

Solidarity with Ukraine

A Prayer and Meditation Guide



Photo: Omar Marques /Getty Images



LIRS

Pray

During overwhelming crisis, heartbreaking news, and uncertainty, one of our most powerful actions is to not be divided but be to unified. We invite you to join LIRS in prayer, in Solidarity with Ukraine.

We acknowledge our fear and profound grief when we see violence and war.
Our Ukrainian siblings cry out in fear for their lives, fear for the children, fear for their homes and their futures.
Open us to be present to the fear and sorrow of others - that we might stand in authentic solidarity
Calling upon the Divine Creator, we ask to be guided towards the path of peace
Recognizing the greatest power to overcome fear rests in the divine.

The sun rises bringing increased warmth and renewed strength.
Our Ukrainian siblings' struggle rages on and we call on the Divine to grant comfort during this violent aggression.
We surrender the heavy burden of Russia's invasion of Ukraine to the Divine.
We humbly ask for shelter for troubled hearts, minds and weary bodies.

To quote His Holiness the Dalai Lama:
"Today more than ever before, life must be characterized by a sense of Universal responsibility, not only nation to nation and human to human, but also human to other forms of life."
We are called to hold President Putin and the Russian aggressors responsible for their actions against Ukraine. May we hold ourselves, our neighbors, our leaders, and our nation accountable for our responses. May justice reign most high and peace prevail. Let it be so.

We are called to not only shed tears at the plight of others, but also to weep alongside them in their time of struggle. For tonight - through our tears, help us to not only feel sorrow in the losses, but resolve to be a part of serving those most affected.
We will intentionally be present to the struggles of our Ukrainian siblings – knowing that in witnessing to struggle we see our common humanity clearly.
Move us from sorrow and shock to compassion.
We pray.

The situation in Ukraine is deteriorating, but even in this tragedy we see grace. We see grace in the spirit of Ukrainian individuals and families,
We see grace in doctors, medics, and humanitarian aid responders that are facilitating healing.
We see grace in the outpouring of concern and prayer.
Bring about awareness of our shared human frailty as we watch fellow human beings displaced, in need of humanitarian assistance, and a tragic loss of human life. As we surround this painful moment in history in prayer, we seek comfort and shelter for all in our world.



Pray

If there is to be peace in the world,
There must be peace in the nations.
If there is to be peace in the nations,
There must be peace in the cities.
If there is to be peace in the cities,

There must be peace between neighbors.
If there is to be peace between neighbors,
There must be peace in the home.

If there is to be peace in the home,
There must be peace in the heart.
(Traditional Taoist poem credited to Lao Tzu)

Creator, you have blessed the world with abundance.
As we look at the crisis in Ukraine, may we remember that homes, clothing, food and even our lives are gifts from a loving creator. We too often seek what we want rather than what we need.
We aim not just to acknowledge that there is need or work to fill the need, but instead to seek solidarity by putting our love into action in a way that challenges practices and systems that threaten the common good. We are given precious time – that we might transform the world to justice and peace one step – one decision at a time.
With renewed dedication, may we take a step towards a shared solidarity in our relationships, decisions and interactions. Move us from contemplation to action.
We pray.

Source of all hope, your children in Ukraine hoped that it would not come to war. It has come to war. May this dark time not crush their hope but redirect it to you, the only Steadfast One.

We know that you have a special love for the vulnerable and the oppressed. We ask that you would be their hearts' refuge in turmoil. We lift our voices in hope for peace. We pray in hope for redemption, that out of this horror, you will bring justice and beauty and new life.

May hope strengthen those in the Ukraine as they fight to protect themselves and their loved ones, and may hope strengthen us as we prepare to support and walk alongside them in whatever ways we can.

Giver of Life, in the face of destruction we long for restoration, and we believe that it is never too soon to ask for that.

Reunite families, reestablish homes, revive economies, renew strength, and restore peace, we pray.

May what comes after exceed what came before.

We offer our hearts, our minds, and our hands for the purpose of accompanying those around the world in the work of restoration in Ukraine.



Meditate

As part of our practice in Solidarity with Ukraine, join LIRS as we meditate and reflect on what is happening around us.

"Out of the depths we cry, hear our voice"

During times of crisis, it can be tempting to lean away, to isolate, to shut out the overwhelming world around you.

Instead, we invite you to lean in and listen.

Take account of your own heart, what you are feeling. Share your story and bear witness when others share their experience. Walk alongside one another, holding each other up. Share these moments of grief together in solidarity with Ukraine.

"We are each a thread in the tapestry of humanity"

Today we invite you to remember a cozy blanket, quilt, or sweater. Recall the texture and the feelings you associate with it. Really try to imagine being wrapped in your piece.

Breathe in. Breathe out.

Each of us is a single thread in the tapestry of humanity. Though distant in geography, we are interwoven with our human family experiencing violence in Ukraine. By working together, we can provide comfort for those who are in need.

How can you help provide comfort to those in need, nearby or a far?

"Accountability is a call to justice"

As the world watches the Russian invasion of Ukraine, we must hold ourselves and others accountable.

Accountability is not just about acknowledging responsibility for one's actions. It requires vulnerability, humility, and action to resolve the harm done wherever possible and to work to prevent future injustices.

Though accountability must be recognized at the individual level, it is a communal process.

We must call on the world leaders to hold the offenders accountable to the harm being done.

We must call upon the world leaders to hold each other accountable for protecting and providing for Ukrainians seeking safety.

We must hold each other accountable to compassionate responses.

We must hold ourselves accountable to bear witness to the truth.

How can you model accountability to those around you today?



Meditate

Take a moment to take in your surroundings.

What do you see? Smell? Taste? Touch? Hear?

Think about the abundance around you – whether in your kitchen or the market down the street. In the friends or family just a phone call away.

How do you work to spread that abundance?

Do you find yourself open to sharing freely with those in need?

Our friends in Ukraine are facing deep loss of normalcy, of resources, and of lives.

While we cannot give Ukrainians back those things, think about ways you can create a culture of sharing – with your neighbors, with the strangers walking down the street, and with the newcomers to your community.

To people of faith, hope is not blind optimism. Instead, it is holding onto truths that can light the way forward.

Holding onto hope in the early days of the violence and destruction being faced by our friends in Ukraine may feel like trying to hold water in your hands. Seeping and slipping away. . .

But hope is not some feeling that shields us from suffering or erases pain. Hope is found in the small moments, when you see a neighbor welcoming the new family on your street. When someone slows down to let you merge. When a stranger pauses to hold the door open for you when your hands are full.

In the coming days, pay attention to the small moments of truth that can carry you forward during this difficult time and help others see the hope that is all around them.

Thank you for joining LIRS and the thousands of people across the United States who are praying for our friends in Ukraine.

**For more information, please visit
lirs.org/ukraine**



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