotland (Perth)
• Nigeria (3 regions—Itam, Ibadan, Minna)
• Sierra Leone (3 regions—Makeni, Kenema, Freetown)

New Translations
• Emergency Kit of Practices: Swahili and Russian
• Capacitar for Children Manual: Spanish

In Loving Memory

With love and gratitude we remember Martha Rebmann, mother of Joan Rebmann Condon of our Capacitar International team. Martha lived a full life and died in October at 93 in Connecticut. Martha was a loving and very generous supporter of Capacitar through the years.

We also remember two Capacitar women from Ireland and Northern Ireland who died recently. Nuala O'Donoghue, a holistic therapist of Dublin, participated in our first Capacitar training in Ireland. Nuala tragically disappeared off the rocks along the Pacific Ocean in Northern California in early October while she was attending a dance retreat. Geraldine Hart, a coordinator of Relatives for Justice in Belfast, died suddenly in Northern Ireland. Geraldine worked tirelessly with women and families affected by the Troubles using Capacitar practices for healing the trauma in communities.

¡Presente! Martha, Nuala and Geraldine remain with us in spirit.
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Nina Jusuf

**SIERRA LEONE**  
Ann Stevens SJC

**NIGERIA**  
Felicia Muoneke

**AFRICA**

**Israel/Palestine**  
Asmahan Mansur  
Lora Hillel Dicker

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Joan Condon  
Mary Litell, OSF  
Carole Gurdak CSA  
Diane Bauknecht CSA  
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Josephine Goebel CSA  
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Mary Lee Spielbauer CSA  
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**Gifts Made In Memory of**  
Martha Rebmann  
Austen Wright  
Nuala O'Donoghue  
Geraldine Hart

**REMEMBER CAPACITAR IN YOUR ESTATE PLAN**

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

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**Stocks** - Shares may be sent to Prudential Financial, 26135 Carmel Rancho Blvd. Carmel CA 93923 (831)625-6890. Capacitar's account number is OWW-961815.

**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—2009**

- Jan 9-11 Training 1, St. Anthony's, San Francisco, CA
- Jan 10-11 Training 2, Centro Mujeres Esperanza, El Paso TX/Juarez, MX
- Jan 24-25 Training 1 El Salvador
- Jan 31-Feb 1 Training 1, Carlow, Tullow Ireland
- Feb 4-5 Training 2 Newry, Northern Ireland
- Feb 7-8 Training 3 Galway, Ireland
- Feb 20-21 Training 1 Kilgrasten, Perth, Scotland
- Feb 26-28 Team Tr 2, Butare, Rwanda  • Mar 4-6 Trauma Tr 2 Butare
- Feb 28-Workshops & Trainings Nazareth, Israel/Palestine
- Mar 14-15 Training 3 Centro Mujeres Esperanza, El Paso, TX/Juarez, MX
- Mar 20-22 Training 1 Center to BE, Milwaukee, WI
- Mar 21-22 Training 4 Genesis Center, Connecticut
- Mar 27-29 Training 1 La Casa de Maria, Santa Barbara CA
- Apr 1-6 Trainings in Quiché, Guatemala
- Apr 17-19 Training 2 St. Anthony's, San Francisco CA
- Apr 17-20 Retreat Buenos Aires, Argentina  • Apr 20-22 Misiones, Chaco
- Apr 29-May 7 Training 1 Nazareth, Israel/Palestine
- May 9-10 Training 2 Kilgrasten Perth, Scotland
- May 23-24 Training 4 Esker, Galway, Ireland  • May 30-31 Training 2, Tullow
- May 27-28 Training 3, Banbridge, Northern Ireland
- Jun 5-7 Training 2 Center to BE, Milwaukee WI
- Jun 12-14 Training 2, La Casa de Maria, Santa Barbara CA
- Jun 16 Capacitar Global Day of Solidarity
- Jun 20-21 Training 4 Centro Mujeres Esperanza, El Paso, TX/Juarez, MX
- Jul 9-11 Team Tr 3 Butare, Rwanda  • Jul 15-17 Trauma Tr 3 Rwanda
- Jul 10-12 Training 3 St. Anthony's, San Francisco CA
- Jul 22-29 AIDS/Trauma Trainings Benin City, Nigeria
- Aug 4-12 Trainings, Sierra Leone
- Aug 16-30 Workshops, Uganda

For September-December dates: see website: www.capacitar.org

**2009-2010 Trainings—Multicultural Wellness Education**

- **Milwaukee, WI** Center to BE, Marjorie Wilbur (414)672-5902 mwilbur.centertobe@sbglobal.net

  2009 Training: Mar 20-22  Jun 5-7  Sept 13-20  Dec 4-6  CEUs —Marian College

  2010 Training: Mar 12-14  Jun 4-6  Sept 17-19  Dec 3-5

- **Ontario, Northern Ireland**

  Ann Brady  bradyann@hotmail.com, paulacarron@hotmail.com


- **San Francisco, CA** Mary Litell, Angelina Cahalan 415-592-2772 capacitarSanFr@gmail.com

  2009 Training: Jan 9-11  Apr 17-19  Jul 10-12  Oct Date TBA CEUs

- **El Paso, TX** Maureen Jerkowski, Centro Mujeres Esperanza 915-545-1890 ma@3bglobal.net


- **Ireland**  
  Capacitar Team Tr 3  Butare  Gihindamuyaga, Butare, Gihindamuyaga, Rwanda  • Jul 10-12 Training 3 St. Anthony’s, San Francisco CA

- **San Francisco, CA** Mary Litell, Angelina Cahalan 415-592-2772 capacitarSanFr@gmail.com

  2009 Training: Jan 9-11  Apr 17-19  Jul 10-12  Oct Date TBA CEUs

- **El Paso, TX** Maureen Jerkowski, Centro Mujeres Esperanza 915-545-1890 ma@3bglobal.net


- **Ireland**  
  Capcitar Day is  capireland@eircom.net

  Carlow, Tullow Training 2009: Jan 31-Feb 1  May 30-31  Oct 3-4  2010: Feb 6-7

- **Northern Ireland**  
  Ann Brady  bradyann@hotmail.com, paulacarron@hotmail.com


- **London, England**  
  Margaret Wilson RSCJ  margaretwilsonrscj@hotmail.com


- **Scotland**  
  All Newell  lorraine.dumont@bt.com  Erica Robbe ejr@robbe.freeserve.co.uk


- **Winnipeg, Canada**  
  Lorraine Dumont  lorraine.dumont@bt.com

  Training 2009: Dates TBA  jcondon@ic.gc.ca

- **Rwanda**  
  Butare, Gihindamuyaga, Antoinette Gasibirege  capacitarbutare@yahoo.fr


- **Israel/Palestine Trainings**  
  February, May, October, 2009  Dates TBA

- **Nicaragua Training—Cantera**  
  Mary Litell  mlitell@gmail.com  Anabel@ibw.com.ni  Dates TBA

- **El Salvador Training**  
  capacitar@elsalvador@yahoo.com, jcondon@ic.gc.org  Dates TBA

- **Brazil—Rio, Bahia**  
  Tony Sheridan, acsheridan@uol.com  Dates TBA