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**To Ukrainian Friends,**

I hope that you are doing as well as you can be.

There is not much that I know about your situation, nonetheless, I hope that you and your loved ones are safe from harm.

I am a sophomore (second-year) university student. I have received some information about the recent events going on in Ukraine and the concerning conditions, horrible events, and just the tiring conflict that is continuing after these past few years.

There is not much I can say to ease your nerves, but know that this is something that can be overcome and please persevere in your spirit.

I do not even want to call it a conflict – it is a war.

It is truly heartbreaking how innocent people have been affected by the hatred of officials, and please understand that it was out of your control to be involved: you are just a victim of war.

When the war started, I was a senior in high school and I remember how we in the United States were told the news about what was happening in Ukraine.

My high school was working to raise money to send to Ukraine. My dance teacher created a dance piece in honor of Ukraine and the fight against Russia and raised money. There were art classes where works dedicated to Ukraine were created. Overall, we tried to support and spread awareness of the situation.

After two years, I feel that people have stopped “caring about the trend,” when news about Ukraine is not spreading like before.

We did not stop caring. There are people here who pray every day for things to be different.

I can never imagine what it must be like to hear the hardships you had to go through initially, fleeing from your home and your space, and leaving your life behind to survive a war that was out of your control is something I could not imagine going through.

However, living not knowing how each day is going is a concept that scares me. I cannot imagine having to live like this.

However, I hope that I will be able to understand how you handle things more clearly.

Although you may not be religious, I am praying for you.

For your safety, success, and the safety of the loved ones around you.

It will pass, like everything else. When, I am not sure. Nevertheless, everything comes to an end, and I pray that it comes soon.

With warm regards,  
Sierra Rogalsky