

The Heart Still Beats A Call for Peace and Sovereignty in Ukraine

When the world burns, silence is not help.

Not for politics.
Not for profit.
Not because it's easy—
...but because it's right.

Because there's a war raging in Europe that many of us never thought we'd live to see again.

A war where 🏠 homes are flattened, 🧒 children sleep in basements to the sound of missiles, and people—just like you and me—wake up wondering if this day will be their last.

We stand with Ukraine. 🇺🇦

Not because they've "always held this land"—
...but because no people should have to prove their past to deserve peace in the present.

🕒 History, if we're honest, is messy.

Ukraine's borders have shifted under empires and invasions, kings and commissars.
But so have the borders of nearly every nation on Earth.

The deeper truth is this:

Ukraine exists today as a sovereign nation.

🌐 Recognized by the world.

🗣️ With a living language, a free people, and a right to decide its own future.

That right is not a gift from the West.

It's not on loan from Russia.

It is theirs. And it is sacred. 🙏

Let's be clear: Ukraine chose peace. ☮️

They gave up the third-largest nuclear arsenal in 1994, in exchange for a promise that their sovereignty would be respected.

That promise was broken. 🔥

🕒 Some argue that Russia is simply taking back what it believes belongs to it.

🌐 But if conquest by force can rewrite borders, then no country is safe.

🌐 If language or history justifies war, then the whole world is fair game.

This isn't East versus West.

This is:

- ✖ Violence versus peace
- ⚖ Tyranny versus dignity
- 👤 Fear versus freedom

We don't stand with Ukraine because they are perfect.

We stand with them because they are human.
Because no one deserves to be invaded, shelled, or erased.

And we do so not in hate against Russia's people— many of whom are victims of silence, censorship, and conscription—
...but in love for justice. ❤️

This is what help looks like:

- 🍲 To feed the hungry
- 🏠 To shelter the displaced
- 🗣 To speak truth when it's hard
- ✚ To defend life when it's threatened
- ⚖ To stand—even when it's unpopular—for the sacred hope that peace is still possible

Because Ukraine matters.
Because life matters.
Because silence helps the oppressor—
never the oppressed.

May our voice be one of many.
And may the day come soon
when no one has to flee their home under fire—ever again.

In Memory of the Lives Lost

We mourn the cost of war—not in numbers, but in names, in families, in futures stolen.

UA Ukrainian losses:

- Tens of thousands of civilians killed
- Over 30,000 Ukrainian soldiers fallen
- Millions displaced, wounded, grieving

RU Russian losses:

- An estimated 60,000–100,000 soldiers killed
- Countless others wounded or sent unwillingly into war
- Families silenced, censored, or mourning in the shadows

We mourn them all.

We pray for the living.

And we commit ourselves to peace—
not as a slogan, but as a responsibility.

[hashtag#Justice](#) [hashtag#HumanRights](#) [hashtag#Peace](#)



