



*HumanCare Russia wishes all our friends and members
a wonderful summer.*

This is a very special newsletter, because the next 4 pages bring the minutes of an important General assembly where we decided to change our name.

The new name will be::

"ConstancesArv" / The legacy of Constance

because we want to uphold the legacy of Connie Meyer.
She was called Constance in our friendship congregation.
Hereby we show that the purpose of our gifts is to facilitate the humanitarian work that Connie Meyer initiated and worked for for 27 years.

The layout of next newsletter will change!

Best wishes from the board

Minutes from the General Assembly of HumanCare Russia, Friday, April 17, 2026

Present were Ellen Margrethe Krabbe, Flemming Hansen, Elisabeth Louise Brøker, Helge Børven, Inge Thinggaard and a guest

1) Welcome by Chairman Ellen Margrethe Krabbe

2) Flemming Hansen was elected as the moderator and Elisabeth Louise Brøker as reporter.



3) Report by Chairman Ellen Margrethe Krabbe:

We have had 4 board meetings + several telephone meetings. We do not have that many members. That is why we are looking for more. We are 15 members. Every member is a support for the association's continued contact with and facilitation of our friendly congregation.



We thank you for the kind gifts that have been sent to our contact Irina Smirnova. There has been a great need for help during this time when there is not much public assistance. It is difficult for the most needy parishioners to afford essential medicine and food for their children. Here, your gifts have saved several in the parish. Irina Smirnova and Father Pavel know which parishioners need help. We have been in constant contact with our coordinator Irina Smirnova and have received emails where we hear how things are going in the parish. And we send

emails to them about the association's work and greetings.

In 2025 we had 2 bazaars in Bethlehem Church, one before Easter and one in November. The 2 bazaars raised money for donations.

I will end with a quote from Mother Teresa: "We cannot do great things, but small things with great love."



Annual letter from Father Pavel and our coordinator Irina Smirnova is added below.

4) Accounts presented by the treasurer: Elisabeth Louise Brøker presented the audited accounts and reviewed income, expenses and assets. We will have to use some of the assets to supplement with an amount for gift administration to "Teachers' Missionary Association", which has helped transfer gifts. The accounts were approved.

NB: It was emphasized that the income for gifts came from a limited circle of people who are members of the association or friends who are personally known to the association's board, as well as from a bazaar in a few well-known congregations who want to support the diaconal work.

5) Membership fee remained unchanged.

6) No new proposals from the members.

7) Election of board members and alternates: Ellen Margrethe Krabbe and Flemming Hansen were elected last year. Elisabeth Louise Brøker and Ulla Carstensen were re-elected for 2 years. No alternates were elected.



8) Proposal for changes to the statutes:

We reviewed each section separately:

The proposal § 1 is to change The name of the association to "Paulusamfundet." The proposal was debated. Several alternative proposals were mentioned, but the final result was:

**"§ 1 The name of the association is "ConstancesArv".
("The legacy of Constance")"**

Hereby we can express that we inherit the calling of the founder Connie Meyer. She was called Constance in our friendship congregation.

This entails changes to our emails and newsletters, etc.

"§ 3 The purpose of the association is to facilitate humanitarian work in an Orthodox congregation in various ways for the benefit of families, individuals and projects". The proposal was adopted.

The last part of § 6. was changed to *"The board regularly informs the members about the economy and the special needs and current situation of the Orthodox congregation through our newsletter."*

It was adopted, as it clarifies that we support a single friendly congregation.

9) Election of auditor and possibly deputy auditor.
Helge Børven is happy to receive re-election. We are seeking a deputy auditor. Helge Børven was re-elected. No one ran as deputy auditor.

10) Possible proposals for support groups and events.
Nothing can be decided under this, but various initiatives were discussed that did not require the decision of the general meeting, including donations to the bazaar.

The moderator thanked the participants and closed the meeting.



Best wishes from the reporter Elisabeth Louise Brøker



Annual letter from Father Pavel and our coordinator Irina Smirnova



Dear brothers in Christ, members of the St. Paul the Apostle Foundation!

In the coming days of Holy Pascha, we would like to share with you the life of our parish over the past year, 2025, and the first months of 2026.

The parish prioritizes large families. Some of these families have 6, 7, and even 8 children. We visited these families, addressed their needs, and brought them shoes, clothing, and food. We were particularly touched by the family of Marianna and Victor, whose girls are involved in music and painting. One sister plays the cello, the other the flute. Because the younger siblings run and jump around, the musical instruments sometimes suffer. The cello has been replaced twice, and the wooden flute has been purchased four times. This has not prevented the girl, who plays the cello, from winning awards in international competitions. The younger children are very active, both in positive activities and in mischief.



Priest Vladimir and Viktoria have a large family of seven children, all of whom are very talented. The eldest son participates in chess tournaments and wins prizes. His younger brother is also a keen chess player. However, life is difficult for them, and they lack the funds to travel to tournaments, so we try to help them as much as possible.

Another family (parents Ilya and Irina, who sing in the parish choir) is low-income. Father Pavel has visited them repeatedly, bringing toys, clothes, and shoes for their young daughter.

In addition to large families, our parish has many elderly people who have been members of our community for over 30 years. Among them are people with diabetes. We provide them with funds for the manufacture of special orthopedic shoes, which are custom-made and therefore very expensive.

The recent economic crisis in Russia is also affecting members of our community. Recently, prices have risen not only for food and utilities, but also for medications. Low-income families and the elderly need additional financial assistance, and Father Pavel is trying to attract young working people who can provide this assistance.

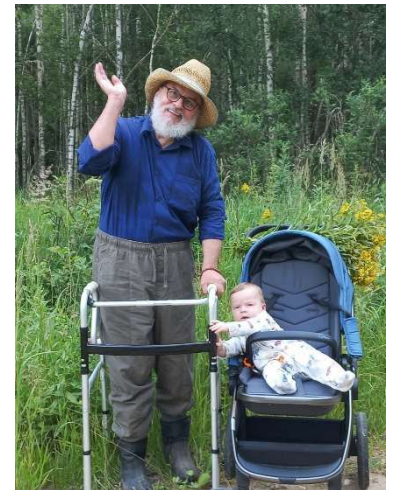


There are about 100 people in the parish. Some elderly and lonely people require constant care. Most receive assistance from relatives and government social or medical services. But there will always be those who need compassionate help from Christians. We strive to find suitable caregivers for them; some members of our community become caregivers themselves, caring for seriously ill relatives or friends.

In accordance with Christ's commandment, we strive to demonstrate our care and love.

But despite the difficulties, there are also joys in our community life. New families are born, children grow up. Older children enter universities and study enthusiastically there. Our parishioners perform at concerts and are involved in creative arts, dance, and sports. Many of us attend art exhibitions, music concerts, and competitions, and go on pilgrimages and scientific trips.

We very hope that, with God's help, peace will finally come one day and we will be able to meet you face to face.



*With gratitude and love in Christ,
Archpriest Pavel, Irina and the conareaatoin.*

