



FNVW

Friends for a NonViolent World

E-Letter

October 2025

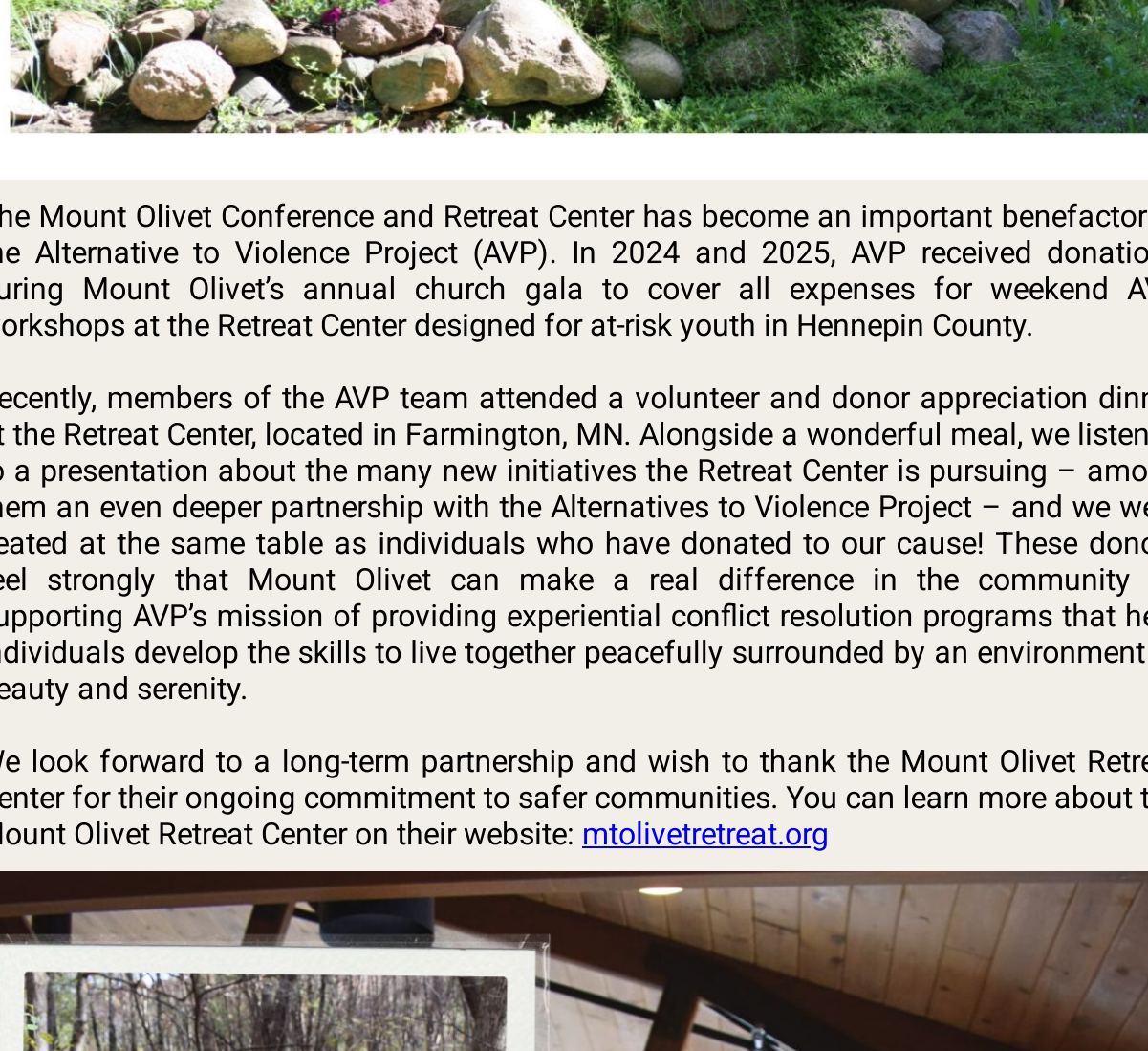
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Mount Olivet Conference & Retreat Center in Partnership with AVP



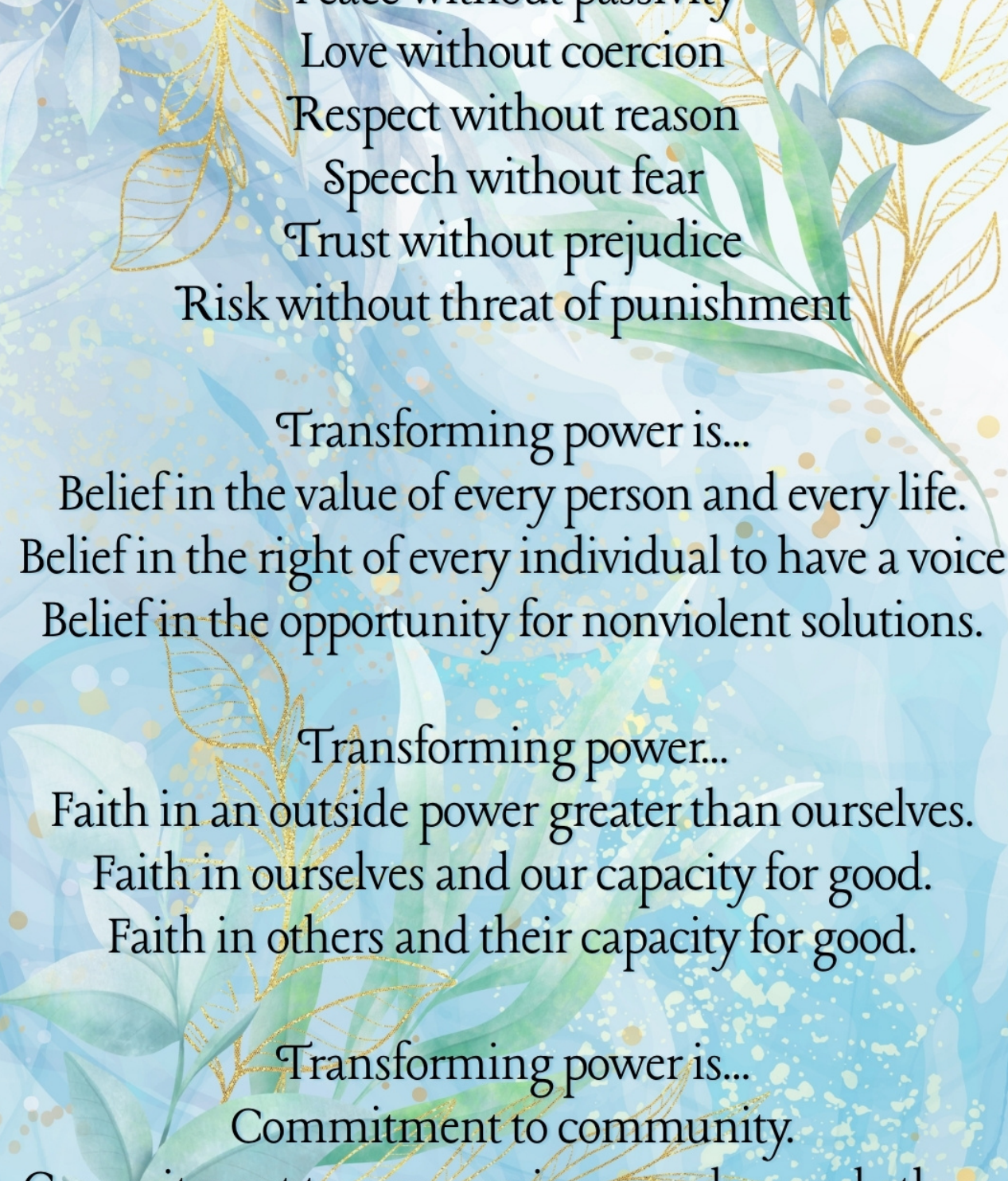
MOUNT OLIVET CONFERENCE & RETREAT CENTER



The Mount Olivet Conference and Retreat Center has become an important benefactor to the Alternative to Violence Project (AVP). In 2024 and 2025, AVP received donations during Mount Olivet's annual church gala to cover all expenses for weekend AVP workshops at the Retreat Center designed for at-risk youth in Hennepin County.

Recently, members of the AVP team attended a volunteer and donor appreciation dinner at the Retreat Center, located in Farmington, MN. Alongside a wonderful meal, we listened to a presentation about the many new initiatives the Retreat Center is pursuing – among them an even deeper partnership with the Alternatives to Violence Project – and we were seated at the same table as individuals who have donated to our cause! These donors feel strongly that Mount Olivet can make a real difference in the community by supporting AVP's mission of providing experiential conflict resolution programs that help individuals develop the skills to live together peacefully surrounded by an environment of beauty and serenity.

We look forward to a long-term partnership and wish to thank the Mount Olivet Retreat Center for their ongoing commitment to safer communities. You can learn more about the Mount Olivet Retreat Center on their website: moulinetretreat.org



Poem: Transforming Power by Authentic Allison

Transforming Power By: Authentic Allison

Transforming power is...
 Power without dominance
 Strength without violence
 Peace without passivity
 Love without coercion
 Respect without reason
 Speech without fear
 Trust without prejudice
 Risk without threat of punishment

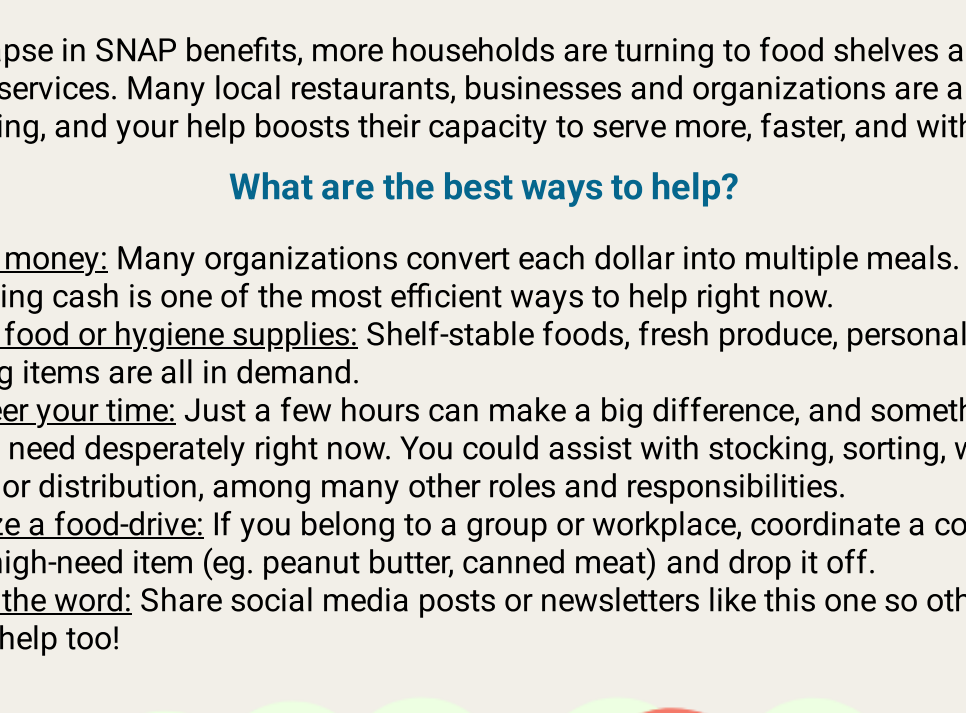
Transforming power is...
 Belief in the value of every person and every life.
 Belief in the right of every individual to have a voice
 Belief in the opportunity for nonviolent solutions.

Transforming power...
 Faith in an outside power greater than ourselves.
 Faith in ourselves and our capacity for good.
 Faith in others and their capacity for good.

Transforming power is...
 Commitment to community.
 Commitment to empowering ourselves and others.
 Commitment to allowing our lives to be continuously transformed.

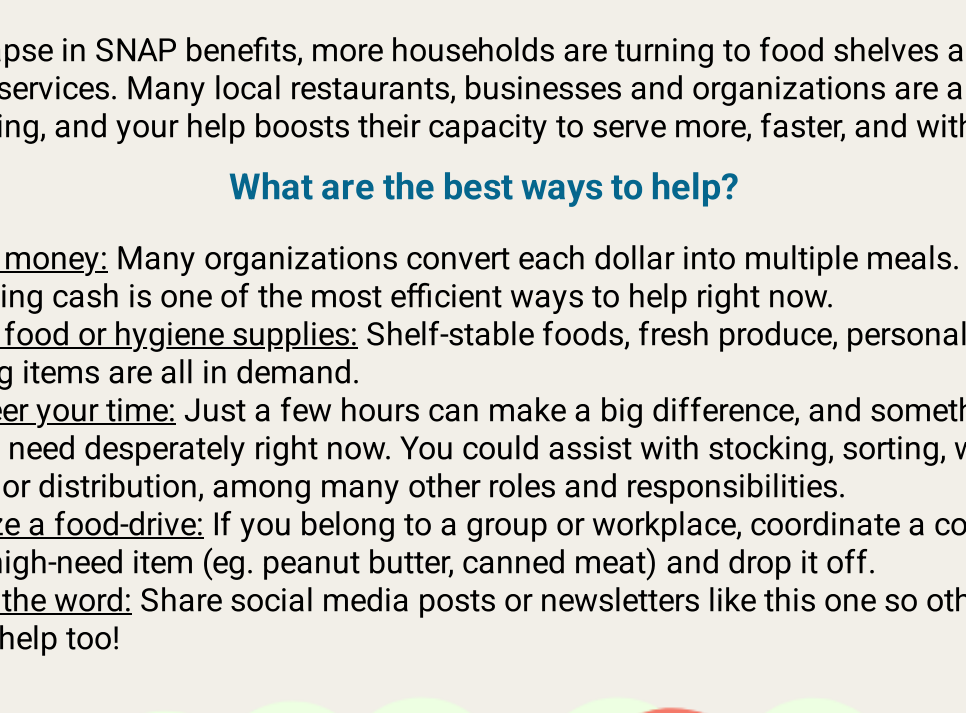
This poem about AVP is shared with permission.

Twin Cities Restaurants Step Up to Support SNAP Recipients



As Minnesota families face a temporary lapse in SNAP (Supplemental Nutrition Assistance Program) benefits, several local restaurants in the Twin Cities (and beyond) have stepped forward to make sure no one goes hungry. From neighborhood cafés to well-known eateries to nonprofit organizations, here is a list of the places showing what community care looks like in action:

- **Asian Duck Café** (4010 E. 46th St., Minneapolis): serving free fried rice for families on Mondays, Wednesdays, and Thursdays, 2 - 4 pm.
- **Big Island Poke Co.** (74 Snelling Ave., St. Paul): serving free hot chicken katsu rice plates, noon - 3 pm through mid-November. *No questions asked.*
- **The Buzz Coffee & Café** (411 Burnsville Pkwy W., Burnsville): hosting a free community chili lunch with kombucha, drinks, and waffle breakfasts for kids on Nov 5 from 5:30 pm - 7 pm. *No one will be turned away.*
- **Howard's Bar** (302 S. Main St., Stillwater): giving away free quarts of homemade chicken soup on Nov. 6 from 2 - 6 pm.
- **Hope Breakfast Bar** (1 S Leech St., St. Paul): serving free pancakes every morning between 7 - 9 am. *No questions asked.*
- **Colonial Market** (2100 E. Lake St. and 8100 31st Ave. S., Minneapolis): serving free kids' meals and \$3 adult meals for EBT card users at its in-store restaurant counters.
- **The Nook** (492 Hamline Ave S., St. Paul) & **Shamrock's** (995 W. 7th St., St. Paul): serving free kids' meals Mondays through Wednesdays. *SNAP card and matching ID required.*
- **J. Selby's** (169 Victoria Street S., St. Paul): offering a free plant-based community bowl during operating hours.
- **Lock and Dam Eatery** (101 E. 2nd St., Hastings): offering free pasta dishes for adults, and free kids' meals every Tuesday. *SNAP card and matching ID required.*
- **Shakopee Bowl** (3020 133rd St W, Shakopee): children can get a free kids hamburger meal until SNAP benefits are restored.
- **Surly Brewing Co.** (520 Malcolm Av. SE., Minneapolis) : offering free kids' meals from Nov. 4 - 6 between 3 - 6 pm. Stop in and mention "kids special" for one item per child each day for dine-in only.
- **Heights Pizza Man** (4045 Central Ave. NE, Columbia Heights): serving pizza slices, salads, and cheesebread "to those in need, no questions asked."
- **Yummy Bites** (4230 Central Ave., Columbia Heights): serving free warm waffles between 2 pm - 4 pm every day. *For anyone in need.*
- **Smokestack Express** (10516 France Ave. S, Bloomington): kids can get a free meal from the kids' menu. *SNAP card required.*
- **Focus MN** (550 Rice St., St. Paul): providing lunch bags Monday - Thursday from 11:30 am - 12 pm and community dinners on Sundays from 5 - 6:30 pm.
- At **Mill City Farmers Market** (750 S. 2nd St., Minneapolis), customers presenting their EBT card at the Info Booth can get \$10 in market bucks, regardless of their EBT balance. The market goes indoors for the winter, and runs on the first and third Saturdays of the month from 9 am - 1 pm.
- **East Side Market** (962 Burr St., St. Paul): between Nov. 5 - 30, East Side Market will provide any SNAP recipient with \$50 of free groceries, including meat, breads, and milk, provided their EBT cards are not loaded for November.



These offers vary by location and may be available for a limited time, so families are encouraged to check restaurant pages or call ahead for current details. Please help spread the word by sharing this with someone you may know who needs a warm meal!

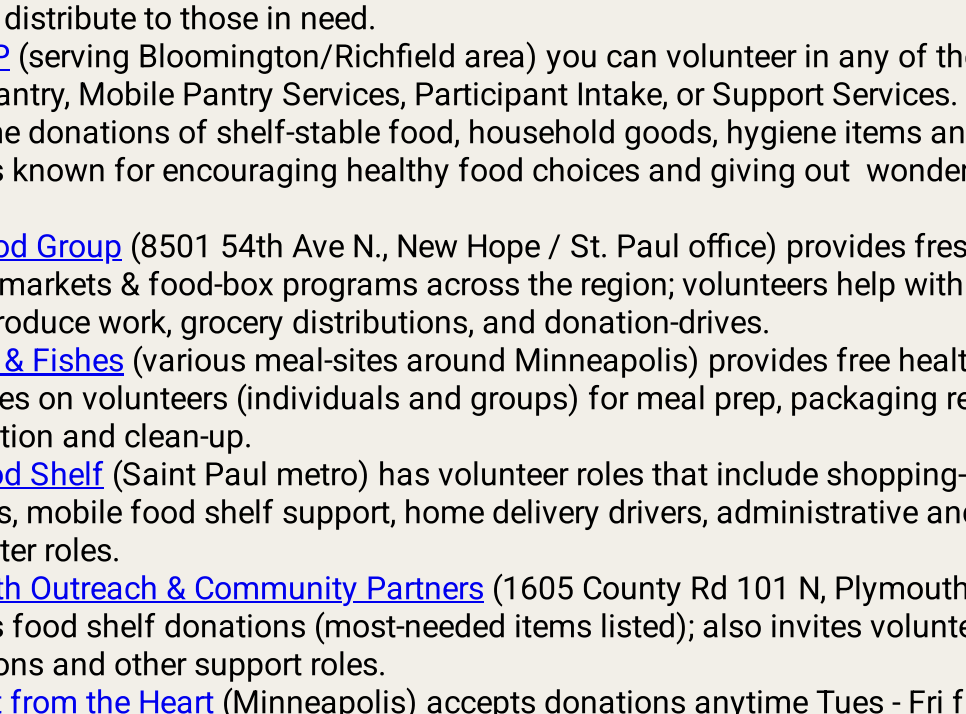
In a moment when many Minnesotans are stretched thin, these local businesses remind us how community compassion can fill the gap where policy falls short. Every shared meal is a reminder that solidarity and care remain stronger than scarcity.

Volunteers & Donations Needed at Local Food Shelves

With the lapse in SNAP benefits, more households are turning to food shelves and hunger-relief services. Many local restaurants, businesses and organizations are already responding, and your help boosts their capacity to serve more, faster, and with dignity.

What are the best ways to help?

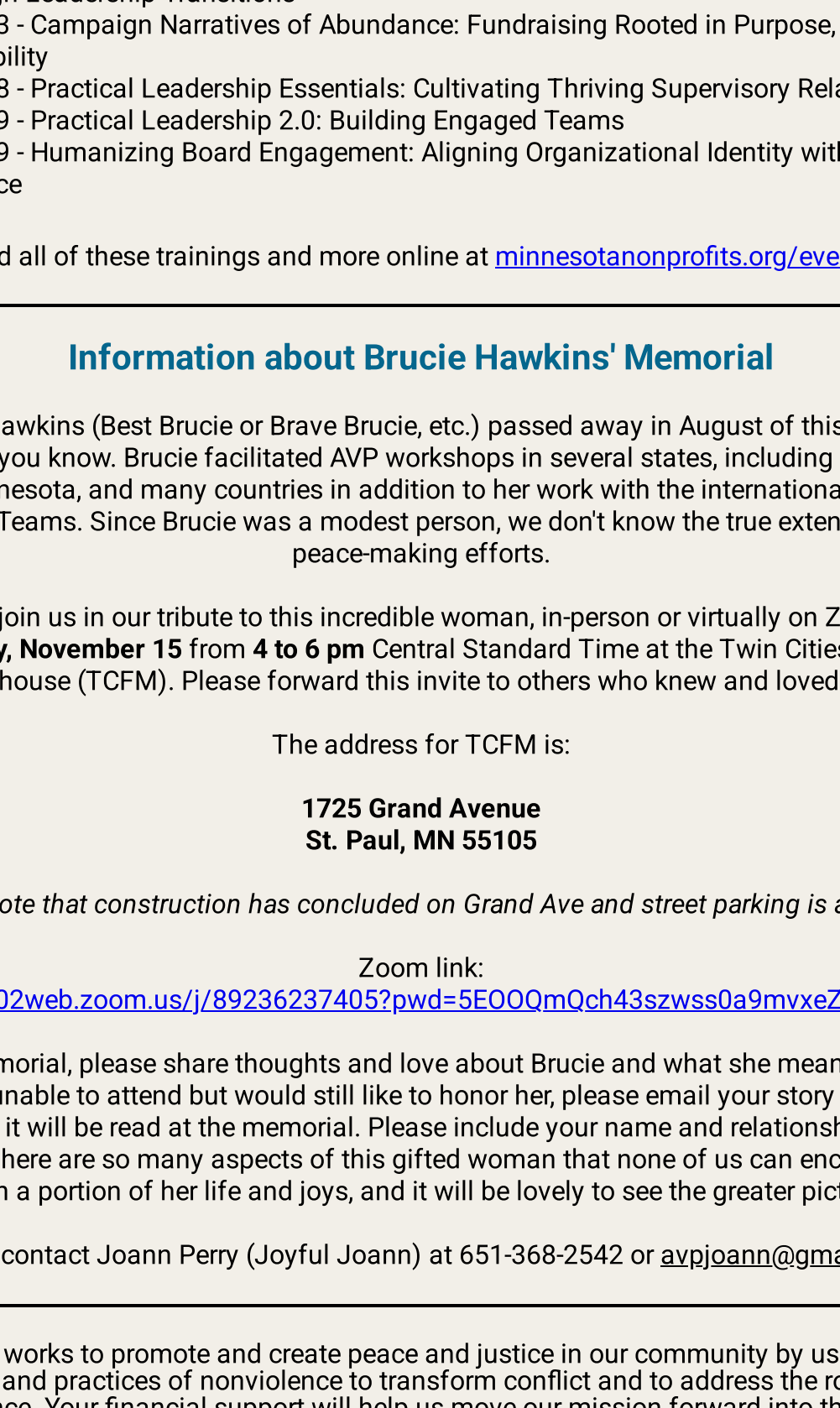
1. **Donate money:** Many organizations convert each dollar into multiple meals. This means that giving cash is one of the most efficient ways to help right now.
2. **Donate food or hygiene supplies:** Shelf-stable foods, fresh produce, personal hygiene and cleaning items are all in demand.
3. **Volunteer your time:** Just a few hours can make a big difference, and something food shelves need desperately right now. You could assist with stocking, sorting, welcoming guests, or distribution, among many other roles and responsibilities.
4. **Organize a food drive:** If you belong to a group or workplace, coordinate a collection of a single high-need item (eg. peanut butter, canned meat) and drop it off.
5. **Spread the word:** Share social media posts or newsletters like this one so others know how to help too!



Organizations throughout Minneapolis and the surrounding area are actively seeking volunteers and donations to keep shelves stocked and serve our neighbors who may be struggling right now. Please consider volunteering or donating to any of the following:

- At **Groveland Emergency Food Shelf** (1900 Nicollet Ave S., Minneapolis) volunteers are needed each Tuesday or Thursday morning to unload and sort food deliveries, and on other weekdays to help stock shelves and assist guests. When you make a monetary donation, not only are you helping families and individuals in need of food, your contribution is maximized to positively impact as many people as possible.
- At **Joyce Uptown Foodshelf** (3041 Fremont Ave S., Minneapolis) you can volunteer shifts as short as 3 hours. You would be helping clients, restocking shelves, or doing outreach. Monetary donations go far - for every dollar donated they can purchase roughly \$2.20 of food to distribute to those in need.
- At **VEAP** (serving Bloomington/Richfield area) you can volunteer in any of these areas: Food Pantry, Mobile Pantry Services, Participant Intake, or Support Services. They also welcome donations of shelf-stable food, household goods, hygiene items and more. VEAP is known for encouraging healthy food choices and giving out wonderful birthday kits.
- **The Food Group** (8501 54th Ave N., New Hope / St. Paul office) provides fresh produce, mobile markets & food-box programs across the region; volunteers help with farm/produce work, grocery distributions, and donation-drives.
- **Loaves & Fishes** (various meal-sites around Minneapolis) provides free healthy meals and relies on volunteers (individuals and groups) for meal prep, packaging rescued food, distribution and clean-up.
- **ICA Food Shelf** (Saint Paul metro) has volunteer roles that include shopping-support, food logistics, mobile food shelf support, home delivery drivers, administrative and bilingual interpreter roles.
- **Interfaith Outreach & Community Partners** (1605 County Rd 101 N, Plymouth, MN) accepts food shelf donations (most-needed items listed); also invites volunteers for shelf operations and other support roles.
- **Harvest from the Heart** (Minneapolis) accepts donations anytime Tues - Fri from 7 am - 4 pm; volunteers help with food sorting, packing and distribution at their large-scale rescued-food operation.
- **Source MN** (2609 Stevens Ave., Minneapolis) needs volunteers to help sort/bag food, push carts, load boxes, handle traffic and logistics; open to groups and individuals.

Minnesota Council of Nonprofits November Trainings



The Minnesota Council of Nonprofits (MCN) is offering several trainings in November 2025:

- Nov 6 - Succession Planning: Creating a Plan to Preserve Your Team's Wisdom
- Nov 12 - Grantwriters Incubator (FREE)
- Nov 12 - No Money, No Mission: The Importance of Strong Financial Management through Leadership Transitions
- Nov 13 - Campaign Narratives of Abundance: Fundraising Rooted in Purpose, Power, and Possibility
- Nov 18 - Practical Leadership Essentials: Cultivating Thriving Supervisory Relationships
- Nov 19 - Practical Leadership 2.0: Building Engaged Teams
- Nov 19 - Humanizing Board Engagement: Aligning Organizational Identity with Inclusive Practice

Find all of these trainings and more online at minnesotanonprofits.org/events.

Information about Brucie Hawkins' Memorial

Brucie Hawkins (Best Brucie or Brave Brucie, etc.) passed away in August of this year, as many of you know. Brucie facilitated AVP workshops in several states, including New York and Minnesota, and many countries in addition to her work with the international Friends Peace Teams. Since Brucie was a modest person, we don't know the true extent of her peace-making efforts.

Please join us in our tribute to this incredible woman, in-person or virtually on Zoom, on **Saturday, November 15** from **4 to 6 pm** Central Standard Time at the Twin Cities Friends Meetinghouse (TCFM). Please forward this invite to others who knew and loved Brucie.

The address for TCFM is:

**1725 Grand Avenue
 St. Paul, MN 55105**

Please note that construction has concluded on Grand Ave and street parking is available.

Zoom link:

<https://us02web.zoom.us/j/89236237405?pwd=5F000m0Ch43szwss0a9mvxeZ0mXjdWJ1>

At the memorial, please share thoughts and love about Brucie and what she meant to you. If you are unable to attend but would still like to honor her, please email your story to Joann Perry and it will be read at the memorial. Please include your name and relationship in your email. There are so many aspects of this gifted woman that none of us can encompass a portion of her life and joys, and it will be lovely to see the greater picture.

Please contact Joann Perry (Joyful Joann) at 651-368-2542 or avpjoann@gmail.com.

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://fnvw.org) for more information!