



# FNWW

Friends for a NonViolent World

## E-Letter

November 2025

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### Note From the Executive Director's Desk

Dear Friends,

As we move into this season of light and reflection, I am reminded once again of the resilience and generosity that shape the Friends for a NonViolent World community. November has been a month filled with meaningful work, steady progress, and quiet moments of connection that remind us why our mission matters.

I want to speak directly to a question that has been on many hearts. With the Alternatives to Violence Project stepping into its own organizational identity, some have wondered what this means for the future of FNWW. I want to assure you that the Board and staff have remained committed to a clear and thoughtful vision: two strong, rooted, nonviolent organizations growing side-by-side, each returning to its purpose, each building on the shared Quaker heritage that has shaped our work for decades.

This transition is not about losing anything. It is about strengthening the work. It is about giving AVP the room it needs to flourish in its expanding community partnerships, and giving FNWW the freedom to continue championing Quaker direct social action with clarity and renewed focus. These two paths complement one another, and both serve the cause of peace.

Throughout November, our work has carried that spirit forward. Our facilitators connected with youth and families at Vista 44 during a warm and energizing meet-and-greet. Preparations are underway for our youth workshops in Minneapolis Public Schools. And our community gathered in deep gratitude to honor the life and legacy of our beloved Bruce Hawkins, whose light continues to guide so many.

Now, as we enter Holiday Fair week, we are leaning once again on the steady hands and hopeful hearts of our volunteers. The Fair remains one of the most cherished traditions in our community, and this year, more than ever, it stands as a reminder that we build peace in relationships, conversations, and shared purpose. We also welcome your presence. Join us at this year's Holiday Fair, volunteer in a way that brings you joy, or stop by to reconnect with the community that has carried this organization for over forty years.

Friends, thank you! Thank you for your patience, your support, your questions, your encouragement, and your trust. This community is strong because you continue to walk with us. Your presence is what allows peace to take root in real and lasting ways.

As we turn toward the holidays, I invite you to stay close to the work of peace that we continue to build together. Your generosity has always been the quiet strength beneath our programs, our partnerships, and our shared witness. Your contribution directly strengthens nonviolence in our neighborhoods.

May this season bring peace to your home and renewed courage to your heart. Thank you for walking with us as we continue shaping a future rooted in justice, compassion, and nonviolence.

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

### Final Holiday Fair Reminder & Music Schedule



**FRIDAY, DECEMBER 5**  
1 PM - 9 PM

**SATURDAY, DECEMBER 6**  
10 AM - 4 PM

MINNEAPOLIS FRIENDS MEETING  
4401 YORK AVENUE SOUTH  
MINNEAPOLIS, MN 55410

Questions?  
email [info@fnww.org](mailto:info@fnww.org)

More details?  
visit [fnww.org/holidayfair](http://fnww.org/holidayfair)

**LIVE MUSIC | FOOD | CRAFTS**  
**HOLIDAY GIFTS | BOOKS | HANDMADE ITEMS**

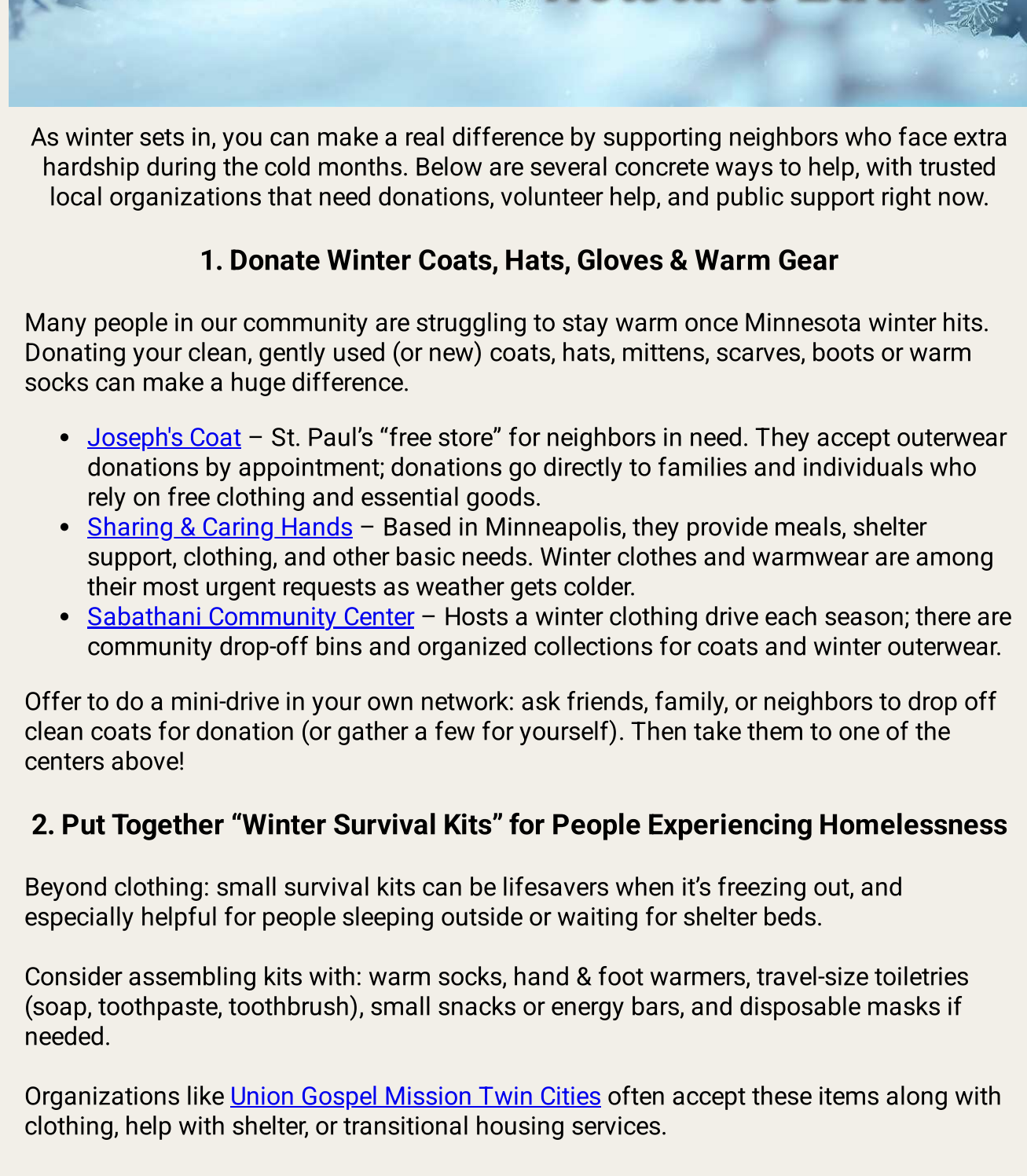
*Proceeds Support Friends For A NonViolent World*

*The Holiday Fair is almost here!*

Join us Friday, December 5 from 1 to 9 pm & Saturday, December 6 from 10 am to 4 pm at the Minneapolis Meetinghouse (4401 York Ave S.) for two days of community, creativity, and seasonal cheer.

Shop handmade goods, pottery, jewelry, books, holiday wreaths, Quaker Treasures, and local treats all while supporting FNWW's mission of peacebuilding and nonviolence. Bring a friend, a neighbor, or someone new to our community. This event is easy to share and open to everyone!

We're also thrilled to be able to host a full lineup of musicians throughout the weekend. Enjoy warm, uplifting performances while you browse. Come for the gifts, stay for the music, and leave with something that supports a peaceful season in our community. We can't wait to see you there! See more info [here](#).



### How You Can Help Your Neighbors This Month

*"The power of the people is stronger than the people in power. The change is the sum of small acts, done by many people over time."*  
- Howard Zinn

As winter sets in, you can make a real difference by supporting neighbors who face extra hardship during the cold months. Below are several concrete ways to help, with trusted local organizations that need donations, volunteer help, and public support right now.

#### 1. Donate Winter Coats, Hats, Gloves & Warm Gear

Many people in our community are struggling to stay warm once Minnesota winter hits. Donating your clean, gently used (or new) coats, hats, mittens, scarves, boots or warm socks can make a huge difference.

- **Joseph's Coat** – St. Paul's "free store" for neighbors in need. They accept outerwear donations by appointment; donations go directly to families and individuals who rely on free clothing and essential goods.
- **Sharing & Caring Hands** – Based in Minneapolis, they provide meals, shelter support, clothing, and other basic needs. Winter clothes and warmwear are among their most urgent requests as winter gets colder.
- **Sabathani Community Center** – Hosts a winter clothing drive each season; there are community drop-off bins and organized collections for coats and winter outerwear.

Offer to do a mini-drive in your own network: ask friends, family, or neighbors to drop off clean coats for donation (or gather a few for yourself). Then take them to one of the centers above!

#### 2. Put Together "Winter Survival Kits" for People Experiencing Homelessness

Beyond clothing: small survival kits can be lifesavers when it's freezing out, and especially helpful for people sleeping outside or waiting for shelter beds.

Consider assembling kits with: warm socks, hand & foot warmers, travel-size toiletries (soap, toothpaste, toothbrush), small snacks or energy bars, and disposable masks if needed.

Organizations like [Union Gospel Mission Twin Cities](#) often accept these items along with clothing, help with shelter, or transitional housing services.

#### 3. Share Mental Health Resources: Support & Warm Lines

Winter brings not only physical cold but often emotional stress. Remind people in your community – friends, family, neighbors – that help is available.

- **Minnesota Warmline** – Offers peer support in calls, texts, and chats for people experiencing mental-health stress but not in immediate crisis. Open daily, free, confidential.
- For crisis-level support, everyone can access the national **988 Suicide & Crisis Lifeline** available 24/7 by phone, text, or chat.

Print or share the Warmline and 988 contact info in social-media posts, community boards, or via text/email to reach people who may not know these services exist.

#### 4. Help Local Shelters & Youth-Support Organizations with In-Kind Donations

Some people need more than outerwear. They need everyday essentials, bedding, shoes, basics for families, and support for youth.

- **LSS Twin Cities Metro Homeless Youth Services** – They often need "wish-list" items (clothes, hygiene, bedding, etc.) for young people without stable housing. Donations help them fund safe shelter and a chance at stable housing.
- **Catholic Charities Twin Cities** – Their In-Kind Donation Center accepts essential goods (when new or in good condition), which are redistributed to families and individuals in housing crisis.

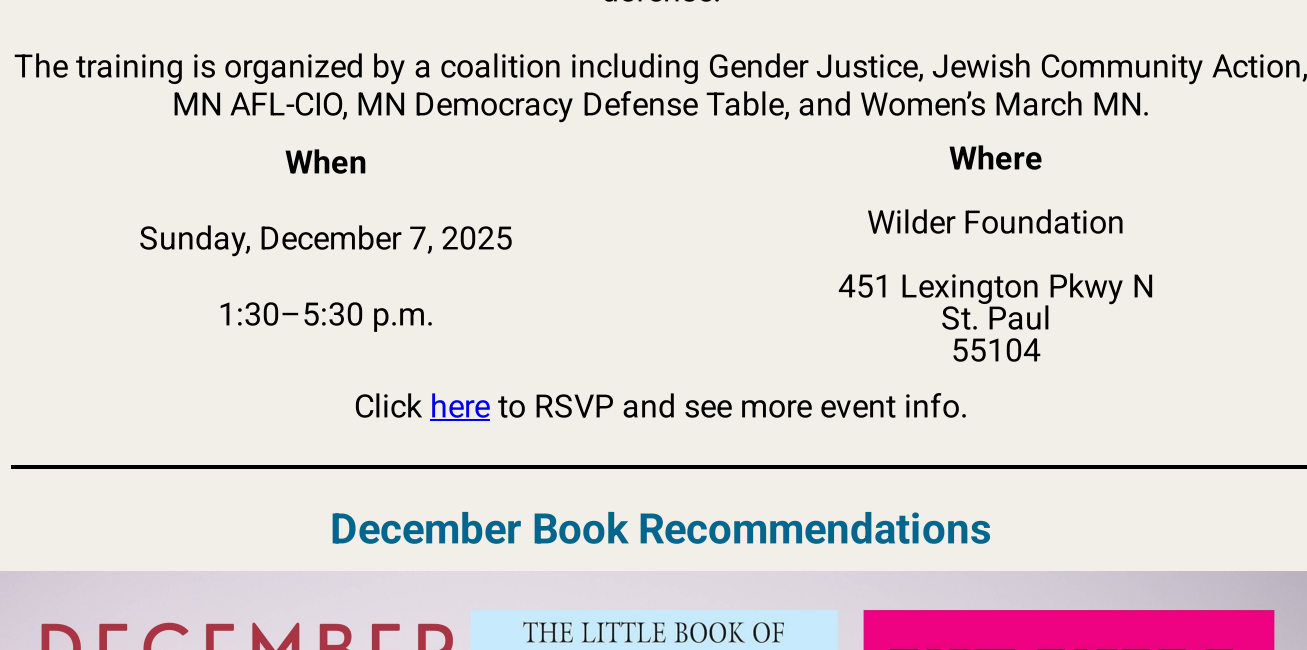
Consider donating spare bedding, new towels, or hygiene kits. These are items that feel small but make a big difference for someone rebuilding stability.

#### 5. Volunteer Your Time or Spread the Word

If you have capacity this month (even an hour or two) volunteering at a local drop-off center (clothing closet, youth shelter, meal center) or simply forwarding info about drives and resources to your networks can help a lot. Many local Twin Cities organizations rely heavily on volunteers and community outreach.

You don't need a big budget... just generosity, care, and willingness to help!

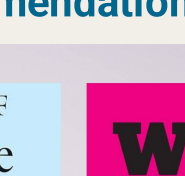
### Nonviolent Direct Action Training Opportunity



## Nonviolent Direct Action Training

Sunday, December 7 | 1:30 - 5:30 p.m.  
Wilder Foundation | Saint Paul, MN

Registration required!  
Text TRAINING to 30319  
or scan the QR code!



This four-hour, hands-on workshop is intended for folks who want to build practical skills for safe, strategic, and values-driven protest and organizing. Whether you've never attended a direct action or you've been in the streets before, the training offers something meaningful: useful tools, community, and preparation. Snacks & beverages provided.

We know many of our constituents care deeply about racial justice, workers' rights, immigrant justice, and defending democratic values. This training offers a space to build organizing muscle, deepen commitment, and prepare to act in a way that's grounded in strategy, solidarity, and safety – whether for protests, policy campaigns, or community defense.

The training is organized by a coalition including Gender Justice, Jewish Community Action, MN AFL-CIO, MN Democracy Defense Table, and Women's March MN.

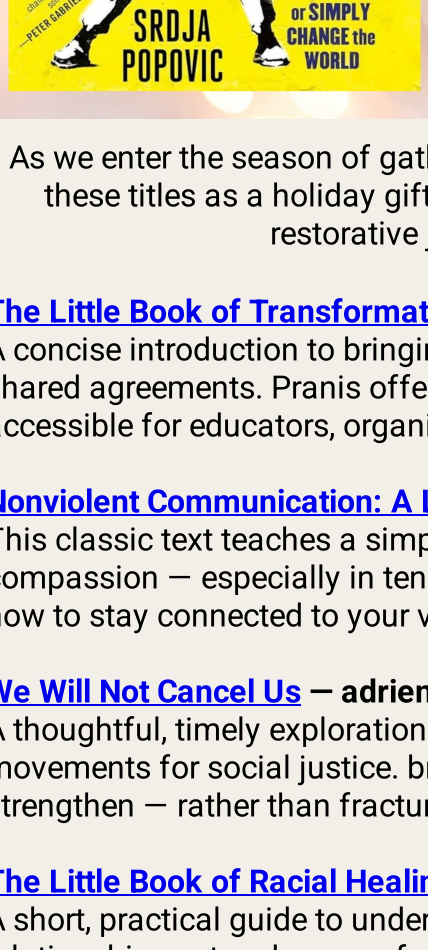
When	Where
Sunday, December 7, 2025	Wilder Foundation
1:30–5:30 p.m.	451 Lexington Pkwy N St. Paul 55104

Click [here](#) to RSVP and see more event info.

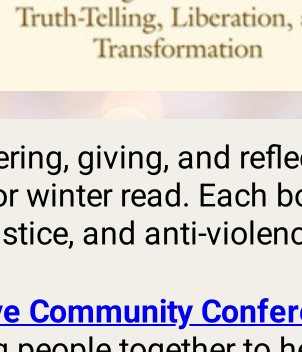
### December Book Recommendations



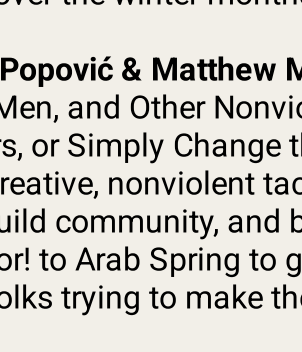
**DECEMBER BOOKS**  
GIVE THE GIFT OF KNOWLEDGE OR SIMPLY ADD THESE TO YOUR WINTER READING LIST



THE LITTLE BOOK OF Transformative Community Conferencing



THE LITTLE BOOK OF Racial Healing



**WE WILL NOT CANCEL US**  
AND OTHER DREAMS OF TRANSFORMATIVE JUSTICE  
by adrienne maree brown

*Nonviolent Communication*  
A Language of Life

As we enter the season of gathering, giving, and reflection, we invite you to choose one of these titles as a holiday gift or winter read. Each book offers tools for peacebuilding, restorative justice, and anti-violence in everyday life.

#### The Little Book of Transformative Community Conferencing – Kay Pranis

A concise introduction to bringing people together to heal harm, build trust, and create shared agreements. Pranis offers practical wisdom rooted in community experience – accessible for educators, organizers, and anyone interested in restorative practices.

#### Nonviolent Communication: A Language of Life – Marshall Rosenberg

This classic text teaches a simple framework for communicating with empathy, clarity, and compassion – especially in tense or emotional situations. A great starting point for learning how to stay connected to your values during difficult conversations.

#### We Will Not Cancel Us – adrienne maree brown

A thoughtful, timely exploration of accountability, healing, and community care within movements for social justice. Brown invites us to imagine responses to harm that strengthen – rather than fracture – relationships and long-term collective vision.

#### The Little Book of Racial Healing – Thomas DeWolf & Jodie Geddes

A short, practical guide to understanding racial trauma and building courageous, relationship-centered spaces for repair. Includes exercises and reflection questions useful for small groups, teams, or families over the winter months.

#### Blueprint for Revolution – Srđja Popović & Matthew Miller

"How to Use Rice Pudding, Lego Men, and Other Nonviolent Techniques to Galvanize Communities, Overthrow Dictators, or Simply Change the World." A smart, accessible guide to how ordinary people can use creative, nonviolent tactics, from humor and art to strategic organizing, to challenge power, build community, and bring about social change. The book mixes inspiring stories (from Otpor! to Arab Spring to grassroots local fights) with practical tools for activists and everyday folks trying to make the world a better place.

You can find these books at beloved local bookstores like [Magers & Quinn Booksellers](#) (Uptown Minneapolis) or [Moon Palace Books](#) (Longfellow). Online, you can buy them second-hand from [Thriftbooks](#) or [World of Books](#).

### Reflection Prompt for December



What does PEACE mean during a busy, commercial holiday season?

**"What does peace mean during a busy, commercial holiday season?"**

As the calendar fills and our attention gets pulled in a dozen directions, this question can offer a quiet pause. Peace isn't only the absence of conflict – sometimes it's a choice we make in small, everyday moments.

This month, take a minute to notice where you feel hurried or overwhelmed, and ask yourself:

- What would it look like to slow down here?
- Is there one expectation I can release?
- How could I practice generosity with my time, attention, or patience?
- Where might a gentle "no" create space for a meaningful "yes"?

You might choose to write about this question, bring it to the dinner table, or share it with a friend. However you explore it, we invite you to let this prompt be a guide toward connection, kindness, and presence amid the noise of the season.

FNWW 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!