

# CVVUK NEWSLETTER

Welcome to the Christian Vegetarians and Vegans UK newsletter, Summer 2020

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](mailto:sampsons@dsl.pipex.com) by the end of October 2020

**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](mailto:johnmerrickryder@gmail.com) or write to 177 Dover Road, Ipswich, IP3 8JJ. Please include your full name and the date. Thank You.

## CVVUK Leaflets and flyers:

A message from John and Brenda:

*We still have plenty of professionally printed CVVUK Leaflets (8 A5 pages) which you can request from us to hand out to people, or with the appropriate permission, to leave at the back of your church or in a local shop.*

*One of our members requested a shorter flyer (double-sided sheet of A5) to hand out to people. This is now available from our website to print off yourself (in the format to print two on an A4 sheet); or if you do not have the facilities to do this, I can print some for you and post them to you. (It also contains reference to the abuse of animals that led to the current Covid-19 crisis.)*

Follow this link to download the new flyer from the website:

[http://www.christian-vegetariansvegans.org.uk/uploads/1/1/7/0/117053394/cvvuk\\_flyer.pdf](http://www.christian-vegetariansvegans.org.uk/uploads/1/1/7/0/117053394/cvvuk_flyer.pdf)

Alternatively contact John by post - his address is given above.

## CVVUK members in the media:

During May the Church Times featured two articles focusing on a vegetarian diet. In the May 29th edition six Anglican clergy gave personal accounts of why they had adopted a vegetarian or vegan diet and lifestyle. One of them was John Ryder. You can find the article here:

<https://www.churchtimes.co.uk/articles/2020/29-may/features/features/why-we-stopped-eating-meat>

The previous week's issue contained a substantial interview with Prof David Clough, the initiator of the Creaturekind initiative, explaining why Christians should eat less meat:

<https://www.churchtimes.co.uk/articles/2020/22-may/features/features/should-christians-eat-less-meat>

It's encouraging to see a major weekly Christian newspaper featuring a meat-free diet, and it's a very apposite time for them to do so.

Last week a video interview with Philip and Miriam Sampson was uploaded to YouTube. This was part of a "face-to-face" interview series compiled by David Hallam during the recent period of lockdown. A former MEP and Methodist lay preacher, David is an old friend from our university days and he wanted to explore why we believe that the Bible teaches we should not eat meat. The interview can be watched here:

<https://www.youtube.com/watch?v=bmnFSTfGTao&t=227s>

## Animal abuse and pandemics

### 1 The Horrors and Dangers of China's Wildlife Markets

The wildlife markets in China have long been condemned by conservationists because of the risk they pose to human health. It is understood by most serious medical researchers, and the expressed opinion of MI5 that Covid-19 originated in a wet-market in Wuhan. Scientists believe the disease was transmitted from animals to humans at the Hunan Seafood Market.



It is estimated that 112 species of animals were on sale in this Wuhan market, including koalas, beavers, foxes, wolf cubs, deer, porcupines, pangolins, rats, bats and snakes. For decades animal welfarists have denounced these markets because of the terrible suffering they inflict on the animals. Wretched creatures sit listlessly in cages close to hanging carcasses of skinned animals.

The SARS virus came from birds sold at these markets but the sale of birds that caused SARS still continues illegally. The present ban applies to the selling of these animals for food. But the trade of animals to be used in traditional medicines or research has not been stopped. Wet-markets

remain open not only in China but also in Indonesia (where bats are for sale to eat) and across South East Asia.

The TV documentary series 'Nothing to Declare' shows Australian officers trying to prevent travellers, mainly Chinese, bringing prohibited animal items into the country. One such article brought in suitcases is Birds Nest, made from bird saliva, and this could easily spread disease. This documentary has been viewed in the UK on Freeview 11, Freesat 144, Sky 152 and Virgin 165.

(Information from: Mail on Sunday, 26.1.20 'What did they expect? Grotesque market where virus began,' 26.4.20 'Beyond Belief' and New Scientist, 9.3.20 'A long overdue ban.')



## 2 The next pandemic could start on a farm near you

We have heard a lot about the origin of our present pandemic (and many previous ones) lying in the human misuse and consumption of wildlife, most commonly in the far East. As a result of this pandemic there are signs of hope that China and other places are trying to control this, or at least eliminate the markets that sell wild animals.

Good, insofar as it goes, but it lets the majority of human carnivores off the hook, and lets them feel good about themselves because they only eat farmed animals. So I was interested to see the following item of news about a newly discovered virus in pigs, which I hope may bring them to their senses:

“The last pandemic flu the world encountered - the swine flu outbreak of 2009 - was less deadly than initially feared . . . The new flu strain that has been identified in China is similar to 2009 swine flu, but with some new changes. So far, it hasn't posed a big threat, but Prof Kin-Chow Chang and colleagues who have been studying it, say it is one to keep an eye on. . .

“Prof James Wood, head of the Department of Veterinary Medicine at the University of Cambridge, said the work "comes as a salutary reminder" that we are constantly at risk of new emergence of pathogens, and that farmed animals, with which humans have greater contact than with wildlife, may act as the source for important pandemic viruses.” (from “Flu virus with 'pandemic potential' found in China”, an article by Michelle Roberts, Health editor, BBC News online, 30/6/2020)

The abuse of animals in farming them for our consumption is as much a danger to our future as the consumption of wildlife, especially with intensive farming and in all other ways in which animals are forced to live in unnatural circumstances and be subjected to high levels of stress.

So the next pandemic could start on a farm near you.

### 3 Coronavirus outbreaks in meatpacking plants - consequences for animals

Now that the coronavirus pandemic is beginning to be brought under control in Europe we have become aware of a number of local outbreaks in meatpacking facilities, both in the UK and in other countries. The largest recent cluster of cases in Germany was associated with a meat packing facility.

In the USA, where the virus is still spreading rapidly, there have been a number of large outbreaks associated with these facilities, so meatpacking factories have had to be temporarily closed. Because of the industrial nature of US animal agriculture, with enormous pig and poultry farms and “just-in-time” supply lines, this has had appalling consequences for the animals..

A New York Times article in May revealed that due to the closure of meat packing facilities 90,000 pigs had been killed on farms in Minnesota alone the previous month, and 61,000 birds on one Minnesota chicken farm had been gassed. Normally these animals would be going into the food chain, but these creatures, who had experienced short, deprived lives in industrial farming facilities, were just being destroyed because they were clogging up the industrial process. The full article can be found here, but it is a disturbing read:

<https://www.nytimes.com/2020/05/14/business/coronavirus-farmers-killing-pigs.html>

### The future of our food

An Agriculture Bill is currently going through Parliament which will have consequences for food and farming in the UK after Brexit. The bill will be examined in detail in the House of Lords this week and is due to come back to the Commons for the second reading on July 10th. The full timetable, with information about where and when you can watch the debate is given here:

<https://www.parliament.uk/business/news/2020/june/lords-debates-agriculture-bill-at-second-reading-/>

The government is also in the process of negotiating a trade deal with the USA which could have detrimental effects on animal welfare and food quality in the UK.

The two items below focus on the future of our food in the light of these developments.

### UK Farmers Fear for the Future

Kate Beavan, who works on a family farm near Abergavenny, farmed since the 13th century, fears that they and many thousands of UK farmers will go out of business because they cannot compete with cheap imported food from the US. She says 'Their food is cheap because of these lower standards. It costs money to look after animals well. On our farm we only use antibiotics if absolutely necessary. We inspect sheep droppings to see whether they need a dose of worms.'

There is the dismal prospect that many UK farms may not survive, rural communities will collapse and traditional country life will be lost. Kate has '.....one glimmer of hope. The legislation contained in the Agricultural Bill has not finished going through Parliament. I pray the scale of the imminent crisis is finally dawning on our legislators and MPs might have a change of heart.'

(Letter by Kate Beavan, published in the Daily Mail, 22.5.20)

**Comment:** We can all play a part in contacting our MPs and expressing our opposition to cheap food (from US or elsewhere) produced through appalling farm practices that involve much animal suffering and pose a serious risk to human health.

## Cheap Food from US Poses Serious Health Risks

Factory farming was developed in the US with the emphasis on profit at the expense of animal welfare. In 2019 The Guardian reported that there are 250,000 factory farms in the USA. If a trade deal with the US goes through, there will be cheap imported food from the US on sale in this country, produced to much lower welfare and environmental standards. This would result in many UK farmers going out of business and would also pose serious health risks as outlined below.

Chlorinated Chicken: In the US chickens are often raised in crowded and filthy conditions. After slaughter the birds are washed with chlorine to kill infectious microbes. Professor Bill Keevil, head microbiologist of Southampton University reports that listeria and salmonella can survive the chemical. There are ten times more incidences of food poisoning in the US than in the UK. At present chlorination of poultry is banned in the UK and EU but as it is a process, not an ingredient, it need not be listed on the label.

Steroids and Hormones for Beef Cattle: These are used routinely in the US to hasten growth in cattle. One of these hormones, 17-beta-estradiol, is known as a complete carcinogen, causing and promoting the growth of cancer tumours. Testosterone and progesterone are also in regular use.

Pigs on Asthma Drug: The growth hormone ractopamine, developed to treat human asthma, is being pumped into three-quarters of the pigs in the US though it is banned in the EU, China and Russia.

Growth Hormones given to Dairy Cows: The growth hormone bovine somatotropin, banned in the EU, Australia, New Zealand, Canada, Japan, Israel and Argentina, is given to US dairy cows to boost milk production. Research indicates that consumption of this milk increases the risk of breast and prostate cancer.

Routine Use of Antibiotics for Livestock: Instead of keeping antibiotics for treating illness as recommended by WHO, US livestock is given antibiotics to accelerate growth. The Alliance to Save our Antibiotics is concerned that the routine use of antibiotics will promote the rise of antibiotic-resistant bacteria.

Antibiotics on Fruit: Although it is estimated that three-quarters of antibiotics used worldwide are on animals not humans, in the US antibiotics are sprayed on oranges and grapefruit in Florida and California. Pesticides banned in the UK and EU are also used.

(Information from a special investigation by Robert Chamberlain in the Mail on Sunday, 1.3.20)



## Health Benefits of a Plant-based Diet

The main reasons given for adopting a plant-based diet - good for the environment, for animals, for feeding the world's poor - are usually classified as ethical. But as is often the case, altruism and self-interest overlap because a plant-based diet benefits us in promoting good health. Some of the advantages are common knowledge while more are being discovered: the wide range is outlined below.

### 1. Obesity, Type 2 Diabetes, Heart Disease and certain Cancers:

The risk of these is reduced by a vegan diet based on vegetables, fruits, beans, whole-grains, nuts and seeds. In addition this diet can reverse type 2 diabetes and coronary heart disease, maintain weight loss without exercise or restriction of portions and can check the progression of prostate cancer in its early stages.

### 2. Urinary Tract Infection:

Research from several studies confirms that vegetarians have a 16 per cent lower risk of Urinary Tract Infections (UTIs) compared to non-vegetarians. This supports previous data which indicates that meat-borne bacteria play a significant part in increasing the risk of UTIs. A further concern is that these food-borne bacteria are showing resistance to antibiotics.

### 3. Arthritic Pain:

A small study which investigated the effect of diet on osteoarthritis found that patients on a plant-based diet reported a significant reduction of pain and improved functioning. There are micro-nutrients present in plant food with anti-inflammatory properties that could alleviate the inflammation and therefore the pain of arthritis. Meat-based diets tend to increase the level of inflammation in the body.

### 4. Menstrual Pain:

In a study on menstrual pain women went on a low-fat, vegan diet and pre-menstrual symptoms, duration and intensity of pain and oestrogen levels were recorded. All these factors were reduced and this study confirmed that diet can affect hormone levels and that lower oestrogen levels have several benefits for women's health.

### 5. Mental Health and Wellbeing:

One of the reasons for this is that diet impacts on gut bacteria which produce many of the hormones in our brains. Healthy gut bacteria thrive on the fibre found in whole plant food. Research in the US investigated the impact of diet on people with a history of obesity and type 2 diabetes. The participants on a low-fat vegan diet showed improved mental health, wellbeing and work productivity and reduced depression and anxiety.

### 6. Less Need for Health Care:

A large study conducted in Taiwan showed that vegetarians made less outpatient visits to hospital. It was calculated that the impact of this group represented a 13 per cent lower outpatient expenditure and a 15 per cent lower total medical expenditure. A hypothesis of potential savings to the NHS was done using healthcare figures of 2017: total expenditure on health was £197 billion - approximately £2,989 per person - and then applying the 15 per cent reduction rate. It was calculated that, if the entire population became vegetarian, savings to the NHS would be nearly £30 billion.

The conclusion is that not only would a plant-based diet benefit the health of the individual in various ways, it would also represent huge savings for the NHS and the economy. 'No man is an island....' and our individual choices impact on the whole community. (Information from an article by Shireen Kassam in Inverse, 8.03.20)

## Gut health and Covid 19

Professor Tim Spector at Kings College London has been studying the gut microbiome and its relation to overall health for several years. Recently he has been heading up the Covid 19 Symptom Study.

His research suggests that people who suffer the most when they contract Covid 19 are those who are obese and whose bodies are not processing sugar effectively. The diet he recommends for keeping well while Covid 19 is circulating features eating more, and more varied, fruit and vegetables.

More information can be found here: <https://covid.joinzoe.com/post/gut-health-immunity-covid>

## Products

### **Miami Burgers:**

Vegan, low in saturated fats, no coconut and palm oil and advertised as 'junk free.'

**Tru Veg** - Packed with broccoli, garden peas, red quinoa, carrots and onions.

**Classic** - Seasoned vegetable mix and GMO-free soya beans.

These, and other items in their range, can be bought online from Ocado and Morrisons. They are also available in some Holland and Barrett stores.

### **Lazyday Treats:**

**Millionaire Shortbread** - Shortbread squares covered in caramel and Belgian chocolate.

**Chocolate Tiffins** - Dark chocolate biscuit squares with sultanas covered in Belgian chocolate.

Available from: <https://www.lazydayfoods.com/> All their products are vegan and gluten-free

**Mitch's Kitchen** creates innovative vegan ready-meals in their kitchen in Southampton but they will deliver them as frozen ready-to-cook dishes all over the UK. Mitch worked for the popular Offbeet vegan restaurant in Hampshire, but since lockdown he has developed this new vegan food

delivery business. As well as delivering ready-meals this company also provides a range of veg boxes. Full details can be found here, and you can also download a free e-book with some of their recipes if you would like to recreate their dishes from fresh ingredients yourself at home:

<https://mitchskitchen.co.uk/>

## Recipe

There is nothing more appropriate to indulge in on an English summer afternoon than a cream tea, and there is no reason why vegans should miss out.

We used this recipe for vegan scones to entertain friends for a “socially distanced” cream tea in our garden last week. Sadly the rain began just as we poured the tea and we had to bring out the umbrellas, but perhaps you will be more lucky with the weather !

### National Trust vegan ‘creem’ tea:

#### Ingredients for the scones:

**350g** self-raising flour  
**85g** plant-based margarine  
**60g** caster sugar  
**3g** baking powder  
**175ml (approx)** oat milk

#### Method for the scones:

1. Place the flour, plant-based margarine, sugar and baking powder into your mixer and combine until you have a fine breadcrumb consistency.
2. Gradually add the oat milk until the mix comes together and you have a soft dough.
3. Tip out onto a well-floured surface. Roll to the depth of about 2 fingers and cut using a 7cm straight-sided cutter. Reroll and repeat as necessary until all the dough is used and you have 6 scones.
4. Brush the tops with a little oat milk and bake in the oven at 180C for 15 - 20 minutes or until slightly golden on top.



#### Ingredients for the vegan clotted 'creem':

**175g** plant-based margarine  
**½ tsp** vanilla essence  
**60g** icing sugar  
**1 tbsp** oat milk

#### Method for the vegan clotted 'creem':

1. Place the plant-based margarine and vanilla in a bowl and beat or whisk until light and fluffy.
2. Gradually add the icing sugar until pale and fully combined.
3. Add the oat milk to loosen if needed. Place into your portion-sized pots.

**To serve:** 1 portion of jam - or fresh strawberries - ; tea or coffee

Recipe taken from: <https://www.nationaltrust.org.uk/recipes/vegan-creem-tea>

## And finally.....

John shares some thoughts.....

## The Purpose for which Animals were Created

I have heard some Christians say that the purpose of animals, and their destiny, is to be of use to mankind, mainly to be killed and eaten.

I wonder what Bible they read, and what forms of worship they use.

From a Biblical perspective the concept of eating anything but plants by any animal - human or otherwise - only entered the world after The Fall. That surely should tell the reader something.

Two Canticles in the Daily Office concentrated my attention further. The first was the Benedicite [1], a canticle used on joyous occasions in both Anglican and Roman Morning Prayer. It clearly reminds us that the purpose of all creation is to praise God. Animate and inanimate, animals and humans are all called to praise their Creator. *That* is their purpose and destiny. I quote but one verse:

And you, rivers and seas, O bless the Lord.  
 And you, creatures of the sea, O bless the Lord.  
 And you, every bird in the sky, O bless the Lord.  
 And you, wild beasts and tame, O bless the Lord.  
 To him be highest glory and praise for ever.

Note: not for humans to praise God for giving them these creatures to eat (which He hasn't), but for the creatures themselves to praise God. To be able to do this they must live as God intended, above all they must be alive, a fact of which we are reminded in another Canticle, "A Prayer of King Hezekiah in his Illness". [2] I quote just two verses: [3]

No one in the world of the dead can praise you;  
 The dead cannot trust in your faithfulness.  
 It is the living who praise you,  
 As I praise you now.

It is worth reminding our fellow Christians of this, and that our present predicament - along with HIV/Aids, SARS and many others - comes from the killing and eating of animals.

Whoever wrote these passages - along with others such as Genesis 1 [4] and the vision in Isaiah 11 [5] knew what they were talking about. Our present situation I believe is proof of their Divine inspiration. These passages are part of Holy Writ which every Christian should know, and not ignore or try to explain away.

**Footnotes:**

1: taken from the Bible (Daniel 3:56-88)(Catholic version) or Apocrapha: A Prayer of Azariah (Protestant version)

2: Isaiah 38:1-20

3: vv18 & 19a

4: v29 "Behold, I have given you every plant yielding seed which is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food.

5: The wolf shall dwell with the lamb . . . They shall not hurt or destroy in all my holy mountain



**The Peaceable Kingdom by Edward Hicks: (1780-1849)**

Hicks was an American folk painter and a Quaker.