

**PEACE AND FREEDOM IN UKRAINE
AND RUSSIA
PRAYER to MARY**

Mother, now that the need is at its greatest
and the powers of darkness seem to have free rein,
we come to you with childlike trust and implore
your powerful aid. We consecrate ourselves to you.
Preserve us in the love of your Son, Protect
us from the evil of this world and lead us
us safe to the heart of God.

Amen

Our Lady, Queen of Peace, pray for us!

The Arlington Diocese has recommended the
following links for contributing to refugees and war relief for Ukraine:

Catholic Relief Services: www.crs.org

Caritas International: www.caritas.org

Catholic News Service: www.catholicnews.com/update
[-where-to-give-to-help-ukraine](#)

