Friends House Moscow is a small non-governmental nonprofit organisation that funds projects for peace and civil society in the former Soviet Union. FHM supports projects which work in such areas as human rights, education, restorative justice and non-violent communication. Each project also furthers social goals such as grass-roots collaboration, equality and non-violence.

The work of Friends House Moscow reflects the deepest values of the Society of Friends (Quakers).
**A letter from our presiding clerk**

**Holding in the Light**

We Friends (Quakers) frequently say to each other, “I will hold you in the light.” One explanation for this phrase is that it means,

“To ask for God’s presence to illumine a person, situation, or problem, whether in concern or thanksgiving.”


This explanation perfectly describes Friends House Moscow (FHM)’s continued work in Russia and Ukraine, holding these huge countries with their millions of people in the light every day, by promoting optimism and faith that as citizens of the world, we can help each other find peace in a world that has been so wounded with so many conflicts.

FHM and its project partners continue to hold the people of Russia and Ukraine in the light through effective ongoing projects such as:

- The Alternative Service Office in Kazan, which informs young men of their right to perform community service as an alternative to military service, and conducts advocacy for those who are conscripted in breach of their legal rights;
- The Alternativschik newspaper, which provides essential information and updates on Alternative Service, as well as other pacifist materials;
- Alternatives to Violence Project (AVP) workshops in Ukraine, which train participants for nonviolent solutions for conflict, increasing in importance as violent conflicts increase daily worldwide, and which address the tensions between ethnic groups with workshops focusing on displaced persons;
- The Help for Children with Special Needs program, which is designed for children with learning difficulties and for their teachers and parents;
- The School Mediation Program in Dzerzhinsk, which aims to establish school mediation programs in several educational institutions;
- The English Club, which helps orphanage graduates to develop communication skills with other people, using the English language.

Translation and publications work continues to develop every year. Our activity and expertise continues to grow in all aspects of publishing: in-house translation and administration of free-lance translators; editing and revision of texts; negotiation of copyright permissions; use of new sophisticated publishing technologies.

FHM could not hold Russia and Ukraine in the light without committed donors of monetary and spiritual support, including, but not limited to, the following: individuals and Quaker Meetings in Germany, the Netherlands, the U.K., and the USA; and the Radley, BEARR and Joseph Rowntree Charitable Trusts.

Our website, Facebook page and newsletter email list are ways to learn about developments and to become a part of FHM’s work. We look forward to hearing from you and invite your participation.

Karen Porter
Clerk (Chair) of the Board, Friends House Moscow
FHM projects

Alternatives to Violence

The Alternatives to Violence project (AVP) is a practical training programme that enables participants to deal with potentially violent situations in new and creative ways. It was originally developed by Quakers in the 1970s in the USA, for use in prison work. The techniques are applicable to many different situations and contexts, and AVP is now an international volunteer movement active in more than 60 countries.

FHM funds essential operating costs for AVP work in Russia and Ukraine. In 2015 the main emphasis was on work in Ukraine, all the more needed because of the conflict in the east and the stresses it generates among displaced people and society as a whole.

Odessa, Kharkiv and beyond

AVP Ukraine is run by a group of volunteers (many of them psychologists) who are based primarily in Odessa, but work in various locations around the country. This year FHM funded two programmes: the first was an extension of previous activities, and the second an expansion of work with internally displaced refugees. This second project was made possible by a generous matching grant from The BEARR Trust (www.bearr.org).

An ongoing activity is work with juvenile offenders. This year a number of workshops were held in a detention centre in Odessa. Training workshops have also been held for a mixed audience of NGO volunteers, psychologists, social teachers and social workers from Odessa and surrounding regions.

The project with temporarily displaced persons took place in north east Ukraine (Kharkiv, Kramatorsk, Slavyansk) and around Odessa. In all, 157 adults and 423 children and teenagers (aged between 6 and 21) took part. Alla Soroka (Odessa) and Tanya Siritsyna (Kharkiv) write of the work:

"In 2014, masses of people began to stream in from the combat zones. They were resettled without any particular system, usually in summer health resorts, rest homes and children's camps. The expectation was that people would not be there for long. Many expected that that they would soon return home. At that time, organizations and volunteers actively undertook to help the displaced persons; this lasted for about a year. The situation did not change, resources were being depleted and people began to be angry that they had been stranded.

"...We offer our trainings to precisely those people who have been unable to integrate and who have been left to live in health resorts or children's camps which are far outside of town. Every group we work with, like each person, is very individual and has its own character. These groups were characterized by a closed-off quality, watchfulness, a common reluctance to be part of the group.

"It was easier to gather the groups of children and

Continued on page 4
Alternatives to Violence, continued from page 3

that they needed a place where they could share and
talk with grownups about the things that were
worrying them ... They were able to share with us
about what they had endured, because that helped
them remember good family moments from the past,
memories that replenished their resources.”

FHM Projects

Draft Counselling and Alternative Service

After the summer 2015 draft call-up season,
twelve people in Tatarstan went to serve as
alternative servicemen, bringing the total in the
region to 32. Some applicants have bureaucratic
problems, but the centre has been successful in
helping more than one client to transfer from
military to alternative service despite having
missed the application deadline. Almost all the
alternative servicemen work in hospitals and post
offices. They have not been “exiled” to difficult
work in the far east, which is the sort of
misinformation that draft boards sometimes put
about.

You can read about one young man’s
experience of alternative service in this article,
from online magazine Russia Beyond the
Headlines:

Alternativshchik

FHM continues to fund the distribution costs
for Alternativshchik, a newsletter that provides
information and support for conscientious
objectors. It is published several times a year and
around 1,000 copies are sent throughout Russia,
often via protestant churches.

The main editor (who is a committed
pacifist) also makes online material about
pacifism available in the Russian language, and
assists FHM with proofreading of any pacifist
texts that we translate.
Helping families in Dzerzhinsk

Over a number of years FHM has supported a variety of projects initiated by the Centre for Psychological, Medical and Social Support in Dzerzhinsk, a city east of Moscow. The projects have been directed towards finding innovative ways to support vulnerable children and families.

The driving force behind the work was Nina Kamina, a retired militia officer who worked in the family division. Nina had a genius for starting new initiatives and then persuading the city authorities to absorb them into its work. FHM has been happy to provide "starter funding" for activities that have become self-sustaining in this way. The projects now have a new coordinator, Irina Rodchenko (another retired militia officer), and Nina continues to serve as a consultant.

Help for children with special needs

A two year project called “Understand, Accept and, Then, Help”, is designed for children with learning difficulties, and for their teachers and parents. FHM funds allowed the creation of a “Creative Workshop” specially equipped for sand animation. “Sandplay” is a therapeutic method first developed in the 1920s. It was influenced by Jungian psychology and activates our capacity to recognize and organize symbols.

Children are given trays of sand, other materials and miniature figures. Starting with a statement from the therapist, children then build a world, turning the original statement into a story of their own. They have responded enthusiastically.

Games with sand have a positive impact on the psycho-emotional state of children, and are an excellent means for teaching and for self-discovery. As a rule, the forms and symbols that emerge out of playing with sand are deeply diagnostic and this made it possible for specialists to outline individual programs to correct the psycho-emotional state of each child.

During 2015 the project worked with 43 families of children with health limitations. The positive influence on the children was apparent by improvements in their emotional state, and the development of their communicative and cognitive abilities. A "Train the Parents" course was highly rated by its recipients. Parents also had access to advice from a well-known pediatric neurologist.

The teaching staff of pre-school and school institutions were also greatly aided by help they received in developing methodologies that can be used when working with “special” children. Thanks to the way the project brings together school teachers and psychologists with school and pre-school administrations, there is every hope that children with health limitations will be offered timely, well-informed, professional psychological help.

School Mediation

Another new project in Dzerzhinsk, called "Attention! Conflict!", aims to establish school mediation programmes in four educational institutions.

In recent years the number of conflicts among children in primary

Continued on page 6
School Mediation, continued from page 5

Schools has increased sharply. Such conflicts often lead to anti-social behavior involving children of different age groups (threatening, belittling, fighting, stealing and so on).

One of the ways to prevent hostility and intolerance in the school environment is to develop skills in interpersonal relationships, and to learn how to resolve conflicts in a non-violent way. A mediation service, by giving a method for regulating quarrels using a third party mediator, aims to help children grow their social intelligence and ability to cooperate with each other.

The project aims to develop "peer mediators" (schoolchildren trained as mediators) and to involve teachers and school psychologists in the establishment of the mediation service. Work began in October 2015 at the start of the 2015-16 academic year, and will be reported on more fully in 2016.

FHM Projects

The English Club

The Big Change Foundation in Moscow was founded by a group of teachers, united by a common dream of helping orphanage "graduates" to realise their potential and enable them to live life to the fullest. FHM supports Big Change, as and when we are able, by funding extra activities such as the English Club which is described below.

The primary purpose of the English Club is not to teach English. Instead the goals are broader, to develop: Communication skills with other students, teachers, and volunteers; Social skills such as proper behaviour in various situations, finding information, presenting it to others; Self-organization and planning (keeping one’s word, coming on time); and subject knowledge and general intellectual abilities. But learning English is good, too!

Club sessions were held twice a month, with up to 8 students and up to 6 volunteers in addition to the teachers. Interaction with the volunteers is an important part of the education process for kids who may not have much contact with the outside world.

Themes for each session were varied and interesting: in October, Halloween and pumpkins; in December, making cards and learning how to give gifts and thank people; learning about animals and wildlife; trying Irish dance; translating English songs and singing with guitar; and translating Russian poems into English.

As students learned new vocabulary and took part in presentations, they became better able to express themselves and listen to others. Some self-conscious students became more active and showed more initiative. One 18-year-old, who at first became confused when somebody asked him even a simple question – “What is your name?” or “How are you?”, and couldn’t pronounce more than one word correctly, was making presentations at the end of the year and able to answer questions. Another student, too shy at first to talk to volunteers, was asking them questions and suggesting new topics.
Publishing and Outreach in the Russian Language

In 2012 Friends House Moscow received a major grant from The Joseph Rowntree Charitable Trust, which provided three years of funding for translation and publication of Quaker texts.

2015 was Year 3 of the project. The work has proceeded more slowly than planned, partly due to delays in obtaining copyright permission for translations, and so it is extended into 2016 with the agreement of the Trust.

Meanwhile much has been accomplished this year. Rethinking War and Peace by Diana Francis has been translated and prepared for printing, as well as being put online. Other books translated for online publishing were Elizabeth Fry, a Biography by June Rose, and The Norwegian Diary by Myrtle Radley.

Other publications work (funded as part of our general outreach strategy) included the translation of Rex Ambler’s booklet What is the Experiment with Light? We also printed 300 paper copies of Emil Fuchs’s Christ in Catastrophe, which had already been well received online. Copies went to the State Book Chamber, public libraries, and the regular recipients of Alternativschik Newsletter (see page 4). The remainder were given away to enquirers and we are now "sold out" of stocks in Moscow.

Online outreach

Social media becomes more and more important in our outreach work, especially Facebook and Vkontakte.

At the end of 2014 there were 57 participants in the Russian language Facebook Group and 30-40 views of each news item. As of October 2015 we had 104 participants and 50-60 views of each item. It is the most active Quaker discussion group on the Russian internet. The Vkontakte Quaker Group had 18 participants at the start of 2015 and by October grew to 84.

Outreach

“Outreach” is our word for letting people know that Quakers exist, about what we do and what we believe in (for example our testimonies to peace, equality, simplicity, truth and justice).

FHM promotes outreach in the Russian-speaking world via Russian language websites, translations of Quaker texts into Russian, and FWCC/Woodbrooke online courses.

Our www.quakers.ru website was updated 2 or 3 times a week. The number of visitors increased by 3-4 times over 2014. Our vision of the technology of outreach work is to use the website as a stable place, an archive, a digital library, a resource center for Russian speakers who want to know about Quakerism. We use Facebook and Vkontakte as places where people can discuss Quaker materials, ask questions and communicate with each other.

Meditation of friends

A new project in Moscow introduces people to spiritual meditation using materials in accordance with Quaker values and practice. It is not advertised or run as a religious or Quaker group, but enquirers ask about Quakers if they are interested.

We are grateful to EMES (the European and Middle Eastern section of FWCC, www.fwccemes.org) for support with running costs.
Organisational Structure

Friends House Moscow is a collaboration between three organisations, each legally registered in its own home country - the United Kingdom, the United States, and Russia. The organisations in the US and the UK raise funds and awareness at home and conduct charitable activity in Russia and Ukraine. The work is coordinated by an international Board composed of Quakers from Russia, the USA and Europe, including trustees from the US and UK organisations. The Board sets strategy and makes funding decisions for the work as a whole. The British and American charities, who are legally responsible for the charitable work, act in accordance with the decisions of the Board.

Charitable activities in Russia and Ukraine are carried out by commissioning work from a company, OOO Friends House, that provides services in the following areas: developing and maintaining our Russian language website and social media presence; translating and publishing Quaker and other texts in Russian; and managing operational aspects of project work including grant administration, reporting and evaluation. Staff also act in an advisory capacity to the Board.

Home country registrations

The UK organisation (informally known as "FHM British Committee") is a company limited by guarantee and is registered with the Charity Commission under the name Friends House Moscow (Charity registration number 1055965). FHM Support Association in the USA is a 501(c)3 organisation. Their donors may receive a tax deduction, to the extent allowable by US tax laws.

OOO Friends House in the Russian Federation is an independent commercial enterprise that is registered as a limited liability company. It is run with a not-for-profit ethos, although under Russian law it is technically a for-profit organisation. Its two directors are members of the Society of Friends (Quakers).

Accounting basics

The British and American charities generally raise funds in one year and disburse them to projects in the following year. In this way, we know we can fulfill our promise of funding projects when we approve grant applications. We also keep at least six months of operating funds in reserve.

FHM also requests funds from trusts and foundations on behalf of projects. These funds are disbursed to projects according to the guidelines of the trusts.

Financial records of the three FHM organisations undergo audits or examinations as required by local law. The FHM British Committee is required by UK law to maintain accrual accounts; FHM Support Association and OOO Friends House use cash accounting.

Join our work!

Please donate to Friends House Moscow

FHM relies on funds from individuals, foundations and monthly & yearly meetings to support projects that promote peace and civil society in the former Soviet Union.

You may donate online at www.friendshousemoscow.org or send donations to:

In Europe:
Donations Secretary, Friends House Moscow
Brynmawr, Westbourne Drive
Lancaster LA15EE, U.K.

In North America:
Friends House Moscow Support Association
PO Box 60253
Palo Alto, CA 94306, USA

Donations to the U.S. address or online are tax-deductible on U.S tax returns.
FHM British Committee
fundraising for FHM in the United Kingdom

Statement of Financial Activities
For the year ending December 31, 2015

Income and Expenditures

All figures in British Pounds Sterling

<table>
<thead>
<tr>
<th>Income Resources</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Donations in the U.K.</td>
<td>£27,692</td>
<td>10,067</td>
<td>38,014</td>
</tr>
<tr>
<td>Donations from FHMSA (USA)</td>
<td>0</td>
<td>4,046</td>
<td>4,046</td>
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<tr>
<td>Donations from Europe (via U.K.)</td>
<td>0</td>
<td>2,367</td>
<td>2,367</td>
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<tr>
<td>Sales</td>
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<td>201</td>
<td>201</td>
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<tr>
<td>Investment and other income</td>
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<td>54</td>
<td>54</td>
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<tr>
<td>Total Income</td>
<td>27,692</td>
<td>16,735</td>
<td>44,427</td>
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<table>
<thead>
<tr>
<th>Resources Expended</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grants for projects</td>
<td>4,605</td>
<td>5,140</td>
<td>9,745</td>
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<tr>
<td>Grant/programme management in Russia (note 2)</td>
<td>0</td>
<td>7,810</td>
<td>7,810</td>
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<tr>
<td>Translations for outreach</td>
<td>8,834</td>
<td>8,043</td>
<td>16,877</td>
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<tr>
<td>Online publication and outreach activities</td>
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<td>8,446</td>
<td>8,446</td>
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<tr>
<td>Currency exchange gain/loss (note 3)</td>
<td>0</td>
<td>1,434</td>
<td>1,434</td>
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<tr>
<td>Administration and cost of generating income</td>
<td>0</td>
<td>711</td>
<td>711</td>
</tr>
<tr>
<td>Governance</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Total resources expended</td>
<td>13,439</td>
<td>31,584</td>
<td>45,023</td>
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</tbody>
</table>

| Net movement in funds | 14,253 | -14,849 | -596 |
| Fund Balance Brought Forward | 22,519 | 41,894 | 64,413 |
| Fund Balance Carried Forward | 36,772 | 27,045 | 63,817 |

Balance Sheet

<table>
<thead>
<tr>
<th>Current Assets</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debtors</td>
<td>£0</td>
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<td>0</td>
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<tr>
<td>Cash At Bank</td>
<td>36,772</td>
<td>25,668</td>
<td>62,440</td>
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<tr>
<td>Cash held</td>
<td>0</td>
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<td>1,377</td>
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<tr>
<td>Total</td>
<td>36,772</td>
<td>27,045</td>
<td>63,817</td>
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</table>

<table>
<thead>
<tr>
<th>Current Liabilities</th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Creditors</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

Net Assets | 36,772 | 27,045 | 63,817 |

Notes:
1. The official name of the British charity is 'Friends House Moscow'. To avoid confusion with the rest of the organisation we have used the informal name "Friends House Moscow British Committee" here. These are summary accounts: a more detailed version is filed with the Charity Commission.
2. Grant and programme management is an essential operational part of the charitable work. It does not include any administrative costs for raising funds.
3. For operational purposes the British charity holds some money in roubles. The exchange loss is largely due to sterling revaluation of the rouble account at the end of 2015 due to exchange rate movements. This is a loss on paper only: the money still exists as roubles and has not lost its local value.
4. The Charity has a policy of maintaining reserves equal to six months expense on operational costs in Moscow.
FHM Support Association
fundraising for FHM in the U.S.A.

Statement of Financial Activities
For the Year Ending December 31, 2015

Income and Expenditures

All figures in U.S. Dollars
Balance 1/1/2015 ........................................................................................................... $16,197

Income

<table>
<thead>
<tr>
<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
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<tbody>
<tr>
<td>From Individuals</td>
<td>$0</td>
<td>30,359</td>
<td>30,359</td>
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<tr>
<td>From Meetings (note 2)</td>
<td>140</td>
<td>6,048</td>
<td>6,188</td>
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<tr>
<td>Craft Sales</td>
<td>0</td>
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<td>Total</td>
<td>140</td>
<td>40,929</td>
<td>41,069</td>
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Expenditures

<table>
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<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
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</thead>
<tbody>
<tr>
<td>Donation to FHMBC for use in Russia/Ukraine (note 1)</td>
<td>0</td>
<td>6,300</td>
<td>6,300</td>
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<tr>
<td>British donations passed to FHMBC (note 2)</td>
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<td>0</td>
<td>140</td>
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<tr>
<td>Newsletter Expenses</td>
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<td>2,059</td>
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<tr>
<td>Craft Expenses</td>
<td>0</td>
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<td>4,156</td>
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<tr>
<td>Supplies</td>
<td>0</td>
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<td>174</td>
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<tr>
<td>Money transfer charges</td>
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<tr>
<td>Government Fees</td>
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<td>20</td>
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<tr>
<td>Board Meeting conf. calls</td>
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<td>180</td>
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<tr>
<td>Postal expenses</td>
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<td>82</td>
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<tr>
<td>Total</td>
<td>140</td>
<td>12,971</td>
<td>13,111</td>
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Balance 12/31/2015 ........................................................................................................... 44,155

Balance Sheet

<table>
<thead>
<tr>
<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Current Assets</td>
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<td></td>
</tr>
<tr>
<td>Debtor</td>
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<tr>
<td>Total</td>
<td>0</td>
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<tr>
<td>Current Liabilities</td>
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<tr>
<td>Net Assets</td>
<td>0</td>
<td>44,155</td>
<td>44,155</td>
</tr>
</tbody>
</table>

Notes:
1. “FHMBC” is the British registered charity Friends House Moscow (also known as “Friends House Moscow British Committee”). For operational efficiency and convenience, FHMSA’s charitable expenditure in 2015 was transferred to the rouble account of the British charity prior to being disbursed to recipients. This money appears in the British accounts as charitable income labelled “Donations from FHMSA (USA)
2. Donations included $140 from a British Meeting that was channelled via FHMSA, but appears in FHMBC accounts as a donation from Britain.