

CAPACITAR IRELAND



*Capacitar's vision is Healing Ourselves, Healing our World.
Capacitar means to empower, to encourage, to bring each other to life.
Capacitar teaches simple practices of healing, team building, and self-development to awaken people to their own source of strength and wisdom so that they can reach out to heal injustice, work for peace and transform themselves, their families and communities. Using a popular education approach, Capacitar work with grassroots people in 30 countries.*

We are delighted to finally get this newsletter out to you all. It allows us to keep you all informed as to how Capacitar Ireland continues to grow, as the ongoing trainings, introductory days, workshops, study groups and gathering days demonstrate.

I would like to invite you to contribute to future newsletters, informing us of Capacitar events in your area; books you are reading; websites that inspire you; rituals that nurture you; recipes for healthy living and requests from you to remember, especially in your healing circles, people from the wider Capacitar community who may at particular times need our holding. As I thankfully emerge from two years of cancer treatment, that limited my participation in Capacitar Ireland activities, I am happy to say that I am again my usual energetic and enthusiastic self and even a healthier and fitter one! Many thanks to all of you for your prayers. They have been essential to my healing. I am looking forward to having more contact with groups throughout the country, getting to know you and to hear of the many ways you are integrating Capacitar into your lives and work, and in so doing being part of the community of people working to heal our world.

Toni Ryan

REFLECTIONS FROM THE CHAIRPERSON ANN BRADY AT AGM AT ALL HALLOWS ON JUNE 19TH 2010

At the AGM, Ann acknowledged the work of Board Members, Capacitar Tutors, and said that it is very evident that all members of the Capacitar Ireland Network identify with and exemplify the attitude of that First Seed. Inspired and mentored by Pat Cane, Capacitar has sent roots deep into the soil in many areas of Ireland, north, south, east and west. Ann thanked officers of the Board and all the Directors for their work and support. Tribute was paid to retiring Board members Aiveen Mulally, Carmel Mc Carthy, and Tim O' Callaghan each of whom had played an important part in the establishment and development of Capacitar Ireland. Newly elected Board members Maeve Stewart and Ruth Molloy were warmly welcomed. On behalf of the Board, The Chairperson thanked Kathleen Day for her untiring work as Co-ordinator, organising and carrying out so much of the work in the office and further afield. Thanks was expressed also to Brenda Molloy who has been so generous with her time and resources, supporting Kathleen at all times. She believes all members and friends of Capacitar Ireland can look forward to a busy and fruitful year ahead.

UPCOMING EVENTS

Dublin: New Training
May 28-29 2011
Oct. 15-16 2011
Feb. 4-5 2012
May 12-13 2012

Nano Nagle Centre, Mallow,

Organised by Sr. Alba
tel: 02226411

July 2-3 2011
Feb. 18-19 2012
May 5-6 2012
Sept. 24-25 2012

INTRODUCTORY DAYS/WORKSHOPS

Healing Ourselves-Healing Our World is a two-hour weekly evening session that Patty Abozaglo will be facilitating in Clane Scoil Mhuire, Co. Kildare from September onwards. For more details, visit www.clanesm.com.

Capacitar Practice Nights (Thursdays) in the Wisdom Centre, Cork St. Dublin 23rd Sept.-9th Dec. 7.30pm-9.00p.m.(Maeve Stewart and Toni Ryan 0863873847

Enneagram and energy centre (1) Pat Cane and Des Raftery Teach Bride, Tullow Sept. 24th-26th 2010

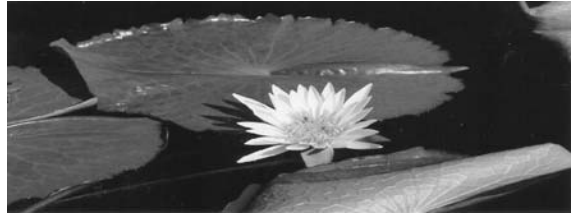
Contact: Kathleen Day

CURRENT TRAININGS WITH PAT CANE

Cork: SMA Hall, Wilton
North: Armagh

CAPACITAR GATHERING DAYS

Any on us who attended previous national gatherings, has enjoyed immensely the connections we have made with each other, and have been inspired by listening to how others throughout the country have been integrating Capacitar into their daily life and work. We have also felt nurtured by the powerful rituals those organising the event have created for us. We therefore want to formalise these events, giving people plenty of notice of the dates of these gatherings. Maeve Stewart and Toni Ryan from the Board have volunteered to organise these rituals but would appreciate any offers of help from others. As one way of building community, they are encouraging people who may be able to offer accommodation to others on the night before the gathering, to do so. The next day of reflection and ritual will take place in the Presentation Centre in Mallow on Sunday, Oct. 3rd 11.a.m. to 4.p.m. Please bring a lunch to share.



Rituals As life becomes more rushed and pressurised, the use of ritual in ones life can be essential in remaining calm and centred, re-connecting us to the larger purpose and meaning as we live more in harmony with the rhythms and tides of life. Do you have a ritual that you would like to share with us? A ritual that nurtures me is to fill a bowl with water each morning; visualising my day ahead as blessed; grateful for all whom I will meet and those who love me. Then at night emptying the water into the earth, letting go of whatever may have unbalanced me and again giving thanks for another day. **Toni**



Tony Sheridan training in Bahia, Brazil

OUTREACH FROM CAPACITAR BEYOND OUR SHORES

Since the foundation of the Capacitar family in Ireland, members have introduced Capacitar as far afield as Sri Lanka, Zambia, Peru, Brazil, Nigeria, Kenya and Columbia. Trainers included - Aiveen Mullally (Sri Lanka), Judith Lenehan (Peru), Tony Sheridan (Brazil) and Ann Brady and Paula Carron (Zambia, Nigeria and Kenya), Patti Abozaglo (Colombia). Aine Campell and Margaret Wilson, both trained in Ireland continue to bring Capacitar to Kenya and England and Scotland respectively.

In this edition, we record Tony Sheridan and Ann and Paula's work and will continue to make space in each edition for the outreach work of Capacitar Ireland

[Ann and Paula: Zambia, Kenya and Nigeria](#)

For a number of months, over the last 3 years Ann and Paula have brought Capacitar practices to Zambia, Kenya and Nigeria. Participants in Zambia and Kenya included aids home care workers, teachers, diocesan women's association, teachers, management and staff groups in various community and voluntary organisation. In their visit to Nigeria they have worked in prisons, with cancer care hospice volunteers and with other congregations in renewal and reflection.

[Tony Sheridan: Brazil](#)

Since 2006, Tony Sheridan has spread the good news of Capacitar to different areas of Brazil. In Rio de Janeiro, 20 people, most working in complementary health in basic community have trained in Capacitar Multiwellness practices. He has also worked with the Medical Missionaries of Mary and an Irish Little Sister of Assumption in the State of Bahia -in Salvador city, Feira to Santana, Umburanas, Urstate training a further 5 groups of people.

Healthy Living

Ingredients

2 courgettes, 3 sticks of celery
1/2 cup chopped mushroom
1 green pepper salt and Pepper, 1 can of kidney beans, tomatoes, chickpeas
250ml of passata,
2tsp of tomato puree
2tbls of tomato ketchup

Place all the chopped veg in a pot. Add all the ingredients. Bring to the boil and simmer for about 20 minutes. Serve with brown rice and dollop of natural yoghurt and sprinkle of cayenne pepper.

Aiveen Mullally

Thanks to Fiona Martin for gathering recipes!

LINKS WITH CAPACITAR INTERNATIONAL

Since 2006, when Trocaire first supported Pat and Aiveen Mullally in their trauma healing work post tsunami in Sri Lanka, it has continued to support Capacitar International in its work in Rwanda, Burundi, DRC, Sierra Leone and Nigeria. It is also funding Capacitar International in its research on the global impact of its programme. It is expected that the information gathered will be widely disseminated in 2011. Pat has visited Trocaire several times, facilitating lunchtime sessions for staff on Capacitar well being practices

Patti Abozaglo (Trocaire) writes 'Capacitar work is valued by Trocaire staff in HQ and has been used to create space for creative thinking for fundraisers, campaigns and education initiatives. In addition, staff have experienced the benefits of Capacitar practices in dealing with stress through one -hour weekly sessions. In the field, Capacitar's tools are found to be useful because of the grassroots approach to overcoming trauma using these collective and easy transferable techniques based on Paulo Freire methodology. The Capacitar programme has been helpful in understanding and addressing the trauma dimension of Trocaire's development & peace-building work in East Timor, Burma and Cambodia. Capacitar Practices have been also included as tools for wellbeing for staff in human rights organisations in violent conflict scenarios as part of Trocaire's guidelines for partners at risk. The Conflict Sensitivity Toolkit for Staff prepared by me suggests using Capacitar Practices for dealing with trauma and vicarious trauma in development work'.



Patti Abozaglo teaches Capacitar in Cambodia

A FLAVOUR OF CAPACITAR IN IRELAND

Northern Ireland: 2009 saw the completion of the third round of training of 25 participants in Northern Ireland. This vibrant group continue to use the practices in programmes for older people, children and families, homeless aid, Women's Aid and counselling services. In preparation for the new round of training in 2010 we offered a number of introductory days in Dungannon and in Women's Aid Newry. The new training, which commenced in May 2010 with Pat Cane in Armagh, has 38 participants from Northern Ireland and the Republic of Ireland. In an exciting development, The Education and Library Board have sponsored 5 participants from across Northern Ireland. We were privileged to have Joan Condon with us, at the first weekend as she was conducting interviews for the worldwide Research on the effectiveness of Capacitar.

Cork: Clare McCarthy writes 'I live in Bishopstown in Cork and was invited to share the Capacitar in a local Family Centre, as I had done some of the Tai Chi exercises with a lady to help her deal with a stressful situation. For two years now, I have been sharing the exercises with this group. I offer the sessions for a five week period each term and the numbers continue to increase. They find it all very life-giving and so do I. Like them, I too look forward to Wednesday, the afternoon that I spend with these ladies. That speaks for itself!

Miriam O'Connell works in a non-residential treatment centre for addiction. She uses Capacitar practices for people affected by drug and alcohol misuse, and who have experienced trauma in their lives. The headholds and fingerholds in particular help them feel relaxed and more at ease with themselves.

"It has helped me to relax, I have used a lot of the techniques and I try and do a bit of tai chi every day and I really feel the benefit in myself from doing it"
*Grandparent Group,
 An Cosan*



Northern Ireland Training Group 2009

MY CAPACITAR JOURNEY: AIVEEN MULLALLY

I have been involved with Capacitar since its infancy in Ireland. In 2002 I was completing a Masters and was very stuck in my head and had an instinct that I needed to do some bodywork. So when a friend told me about Capacitar, I checked out the website and in true Capacitar synchronicity, the website stated that Pat Cane would be giving her first Irish workshop in An Cosan in three days time. The rest is history. I knew I had to attend the workshop and it had an extraordinary impact on me. I felt opened up to an area of my life that I'd never accessed before. To be told about and experience the wisdom of my body, my energetic field, my ability to heal myself and others was such a revelation to me and I knew at a very deep level that this was true.

In 2005, after the tsunami in South East Asia I sourced funding from Trocaire for Pat Cane and myself to travel to Sri Lanka to work with people affected by the tsunami. This was my real training in the field and a wonderful formative experience to be mentored by Pat Cane in an acute situation of trauma. What I experienced in Sri Lanka convinced me that Capacitar is what the world needs now more than ever. People's spirits were lifted, traumatised children began to smile, a bed-ridden woman who was carried into a workshop with chronic back pain, walked away unassisted after the workshop with considerably less pain and a sense of elation. The experience in Sri Lanka was life changing.

I currently work in the area of teacher training and integrate Capacitar practices into my work through retreats I facilitate and classes I teach in the area of spirituality and religious diversity. Teachers are seeking ways to nurture the spirituality of their students in classrooms that are now religiously and culturally diverse and I teach them tai chi, safe space meditation and other Capacitar practices as some ways that they can work with children from a variety of religious traditions. Capacitar has enhanced my life and worldview in so many ways and I feel so privileged to be part of the global movement towards healing and wholeness. Pat Cane is a true inspiration to me and Capacitar Ireland is now a thriving energetic community spreading its wings in Ireland. Namaste!
Aiveen

Useful Websites: www.goodthingshappen.net

Berni Cullinane's website is an invitation to notice, remember, celebrate, share and expect good things to happen. Congratulations Berni

DVD: The Living Matrix: Film explaining and validating the latest scientific theories associated with mind-body-healing. Excellent

Books: The Field by Lynne McTaggart: Reads like a scientific detective story, showing how the Field is responsible for many profound human mysteries including alternative medicine and spiritual healing.

TUTOR TRAINING 25 people who had all completed the Multiwellness Training, graduated from the tutor training in 2009. This training involved attendance at 4 weekends mentoring with Pat; being part of a study group which met between weekend trainings; presentations at each weekend of projects related to material studied and then a final written project. This group of experienced and competent trainers are capable of giving Capacitar Introductory Days and can be insured with us to do so,

We are now inviting all those who have completed the 4 week Multiwellness Training to participate in this community of sharing and learning. With Pat's mentoring, we are offering everyone the opportunity to study some readings suggested by Pat - first in local study groups and then in yearly gatherings with Pat to discuss the readings. We will also explore with those who come how to incorporate these sessions into future tutor trainings. We await readings and date of first mentoring session from Pat. We will keep you posted as we await readings and

Participants at a Capacitar walk the Labyrinth with Aiveen Mullally and Fiona Martin in Blackrock



Aiveen also facilitated workshops in Maynooth May '10, a VdeP group in Blackrock and a workshop delivered at an International Conference in DCU: Changing Boundaries: Spirituality and Education. Workshop topic: Ways of Developing the Spirituality of Students in the Religiously Diverse Classroom using some Capacitar techniques as tools for the classroom.