

## Prayer for Ukraine

*Loving God,*

*We pray for the people of Ukraine, for all those suffering or afraid, that you will be close to them and protect them.*

*We pray for world leaders, for compassion, strength and wisdom to guide their choices.*

*We pray for the world that, in this moment of crisis, we may reach out in solidarity to our brothers and sisters in need.*

*May we walk in your ways so that peace and justice become a reality for the people of Ukraine and for all the world.*

*Amen.*

## Ukraine UK Appeal – Exeter Friends of Ukraine

An Essential list of aid for Ukraine has been put together. This is for the soldiers families, children, doctors and volunteers in Ukraine. The aim is to get the next load out as soon as possible. A massive plea for items but **NO** clothes, footwear, toys or books please. Our group wants to utilise the space with essential aid only. Blessed Sacrament Parish Office is a drop off point for donations of goods.

**Here is a list of items requested:**

MEDICAL	FOOD / DRINK	TOOLS	BABIES
First aid kits	Protein bars	Spanners	breast pads
Field bandages	3 in 1 coffee sachets	Socket sets	formula milk
Paracetamol	Small packets of nuts/raisins	Torches with batteries	Pampers/nappies
Ibuprofen	Peanut butter in plastic jars	Walkie talkies	
Cold/Flu treatment	Cup-a-soups	Waterproof ground sheets /sleeping mats	
Antiseptic cream	CLOTHING	Headwork lights (preferably red)	
Bandages	Thermal vests/pants	Dry bags (dark colours)	
Sterile dressings	Balaclavas	Tow ropes	
Surgical tape	Shoe inserts	Thermal blankets	
Wound closure strips	Hand and feet warmers	Foil body wraps	
Multivitamins	Warm opaque tights for men and women (large)	Plastic cups, plates, cutlery	
Vicks Vapour rub	Snoods (care with colour)	Boot driers	
Barrier cream	Fingerless mittens	Diesel generators	
Cough syrup	Cheap reading glasses from £shop		
Antiseptic body wipes			
Hand gel			
Blood bags			

**IMPORTANT: Please bag or box up items in the categories as above and label them with which category of items is inside the bag/box. This makes sorting them much easier. Please only donate items from the list. No clothes, toys or books.**

Donations can be accepted via the parish office during office hours: Tuesday, Wednesday & Thursday 10.00am - 3.30pm. **Please DO NOT leave items in the church.**