



Inspirations for a prayer for Ukraine

1. Song/ Taizé/ Music

- ✚ Jesus prayer in Ukrainian: <https://www.youtube.com/watch?v=OEOtQ97Vgik>
- or
- ✚ Taizé: Oh Lord, hear my prayer: <https://www.youtube.com/watch?v=f51n-yb11dY>

2. Introduction

- ✚ Light a candle
- ✚ Read Pope's call to pray for peace:

"I am following with concern the increase of tensions that threaten to inflict a new blow to the peace in Ukraine, and call into question the security of the European continent, with wider repercussions. I make a heartfelt appeal to all people of good will, that they may raise prayers to God Almighty, that every political action and initiative may serve human brotherhood, rather than partisan interests. Those who pursue their own interests, to the detriment of others, disregard their human vocation, as we were all created as brothers and sisters. For this reason, and with concern, given the current tensions, I propose that next Wednesday, 26 January be a day of prayer for peace."

- ✚ Watch a short news report on the situation in Ukraine:
https://www.youtube.com/watch?v=di_qFlayUZU

3. Prayer time

"We are already one. But we imagine that we are not. And what we have to recover is our original unity. What we have to be is what we are." (T. Merton)

- ✚ Read the passage from Prophet Micah 4:1-5

- ✚ Read Pope's prayer for peace
- ✚ March for Peace in Ukraine: <https://www.youtube.com/watch?v=tYrdAuweFpo>
- ✚ take 5-10 minutes of silence

4. Sharing

First round

- ✚ What feelings do I have when I think about the situation in Ukraine?
- ✚ What touches me in the passage from Prophet Micah and in Pope's prayer? Perhaps you could choose one word or one sentence ...

A short time of silence (or Taizé song)

Second round:

- ✚ What touches me in other people's sharing?

A short time of silence (or Taizé song)

Third round:

- ✚ What encourages me in what the people shared?
- ✚ What could be a message for me today?

5. Closing Prayer and Blessing

- ✚ Our Father and blessing in Ukrainian:
<https://www.youtube.com/watch?v=FIL6cxRYDhA>
or
- ✚ Orthodox Evening Litany of Supplication in Ukrainian :
<https://www.dailymotion.com/video/xl89ln>

Texts for Sharing

1. Micah 4: 1-5

In days to come the mountain of the Lord's house shall be established as the highest of the mountains, and shall be raised up above the hills. Peoples shall stream to it, and many nations shall come and say: "Come, let us go up to the mountain of the Lord, to the house of the God of Jacob; that God may teach us God's ways and that we may walk in God's paths." For out of Zion shall go forth instruction, and the word of the Lord from Jerusalem. God shall judge between many peoples, and shall arbitrate between strong nations far away; they shall beat their swords into plowshares, and their spears into pruning hooks; nation shall not lift up sword against nation, neither shall they learn war anymore; but they shall all sit under their own vines and under their own fig trees, and no one shall make them afraid; for the mouth of the Lord of hosts has spoken. For all the peoples walk, each in the name of its god, but we will walk in the name of the Lord our God forever and ever.

2. Pope's prayer for peace

Lord God of peace, hear our prayer!

We have tried so many times and over so many years to resolve our conflicts by our own powers and by the force of our arms. How many moments of hostility and darkness have we experienced; how much blood has been shed; how many lives have been shattered; how many hopes have been buried... But our efforts have been in vain.

Now, Lord, come to our aid! Grant us peace, teach us peace; guide our steps in the way of peace. Open our eyes and our hearts, and give us the courage to say: "Never again war!"; "With war everything is lost". Instill in our hearts the courage to take concrete steps to achieve peace.

Lord, God of Abraham, God of the Prophets, God of Love, you created us and you call us to live as brothers and sisters. Give us the strength daily to be instruments of peace; enable us to see everyone who crosses our path as our brother or sister. Make us sensitive to the plea of our citizens who entreat us to turn our weapons of war into implements of peace, our trepidation into confident trust, and our quarreling into forgiveness.

Keep alive within us the flame of hope, so that with patience and perseverance we may opt for dialogue and reconciliation. In this way may peace triumph at last, and may the words "division", "hatred" and "war" be banished from the heart of every man and woman. Lord, defuse the violence of our tongues and our hands. Renew our hearts and minds, so that the word which always brings us together will be "brother", and our way of life will always be that of: Shalom, Peace, Salaam!

Amen.