Friends House Moscow is a small non-governmental nonprofit organisation that funds projects for peace and civil society in countries of the former Soviet Union. FHM supports projects 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 a Board member

**Blest be the tie that binds... Join us!**

Several years ago, newly retired from the legal profession in the United States, I found myself visiting Moscow and, eventually, teaching Anglo/American law to Russian students. As a newly minted Quaker, I also visited Friends House Moscow and attended an annual meeting of its international board. Little did I know how easy it was to get “hooked” on FHM and the amalgam of people on that board – from the U.S., U.K., Germany, and, over the years, other countries. Joining this group annually for board meetings, I have felt so inspired, so involved in a truly wonderful international effort to serve the citizens of Russia and Ukraine.

Between those annual board meetings in Moscow, that board is constantly connected online in meetings and correspondence about exciting projects and new efforts – whether sponsoring counseling for conscientious objectors, English language education for social and legal orphans, holding Alternatives to Violence training, translating and publishing a growing list of Friends publications, and the other varied projects FHM has sponsored and participated in over the years. Working with the devoted and hard-working Russian staff in Moscow, the host of dedicated local Russian and Ukrainian volunteers and other international board members, we all inspire and truly care for each other across the thousands of miles.

I have written this “introduction” to our Annual Report a few times over these years, and this time I am moved to invite readers all over the world to get involved with FHM. Our board needs a constant flow of new members and volunteers with every skill imaginable – whether your talents lie in management, writing, law, translation, finance, fundraising, public relations, education, or just about any other area of human endeavor – FHM always welcomes new board members and other volunteers.

I recount my experience to let you know that a great opportunity to “change the world” awaits you. Join us, step out of your “comfort zone,” seize upon this new adventure. You will not regret getting involved with Friends House Moscow. Additionally, because travel can be difficult, you do not necessarily have to travel to Russia any time soon - you can join a meeting virtually, volunteer to take on something that interests you - then plan for the day you can visit personally.

Karen Porter, International Board member, FHM (and formerly Clerk of the Board)

---

**FHM projects**

**Alternatives to Violence**

The Alternatives to Violence project (AVP) is a practical training programme that helps participants to deal with potentially violent situations in new and creative ways.

FHM supports volunteer AVP facilitators in Russia and Ukraine by providing essential running costs for their workshops.

The Alternatives to Violence Project (AVP) group in Moscow increased their activity during 2019. FHM hosted several workshops and helped with advertising for the programme. We also fund the cost of their website nenasilie.ru.

*Continued on next page...*
Friends House Moscow
...Continued from previous page

We also provided funding towards the work of AVP Ukraine, which also receives support from other sources. This year the group was active in various locations:

In February to April the team held four workshops focused on work against bullying, two on training for facilitators, and a one day workshop "Advantages of Working in a Multiple-aged Team".

Three of the workshops were held in the city of Ivano-Frankovsk at the invitation of Caritas, the Catholic social service organisation.

In May to July the team held five workshops. One, in Odessa, again focused on work against bullying. Its participants were college teachers.

Two workshops for teenagers were held in Kharkov, on themes of Personal Boundaries and Forming Positive Self-esteem, and basic workshops were held in Zaporozhie and Odessa.

More details of the work of AVP Ukraine during the year can be found on their Facebook page, https://www.facebook.com/avpinukraine

The AVP method was originally developed by Quakers in the USA in the 1970s, 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 Projects**

*Alternativshchik*

The *Alternativshchik* newsletter for conscientious objectors has been reborn as a website.

(Conscientious objectors are called "Alternativshchiks" because they choose Alternative Service instead of going into the military.)

![Alternativshchik](image)

*(From the home page of the new website)*

The new website is easy to navigate, attractive to the eye, and is constantly updated.

In the past FHM funded printing and distribution costs for the newsletter. We provided funding and practical help to set the website up, and continue to give assistance with technical aspects.

<<< Left: A portrait of one of the "Alternativshchiks" from the website gallery. Alexander gave his alternative service at a residential facility for adults with psychiatric or neurological disabilities.
FHM Projects

The Refugee Centre in Moscow

The refugee centre in Moscow provides educational and cultural activities for pre-school children who don’t attend kindergarten, and tutoring for school age children who have no access to state schools because their parents don’t have the necessary registration. The centre also helps school attenders by giving extra Russian language tuition.

The centre caters for 80 to 100 children, and more than 120 volunteers work with them. Volunteers include university professors, private tutors, psychologists, lawyers, artists, and concerned citizens, who gain experience in volunteering and learn to work with people who are socially unprotected.

FHM provides funding towards stipends for the programme coordinators. We are grateful to German Yearly Meeting of the Religious Society of Friends for giving major support to this project.

Figures for educational programmes during May to July were:

- “Profile Subjects”: group lessons for 37-40 children who don’t have access to a state school. Sessions took place three times a week. Total: 36 sessions, 144 hours.

- “Assistance”: individual lessons for about 45 children attending school. Lessons were given in 4-hour sessions, 2 times a week; 24 lessons equals 96 hours. This programme helps migrant children with Russian language difficulties or problems with nationality discrimination.

- “Preparation for school” programme for 20 children: 4-hour lesson once a week. Total: 24 lessons, 96 hours. The children get psychological support, attend classes and study the basics of writing, reading and counting. Hopefully these children will get a place at kindergarten or school in the future.

Other activities included 6 group classes each week for pre-schoolers, plus psychological consultations and library or museum excursions.
FHM Projects

The English Club

The organisation Big Change helps young people brought up in orphanages to get education and job prospects, and acquire life skills for existing outside the orphanage. It receives funding from various sources (including President Putin), and this year was offered new premises free of charge by the government of Moscow.

FHM provided supplementary support to allow Big Change to run an “English Club” which gives students the opportunity to learn English, but also widens their horizons, and expands their general knowledge and social skills.

In the period May-July there were six Club meetings, with from 4 to 8 students 1 to 4 volunteers and 1 to 3 teachers.

Themes of the sessions were: “Ireland”, “Abnormal events”, “Directions”, “Rock Dog”, “Moscow without snow”, “Extreme”.

Each Club session includes discussing the topic, learning new vocabulary, making a presentation, and communicating with volunteers. It's not just about learning English. Efforts are focused on improving knowledge, analytical skills, logic, memory and attention.

Assessment shows that students become better able to express themselves and listen to others, and become more confident and open-minded.

FHM Projects

Draft Counselling and Alternative Service

For many years FHM supported an advice service in Kazan (Tatarstan) for conscientious objectors and serving army conscripts, by funding office rent. The service providers have moved out of the city centre, and are continuing their work from their home in the Tatarstan region. This year no FHM funding was needed, but in future we will continue to support the service as needed (for example with communications technology).
Publishing and Outreach in the Russian Language

Our main vehicle for outreach is the internet. This includes our Russian language website quakers.ru and social media groups in Facebook and vKontakte. During 2019 numbers of visitors or participants on all platforms increased (in Facebook and vKontakte to about 320 and 260 respectively).

The quakers.ru website acts as an online resource centre for Russian-speaking people who are interested in Quakerism. It contains a collection of short articles about Quakers, with new ones added regularly, and our library of e-books for download.

A new section has been added for audio materials. These were recorded automatically and therefore the voice is unemotional but understandable; feedback indicates that people are excited about this new approach.

Translation and Publishing

Over 60 translated books are available electronically from the website. During 2019 we also uploaded 12 books to the google.play/books service.

A small number are also available as print books. Books printed in 2019 included A Minority of One by Harvey Gillman, Christ in Catastrophe by Emil Fuchs and Quakers in Russia by Richenda Scott.

As an experiment we ran a “crowdfunding” project to raise money for printing William Penn’s book, “Fruits of Solitude”. While the goal set was not reached, it was valuable experience for such an activity in the future.

In 2019 a goal was to prepare a set of printed books which could be offered to bookshops. This is now ready and promotion of these books in bookshops is the next step in our outreach work.

"Meditation of Friends"

The "Meditation of Friends" project is a locally adapted version of Experiment with Light. This venture is supported by funding from FWCC/EMES. A participant (one of the Moscow office staff) writes:

"These meetings were held regularly one to two times a month. They would usually draw about 10 participants who were happy to express their spiritual ideas in the friendly atmosphere. These meetings became the place where people feel safe speaking about spiritual ideas openly; this is not possible in their ordinary life. If they came to an Orthodox Priest with such ideas or questions they would be told to repent.

We know that the people who regularly attend also communicate with each other independent of these meetings; they become friends, attend theatre, find new jobs, and develop long lasting relationships. It has widened the circle of seekers..."

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.
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:
Friends House Moscow
Unit 14451, PO Box 6945
London W1A 6US, U.K.

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

Donations in US Dollars ($) are tax-deductible on US tax returns. Donations in pounds sterling (£) can be "gift aided" by UK tax payers.
FHM British Committee
fundraising for FHM in the United Kingdom
Statement of Financial Activities
For the year ending December 31, 2019

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 and grants in the UK and Europe.............</td>
<td>£32,461</td>
<td>31,668</td>
<td>64,129</td>
</tr>
<tr>
<td>Donations from FHMUSA (USA)...........................</td>
<td>£9,862</td>
<td>20,072</td>
<td>29,935</td>
</tr>
<tr>
<td>Charitable (primary purpose) income.....................</td>
<td>0</td>
<td>83</td>
<td>83</td>
</tr>
<tr>
<td>Trading and other income................................</td>
<td>0</td>
<td>61</td>
<td>61</td>
</tr>
<tr>
<td>Total Income...........................................</td>
<td>42,323</td>
<td>51,884</td>
<td>94,207</td>
</tr>
</tbody>
</table>

Resources Expended

<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>19,797</td>
<td>1,206</td>
<td>21,003</td>
</tr>
<tr>
<td>Grant/programme management in Russia (note 2)</td>
<td>0</td>
<td>6,319</td>
<td>6,319</td>
</tr>
<tr>
<td>Translation, publication and other outreach</td>
<td>11,681</td>
<td>34,348</td>
<td>46,029</td>
</tr>
<tr>
<td>Administration and cost of generating income</td>
<td>0</td>
<td>212</td>
<td>212</td>
</tr>
<tr>
<td>Governance........................................</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Currency exchange gain/loss (note 3)..........</td>
<td>0</td>
<td>-35</td>
<td>-35</td>
</tr>
<tr>
<td>Total resources expended.......................</td>
<td>31,477</td>
<td>42,050</td>
<td>73,528</td>
</tr>
</tbody>
</table>

Net movement in funds................................| 10,846           | 9,834              | 20,680  |

Fund Balance Brought Forward.......................| 7,700            | 41,501             | 49,201  |

Fund Balance Carried Forward.......................| 18,546           | 51,335             | 69,881  |

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>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Cash at bank and in hand........................</td>
<td>18,546</td>
<td>51,335</td>
<td>69,881</td>
</tr>
<tr>
<td>Total............................................</td>
<td>18,546</td>
<td>51,335</td>
<td>69,881</td>
</tr>
</tbody>
</table>

Current Liabilities

| Creditors.........................................| 0                | 0                  | 0       |

Net Assets..........................................| 18,546           | 51,335             | 69,881  |

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 or gain is largely due to sterling revaluation of the rouble account at year end due to exchange rate movements. This is a loss or gain on paper only: the money still exists as roubles and has not changed its local value.
4. The Charity has a policy of maintaining reserves equal to five months expense on operational costs in Moscow. A further reserve equal to one months expense is maintained by FHM Support Association.
FHM Support Association
fundraising for FHM in the U.S.A.

Statement of Financial Activities
For the Year Ending December 31, 2019

Income and Expenditures

All figures in U.S. Dollars

<table>
<thead>
<tr>
<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>From Individuals</td>
<td>$25,000</td>
<td>21,712</td>
<td>46,712</td>
</tr>
<tr>
<td>From Meetings and Quaker bodies</td>
<td>0</td>
<td>6,694</td>
<td>6,694</td>
</tr>
<tr>
<td>From Corporate Matching and Businesses</td>
<td>0</td>
<td>6,327</td>
<td>6,327</td>
</tr>
<tr>
<td>Craft Sales</td>
<td>0</td>
<td>2,005</td>
<td>2,005</td>
</tr>
<tr>
<td>Interest</td>
<td>86</td>
<td>0</td>
<td>86</td>
</tr>
<tr>
<td>Total</td>
<td>25,086</td>
<td>36,738</td>
<td>61,824</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Expenditures</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donation to FHMBC for Russia/Ukraine (note 1)</td>
<td>12,500</td>
<td>26,620</td>
<td>39,120</td>
</tr>
<tr>
<td>Newsletter Expenses</td>
<td>0</td>
<td>1,321</td>
<td>1,321</td>
</tr>
<tr>
<td>Craft Expenses</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Travel</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Money transfer charges</td>
<td>0</td>
<td>63</td>
<td>63</td>
</tr>
<tr>
<td>Government Fees</td>
<td>0</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>Board Meeting conf. calls</td>
<td>0</td>
<td>155</td>
<td>155</td>
</tr>
<tr>
<td>Postal expenses</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Total</td>
<td>12,500</td>
<td>28,179</td>
<td>40,679</td>
</tr>
</tbody>
</table>

**Balance Sheet**

<table>
<thead>
<tr>
<th></th>
<th>Restricted funds</th>
<th>Unrestricted funds</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Balance 12/31/2018</td>
<td>5,005</td>
<td>24,824</td>
<td>29,829</td>
</tr>
<tr>
<td>Balance carried forward 12/31/2019</td>
<td>17,590</td>
<td>33,384</td>
<td>50,974</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 2019 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. The Nonprofit has a policy of maintaining reserves equal to one month's expense on operational costs in Moscow. A further reserve equal to five months expense is maintained by FHMBC.
3. All figures including totals are rounded to the nearest $.