

Union of Saints

Protecting Children and Ourselves from the Psychological Effects of War—Through Education and Resilience

War does not only scar the land; it scars the heart. The explosions that shake buildings also shake the foundations of trust and safety within families and communities. Children, who look to adults for security, often absorb the silent fears of their caregivers. Adults, who must remain strong for the young, quietly bear the heavy burden of anxiety, grief, and disillusionment. To protect both children and ourselves from these invisible wounds, we must learn to hold two truths at once: we must shield our hearts while also remaining educated.

Education is a shield against despair and deception. In times of conflict, misinformation spreads quickly, designed to confuse and control. Staying informed through trusted sources, understanding the psychology of trauma, and recognizing the strategies of manipulation help us resist fear. For children, education can take a gentler form: teaching them about peace, resilience, and the courage of those who rebuild after destruction. In this way, knowledge is not a weapon of war but a lantern of hope.

To protect the minds of children, we must preserve their sense of safety and innocence as much as possible. This means creating routines, encouraging play, and allowing their imaginations to flourish beyond the reach of violence. At the same time, we must prepare them with gentle truths—age-appropriate explanations that reassure them they are not powerless, that they are loved, and that healing is possible.

For ourselves, protection requires balance. We must grieve when grief comes, but not live in despair. We must learn to limit overexposure to violence, even as we remain informed. We must practice grounding ourselves in faith, community, and mindful awareness so that our strength does not shatter under the weight of unending sorrow.

In this shared journey, education becomes both shield and lantern. It shields us from manipulation and ignorance, while also lighting the path of resilience, justice, and peace. By

protecting children and caring for our own well-being, while also committing to remain educated, we create a foundation strong enough to withstand even the darkest storms of war.

The Union of Saints: Guiding with Boundaries and Healing

At the Union of Saints, we walk this path with others who suffer the psychological consequences of violence, war, and abuse. As a ministry, we understand that faith and therapy are not separate, but deeply woven together in the healing of both children and adults. We guide our community with profound boundaries—firmly rejecting harmful behaviors that seek to dominate, manipulate, or exploit. We hold space for grief while also lighting a way forward through spiritual guidance, education, and compassionate care.

Our mission is to remind each person that their soul, their energy, and their livelihood are sacred and worth protecting. In times of conflict, we stand as a refuge, not only to heal the wounds of the present but also to prepare the heart for a more peaceful future. In this way, the Union of Saints becomes a living testimony: that even in the shadow of war, hope and holiness endure, and that no soul is left without protection or purpose.

The “See You Later” Practice

When someone is mean, dismissive, or hurtful, it can be tempting to fight back, or to let their words sink into our heart. But we don’t have to carry their unkindness. Instead, we can practice a simple phrase:

“See you later.”

- It means release. We don’t hold their negativity inside of us.
- It means boundaries. We step away without giving them power.
- It means peace. We choose not to fight or absorb, but to move forward.

For children, it’s an easy tool they can remember and use in playgrounds, classrooms, or even at home when someone speaks unkindly. For adults, it’s a reminder that we do not need to argue with every critic or absorb every insult. We can simply let it pass by, and keep ~walking.~

Walking towards peace.