

# How to Support Ukraine

## 1. Donate Medical Supplies and Humanitarian Aid

- **United Help Ukraine** receives and distributes donations, food, and medical supplies to internally displaced Ukrainians, anyone affected by the conflict, and the families of wounded or killed soldiers. Donate [here](#).
- **Nova Ukraine**, a Ukraine-based nonprofit, provides citizens with everything from baby food and hygiene products, to clothes and household supplies. Donate [here](#).
- **Lutheran World Relief** provides families facing crisis with emergency food, clean water, safe shelter, medical supplies, and more to the citizens of Ukraine. Donate [here](#).
- **People in Need** provides humanitarian aid to over 200,000 people. They provide food packages, emergency shelter, safe access to drinking water, hygiene items, and coal for heating for those most in need. Donate [here](#).
- **The Ukrainian Red Cross** does loads of humanitarian work, from aiding refugees to training doctors. Donate [here](#).

## 2. Follow the News Regarding the Ongoing Situation With Trustworthy Sources:

- **The Kyiv Independent**

The Kyiv Independent has been a leading voice on the front lines, covering a timeline of ongoing events since the beginning and highlighting those most affected by the violent attack. The English-language outlet is continuously reporting on how the invasion and conflict are impacting citizens, the economy, as well as Ukrainian foreign politics. Keep up to date on its website [here](#), or on the Twitter page [here](#).

- **The New Voice of Ukraine**

Covering news in three different languages — English, Ukrainian, and Russian — the New Voice of Ukraine has not only covered breaking news, but has released informative analyses on the situation that detail how the situation led to this point, and is continuously publishing op-eds by Ukrainian scholars and experts that help to give a view of the tone of the situation. Read more on its website [here](#).

- **Ukraine World**

Ukraine World's independent journalists on the front lines have gathered first-hand footage, and it is using its account to share other informative sources that its followers can refer to in order to keep up to date. Follow Ukraine World [here](#).

- **Kyiv Post**

The Kyiv Post is the only non-independent media outlet on this list. Those following state-funded outlets must be aware that they are affiliated with the state. Having said that, the outlet has been at the forefront of delivering breaking news directly from government and national offices, releasing statements from ministry officials, military leads, and other dignitaries. You can read more on its website [here](#), or follow it on Twitter [here](#).

*Special thank you to Global Citizen for the collection of organizations and news sources*

### 3. Pray

God of peace, protect the people of Ukraine. Give leaders of nations the wisdom to choose peace over war, dialogue over conflict. Comfort those who fear. Amen.

O Lord, God of Life, as you care for all creation, give us your peace. May our security come not from weapons, but from respect. May our strength come not from violence, but from love. May our own wealth not come from money, but from sharing.

May our path be not of ambition, but of justice. May our victory not be one of revenge, but of forgiveness. Unarmed and confident, help us to defend the dignity of all creation. Sharing today and always the bread of solidarity and peace. Amen.

God of plowshares, pruning hooks,  
and peace-making,  
translate such old archaic words  
into hope today in Ukraine

that your promise to shatter  
bows and swords, spears and shields,  
may mean now  
an end of missile strikes  
and long-range artillery,  
the silencing of Kyiv's air-raid sirens.

We pray for those who flee the capital  
and those who shelter in place  
and in fear in Kharkiv to the east.  
We pray for troops already exhausted  
from their long watching.

We pray for NATO land and air forces,  
knowing that means people,  
and we pray for Germany and Poland  
as they open borders to fleeing refugees.

God, we have studied war for so long,  
let it be no more, no more.

Teach us a new peacemaking,  
guiding the leaders of nations,  
and holding gently in your heart  
the many who live and die  
because of their decisions,

for we pray in the name of Jesus  
who wept for our great need  
of the things that make for peace.  
Amen