

CVVUK NEWSLETTER



Welcome to the Christian Vegetarians and Vegans UK newsletter, Spring 2022

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 June 2022.

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 any time. Email: johnmerrickryder@gmail.com or write to 177 Dover Road, Ipswich, IP3 8JJ. Please include your full name and the date. Thank You.

Lent - 40 days with God's creatures

We are already halfway through Lent but, if you haven't already downloaded it, it's not too late to connect with the SARX Lenten guide "40 days with God's creatures" which is available free, here: <https://sarx.org.uk/latest-news/40daysguide/>.



This thought-provoking devotional resource was originally issued last year but it has been revised and reissued this year. The illustrations accompanying each day's reflection are particularly striking. Last year I used it on my phone, but this year I have downloaded it onto my iPad and the pictures are even more impressive now I can see them in a larger format. Highly recommended!

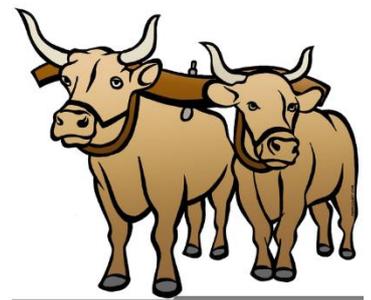
Thoughts on our Lenten journey from John Ryder

Christians defending animals often have biblical quotes thrown at them in an attempt to prove that they are wrong. In replying to these people we need to point to both the biblical and the historical context. It is easy to 'prove' (or 'disprove') almost anything from the Bible by taking one or two verses out of context.

Much of what I have written and said as a spokesman for CVVUK is putting the Christian's attitude towards animals in a whole-Bible perspective. As I never tire of saying, I believe the Bible taken as a whole points to the fact that we should be vegan, that we should treat all our fellow creatures (and not just our fellow humans) with compassion.

But there are some passages that also need some knowledge of the historical context. Farming methods and practices were very different in Biblical times, the use of beasts of burden was a necessity, and the availability of different foods far more limited. However in Judaism there were (and are) many rules and customs regarding the wellbeing of livestock and beasts of burden, welfare standards far above those common in modern farming methods. These standards and customs our Lord took for granted and often used in his teaching, comparing his treatment of us with the compassionate treatment of 'beasts'. But not much is said about this. I was therefore delighted to read the following explaining one of our Lord's sayings in a Lenten message from Bishop Roger Jupp:

"We might recall the Lord's words 'Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.' (Matthew 12:29) That might seem to mean that Jesus wishes us to take on another burden, but in fact it is a wonderfully encouraging image taken straight from the agricultural society with which he was familiar. At the plough a younger and less experienced ox would be harnessed to an older one and so learn from him how to walk in a straight line at a sustainable pace, obeying the directions of the



ploughman. It is in this way that Jesus is both our guide and companion in the life of Christian discipleship and specifically in our Lenten journey . . . he is leading us gently but firmly - with little nudges every so often - to the culmination of what is really a pilgrimage, to the Jerusalem of his passion and death, to what the Church calls the celebration of his Paschal Mystery."

May we gladly accept our Lord's yoke, and in so doing strive to make our fellow creatures' burdens - whatever their species - easier to bear.

Factory farming and global warming campaigns

For many years the mainstream environmental charities and campaign groups were reluctant to draw attention to the impact of the industrial farming of animals for meat and dairy on global warming, but now things are changing fast.



Greenpeace has recently launched a campaign to end factory-farmed meat and dairy, with a petition that you can sign here: [Greenpeace petition on meat and dairy](#)

Their website now contains some hard-hitting information on the current crisis:

'In the last few decades food companies have filled our shelves with meat, chocolate, cheese and eggs, which has resulted in an explosion of livestock numbers – especially cows, pigs and chickens. [There are now so many that an estimated 60% of all mammals on the planet are livestock, while just 4% are wild \(the other 36% is us\). Farmed poultry account for an incredible 70% of all birds.](#)

This rapid growth in meat and dairy production has been driven by profit-hungry companies and has led to drastic consequences for our planet. All these animals need a lot of food and vast areas of forests, grasslands and wetlands have been destroyed to feed livestock. Giant chunks of the Amazon rainforest and other South American forests and savannas have been replaced with fields of [soya](#), wiping out the wildlife they support.

This is a disaster for the climate. Agriculture and deforestation contribute [a quarter of global greenhouse gas emissions](#), and animal farming is responsible for 60% of the emissions from agriculture.'

They also have a section on their website exploding the myth that it's vegans and vegetarians eating soya that drives deforestation in the Amazon: <https://www.greenpeace.org.uk/news/soya-meat-vegetarian-vegan/> Here's a short extract:

'Most of the world's soya is grown for the meat industry. Only 6% of the soya grown globally is eaten by humans. 90% of all soya is fed to chickens, pigs and cows. (The rest is used for things like pet food and biofuels.)

Over the past 50 years, meat production [has more than quadrupled](#)..... Grazing and feeding these animals takes up an area of land the size of [North, Central and South America combined](#), and the industry produces nearly a sixth [of global greenhouse gas emissions](#).'

Until recently, the industrial meat industry has managed to stay relatively hidden from the public eye. That time is over, and you can help by sharing this info with your friends and family. And the next time you hear someone saying "it's all those vegans and vegetarians destroying the planet", show them this blog.'

Research quantifies impact of animal agriculture on climate

A recent peer-reviewed academic study has quantified the impact of animal agriculture on greenhouse gases and concludes that rapid global phaseout of animal agriculture has the potential to stabilize greenhouse gas levels for 30 years and offset 68 percent of CO₂ emissions this century.

The researchers quantified the full "climate opportunity cost" of current global livestock production, by modelling the combined, long-term effects of emission reductions and biomass recovery that would be unlocked by a phaseout of animal agriculture. Their results show that, even in the absence of any other emission reductions, persistent drops in atmospheric methane and nitrous oxide levels, and slower carbon dioxide accumulation, following a phaseout of livestock production would, through the end of the century, have the same cumulative effect on the warming potential of the atmosphere as a 25 gigaton per year reduction in anthropogenic CO₂ emissions, providing half of the net emission reductions necessary to limit warming to 2°C.

They argue that the magnitude and rapidity of these potential effects should place the reduction or elimination of animal agriculture at the forefront of strategies for averting disastrous climate change.

The full study can be found here:

<https://journals.plos.org/climate/article?id=10.1371/journal.pclm.0000010> Eisen MB, Brown PO (2022).

Antibiotics – EU takes action but UK does not

Use of antibiotics in animal agriculture is driving antibiotic resistance, yet the British government has failed to adopt the EU's introduction of a [ban on prophylactic and metaphylactic antibiotic use](#).

About two-thirds of antibiotics globally are given to animals. From 28 January this year, a ban on the administration of antibiotics to groups of healthy animals came into force across the EU. As a result, European farmers will be able to use antibiotics as a preventive measure only in exceptional cases when there is a high risk of infectious disease, and then only with individual animals.'

Antibiotic resistance and animal farming is killing people today but the current death rate is nothing like the high toll in pandemics that may follow.

Many believe that drug-resistant bacteria, many of which are born on factory farms, could be the cause of the next pandemic. And while that may seem like a problem for another day, the reality is that millions of people are already being affected by the rise of these vicious superbugs.

Health officials and experts around the world are sounding the alarm. A new study uncovered that in 2019, 1.2 million deaths were due to antibiotic-resistant infections, and as many as 5 million deaths that year were indirectly related to antibiotic resistance.

Information taken from an email from Farms not Factories - <https://farmsnotfactories.org/> - Feb 2022

Antibiotics – dangerous trade agreements

Trade agreements signed with non-EU countries such as Australia may lead to imports of food laced with antibiotic drugs.

Most supermarkets control or ban antibiotics on UK farms for their own product ranges, but the rules are often not applied to imported or branded food. Farm antibiotics can cause food poisoning bugs in livestock to mutate. It's feared that when the bugs - campylobacter or salmonella enter the food chain they'll defeat antibiotic medicines with disastrous consequences for human health.

Some supermarket policies cover only own-brand fresh meat, eggs & dairy products. This leaves frozen foods, ready meals, ingredients & branded produce with no restrictions, other than minimum legal standards.

Concerns are raised in a report by "Alliance to Save Our Antibiotics" which includes groups such as 'Compassion in World Farming', who said "Some imported food may be produced by using antibiotics to make animals grow faster, a practice which has been banned in UK for 15 years."

UK Health Security Agency has warned that 1 in 5 people with an infection in 2020 had an antibiotic resistant strain and this could get much more common. Dame Sally Davies, former Chief Medical Officer warns "If we don't act now, any one of us could go into hospital in 20 years for minor surgery & die because of an ordinary infection that can't be treated by antibiotics." (From



the Daily Mail 18.11.21)

More detailed information about the use of antibiotics in animal agriculture and the implications for human health in the future can be found here: <https://www.saveourantibiotics.org/>

CVVUK supporter takes action

We are always delighted to hear from our supporters about actions that they have taken to advocate for animals. Elizabeth Alliston has forwarded to us this letter which she sent to her local paper about new animal welfare legislation proposed by the government.'

'As a result of opposition from some members of the government's Cabinet a promise to ban imports of fur and foie gras is likely to be dropped. The ban on these imports was to be included in new animal welfare legislation.

The production of foie gras is so cruel, by force feeding ducks and geese, it is banned in many countries including the UK. Fur farming is equally cruel. How hypocritical therefore to allow foie gras and fur to be imported.

Jacob Rees-Mogg, one of the MPs who opposed the ban on the importation of foie gras said he believes "people should have the choice to buy products produced in cruel ways if they wish".

What about the right of animals to live and what's more, to live without cruelty?

Defence Secretary, Ben Wallace is concerned that a ban on importing fur could affect the bear fur caps worn by guardsman soldiers. A faux fur that is indistinguishable from real bear fur is available but it has been rejected by the MOD. It appears the MOD prefers to support cruelty and the death of bears even though a faux fur company has offered to provide its artificial bear fur free of charge until 2030. Never mind, it's only the taxpayers that pay for the bear fur.

A government spokesman said that the Cabinet is "united in its commitment to upholding its world-leading standards in animal welfare". Oh, really?'

Elizabeth has been writing to her local newspaper since 2006 and 99% of her letters have concerned animal issues. On average one of her letters is published each week. She has also written for Quaker Concern for Animals and for the magazine of her local animal rescue centre where she volunteers as a cat/kitten fosterer.

We would love to hear from other readers about your involvement in animal advocacy in your area.

Pension funds investing in "Big Ag"

Is your local council's pension fund investing in factory farming? You can find out here: <https://divest.feedbackglobal.org/>

[Feedback's Campaign](#) asks us to lobby our Councils to divest Council Pensions from Big Livestock. The UK's local councils are [pouring £238 million in pension fund money](#) into industrial livestock investments, fuelling a destructive industry which causes climate change, deforestation, human rights abuses and industrial-scale animal cruelty. Will you join Feedback in calling on local councils to divest from industrial livestock by [emailing your local council?](#)

Recipe - Parsnip and Rosemary Tarte Tatin

Our spring recipe comes from **Oddbox**, an organisation which runs a subscription fruit and vegetable box scheme using odd-shaped and surplus produce which would otherwise be at risk of going to landfill. This is an excellent way of reducing food waste. You can find out more about Oddbox and check out their other recipes – many of which are vegan - here:

<https://www.oddbox.co.uk/home-box>

At this time of year spring vegetables from here in the UK are still a few weeks away and it's a good time to look for something different to do with winter root vegetables. This savoury upside-down tart tatin showcases golden parsnips on an onion compote base with flavours of rosemary, balsamic and honey/maple syrup. This is a perfect make ahead recipe which can be eaten hot or cold. We tried it yesterday and it was very tasty!

If you don't like parsnips use turnips or carrots instead. You can also substitute shallots for red onions and thyme for rosemary.

Prep time: 15 minutes. Cook time: 30 minutes. Total time: 45 minutes. Serves: 4

INGREDIENTS:

3 Parsnips
3 Red onions
1 tbsp Rosemary (chopped)
1 pack of ready rolled Vegan puff pastry
1 tbsp Balsamic vinegar
1 tbsp Maple syrup
3 tbsp Vegan butter
Olive oil
1 tbsp plant-based milk
Salt & pepper



RECIPE:

- Preheat the oven to 180 C/160 fan/4 gas mark. Cut the parsnips right down the middle lengthwise, and place in an ovenproof medium frying pan, along with the butter.
- Cover the pan with a lid (or use a baking tray), and cook over medium heat for 5 minutes on each side, until caramelised and golden. Season with salt and pepper. Remove from the heat.
- Heat 2 tbsp olive into another pan, and add the red onions and rosemary. Cook over medium heat until tender, then deglaze with the balsamic vinegar, maple syrup and 2 tbsp of water. Cook for 2-3 minutes, until sweet, a little sticky and deep in colour. Season with a pinch of both salt and pepper.
- Top the parsnips with the red onions. Place the puff pastry over the top, tucking in the edges. Brush with the plant milk.
- Bake for about 25-30 minutes, until the pastry is golden and crisp on top.
- Serve the tarte tatin upside down, hot out of the oven or cold.

And finally..... two poems to reflect on

GOD'S CREATURES - by one of our supporters, Ann Willis

God gave mankind animals to work with and to use,
But this does not mean freedom to abuse.
All animals feel pain and fear
God created them and in his heart he holds them dear.

-

Spare a thought for the battery hen
Imprisoned in a tiny cage by the greed of men.
She has no room to walk or open her wings
Because her confinement more profit brings.

-

Jesus told us we must care for the weak
And animals have no voice to speak
Although over animals humans may rule
God meant us to treat them well and never be cruel.

-

So say a prayer for every exploited little life
In cramped conditions or in any form of strife
They spend their lives hidden from public view -
But we must remember these are God's creatures too.

Sometimes we forget that animals and birds also loved Jesus and wept at the cross. Here is a beautiful poem called by Sylvia Sands:

The Song of the Bird

He loved us,
birds of the air.
Listen to his stories
of ravens and eagles
and even sparrows:
two sold for a farthing,
and not one falls to the ground
without the Father knowing.

Here I am
perched on his cross
eyeing those thorns
burrowing blackly and blindly
burrowing secretly, searingly
into his brow



Tell me
where is that damned dreamy dove of peace now?
His beak is longer and stronger than mine.

Look, I've tried
I've flown into,
under his sweat-soaked
blood-drenched
once beautiful hair.
I've tried to wrench out
one, just one of those thorns.
I've beaten – nearly broken my wings
against his face
and all I've done is
to draw more blood
Fierce are those thorns
force-driven into his head.



With what strength I have left
I am flying
flying away from my failure
flying away lest I forget
the music trapped in my breast
for sunset and dawn:
flight and music –
his gifts.

As I fly
a hoard of young sparrows
come twittering and taunting
laughing and crying after me:
Red breast, Red breast
Who ever saw a red breast before?



I glance down as I fly and
see my breast flame crimson
against the gathering dusk

The fellowship of his sufferings:
in my heart, as if to break it,
creep sunset and dawnbreak,
and in my soul a new song is born
with which to greet them.

<https://carbonfast2013.wordpress.com/2013/03/29/animals-were-also-weeping-at-the-foot-of-the-cross/>