



**A Voluntary Charity working  
in  
Ukraine and Moldova**  
with roots going back to 1990



## Voices from Ukraine – **Behind the Mask of Strength: A Mother's Quiet Battle**

She moves through each day as though carried by an invisible tide—adrift in a vast sea of sorrow, constantly battling waves of grief and helplessness. Though despair presses heavily upon her spirit, she wears a calm and composed face. To the outside world, she appears steady, even strong. But beneath the surface, she is quietly unravelling.

For her children, she has become a pillar—an unwavering presence in a world that changed too soon. She smiles, speaks gently, and holds them close, determined that they never glimpse the storm she carries inside. Each morning, she rises with resolve not because she feels strong, but because she must be.

The weight of being endlessly strong, especially in the eyes of her children, is a burden few can see. It is a silent kind of suffering, one that offers no space for rest or retreat. And yet, in their laughter—in the joyful chaos of childhood—she finds moments of light that pierce through even her darkest days.

But grief is never far. The sound of excited voices, of tiny footsteps and shared giggles, brings both joy and sorrow. These moments are beautiful, yet bittersweet, for they are now lived without their father—memories being made in his absence.

Still, life moves forward. Children grow, time marches on, and mothers, like her, are expected to be the rock that steadies it all. And so she is. But the strength she shows, the courage she feigns, it comes at a cost. Over time, this invented resilience wears thin, slowly chipping away at the soul beneath.

This is the quiet truth behind many brave faces—a reminder that strength is not the absence of struggle, but the grace to carry it, even when no one sees.

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cr2ee, Braidia Garth, Staplake Lane, Starcross, Devon. EX6 8QT  
Tel 01626 891945 or 07970 204506 E Mail: [mail@cr2ee.org.uk](mailto:mail@cr2ee.org.uk)  
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