



# FNVW

Friends for a NonViolent World

## E-Letter

January 2026

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### Note From the Executive Director's Desk

Dear Friends,

As we move through the early months of 2026, I want to thank you for your continued presence, care, and commitment to Friends for a NonViolent World. In a season marked by uncertainty, both locally and nationally, your steady support remains a source of strength for our shared work of building nonviolent communities.

Many in Minnesota, especially immigrant families and communities of color, are living with heightened fear and anxiety due to recent ICE operations and related enforcement activity. At FNVW, we hold these realities with deep concern. Our commitment to nonviolence is not abstract; it is grounded in accompaniment, dignity, and the belief that safety and belonging are fundamental human needs. We continue to listen, to stand in solidarity, and to shape our work in ways that respond compassionately to the moment we are in.

At the same time, there is meaningful progress to report. The work to establish AVP as an independent organization is moving steadily forward. The foundational elements of the new organizational structure are taking shape, while AVP programming continues uninterrupted under FNVW. Youth workshops are ongoing through partnerships with schools and community sites, and adult AVP workshops are resuming in correctional settings. This careful, phased approach reflects our commitment to stability, accountability, and long-term sustainability.

As this transition unfolds, FNVW remains focused on its enduring mission: nurturing nonviolent communities and supporting Quaker-rooted direct social action. AVP's growth into its own organization allows both efforts to thrive more fully, each with clarity of purpose and shared values, while continuing to collaborate in service of peace and justice.

I also want to share that Adrian Fleur will be concluding her service with FNVW at the end of February. Adrian has carried significant administrative and financial responsibility during a complex and demanding transition period. We are grateful for her professionalism, steadiness, and dedication, and we wish her every good thing in the next chapter of her journey.

Looking ahead, we warmly invite all Friends, supporters, and community members to attend the **FNVW Annual Meeting on March 14, 2026, at the Twin Cities Friends Meeting space**. This gathering will be an important opportunity to reflect together, share updates, and participate in shaping the next season of FNVW's life and witness.

Thank you for your trust, your patience, and your continued support during this season of change. Whether you come to this work from a Quaker tradition or from another path toward nonviolence, you remain an essential part of this community. Together, we continue to build the conditions for peace, even in uncertain times.

With gratitude and hope,

**John Ewu, Ph.D.**  
Executive Director  
Friends for a NonViolent World

### Upcoming 2-Day Virtual Basic Level Workshop

## Basic Level Workshop

The Alternatives to Violence Project (AVP) is a series of experiential workshops that transform conflict through dynamic exercises, exploring the role of violence in our lives and developing new and creative paths to peace and justice. Our workshops create a safe space for people to deconstruct their experiences with violence and conflict through exercises about nonviolent conflict resolution, interpersonal relationships, and affirming oneself and others. They explore their own communication and conflict resolution styles, and the impact of their words and actions on others. Our facilitators are especially trained to balance the emotional labor of non-violence work with movement, fun activities, mindfulness, collaboration, and community building.



**Saturday, February 21**  
9 am to 6 pm

**Sunday, February 22**  
9 am to 6 pm

**ONLINE!**

AVP is offering an incredible Basic Level workshop online for participants aged 14 and above, taking place on February 21st and 22nd. The limit is 12 participants and 8 spots have already been reserved. If more than 12 people wish to attend this workshop, a waitlist will be created for the next workshop in March (dates yet to be finalized). Fees for this workshop have been waived. If interested, please contact AVP Program Coordinator, Susan Campbell, at [susan@fnvw.org](mailto:susan@fnvw.org) or 651-644-5851 for more information.

The two-day virtual workshop schedule is:

**Saturday, February 21, 9:00 am - 6:00 pm**  
**Sunday, February 22, 9:00 am - 6:00 pm**

Participants who attend all two days of the workshop will receive Basic level certification at the end of the workshop.

### Friends School Plant Sale Information & Volunteer Sign-up

## Friends School Plant Sale

**May 8-10, 2026**  
MOTHERS DAY WEEKEND  
STATE FAIR GRANDSTAND

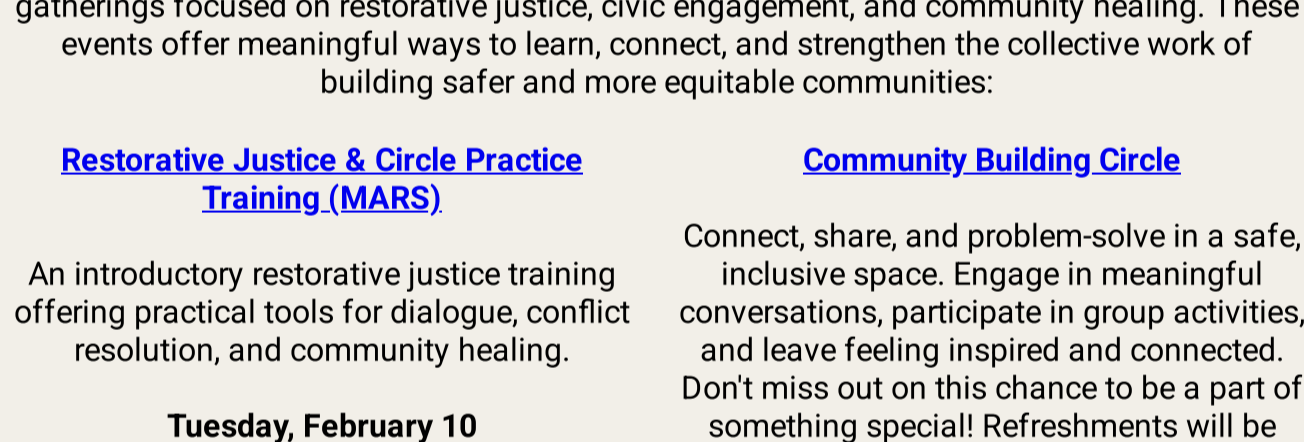
More info at [www.FriendsSchoolPlantSale.com](http://www.FriendsSchoolPlantSale.com)

Every May since 1989, on Mothers Day weekend, the Friends School has put on what has become one of the biggest fundraising plant sales in the United States.

This three-day sale, almost entirely run by volunteers, offers more than 2,000 plant varieties at affordable prices. And every purchase helps support a great cause. Learn more about the sale at their website: [www.friendschoolplantsale.com](http://www.friendschoolplantsale.com).

Volunteer signups for the 2026 plant sale are open now! Friends School Plant Sale has expanded the volunteer role descriptions on their website to better describe what is needed from volunteers, so please read through them carefully to see what suits you best. Click [here](#) to see the registration page.

### Upcoming Opportunities for Education & Dialogue



#### Restorative Justice & Circle Practice Training (MARS)

An introductory restorative justice training offering practical tools for dialogue, conflict resolution, and community healing.

**Tuesday, February 10**  
3:00 pm to 4:30 pm

#### Community Building Circle

Connect, share, and problem-solve in a safe, inclusive space. Engage in meaningful conversations, participate in group activities, and leave feeling inspired and connected. Don't miss out on this chance to be a part of something special! Refreshments will be available.

**Tuesday, February 17**  
3:00 pm to 5:00 pm  
**Blaine Human Services Building**

#### Navigating Difficult Conversations at Work

Are you looking to improve your ability to navigate challenging conversations with coworkers? If so, join us for a participatory workshop where we'll explore practical strategies for handling tough discussions in the workplace.

**Thursday, February 12**  
1:00 pm to 3:00 pm

#### The Art of Conflict Communication

Part of a monthly talk series exploring racial justice topics. January's session focuses on The Moment We're In, The Work We Must Do, offering an academic yet accessible forum for reflection and discussion.

**Tuesday, February 24**  
1:30 pm to 3:30 pm

#### 12th Annual Transformative Justice and Abolition Criminology Conference

A free public conference exploring transformative justice, alternatives to incarceration, and community-centered approaches to safety and accountability.

**Friday, February 13**  
11:00 am to 7:10 pm

#### February Social Good Exchange

A collaborative gathering for social-impact professionals, organizers, and nonprofit workers to share challenges, resources, and collective strategies for change.

**Wednesday, February 25**  
5:30 pm to 7:30 pm  
**Venue: To be announced!**

#### Move for Community - Donation Class for Minnesota Mutual Aid

In a time of such heaviness and grief, we continue to need community now more than ever. When it feels so impossible to move through things, we gently invite you to let them move through you. Join Allison from Mosso Nutrition + Fitness and Zeynep from Evren Chiropractic for a moment of restoration.

**Saturday, February 14**  
12 pm to 1:30 pm  
**Sweatband Collective in Minneapolis**

#### Civility & Peace Community Dialogue

An evening of discussion, food, drink and fun all in the name of building community and sharing ideas in the Twin Cities. Recent episodes of political violence have left many wondering what kind of civic life we are entering. As distrust rises and Americans grow more distant from one another, what are the prospects for civility and peace? What holds a society together when disagreement deepens? And what happens when those bonds begin to fray?

**Thursday, February 26**  
5:30 pm to 8 pm  
**Yoerg Brewing Company, St. Paul**

### Farewell to our Administrative Manager Adrian Fleur



As I step away from my role at FNVW at the end of February, I want to share how much I've enjoyed curating, writing, and designing these E-Letters over the past year, from sharing insights and book recommendations to creating the visual layouts and graphics for each issue. I'm especially grateful for the kind feedback from those of you who reached out to say you enjoyed the E-Letter; that encouragement truly meant a great deal!

It has also been a privilege to support the behind-the-scenes systems and day-to-day operations that help keep the organization moving forward. Over the summer, being involved in tabling and networking events was not only a great deal of fun, but also a reminder that each of us comes from a special place, carrying a unique story and set of strengths. When those strengths are fully recognized, supported, and appreciated, we are able to do our best work together.

Nonprofits carry the important responsibility of stewarding change and supporting progress, and the people who dedicate their time, care, and potential to this work are truly invaluable. It is vital for organizations to recognize this, evolve with the times, and be in sincere community with the other many wonderful organizations in the Twin Cities. We are so very lucky to be in a region defined by its fearlessness, creativity, and resilience.

As I move into my next chapter, I'm excited to focus on my art, my writing, and my activism. Thank you for reading, engaging, and being part of this shared journey, which began long before any of us arrived and will continue long after we are gone.

- Adrian Fleur

FNVW works to promote and create peace and justice in our community by using the principles and practices of nonviolence to transform conflict and to address the root causes of violence. Your financial support will help us move our mission forward into the future!

Donate Today to Support Nonviolence!



Check out our full website [here](http://www.fnvw.org) for more information!