FNVW works to build a world of peace and justice through the following programs:

The Alternatives to Violence Project is a project of volunteers offering experiential workshops that help individuals to overcome violence in their lives. The fundamental belief of AVP is that there is a power for peace and good in everyone, and that this power has the ability to transform violence. AVP builds upon a base of respect and caring for self and others. The program reinforces nonviolent response to conflict through exercises designed to help participants creatively react to threatening situations. We offer basic and advanced non-violent workshops in the Twin Cities, local prisons, and surrounding communities.

Children's Creative Response to Conflict promotes active, nonviolent, creative responses to conflict for people of all ages. CCRC offers workshops for children and for adults who work/play with children. In CCRC workshops, leaders offer specially-designed training through which participants cooperatively examine conflicts and develop alternative solutions, learn more effective communication skills, and feel affirmed. The following four themes serve as CCRC's underlying structure: Cooperation, Communication, Affirmation, and Conflict Resolution.

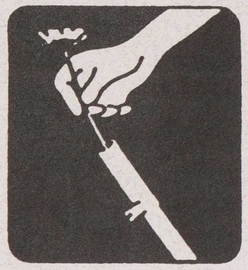
People Camp is an opportunity to share fun, work, and ideas with a richly diverse community in an atmosphere of mutual respect. Open to all, the week-long camp provides experiences in cooperation, conflict resolution, consensus-building and opportunities to explore non-violence in theory and action. Each year the theme varies to address current issues of the day. Cooperative work is an important part in the development of this intentional, multi-generational community. The camp is held at beautiful Camp Mishawaka on Lake Pokegama, just south of Grand Rapids, Minnesota. People Camp is a time to relax and play, be close to Mother Earth, share with others, find closeness with oneself, refresh one's spirit, and just "be".

Hiroshima/Nagasaki Commemorations are a part of FNVW's cooperative efforts with other peace and justice organizations. Each year we work with a coalition of groups to plan and publicize commemorative events marking the anniversary of the atomic bombings of Hiroshima and Nagasaki. These observances are offered to the broader community as a time for reflection on the past and hope for the future.

Issues of Conscience is an area of program through which FNVW seeks to support the expression of conscience against violence, particularly the violence of U.S. militarism. FNVW provides information regarding selective service, the draft, and alternatives to voluntary enlistment. We provide support for conscientious objectors who choose not to register for the draft or to go to war. We support expressions of conscience regarding the payment of taxes that support the military. Through the Issues of Conscience program, FNVW also addresses such issues as disarmament, war toys, and foreign policy. Two such programs are:

Minnesota Military Tax Resistance Network (M-TAX) supports community members in expressing conscientious objection to the way our federal tax dollars are used. We oppose militarism, but support just ways of distributing tax dollars to meet human needs. Within our group, individuals express a variety of concerns and witness in various ways. Peace witness can be: writing letters to elected officials about military spending, moral and financial support of individuals who resist military taxes, support of the National Campaign for Peace Tax Fund (which would offer a legal redirection of the military portion of federal taxes to support projects which will enhance peace), and complete non-cooperation with tax collection.

FNVW's Non-Violent Discussion Group is an ongoing (monthly) opportunity to intergrate theory, practice, and personal reflections in nonviolence.



Peace Breakfast is an open informal, monthly gathering for individuals working for peace and justice in the Twin Cities area. It is a chance for activists from different communities to network, share stories, and get to know one another. Peace Breakfast serves to kindle collaborative work which strengthens our sense of community and unity.

Summer Interns are hired by FNVW each year. With the support of local Friends Meetings, FNVW is able to provide an excellent educational experience in organizing for peace and justice. Interns have an opportunity to work on a wide variety of program and administrative tasks, and they also choose a project in which to focus, such as People Camp. Perhaps the most exciting aspect of the internship is the opportunity to interact with Quaker political scientists through weekly meetings which intergrate readings, personal reflection, and discussions.

The FNVW Newsletter is published minimally twice a year by a volunteer committee. The newsletter provides information regarding FNVW activities and articles written on various topics by FNVW volunteers. It is an opportunity to stay in touch with the organization and to read others' ideas and opinions on peace and justice issues.