

CVVUK NEWSLETTER

Welcome to the Christian Vegetarians and Vegans UK newsletter, Summer 2021



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 October 2021.

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.

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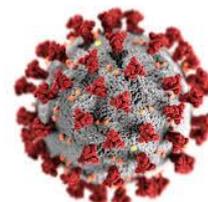
Input from our supporters - your favourite saint?

One of our supporters suggested that we ask our members to write in about their favourite saint who had a special relationship with animals other than human. St Francis of Assisi is the saint most commonly associated with treating our fellow animals as our brothers and sisters, but there are many others. We would love to hear from you about your chosen saint who loves animals. (I put 'loves' in the present tense as I am sure they haven't changed their minds after moving from this world!) Please send us a few lines before the end of October 2021 for the

next newsletter.

You could help stop the next pandemic

COVID-19 is both a global disaster and the cause of countless individual tragedies. And it is likely to happen again, perhaps sooner rather than later, because of the way humans treat animals.



The overcrowding of animals and causing them to grow unnaturally fast creates ideal conditions for viruses and bacteria to grow and spread. For example the 2009 swine flu pandemic which killed about 570,000 people is said to have originated in a Mexican town just five miles from a major concentration of industrial pig farms.

This is without the other health dangers of intensive animal farming: the overconsumption of animal products can increase the risk of heart disease and some cancers, and the amount of antibiotics used vastly increases the risk of antibiotic resistant bacteria. Agricultural emissions are also thought to cause many thousands of deaths from air pollution every year, and we know they contribute greatly to climate change.

Eating habits need to change to save lives and save the planet!

[Taken from **Farm Animal Voice** - Issue 205 - Winter 2020/1]

Interfaith webinar on food systems, public health and pandemics

A group of organisations concerned with animal welfare from a range of different faiths - CreatureKind, Jewish Initiative for Animals (JIFA), Shamayim: Jewish Animal Advocacy, and Unitarian Universalist Animal Ministry (UUAM) - recently convened a panel of religion scholars and experts to address the pressing issues surrounding how we raise animals for food, specifically addressing how factory farming increases the risk of future devastating pandemic outbreaks.

The webinar can be viewed here:

<https://www.youtube.com/watch?v=2NNtgZYeg08&feature=youtu.be&eType=EmailBlastContent&eld=1c027fce-c6f6-42e5-96bf-e56bec58deb5>

UK/Australia trade deal - bad for farm animals.

The UK's first major trade accord with another country since Brexit, the UK/Australian Trade Deal, was agreed recently, with few safeguards for UK farmers' livelihoods. To silence opposition against low standard imports that would undermine UK farmers, the Government established the Trade and Agriculture Commission, supposedly to scrutinise all new trade deals, but to date the Commission does not officially exist!

“Ministers have been accused of jeopardising the livelihoods of thousands of farmers after it merged that a new trade deal with Australia will permit huge increases in meat imports before any protective tariffs come into force.”

The trade deal with Australia, 13,000 sea-miles away, will undercut UK farmers with imports of substandard meat that is only cheap because of [appalling production methods in Australia](#), not least the dosing of pigs with the muscle building drug Ractopamine, banned in 160 countries including the EU, and the continuous use of antibiotics in cattle to promote growth, a practice that was banned in the EU in 2006 as it was contributing to the alarming rise in antibiotic-resistant diseases in humans. As many Remainers feared (and many Brexiters hoped they could prevent from outside the EU), Brexit has resulted in a bonfire of regulations and protections.

The Australian Parliament gets a vote on the Australia-UK Free Trade Agreement but MPs in the UK have not had this opportunity. The next Opposition Day debate is an opportunity for the Labour Party to ensure proper parliamentary scrutiny of this deal that would:

- endorse animal cruelty,
- damage our agricultural sector,
- and break yet more Brexit promises.

Open Britain - https://www.open-britain.co.uk/australia_fta - is calling on Keir Starmer to use the next available Opposition Day to shine a light on this deal and are asking people to add their voices by [signing this petition](#).

Methane emissions and climate change

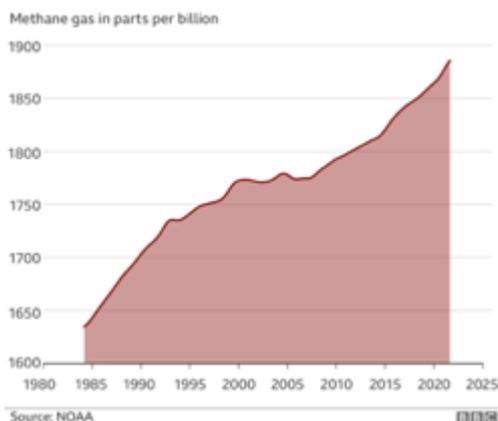
Reducing emissions of methane gas is vital for tackling climate change in the short-term, a major UN report says. BBC News 6/5/21

Methane is produced when living things decompose; it is also in natural gas. It persists for just a short time in the atmosphere - unlike carbon dioxide - but methane is a much more potent global warming gas than CO₂.

The report says "urgent steps" are necessary in order to reduce methane if global warming is to be kept within a limit laid down in the Paris deal. This agreement, signed by 200 countries, aims to keep the global temperature rise to within 1.5C above pre-industrial levels by the end of this century. The 1.5C target is regarded as the gateway to "dangerous" warming, where the planet could experience serious adverse effects of climate change.

The report comes as data showed both CO₂ and methane (CH₄) in the atmosphere reached record highs last year.

Methane gas production is continuing to rise



Drew Shindell, the study's lead author, and a professor of Earth Science at Duke University in Durham, US, agrees CO₂ is the number one target in the fight against climate change, but says cutting methane will have a more rapid impact.

"So many aspects of climate change are happening faster than expected", he said. "We see more fires, more of the strongest hurricanes, more heatwaves, and methane is the best lever we have to reduce the growth in those over the next 30 years."

The main sources of human-related methane are the fossil fuel industry, which accounts for 34% of total emissions, agriculture which contributes another 40% and the waste sector 20%.

The Unep report says the fossil fuel industry has the greatest potential for low-cost methane cuts. But the report warns the continued expansion of the use of natural gas is not compatible with keeping warming to 1.5C without what it calls "massive-scale deployment of unproven carbon removal technologies".

The waste sector could cut its methane emissions by improving the disposal of sewage around the world.

Improving the management of rice paddies has the potential to reduce emissions from agriculture but the report says the biggest generators of agricultural methane - livestock - are harder to abate. There is little scope for technical solutions, it concludes, so the effort needs to be focused on reducing food waste and loss, improving livestock management and encouraging consumers to adopt what the report calls "healthier diets" - those with a lower meat and dairy content.

You can help some people to see the moral argument for veganism. For those merely persuaded by the practical arguments, it is our opinion that with the majority you will never get anywhere by just asking them to 'lower' their intake of meat and dairy. After all they can do that by going meat-free just for one meal a month. You need to help them set a target of say a 50% reduction in three months. After that you can help set a further target . . .

Killed by Litter

The RSPCA is encouraging people to pledge to pick up litter (in parks etc) with an initiative called "Pledge to Pick." People can choose for how long they commit to do this. Last year the RSPCA had 4,000 calls about creatures stuck in discarded waste. These include a gull tangled in a face mask, a hedgehog with its head stuck in a can. Many animals in their care had terrible injuries from discarded angling equipment - fishing lines, hooks and plastic netting. Plastic pollution reaches "from the tops of mountains to the bottom of the sea." A dead camel in Dubai had over 2,000 plastic bags in its stomach.

To see how to join the litter pick visit: www.gbspringclean.org



Vegan - and Christian too

Nathan Porter, who works for the **Creaturekind** initiative, has posted an interesting blog on their website setting out his reasons, as a Christian, for becoming vegan. These are both ethical and theological.



You would find it an interesting read and it could be worth sharing with Christian friends:

[Nathan Porter's Blog](#)

Recipe - Pasta Salad with Greek-Style Cubes

This quick and easy recipe from the Cauldron website uses their Greek-style cubes in Mediterranean herbs, but any tofu cubes or chopped vegan Greek-style cheese would work, tossed in a little olive oil and herbs.

PREP - 5 MINS COOK - 10 MINS SERVES 4

INGREDIENTS:

- 1 tub of Cauldron Greek-Style Cubes
- 400g pasta
- 2 celery stalks, sliced
- 2 carrots, sliced
- 2 gherkins, sliced
- 60g olives, pitted
- Handful fresh parsley
- Salt and pepper



METHOD:

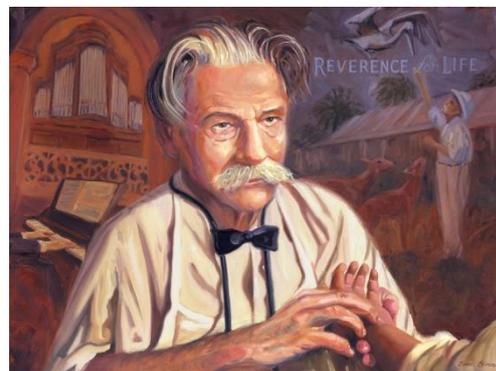
1. Firstly, boil your pasta for 10 minutes
2. Meanwhile, chop up your veg and parsley and place into a large mixing bowl along with the Cauldron Greek-Style Cubes in Mediterranean Herbs
3. Now, drain and rinse the pasta under cold water to cool it
4. Add the pasta to the large mixing bowl with the veg and mix

More tasty vegan recipes can be found can be found on the Cauldron website here: [Cauldron recipes](#)

And finally....

A prayer for animals from Albert Schweitzer:

*Hear our humble prayer, O God, for our friends, the animals.
Especially for animals who are suffering; for any that are
hunted or lost or deserted or frightened or hungry.
We entreat for them all Thy mercy and pity,
and for those who deal with them, we ask a
a heart of compassion and gentle hands and kindly words.
Make us, ourselves, to be true friends to animals,
and so to share the blessings of the merciful.*



Taken from a selection of prayers and reflections relating to animals which can be found on the Sarx website: <https://sarx.org.uk/get-involved/prayers-and-reflections/>