

CVVUK NEWSLETTER



Welcome to the Christian Vegetarians and Vegans UK newsletter, Summer 2019

Website: <http://www.christian-vegetariansvegans.org.uk/>

We hope you enjoy this newsletter. As always we would be pleased to receive any of the following from our supporters for future newsletters:

- interesting (short) articles;
- news of any local activities you have been involved in to promote the values of CVVUK;
- information about events that might interest other CVVUK supporters; and
- miscellaneous items such as book reviews, recipes and information about useful resources

If you have anything that you would like to contribute to the next newsletter please e-mail it to us at sampsons@dsl.pipex.com by the end of September 2019

Miriam and Philip Sampson

Disclaimer: The information in this newsletter comes from a variety of sources and reasonable care has been taken to convey it accurately. Please note that opinions or statements may not reflect the views held by all members of CVAUK, and we accept no responsibility for any errors which may have occurred. Content is produced for information only and is not advice.

Please Note: You can un-subscribe from receiving the CVVUK newsletter or information from CVVUK at any time. Email: johnmerrickryder@gmail.com or write to The Vicarage, Church Hill, Godshill, PO38 3HY Please include your full name and the date. Thank You.

A message from the Secretary

Thank you CVVUK Supporters for all the support we receive in various ways - newspaper articles and information, donations and your efforts in spreading the word.. We greatly appreciate your input and would love to receive more articles from supporters, especially about local events and ventures you have taken part in.

And we have a good stock of our CVVUK booklets with beautiful colour photographs for anyone who is able to distribute them. If you can make use of them, please contact the Secretary.

These days veganism is quite often in the news. It makes it easier for us to promote a plant-based diet as a way of honouring God's creation and reducing the suffering of His creatures.

Brenda Ryder, Secretary

Supporters' news:

John and Brenda Ryder in Vegan Life Magazine

Fr John and his wife Brenda were interviewed about CVVUK for the May edition of the Vegan Life magazine. There is one mistake in the article: we are a 'not-for-profit organisation', not a registered charity, as our numbers and annual turnover are far too small to make this viable. You can find the article here:

<https://www.veganlifemag.com/MARIASLOUGH50/MARIASLOUGH50.html>



Don Gwillim

Our founder, Don Gwillim, kept the Christian Vegetarian banner flying for many years when there was little support.

Sadly, Don had a fall in April and broke his hip. He needed surgery, which was quite demanding for someone of his age with heart problems. After some initial setbacks he is now making a steady recovery but would value our prayers.

Running the Creature Kind course as a Lent Course



During Lent this year your editors ran the six-week Creature Kind course in our home, under the auspices of our local Churches Together group. Most of our participants came from our own (Baptist) church, but we also had someone from a nearby Anglican parish. We held the course in our own home and there were 10 of us altogether. All the materials are provided on the Creature Kind website: <https://www.becreaturekind.org/sixweek-church-course>

Each evening we shared a plant-based meal and then went on to watch a short video and discuss passages from the Bible and from Christian theologians. The topics were:

Week 1: Introduction - What's Christianity got to do with animals?

Week 2: Why did God make animals?

Week 3: What does faith in Jesus mean for animals?

Week 4: Will animals go to heaven?

Week 5: What are we doing to animals?

Week 6: How should Christians treat animals?

People had all sorts of reasons for wanting to do the course. Some were very committed to animal welfare and wanted to know more about how they could talk to their Christian friends about this. Others weren't sure that the Bible had much to say about the issue but wanted to find out. Some had well-loved companion animals and wanted to know whether animals went to heaven. The reasons were many and varied!

Each person who signed up was asked to complete a short questionnaire about their beliefs about Christianity and animals and their consumption of meat, fish, eggs and dairy. At the end of the course they were asked to evaluate their experience and to indicate if it had changed their consumption of animal products. In our course several people started the course as vegetarians or vegans, but those who were meat eaters indicated a significant reduction in their consumption by the end, and others had reduced their consumption of eggs and dairy.

The materials provided were very good and we had some lively discussions in which everyone participated well. In the fifth week, for the topic "What are we doing to animals?" we watched some videos online of how animals are treated in factory farming. Although those recommended in the

course materials are carefully selected not to be too disturbing they were not easy to watch. However several people had previously had no idea how animals were treated in industrial agriculture and this had a big impact on them.

At the end of course we sent a number of recommendations from the group to our church leaders concerning how our church could better reflect Jesus' care for animals, including practical proposals that less meat should be served at church events, and any meat served should come from "ethical" sources, and also that we should avoid using cleaning products at the church that have been tested on animals.

The feedback at the end of the course was really encouraging:

- I learnt a lot about animals in the Bible. I had not realised that there were so many references.
- Course very enlightening and interesting
- Thoroughly enjoyable and informative.

The course was so popular that we are running it again this month for a new group of participants. If you would like to run this course in your own church, please feel free to contact us. We would highly recommend it.

Miriam and Philip Sampson

Animals and the Orthodox Church



**Pan-Orthodox Concern
for Animals**

His All-Holiness Ecumenical Patriarch Bartholomew hosted the third Halki Summit from May 31st to June 4th, 2019 in

Istanbul. The summit convened distinguished representatives of Orthodox theological schools and seminaries from all over the world, and focused on the theme of "**Theological Formation and Ecological Awareness.**" Some 50 delegates from over 40 institutions attended.

Halki Summit III was organized as an inter-Orthodox working conference. Christine Nellist, of Pan-Orthodox concern for animals, was one of the speakers. She has asked for prayer that a module on compassionate care for animals is included in Orthodox academic and seminary courses as a result of this conference.

73 Cows - Film of vegan farmer wins BAFTA

In our last newsletter we reported that Alex Lockwood's film about Jay Wilde - the Derbyshire beef farmer who became a vegan and gave all his cows to an animal sanctuary - had won a BAFTA award as best short documentary.

While the BAFTA judging was going on the film was taken off-line, but it can now be watched again here: <https://vimeo.com/293352305> Enjoy!.



Red meat increases risk of bowel cancer

Research tracking 47,000 people found that eating even NHS recommended amounts of ham, bacon and red meat is linked to the rate of bowel cancer being increased by a fifth.

(Information from Radio 4 Today Programme 17.04.19)

Labels on Meat to show Non-stun Slaughter

In February at the British Veterinary Association (BVA) dinner, David Rutley, the animal welfare minister, stated that the government would prefer animals to be stunned before slaughter, though it accepted the exemption in accordance with religious beliefs.

In the twelve months before September 2018, the Food Agency records (based on BVA data) show that more than 120 million animals were not stunned before slaughter. This number included 118 million chickens, three million sheep and goats, and 24,000 cattle.

David Rutley said the government believed that meat should be labelled so that customers could make an informed choice and this would be pursued after we had left the EU.

Simon Doherty, the BVA president said it was the BVA view that all animals should be pre-stunned to decrease suffering, but if not, all meat and fish should be labelled to indicate this. However Mr Doherty noted that most halal meat in the UK was stunned before slaughter and the BVA encourages this.

Chris Sherwood, The RSPCA chief executive said the RSPCA opposed all non-stun slaughter as it increased animal suffering.

Iceland, Sweden, Switzerland, Denmark and the Flanders region of Belgium have all banned the slaughter of animals without stunning.

(Information from an article by Ben Webster in The Times 7.02.19)

Meat without Slaughter?

Tissue engineering experts at the University of Bath are growing animal cells on blades of grass, exploring how to effectively scale up production of cultured meat.



To create cultured or lab-grown meat, a biopsy is taken from an animal such as a pig or cow and then stem cells from that sample are placed in a bioreactor in a laboratory, where they are fed a solution of glucose, amino acids, vitamins and minerals. This blend of cells and nutrients in specific conditions will allow the cells to develop into mature muscle cells that will form cultured meat. If this process can be reproduced on an industrial scale, meat eaters could soon be enjoying a slaughter-free supply of meat products.

As well as providing meat without slaughter, one of the goals of this process is to reduce the impact of meat production on climate change. However a study from Oxford University suggests it may not be as simple as that.

The study looked at how much the gases impact temperature rises and how long they persist in the atmosphere, to understand the warming impact of lab-grown and farmed beef. Their new projections reveal that replacing cattle with cultured meat may not be a simple replacement of high-impact with low-impact. Over the long term, cultured meat production methods requiring large energy inputs could increase global warming more than some types of cattle farming, if energy systems remain dependent on fossil fuels.

Of course there are other factors to take into account when assessing the benefits of lab grown meat, including the animal cruelty involved in current beef production methods and the slaughter process, and also the large amounts of water used and pollution created through intensive cattle farming.

More details of both these studies can be found here:

Bath University:

<https://www.bath.ac.uk/announcements/from-lab-to-plate-bath-using-tissue-engineering-to-meet-our-future-meat-needs/>

Oxford University:

<http://www.ox.ac.uk/news/2019-02-19-lab-grown-meat-really-better-environment>

Tonnes of Antibiotics Used in UK Chicken Farms

Despite the fears over the spread of drug-resistant diseases, it was reported in March on BBC 1's Countryfile that 281 tonnes of antibiotics known as ionophores were sold in the UK in 2017.

These antibiotics are routinely added to chicken feed to prevent the intestinal disease coccidiosis. This is necessary because in farming where each chicken may be allocated less space than an A4 sheet of paper, ingestion of droppings is unavoidable. This practice is allowed because the ionophores are classed as feed additives not antibiotics.

Colin Nunan, spokesperson for 'Alliance to Save our Antibiotics' says they are calling for ionophores to be given only as a prescription drug. But in the first instance they want improved conditions for chickens so that they don't develop this terrible disease.

This year the Health Secretary called for immediate action to cut the inappropriate use of antibiotics which pose a threat to human health and the environment.

Tom Heap, presenter of Countryfile, spoke to chicken farmers across the UK and found some now farm without the use of antibiotics.

(Information from the Independent 30.03.19)

Polluted Streams in Europe and the UK

At Exeter University laboratories, Greenpeace investigated the water quality of 29 waterways in 10 European countries, including the UK.

Results published in the journal Total Environment revealed more than 100 pesticides and 21 medical drugs; there were herbicides, fungicides, insecticides and anti-microbial drugs and a quarter of the chemicals were banned.



These drugs pose a risk to human health and various forms of wildlife.

(Information from the Guardian 9.04.19)

Salmon Reared in Fish Tanks on Sale in UK

In March salmon reared in concrete tanks by a Norwegian company, Atlantic Sapphire, went on sale in the UK through the company Whole Foods Market. Campaigners fear it is a form of intensive farming which causes stress to the fish.

Fish farms in Scotland have also been a concern because waste can pollute local waters and promote the spread of parasitic lice which require harsh chemicals to keep under control.

A spokesperson for Compassion in World Farming said that in their natural habitat salmon migrate vast distances and that these confined conditions create stress. He doubted that the practice of fish-tank salmon could reach high welfare standards.

(Information from the Daily Mail 23.3.19)

Food Labelled 'Vegan' - Unappealing to Non-Vegans



A study conducted by the World Resources Institute found that consumers were more likely to choose vegan food if it was classified by its taste and attributes rather than its vegan label.

Sainsbury's found that sales of breakfast cereals increased when the labelling was changed from 'meat-free' to 'field-grown'; when a 'meat-free sausage and mash' was changed to 'Cumberland-spiced veggie sausage and mash' the sales rose by 76%!

Research of 15.4 million social media comments in the UK and the US showed that the classification 'plant-based' was viewed twice as favourably as 'vegan'. Daniel Vennard, a co-author of the study suggested that maybe people who had tried vegan food a few years ago had not enjoyed it and that the term 'vegan' retained negative connotations; whereas the quality of vegan food has improved greatly. The study advised that the symbol of a leaf might be preferable to the word 'vegan'. (Information from an article by Ben Webster in The Times 6.02.19)

P.S. I am sure that vegans will appreciate some instantly recognisable classification to save us from reading through a long list of ingredients to establish that the product is in fact vegan.

Beans and Pulses - Need not be Gassy

Beans and pulses are known to be gas-producing foods and are sometimes avoided by those with digestive problems. Beans and pulses are an excellent source of protein for vegans and a versatile food. So the good news is: they need not be especially gas-producing.



Our advice is to buy beans, chickpeas and lentils in tins and preferably to keep them for some while before opening. The gas-producing substance drains into the surrounding liquid so extra storage time helps this process. The main remedy (whether or not tins have been kept a while) is to pour the beans or other pulses into a colander or sieve and rinse until the water runs clear and the bubbles disappear.



Where do you buy your cashew nuts?

Cashew nuts can play a significant role in a vegan diet, but we need to be aware of the conditions under which they are produced. With demand for cashew nuts rising in the west, supermarkets have been driving down prices paid to the producers. The largely female workforce involved in shelling the nuts are often working in bad conditions and suffering serious

health problems. An acidic oil produced by the nuts can cause burns to the hands of the women processing them, and they are not always issued with protective gloves. Even when they do have gloves, if they are paid a piece-rate they may not wear them because it slows them down and reduces their wages.

This informative article from Traidcraft, a fair trade company which sells ethically-processed cashew nuts, sets out the facts:

<https://static1.squarespace.com/static/59242ebc03596e804886c7f4/t/59f8a4feec212d7d776dad4a/1509467396557/Cashew+nut+supply+chain+factsheet.pdf>

Ethically processed and fairly-traded cashews may be more expensive than the ones on the supermarket shelves, but it's important that in our efforts to avoid causing suffering to animals we are not complicit in the suffering of human workers processing our plant-based foods.

Products

Filippo Berio Sundried Tomato Crostini

The name is quite a mouthful for these absolutely delicious little savoury crispy biscuits made with olive oil and sundried tomatoes. We bought these at Morrisons but look at your local supermarket too.

VeggiePets

A variety of vegan products and pet foods (for dogs and cats) can be purchased on-line at VeggiePets.com

It may be harder to persuade adult pets to change to these foods. Please follow the information provided on the website. Also, ensure that your cat or dog has regular veterinary checks to monitor his/her health and well-being.

Fabrics and Footwear from Plant-based Materials

Recently Radio 4 Women's Hour reported on a project in the Philippines where pineapple leaves are being used as a leather replacement, good for animals and the environment. Also an increasing range of garments are being manufactured from bamboo. For example, socks made from bamboo can be bought from the fair trade company, Traidcraft:

<https://www.traidcraftshop.co.uk/fashion/clothing/socks>

Although still a niche market, there are interesting developments



in the textile industry to produce environmentally friendly plant-based materials. If you have any information on this, please let us know.

Tropic Skin Care – vegan beauty products

One of our supporters, Satpreet Mitchell, sells products from this company. All the products are certified vegan, cruelty-free and carbon neutral. They include skin care, healthcare, bath and other beauty products. You can find her website here: <https://tropicskincare.com/pages/satpreetmitchell>

Events

June 2019

Interfaith Celebration for Animals Saturday 22nd June at 3.00 pm - Golders Green Unitarians, 3 Hoop Lane, GoldersGreen, NW11 8BS

July 2019

The sixth annual **Summer School** organised by the **Oxford Centre for Animal Ethics** takes place from 21st-24th July and booking is open now. The theme this year is *Humane Education: Increasing Sensitivity to Humans and Animals*. One of your editors will be given a paper. Full details and booking form can be found here: <https://www.oxfordanimaethics.com/what-we-do/summer-school-2019/>

September 2019

CCA's Ecumenical Animal Welfare Retreat - 3rd September - 6th September at Hinsley Hall, Leeds.

October 2019

ASWA's Service for Animal Welfare Sunday- Sunday 4th October at StJames, Piccadilly at 11.00 am. Jeremy Fletcher is preaching

November 2019

ASWA's Remembrance Service on Remembrance Day - Sunday 10th November at 3.00 pm at the Animals in War Memorial, Park Lane, London

Regular Events

Pope Francis' World Day of Prayer for the Care of Creation-Every 1st September

World Animal Day-Every 4th October www.worldanimalday.org.uk

Meatless Pledge Day-Every 25 November (Sadhu Vaswani's birthday).

Meditation for Non-Humans -Every Sunday at 5pm- Quaker Concern for Animals holds an interfaith or no faith meditation for named/unnamed non-humans. We hold them all in love and light and send healing. Details on <http://www.quaker-animals.co.uk>

Prayer link-up - Every Wednesday at 9.30pm. Irene Casey has a prayer suggestion sheet: Tel. 01925 657890

Recipe - Crispy gnocchi with peas, broad beans and tomatoes

This recipe from the Tesco website has become a favourite with your editors for a quick and easy supper. Frying the gnocchi gives a golden, crispy exterior with a gorgeous fluffy middle. While it showcases fresh summer vegetables with broad beans and peas, it can be made at any time of year if you substitute frozen ones. Ready in just 15 minutes .



Ingredients (serves 2)

- 1 x 400g (14 1/4oz) pack fresh potato gnocchi
- 2 tbsp olive oil
- 100g (3 1/2oz) fresh or frozen baby broad beans
- 100g fresh or frozen peas
- 1 garlic clove, finely chopped
- 100g (3 1/2oz) cherry tomatoes, halved
- 20g (3/4oz) Italian hard cheese, grated, to serve (optional) (*Violife make very good vegan substitute*)
- 1/2 x 30g (1oz) pack basil, leaves picked to serve (optional)

Method

1. In a medium pan of boiling water, cook the gnocchi for 1 min. Meanwhile, heat 1 tbsp olive oil in a large frying pan over a medium-high heat.
2. Remove the gnocchi from the water using a slotted spoon, and **drain thoroughly** before adding them to the frying pan. Cook for 5 mins, stirring to prevent the gnocchi from sticking.
3. Meanwhile, add the broad beans to the pan of boiling water and cook for 2 mins, then add the peas and cook for a further 2-3 mins, until tender. Drain and set aside.
4. Add the garlic, tomatoes and the remaining oil to the frying pan with the gnocchi. Cook for a further 3-4 mins, tossing frequently, until the gnocchi is golden and the tomatoes have softened slightly. Add the peas and broad beans. Toss to mix.
5. Divide the gnocchi between 2 plates and top with the grated cheese and basil, if you like.

<https://realfood.tesco.com/recipes/crispy-gnocchi-with-peas-broad-beans-and-tomatoes.html#sGBrzzF9blzryCmG.99>

And finally.....

The following prayer is taken from the book **Animal Rites** compiled by Prof Andrew Linzey. This book contains 10 liturgies that are animal-friendly and animal inclusive, helping to draw us deeper into the mystery of God's work in creation and to affirm other sentient beings as co-creatures with us.

This prayer is particularly appropriate during these weeks when we have recently celebrated Pentecost:

Heavenly dove, descend on us we pray and in your flight reunite our sinful wills to your heavenly will so we may soar upwards and see the smallness of ourselves amid the vastness of your unfolding creation.

We look forward with all your creatures to the wonderful consummation of all things in Christ, when death and pain shall be no more and the whole earth shall unite with those in heaven and praise your name saying: 'Worthy are you, our Lord and God, to receive glory and honour and power, for you created all things and by your word they were created and have their being.' (Romans 4:11)



God of manifold blessings, source of all that is good and true and holy, raise us up to see the world through your eyes so that we may treasure each blessed creature alive with your spirit and touched by your creative hand.

And may the blessing of this wonderful God, Creator, Redeemer and Sanctifier, be upon us all now and for ever,

Amen.

You can find out more about this book, and purchase it, here:

<https://www.abebooks.co.uk/9781498230964/Animal-Rites-Liturgies-Care-Andrew-1498230962/plp>