The following is a humble attempt at trying to share some feelings around the world’s situation, especially what is occurring in Ukraine. Also, I would like to speak to the wonderful humanitarian response being given by the religious and secular communities in the Untied States.

Let me begin by affirming my roots as an American of Ukrainian ancestry; being a member of an Order with its roots in Ukraine, and training as an historian which have all affected my perception as I daily hear the news media report and analyze the day’s events.

My father was born in Ukraine – my mother in Slovakia. I have visited both countries to further strengthen the bonds. On my last trip to Ukraine in October of 2021 to celebrate the 400th anniversary of our monastery in Yavoriw I was so happy to see the advancements that had been made since my previous trip after the fall of communism in the 90’s. Through a fervent prayer life, advances in education and vibrant ministries our Sisters there have made tremendous advances in all areas of their dedicated lives.

Let me be more explicit - When travelling in the nineties upon leaving the airport (which I usually equated that it was the size of the restroom at JFK) the stores were so desolate. The windows were bare and what was on display was no way near the luxurious clothing in the United States.

From L’viv we then travelled to Ivano-Frankivsk along mostly one lane roads with much with holes. There were no service stations so when we needed to take care of personal needs we stopped at the side of the road and went behind bushes to relieve ourselves.

In Ivano-Frankivsk the building which the sisters were able to get back from the communist showed the desecration from the regime. This four-story building lacks the amenities that we are use to in the free world. This building had been used as