



FNVW

Friends for a NonViolent World

E-Letter

April 2025

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Reflecting on the Annual Meeting and Charting Our Path Forward

Dear Friends,

Thank you to all who participated in our Annual Meeting on April 19, 2025. Your presence, engagement, and commitment to FNVW's mission of peace, justice, and nonviolence are deeply appreciated.

At the meeting, the Board's proposal to formally separate the Alternatives to Violence Project (AVP) from FNVW did not reach unity under the Quaker consensus decision-making model. While this was not the outcome the Board anticipated, it reflects the spirit of discernment and deep care within our community.

We are pleased to announce the addition of two new members to the FNVW Board at the Annual Meeting: Joann Perry and Demi Elliott. We welcome them warmly as they go through onboarding and look forward to working together with all Board members in service to our shared mission.

Please be assured that FNVW remains strong, stable, and fully committed to continuing our important work. Our staff team remains dedicated to advancing the missions of both FNVW and AVP with energy, collaboration, and open-heartedness. We are focused on building bridges, strengthening our programs, and navigating this next chapter with integrity and resilience.

Thank you for your continued support and partnership.

Together, we move forward with hope, purpose, and a deep commitment to building a more peaceful world.

In Peace and Gratitude,
John Ewu, Ph.D.
Executive Director
Friends For A NonViolent World

Register TODAY for Kingian Nonviolence Training on May 9 - 11

Want to learn about nonviolent organizing from the tradition of MLK and the Civil Rights Movement? May 9-11, join Pastors Martha Bardwell and Esther Sianipar from Our Saviour's Lutheran Church and Pastor Sara Jensen from Lutheran Church of Christ the Redeemer in a 16-hour core training in Kingian Nonviolence.

Together, we will immerse ourselves in the principles and steps of nonviolence through interactive modules that will equip you with tools for organizing for justice and peace after the teachings of Dr. King and the wider Civil Rights Movement. The training itself is an experience of being the beloved community together, and we hope to have a diverse group that will bring unique contexts, perspectives, questions and experiences to our training together.

Kingian Nonviolence Conflict Reconciliation Training

Introduction to the philosophy of Nonviolence through the lens of Dr. Martin Luther King, Jr.

[Read More](#)

Schedule:
Friday, May 9 from 5:30-8:30pm (with dinner included)
Saturday, May 10 from 9-4 (with light breakfast, snacks and lunch included)
Sunday, May 11 from 12-4 (with lunch included)

Location:
Our Saviour's Lutheran Church
2315 Chicago Ave
Minneapolis, MN 55404

Fees:
We want this training to be accessible to anyone who wants to attend, and there are fees associated with offering the training, including materials, meals, stipends, and a donation to the [Selma Center for Nonviolence, Truth and Reconciliation](#). We are offering a sliding scale of \$50 - \$100 - \$200 for the training. You may also request a scholarship to attend, and you are welcome to give more to make room for those who need scholarships. You may pay by cash or by check made out to Our Saviour's Lutheran Church with "Kingian Nonviolence" in the memo line, or give online here: <https://secure.myvanco.com/L-ZCST/campaign/C-15G55>

Register by May 1 (today!): <https://forms.gle/SMeeep2RTuCDg75BA>

AVP's 50th Anniversary 2025 National Gathering

50th ANNIVERSARY

AVP
ALTERNATIVES TO VIOLENCE PROJECT

2025 NATIONAL GATHERING

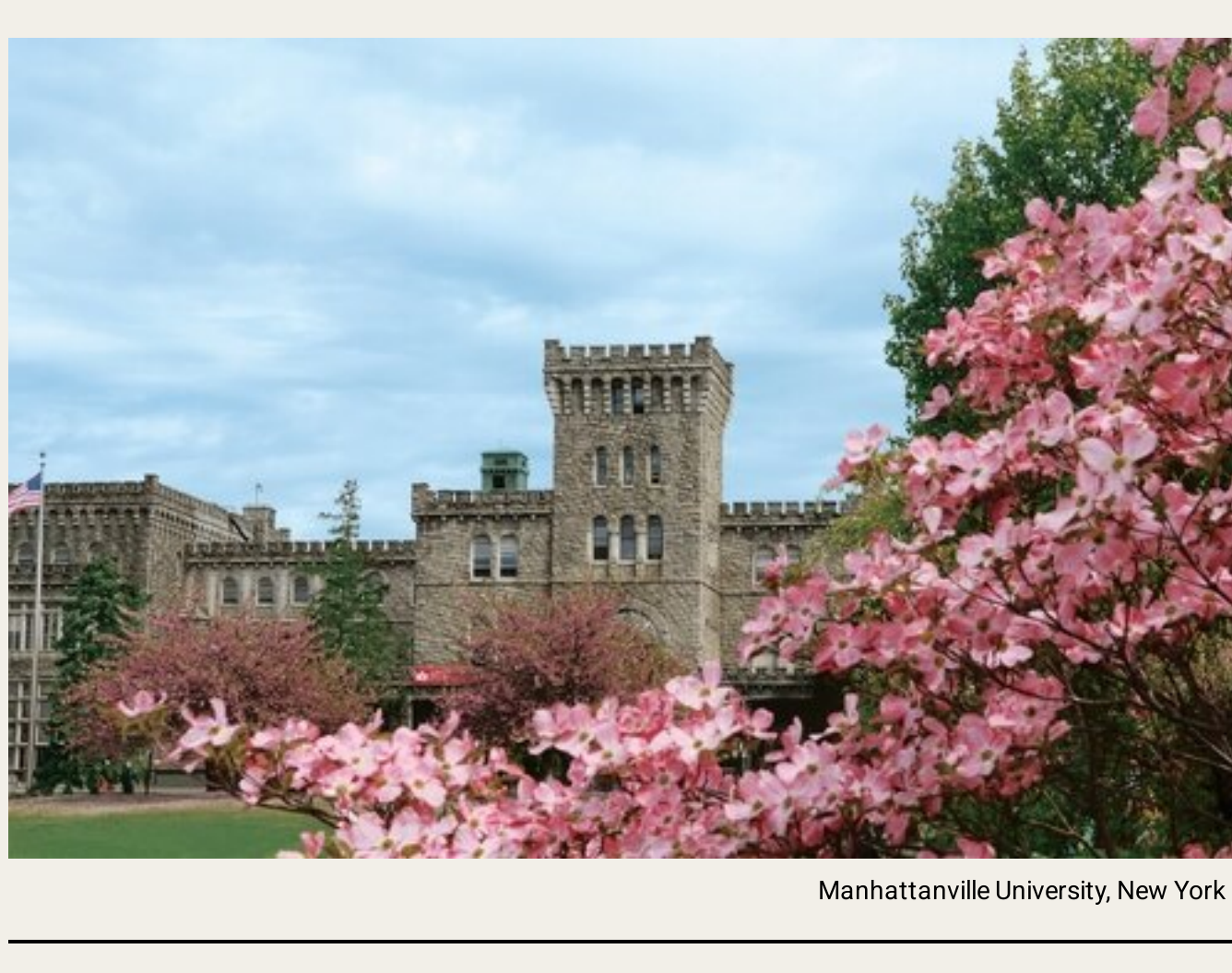
Past • Present • Future
Celebrating 50 years of transforming conflict

2025 AVP-USA National Gathering Thursday, May 22nd - Monday, May 26th
Scholarships are still available!
(AVP-International Attendees: Tuesday, May 21st - Tuesday, May 27th)

The 50th Anniversary of AVP: Past, Present, and Future Manhattanville University Purchase, NY

Deadline for Registration: Friday, May 2nd
The AVP website and schedule: [HERE](#)
Registration and more details: [HERE](#)

Don't miss this amazing event!



Manhattanville University, New York

The Power of AVP Workshops: Feedback from the Youth

We want to share some data from the pre- and post-workshop surveys we conducted at a youth workshop in late March at Big Brothers Big Sisters Twin Cities. We spent the day with 13 young people from local Minneapolis schools.

At the start of the workshop, we wanted to gauge where the young people were in terms of identifying conflict situations, and their own awareness of their responses to conflict. The first question in our survey asked if they could tell when a conflict might be arising. Most of them signaled that yes, they could, and then we asked them what they tend to do when faced with conflict. Their responses varied from the popular answers of "walk away" and "try to stay calm" to the more vulnerable "shut down," "go silent," and "cry." Already, we could see how young people perceive their own behaviors when faced with conflict, and how they might choose to respond to conflict. Next, we asked them how they communicate effectively in conflict situations, and again the answers varied. "Stay calm" was, once again, a popular response. Someone offered "explain how I feel and listen to how they feel" as another solution. "Ask what's wrong" was another good one. It's important to note that we also received answers such as "cry," "shout," and "cry more."

Before the workshop:

SHOUT

cry walk away
try to stay calm
cry more GO SILENT
ask what's wrong
cry cry cry

At end of the workshop, we asked for feedback from the youth once again. This time, we wanted to find out how they felt about the techniques and concepts they'd just explored. Would they be able to apply the skills learned in this workshop to their everyday lives? Most youth said yes, with two saying maybe. We asked them if they'd be able to **better identify** when a conflict is arising, based on what they'd just learned in the workshop. They all said yes. Would they be able to **better manage their emotions** during a conflict? Yes all around. Would they be able to **communicate more effectively** during a conflict? Another resounding yes. We asked them if they would be **more able to look for the good in others, and find common ground** - all of them said yes, except for one person who answered maybe to both questions. We know this is extremely promising feedback, especially coupled with some of the other responses to the more general questions such as: "what was most useful to you at the workshop?" Some of the youth pointed to the collaborative aspect: "people being willing to share and interact," "hearing everyone's opinions," and "just meeting new people and communicating." Other young people spoke about specific tools learned: "learning new ways to resolve problems" and "learning how to deescalate a situation." Overall, the feedback received is encouraging and hopeful, and points to how important and necessary this kind of work is for our young people!

AFTER THE WORKSHOP
What was most useful to you?

Learning new ways to resolve problems

Hearing everyone's different ideas

Learning how to deescalate a situation

Just meeting new people and communicating

People being willing to share and interact with each other

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](#) for more information!

