

Christian Vegetarian Association UK

Working towards a violence-free world

Home of Veg4Lent

NEWSLETTER

Spring 2008 - No.6

Ministry

*Environment and Health
Animal Rights and Welfare
Discipleship*

Mission

*Support
and encourage Christian Vegetarians in the UK*

*Share
with non-vegetarian Christians how a vegetarian
diet can add meaning to their faith*

*Show
all those with ears to hear that a plant-based way
of life represents good, responsible Christian
stewardship for all God's Creation.*

Visit:

www.christianvegetarian.co.uk



This is a free Newsletter intended as a personal resource for CVAUK members and allies only. It may not be sold, nor reproduced in whole or in part for commercial gain.

A big thank you to all those who responded to our appeal for funds, CVAUK is once again solvent and in a much better position to respond to requests for help and advice. We also thank members who have agreed to download, view/print our Newsletters and Press Compilations from our website. This has enabled us to reduce the number of hard copies sent out each year, saving not only printing and postage costs but also the time it takes to print, collate, address & fill envelopes as well.

This newsletter is devoted to all those members who have been active over the past 6 months, your articles and letters testify to all the work you do for CVAUK. I trust it will encourage and assist other members to sow the seeds of vegan/vegetarianism within, not only their church but also their local community.

Vegetarian Christian Action (VCA) has been put on hold while Neville is experiencing the trauma of moving house and the need to reassess his work in Kenya (HIPPO) after the recent troubles. However, should any member discover a meeting or march that could benefit from our attendance, please let me know and I will try to organise something. Please add the following to your diary:

9th to 12th July - Catholic Concern for Animals Retreat

at Noddfa Retreat Centre, Penmaenmawr, North Wales. I will be attending this retreat and hope to meet some of you there.

30th July - London Vegans - monthly meeting, an address by Fr John Ryder.

7.30 pm 38a Millman St, London, WC1N 3EW (Tube: Russell Square)

7th September - London Vegan Festival - CVAUK stall, Speaker: Fr John Ryder or myself. 11am to 8 pm Kensington Town Hall, Hornton St, London W8.

25th October - A Very Veggie Autumn Fair - Leicester. CVAUK Stall.

For more information see advert on page 27.

Pentecost 08 - Isle of Wight Churches Celebration of Pentecost



CVAUK stall manned by Bishop Mercer, Fr John Ryder and myself. Our stall was very well received and we had many friendly enquiries.
Don Gwillim

Fellowship of Life website - update

by John M. Gilheany

As the CVAUK develops, the FoL website should be able to afford campaigners a useful resource of material from earlier decades.

The project was established to commemorate the influence of FoL founder Margaret Lawson (1919 - 2006) who maintained a voice for vegetarianism in Anglican and Church of Scotland publications during the 1970's and 80's. Margaret's outlook was not aligned to establishing a formal vegetarian society and her network embraced the truth within every religion. Nor was the FoL a particularly effective forerunner to the CVAUK although the influence of FoL literature, letters and prayers may well have 'set the stage' along with the efforts of other groups and individuals over the years.

However, it should perhaps be emphasised today that the Fellowship of Life received the patronage of several notable Christians, including the Dean of Westminster, Edward Carpenter (1922-2003), Lady Muriel Dowding (1908-1993) who was instrumental in the success of the 'Beauty Without Cruelty' company and the Revd. Professor William Barclay (1907-1978); a famous theologian and broadcaster in Scotland whose influence remains considerable today.

By 2006 the sun had just about set on FoL activity. The last of the Christmas newsletters was circulated in 2001 and the elderly and dispersed 'membership' currently numbers no more than 50. The 'Announcements' section of the website will nonetheless feature roughly the same number of news items that would have been contained in the newsletters each year. A selection of the more recent FoL publications remains in print and an informal relationship with the secular sphere of the animal rights movement still exists.

However the purpose of the website is essentially that of an expanding 'warehouse' of articles and other relevant archive items from the twentieth century. There are currently 70 articles which have appeared in Christian publications and animal rights periodicals since the 1970's with over 100 expected to feature by the end of the year. Similarly, there are dozens of previously published letters that could easily assist in the composition of today's submissions to newspapers and Church officials.

For the most part, the material that appears on the website may be reproduced for campaigning purposes with an acknowledgement to the original source of publication. However, it would be advisable to acquire permission for the reproduction (in print) of extracts in excess of 250 words from the relevant copyright holders. In the case of letters, it should be reasonable to assume that the authors would be glad for their words to forward our cause but discretion should be exercised in relation to the record of our opponents' apologetics over the years!

There have certainly been lessons learnt by animal rights activists in their dealings with the Churches and it is worth exploring recent history in order to be better prepared for future advocacy. An extensive resource is already available for anyone that may wish to wander through those past events, ideas, discussions and publicity. In the course of two years the website has taken on a fairly comprehensive appearance but may feature twice the current content in the years ahead.

Our eternal thanks are due to **The Mary T. and Frank L. Hoffman Family Foundation** for publishing and preserving the growth of Church-related animal rights campaigning in Britain. For those who have yet to discover one of the best kept secrets on the web (!) please visit: www.all-creatures.org/fol

A prayer for Animals

O God, you have made all living things, and you love them all.

Bless all living creatures, especially those in the service and in the homes of men. Grant that no man may ever be thoughtlessly, callously, or deliberately cruel to the dumb animals who have no voice to speak and no power to defend themselves from the actions of men.

Grant that those who keep animals as pets within their homes may care for them as they ought to be cared for, may never neglect them, or cause them needless suffering or pain.

Bless all animals in captivity, and grant that their masters and their trainers may always be kind.

The animals have given to men their strength and their work, and often even their devotion and their love; grant that men may give to them the care which they deserve as creatures whom your hands have made and for whom your heart cares.

This I ask for your love's sake. *Amen.*

William Barclay

N.B. William Barclay was the author of more than 80 books which included an influential 17-volume New Testament study guide that remains in publication today. For further details contact the William Barclay Lectureship Trust, Presbytery of Glasgow, 260 Bath Street, Glasgow G2 4JP or visit: www.william-barclay.com

The End of the Age by Neville Fowler

From even a fairly cursory reading of the New Testament it is clear that the apostles believed that there would be a time when this world, or this age of the world, would come to an end. Jesus taught them this and indicated 'signs' of the approach of the end, and of his return. I have understood and accepted this myself since 1978. Over the last thirty years it seems to me that the signs have multiplied, increasing my faith in what our Lord and the apostles, and thus the scriptures, teach. For nineteen centuries after the death of Jesus there might not have been much reason to doubt that human progress would be an unmitigated blessing, but since then, whilst there have indeed been obvious benefits, they have been offset by serious problems. Who would not appreciate medical advances in the control of disease for example. And yet new scourges such as AIDS have arisen. The threat of war remains, with ever deadlier and more powerful weapons in the nations' armouries, and worse still the armouries, at least potentially, of terrorists who recognise no legitimate curbs on their violence. Even medical progress now seems to many of us to assume the right to go as far as it wants in any direction without ethical inhibition. Cybrids today, full grown animal-human hybrids tomorrow maybe.

And the most general and widespread threat of all, that of over-consumption of what our planet is able to produce; I heard recently that research by the World Wide

Fund for Nature calculates that we are already consuming annually 125% of what the world produces, and it is increasing exponentially. We are running out of food, water, land, and energy, and the political/scientific 'solutions' seem to take little account of the inter-relatedness of all these elements. For example, their solution for dealing with a depletion of fossil fuels is to produce bio-fuels, a process that expropriates both land and water needed for food production. None of the politicians want to talk about reducing consumption because that doesn't appeal to their electorates and thus it won't win votes. So one can't blame the politicians wholly - they are merely responding to the demands of the people at large who want more, and more, and MORE. It all seems pretty hopeless and likely to end in tears.

Many are already in tears. Those who are poor and who were already suffering, are finding their burdens increased. The average proportion of income spent on food in the rich world is about 10%. If that goes up to 20% we are still rich. For many in the third world it is already 100% and even that is not enough to keep them alive. Just imagine what it is like for them to see food prices escalating. Will the rich eventually understand and accept that their extravagant meat-laden diets steal land and water from the poor? Even though the United Nations FAO has told them that livestock are causing havoc to the climate, they have refused to listen. Will they ever change?

I must express my conviction that this age will not end because people won't give up meat or motorcars. It is true that the obstinacy of most people in selfishly and greedily pursuing their own material comfort and wealth, whatever the cost to the poor, to animals, and to the planet, is a symptom of man's fallen and sinful state. And it is because of man's increasing wickedness and faithlessness, "as in the days of Noah", that the present world will be ended. It is true that those who can see this should follow their consciences and reduce the footprint of their consumption if only for the sake of greater fairness - love for their neighbour. But the world will not end because the lights have gone out, or when the central heating goes off, or when the last loaf of bread has used up the last pound of flour, any more than it will go in the puff of a nuclear mushroom cloud. Nor will it continue indefinitely because of our success in preventing all of these and many other things. It will end when God ends it, and it will be renewed by His power through Christ, "because God has appointed a day in which He will judge the world in righteousness by the Man whom He has ordained." (Acts 17:31). If God has appointed a day, nothing we do is going to either bring it forward or delay it.

It is even more important for people to hear, understand, and believe the gospel of salvation through Christ than it is for them to hear about vegetarianism. Neither vegetarianism nor any other 'ism' will save the world. God will. Anybody who believes that they can save this world by their own actions, or by convincing or converting others to live in this way or that way, has either not understood the message of the bible, or having understood it, has failed to believe it. #

CVAUK Workshop by Fr John Ryder
Discerning God's will for animals and the environment
for more information please contact Don Gwillim.

Our HOPE for the future by Don Gwillim

Based on 'Surprised by HOPE' a book by the Rt Revd Tom Wright,
Anglican Theologian and Bishop of Durham.

May I first congratulate Neville on an excellent statement of facts about the state of the world and, as Christian's, our response to the 'End of the Age'. I agree that salvation for both our neighbour and ourselves is more important than changing people to vegetarianism or any other 'ism', I would however, like to submit the following synopsis of 'Surprised by HOPE' which I believe will enable us to see more clearly our role as ethical vegetarian Christians in this present age.

Our hope for the future

According to Tom Wright *"What creation needs is not abandonment on the one hand, nor evolution on the other, but redemption and renewal; and this is both promised and guaranteed by the resurrection of Jesus from the dead. This is what the whole world is waiting for."* This should be our '**Hope for the Future**' and this is the time to witness that hope to both fellow Christians and the secular world.

Our ultimate destination and final judgement.

Tom Wright believes that our *"ultimate destination is not 'going to heaven when you die' but being bodily raised into the transformed glorious likeness of Jesus Christ."* However, there will be a final judgment, how can a loving God committed to setting the world right in the end, not judge? *"This doctrine, like that of resurrection itself, is held firmly in place by the belief in God the creator on the one side and the belief in his goodness on the other. And that setting-right must necessarily involve the elimination of all that distorts God's good and lovely creation, and in particular all that defaces his image-bearing human creatures."* In other words, there will be no wickedness in the kingdom of God, including no violence towards humans or God's other creatures. There will be no slaughter houses in the kingdom of God and those whose whole being has become dependent upon violence or other wicked practices **"will have no place there either"**.

Salvation

As long as we see 'salvation' in terms of 'going to heaven when we die' the main work of the church is bound to be seen in terms of saving souls for the future. But when we see 'salvation' as the New Testament sees it, in terms of God's promised new heavens and new earth, and of our promised resurrection to share in that new and gloriously embodied. reality.....then the main work of the church here and now demands to be rethought in consequence."

Church Mission

The (surprising) future hope which is held out to us in Jesus Christ leads directly and, to many people, equally surprisingly, to a vision of the present hope which is the basis of all Christian mission. To hope for a better future in this world is not something else, something extra, something tacked on to 'the gospel' as an afterthought. And to work for that intermediate hope, the surprising hope that comes forward from God's ultimate future into God's urgent present, is not a distraction from the task of

*'mission' and 'evangelism' in the present. **It is a central, essential, vital and life giving part of it.***

*Mostly, Jesus himself got a hearing from his contemporaries because of what he was doing. They saw him 'saving' people from sickness and death, and they heard him talking about a 'salvation', the message for which they had longed, which would go beyond the immediate into the ultimate future. The whole point of what Jesus was up to was that he was doing, close up, in the present, what he was promising long-term, in the future. And what he was promising for that future, and doing in that present, was not about saving souls for a disembodied eternity, but rescuing people from the corruption and decay of the way the world presently is so that they could enjoy, already in the present, that renewal of creation which is God's ultimate purpose – **and so that they could thus become colleagues and partners in that larger project itself.***

God's ultimate plan.

We must not make the same mistakes as Israel (Old Testament) by focusing on which human beings God is going to admit into his new world and how he is going to do it *"but on the question of how God is going to redeem and renew his creation **through human beings**, and how he is going to rescue those humans themselves, as part of the process but not as the point of it all."* In other words our resurrection is an exciting part of God's plan but not his ultimate plan, **the redemption of all of his creation is his ultimate plan.**

A Christian response in this present age.

So knowing God's ultimate plan for his creation and our part within that plan, how should the above exegesis dictate our actions, as Christians, in this present age? Paul gives us the answer in 1Corinthians 15v58 *"Therefore my dear brothers, stand firm. Let nothing move you. Always give yourself to the work of the Lord, because you know that your labour in the Lord is not in vain."* The point of the resurrection is that the *"present bodily life is not valueless just because it will die. **God will raise it to new life. What you do with your body matters, because God has a great future in store for it.**"*

Building God's kingdom.

Let's be quite clear on two points. First, God builds God's kingdom. But God has ordered his world in such a way that his own work within that world would take place not least through one of his creatures in particular, namely the human beings who reflect his image. That, I believe, is central to what the notion of 'being made in God's image' is all about. God intends his wise, creative, loving presence and power to be reflected, 'imaged' if you like, into his world through his human creatures. He has enlisted us to act as his stewards in the project of creation. And, following the disaster of rebellion and corruption, he has built into the gospel message the fact that, through the work of Jesus and the power of the Spirit, he equips humans to help in the work of getting the project back on track. So the objection about us trying to build God's kingdom by our own efforts, though it seems humble and pious, can be a way of hiding from responsibility, of keeping one's head well down when the boss is looking for volunteers.

The second point is to distinguish between the final kingdom and the present anticipations of it. The final coming together of heaven and earth is, of course, God's supreme act of new creation, for which the only real prototype – other than the first creation itself – was the resurrection of Jesus. God alone will sum up all things in Christ, things in heaven and things on earth. He alone will make the 'new heavens and new earth'. It would be the height of folly to think that we could assist in that great work.

But what we can and must do in the present, if we are obedient to the gospel, if we are following Jesus, and if we are indwelt, energized and directed by the Spirit, is to build for the kingdom. This brings us back to 1 Corinthians 15.58 once more: what you do in the Lord is not in vain. You are not oiling the wheels of a machine that's about to fall over a cliff. ... You are – strange though it may seem, almost as hard to believe as the resurrection itself – accomplishing something which will become, in due course, part of God's new world.

*Every act of love, gratitude and kindness; every work of art or music inspired by the love of God and delight in the beauty of his creation; every minute spent teaching a severely handicapped child to read or to walk; every act of care and nurture, of comfort and support, for one's fellow human beings, **and for that matter one's fellow non-human creatures**; and of course every prayer, all Spirit-led teaching, every deed which spreads the gospel, builds up the church, embraces and embodies holiness rather than corruption, and makes the name of Jesus honoured in the world – all of this will find its way, through the resurrecting power of God, into the new creation which God will one day make. That is the logic of the mission of God. God's recreation of his wonderful world, which has begun with the resurrection of Jesus and continues mysteriously as God's people live in the risen Christ and in the power of his Spirit, **means that what we do in Christ and by the Spirit in the present is not wasted.***

Conclusions

When Jesus walked on this earth 2,000 years ago he showed to all the world what God expected of us. As creatures made in God's image we are expected to follow the example that Christ has set before us. In this world it is our responsibility to not only know God but as far as is humanly possible to become like Christ his son, not just in thought or word but by our actions. That is the standard against which we shall be finally judged prior to our resurrection into God's New Creation.

Jesus said, the 'Kingdom of God is near' and demonstrated by his life style, how the citizens of that kingdom should behave, and when he died on the cross he showed us that 'Self Sacrifice' not 'Despotism' was what is expected of those who follow him. Finally, the resurrection of Jesus inaugurated God's New Kingdom giving a promise and a hope to all who follow him.

In this present age the Kingdom of God is earthed in every act of love, every deed done in Christ and by the spirit, every time justice is done, peace is made, temptation resisted, true freedom is sought and won, not only for the human race but for all of God's creation. It is surely a blasphemy to seek verses in the Bible to justify our cruelty and violence towards God's other creatures and it is denial to:

a) refuse to accept that a fruitarian diet is biblical and as such, is God's perfect diet for humankind. This diet does not even allow plants to be killed to satisfy our hunger, let alone sentient creatures created to glorify God.

b) refuse to accept the the irrefutable fact that our bodies are designed to accommodate a plant based diet and that the unhealthiest societies in this world are those who ignore God's perfect diet and eat meat.

I will leave the last word to Nick Spencer - Director of studies at Theos and Prof. Robert White - Fellow of the Royal Society, an extract from their excellent book "Christianity, Climate Change and Sustainable Living":

*Care for the natural world is inseparable from the command to love our neighbour, and recognizing human nature as being fundamentally physical and embodied means that to love other people means not only to communicate the good news of the gospel verbally but also to care for their material needs and the effects of our actions on their welfare. Moreover, Christians should care for creation because it has an eternal destiny in Christ: it will be redeemed and transformed along with our own bodies in the new creation, **and the work we do now to shape and to care for the world is of eternal significance.***

#

Personal Statement of Faith

By Joseph Stephens, a CVAUK member in the U.S.A.

I believe that, in accepting and living our faith as Christians, we need to avoid becoming distracted by anything that might keep us away from our Lord and interfering with our understanding the reason of His death and salvation for us. Being a vegetarian can help us become closer to His creation, but we must not stop there. We need to work hard and go on our knees to receive the Lord and come closer to God.

I would like to share my story about being a Christian vegetarian. I was strongly guided by Christian principles and faith to help me become a vegetarian. At the same time, I was deeply troubled because the church – “the pillar of our faith” – and the priests were blind to cruelty of animals and deaf to the animals’ cries of pain and suffering. Church leaders happily participated in the banquets that included the end products of cruelty and suffering. I was deeply saddened because the church was not doing anything. I felt alone and unsupported by either churchgoers or the priests. Over time, I came to understand that vegetarianism should not stand in the way of the growth of my faith and my participation in the church community.

Here is a story I heard in retreat recently that really resonated to me. A righteous man died and met St. Peter at the gate. St. Peter asked the man, “Do you have enough credits to enter in through the doors of the heaven?” The man said, “Sure.” So St. Peter asked the man, “Okay, tell me all of them.” The man replied, “I was a good father and a good husband.” St. Peter said, “That’s 2 points.” “I helped the poor,” and St. Peter said, “1 point.” “I attended every Sunday mass and led my family to the church,” and St. Peter said, “2 points.” The man continued and reached 100 points, but nowhere close to 1000 points that he needed to enter the gates of heaven. Then the man was exhausted and terrified that he would not make it to heaven and he cried, “Jesus help me.” Then St. Peter said to man, "Welcome in to Heaven. The moment you cried out

to Jesus and sought Him, you got all the points you needed.” While virtues are important, and being vegetarian is one, we need to reach out to Jesus.

I think being vegetarian and promoting vegetarianism is very important, but the resistance we sometimes meet should not tempt us to leave the church. It is important that we continue to remain active in our church communities because all Christians together constitute the body of Christ. Paul wrote, "Now you are the body of Christ, and each one of you is a part of it" (1 Cor 27). Before I became a vegetarian, I was a Christian with a similar faith as other Christians. Vegetarianism has enriched and enhanced my faith, though for a long time I struggled with feelings of loneliness in the church. In response to this struggle I prayed to God, increased my visits to Church, and read the bible more. I am now in my seventh year of vegetarian activism, encouraging my brothers and sisters in Christ to accept a plant based life and to come closer to God and honor God’s creations.

Have a blessed and renewed Easter and may God be with you,

Promotion of CVAUK – Advertising report

The message of CVAUK is an important one and so finding ways of promoting CVAUK is of great importance. I hope to assist CVAUK as a volunteer on an “as and when” basis (since I work full time) to help to advertise CVAUK. The aim is that there will be a “progress report” in each CVAUK newsletter. All suggestions and ideas are very welcome

Currently I have been concentrating on:

- *Finding low cost adverts in publications whose readership is likely to be interested in our message.
- *Investigating the possibilities of arranging reciprocal adverts with organizations whose aims are, in some way, related to ours. A reciprocal advert means that the organisation is willing to publish a free advert for CVAUK while we print a free advert for their organization in our newsletter
- *Offering a very limited number of low cost advertising spaces in the CVAUK newsletter to raise revenue for CVAUK promotion
- *Writing articles about CVAUK for publication in the newsletters/papers and magazines.

Some work that has been undertaken recently:

NOTE – the cost of the any adverts are a donation gladly given by myself and are placed at no cost to CVAUK.

- *An advert has been placed the Summer Edition of the Vegan Society magazine “The Vegan”. A CVAUK advert will appear in the “classifieds” section. The Vegan has a readership of approximately 5000
- *Advert to appear in 4 consecutive issues of the magazine Vegan Views
- *An advert to appear in 1 edition of New Leaves (the magazine of the Movement for Compassionate Living).

* Enquiries are being made to other organizations as to the cost of advertising and to gauge interest in articles about CVAUK

How you can help:

* Do you know of any newsletters/publications the CVAUK may be able to advertise in a low/no cost?

* Is a local community/church newsletter/newspaper seeking articles? Articles can be tailored to appeal to the readership and could cover a range of subjects such as tasty/healthy animal free/veggie/vegan recipes, animal products and their effect on the environment, veggie/vegan nutrition/healthy living, compassionate living, compassion for animals – all from the angle of CVAUK of course.

* Contact me at vhsheppard@hotmail.co.uk with your ideas; please do not be offended if I am slow to respond as I can work quite long hours! #

Canine Massage Therapy and Pippin.

By Tracy Gwillim

Its strange how sometimes two parts of our lives become so interlinked, God certainly leads us down the right path if we are open to his leading. A year ago I qualified as a canine massage therapist and while I was training, my 3 year old toy/minature poodle Pippin, had a disc explode in his spine. Explode may sound dramatic, but his was. He had what is called a low volume, high explosion rupture. This meant the disc ruptured so violently, that most of the disc material was sent into the spinal cord, compressing his spine over 4 vertebrae. This made decompression by surgery almost impossible. He did have the surgery in an effort to improve his chances of survival, but it was of little help to him.

Incontinent and unable to walk, his prognosis was extremely guarded, yet we felt compelled to work with him and his many friends prayed for him daily. Hydrotherapy and body awareness exercises slowly began to bear fruit, and eventually Pip could once again walk and control his bodily functions. A year on and a second disc has been diagnosed as a problem and he has now been diagnosed with degenerative spinal disease.

All this sounds bleak and heartbreaking, but Pippin's spirit will not allow that to be, he loves his life and lives it to the full. Massage therapy helps him to relax, stops massive muscle spasms building up in his over worked chest and shoulder muscles and helps keep muscle tone in his back legs. Stretching exercises help keep good loose mobility and keep the muscle memory in his right leg which he is reluctant to bend at the knee at times. The therapy, along with TTouch and acupressure, is having as good a result on Pippin as it would on any human. He will come and ask me for a massage and will then respond with immense pleasure, just like we would.

It is such a huge blessing that I felt the need to take the massage course. God knew that I needed the skill to help Pippin. He knew how important pip is to me and Don and he has given me the skills to keep Pippin with me until He decides its time for Pip to join him. Pip's life will be longer, happier and more comfortable because of the therapy.

I get a similar positive response from all my clients dogs and regularly massage a young bitch who has Addison's disease. Dogs with Addison's disease tend to find it hard to relax totally both mentally and physically, Tiggy adores massage, it relaxes her completely and the effects last many days. Cruciate ligament injuries can be helped enormously once the initial trauma has settled down. Our friend Erica's dog Poppy injured her cruciate ligament and we were able to get her back on her feet and exercising again, despite the fact that she is quite an old lady now. This was really a blessing because Erica was amazingly supportive when Pip was so ill and I felt so pleased that I could help her dog when she needed it. A double blessing if you like!

The list of physical problems massage can help are endless. However, you do not have to have a sick, injured or post operative dog to find a place in your routine for massage, it is brilliant for stressed and nervous dogs also. Rescue dogs and dogs with phobias can make the process of moving on towards healing quicker if massage is incorporated into their rehabilitation. It teaches their body how to relax, this is a physical relaxation not just a mental one, all body systems are helped, including the circulatory, endocrine, muscular, digestive and nervous systems.

I think that this just goes to prove that our dogs are no different to us. They suffer the same pain, respond to the same enjoyment and physical healing found in our touch and they will make the most out of the gift of life as we should (in fact, I believe most animals are better than we are at that one!). God has not made them like machines, removed from feeling pain and emotions, so that makes it all the more vital that we do not dismiss these needs in them.

Yet so many owners still see massage therapy as a bit of a joke, going a bit too far, or an unnecessary luxury used by over indulgent owners who have to much money to spend. Pip and I don't agree. Other than love, great nutrition and good veterinary care, massage therapy and stretching exercises are vital to Pippin's well being, without it he would certainly be on a much higher dosage of pain relief. Without massage Pip would be far less active (he does walk with a strange gait; he paces on his right side and moves his legs alternately on his left) and his deterioration would greatly increase.

But like I said earlier, you don't have to have a sick or disabled dog to use massage therapy. My other dogs all enjoy regular massages as part of their on going care. As a tool, massage is amazing. You benefit by getting a closer bond than ever with your dog, most owners can learn how to do a basic massage, and there are an increasing number of people like me around who are qualified to help you with the more difficult problems. I hope that more and more people will accept the therapy as valid, so that it will soon become a part of the mainstream care we give to our dogs. I thank God so much for sending me down this path. He really will guide us in so many special ways if we will just listen to that small still voice.

#

Ethical Investors Group

Monpeler House, 47 Rodney Street, Cheltenham, GL50 1HX
Tel: 01242 539848 <http://www.ethicalinvestors.co.uk>

Letters from Eileen Girling a CVAUK member in Hull

East Riding Mail & Hull Daily Mail - 11th Dec. 2007

Call for goodwill

EVERY year, Christmas is pushed as the compassionate celebration, but, sadly, it lacks compassion. Nothing is ever said about the hellish conditions suffered by the Christmas turkeys incarcerated within intensive units.

Oh no, instead the discussion centres on how big a turkey one is getting — indeed the more abnormal the size, the better!

All this talk of goodwill is limited to humans, yet Jesus came to save the whole world. His love was not limited to humans and neither should anyone else's be, especially not a Christian's.

For anyone disillusioned with the Church's stance on this, I would like to ask you to visit www.all-creatures.org — the best religious animal site on the web. Surely we should not be celebrating the birth of the "Prince of Peace" with all this bloodshed.

May God bless all creatures.

Eileen Girling

Beverley Guardian - 4th January 2008

Mankind at war with nature

Being vermin means being a common objectionable animal, also being animals that prey on game and also being offensive, nasty or harmful, which I am sure fits mankind perfectly. Therefore I object most strongly at a pro fox hunter on Radio Humberside putting out the usual propaganda that the fox species needs exterminating as it is vermin because there is no animal on earth that is as verminous as man.

The fox is just living its life and needs food to survive, and as mankind has altered most of the natural environment, all that wild creatures can do is adapt to it.

In closing, mankind is at war with nature more than ever and he only tolerates those species that he finds useful, but any that he considers of no use he labels as vermin as an excuse to get rid of. Ours is a sad, cruel, evil world because of homo sapiens and not because of beautiful creatures like the fox. God must be more 'fed up' with mankind than ever.

Eileen Girling

Beverley Guardian - 11th January 2008

No limits on love

'You may talk as much as you like about your religion but if it does not teach you to be kind and caring to both man and beast then it is nothing but a sham'. These are the famous words of Anna Sewell, the authoress of the famous book, *Black Beauty*.

I have to say that I agree 100 per cent with her and therefore I am very disappointed with the mainstream church in that it limits its love to humans. The best proof of this is in the Christian celebration of the birth of The Prince of Peace, Jesus, who wants peace and love for ALL CREATURES and not just mankind.

Yet it continues to be celebrated with the bloodshed of millions of (blown up out of all proportion Xmas dinner) intensively farmed turkeys and other 'Christmas birds',

who not only have a terrible traumatic death but have been bred to suffer and to live out their miserable, overcrowded, traumatic, crippled lives in windowless, fetid sheds.

Most Christians participate in the intensive horrors that are used to create these suffering monstrosities that are living out their abused lives. Where is the church's voice for them, especially as 'Love came down at Christmas'?
Eileen Girling

Beverley Guardian - 25th January 2008 (*Answer from Beverley Vicar*)

Discussion without action means little

Eileen Girling's letter (BG January 11) quite rightly drew our attention once more to the issue of animal welfare. Like Eileen, I am very concerned that the vast majority of birds sold in our supermarkets are raised under horrific, cruel conditions.

Eileen draws attention particularly to the lack of protest from the church on this issue. Although I am not a vegetarian, I certainly agree with Eileen that the church needs to be more active in supporting campaigns that improve animal welfare.

However, many Christians are active in this area, and in a small way we have made a contribution through our Sunday evening 'Nooma' series at St Nicholas Church. Our autumn series last year looked each week at one of the 'Big Issues' facing our society, among them the issue of animal welfare. We followed these sessions up with a 'Question Time' evening in which local politicians and community leaders answered questions on these big issues.

Our Sunday evening programme of topics is designed to reach a wider audience than normally come to church, and in the spring, we will once more deal with some 'hot topics', among them the Palestinian situation.

However, discussion without action means very little, and our lifestyle needs to change radically if we are to make a difference in the areas of global warming, battery farming etc.

Hugh Fearnley-Whittingstall's programmes last week on Channel 4 drew attention to the rearing of chickens, and he ran a campaign to make his home town Axminster, a 'free range' town. I will, in future, be making sure that when I buy chicken, or eggs, I make sure that they are free range, preferably from local producers. If more people decided to do this, then eventually, the supermarkets would move towards free range, and farmers would be forced to change the way that chickens are reared.

The Fairtrade movement, initiated by Christians with a concern for justice for third world producers, has, through consumer pressure begun to make an impact on supermarkets in the last few years.

I am proud to say that Beverley is now a 'Fair Trade' town. What about launching a campaign to make Beverley also a 'Free Range' town?

Rev Jonathan Evans St Nicholas Church, Beverley.

Drifffield Today - 18th January 2008

Questions surrounding creator God

Dear Sir, The letter by S Mason, in the local paper asking how a caring God of all creation would put so many flesh eating creatures on earth whose purpose is to hunt and kill raises questions that none of us can actually answer as fact but only as belief and perhaps some logic?. I am fully with him when he says it is strange for a God who cares

for his creatures to create so many carnivores, and it does not fit in with a God of love but is fitting of satanic forces, the devil? My understanding of the creation story in genesis is that God DID NOT create carnivores but that every living creature ate directly from the ground (a system which would feed the whole world today and get the earth back on track) but with the fall of man every thing went wrong. Revelations, as in the bible, tells us that when the new Eden is restored that the lion shall lie with the lamb once more, with no hunting killing etc. Now I do not know about what others may think BUT surely and logically God HAS to be love, has he not? And there IS good in the world so one could say that if God is uncaring then where has the goodness that does exist come from? IT is all deep stuff, I just believe beyond doubt that God exists and that He is good but yes of course I fail to understand why He does not stop all evil. In closing, there is surely no doubt that if humans stopped ALL killing of ALL creatures and all the abuse of all life on earth then we would be climbing up the right path again.

Eileen Girling.

Beverley Guardian - 1st February 2008

Focus is on cure, not prevention

IT was said on local radio that animal abuse is illegal in this country. but I would like to challenge this. Let everyone visit a batten egg unit, an intensive piggery, a poultry unit, etc. etc. a dairy farm, see the separation of mum cow and her little calf, if male see it shot soon after birth, or sent on long journeys overseas to spend months in veal crates. Hear mum's bellowings for her baby, see her often crippled back legs because of the abnormal udder weights forced upon her by man, for milk which we can do without and which is totally abnormal for us to drink, being baby food and not of our species too.

Visit any animal lab and see the hell going on behind closed doors to satisfy curious minds, who practice like the gods that they think they are. Then tell me if abuse is illegal in this country or not.

All this is done for human good or so those who do not think things out believe. Yet people like me are continually challenged that people are higher than animals as an excuse for what happens on intensive farms and for what happens to lab animals.

People are not benefitting, like the establishment want the silent majority to believe. Indeed disease is more prevalent than ever, all focus on cure, none on prevention. The present system will never work because people are not animals, cats are not dogs and rabbits are not mice and so on but the pro vivisectors do not work this out nor do they fight against the big enemy the human, who causes most of the problems on earth but puts a downer on all other species.

Eileen Girling

Beverley Guardian - 7th March 2008

Widespread ignorance

SO most kids think milk comes from Tesco. There is widespread ignorance regarding milk taking. We are all told as children to drink our milk up as it is good for us, but this is incorrect. All mammals produce milk to nourish their own babies only. All mammals' milk is made up differently ie human milk is ideal for human babies, cow milk ideal for calves, cat milk for their kittens and dog milk ideal for their puppies.

Human beings are the ONLY SPECIES to drink this baby food in adulthood and to drink it from another species too, mainly from the abused overworked cow. She is continually made pregnant so that she produces this baby food and then following the birth of her baby, if it is a male it is taken from her and often shot soon after birth, as it is from dairy stock and not bred for meat and is considered useless.

Or now that live exports have resumed, these little babies are sent to a hideous veal crate existence for their few suffering months of their hell life. All that hell solely for anaemic meat demanded by humans. Hell for some creatures does exist on this earth. These babies are distressed and so is their mum at this cruel separation of mother and child. Their bellowing is terrible to hear and all because we want their milk.

Mankind causes such unnecessary sufferings for no gain because 77 per cent of people on earth do not take dairy and cannot understand those that do. Milk is pushed as helping osteoporosis but there is more osteoporosis in the milk-drinking west as milk actually leaches calcium from the bones, but osteoporosis is rare in non-dairy people.

Milk causes lots of health problems and is a leading cause of allergies as it is an unnatural food. In fact, it is normal to be lactose intolerant in adulthood as milk from our mothers only is tolerated by us as babies like nature intends, but of course man no longer goes with nature. He thinks he's God. He is messing the whole planet up. Almost all his actions are now severely rebounding back to us and there is no hope for this planet as long as man continues in these unnatural ways of which there are many more. Almost everything we now do is totally unnatural.

Eileen Girling

Letters from John Shirly a CVAUK member in Ipswich

Evening Star 11th December 2007

Reply to a Milk Article by Tracey Sparling in the Evening Star

The title of your article raised my hopes - here at last someone would be telling the truth about this liquid. You can imagine how disappointed I was to read what followed - the milk marketing industry couldn't have asked for more. What I am about to write would be illegal if I lived in 13 of the 50 United States - the Land of the Free does not like milk to be criticised.

I am 60 years old, a teacher, regarded as being of sound mind and body by most people, with a wife, 2 children, a dog and a cat, so quite conformist, but when people mention milk and I tell them my opinion, they look at me in amazement: "What, milk bad for your health? But it's wonderful stuff, what could be more natural, it's got calcium for your bones, hasn't it? Makes you strong, gives you energy, keeps you fit!"

The truth is that milk is indeed wonderful - for calves. In humans, this liquid from a different species is a major cause of ill health, cancers, heart disease, diabetes, obesity, arthritis, premature sexual maturity, abnormal growth, attention disorders and, believe it or not, osteoporosis.

We are a milk-drinking society, as you point out in the article, so why is osteoporosis on the increase? The answer is that calcium needs the presence of magnesium if it is to get into the bones, and milk contains little magnesium, so the calcium is either excreted or causes mischief - furring up the arteries, causing kidney stones and arthritis.

Milk drinkers need a strong immune system if they are to remain healthy after drinking their pinta - it contains not only antibiotics and natural and added growth hormones, but also large amounts of pus cells which cannot be eliminated by pasteurisation. The growth hormones are linked with cancers of various kinds.

The other side of milk, which you totally ignore, is the cruelty inflicted on cows in order to get their milk. I cannot believe that you do not realise that millions of calves have to be separated from their mothers immediately after birth, to be slaughtered or exported.

Have you never heard of the methods used to maximise milk yield, with cows now giving several times the amount of milk they used to and living miserable, painful lives until their yield falls and they are slaughtered?
John Shirley

Evening Star - December 2007

Truth has to be repeated constantly, because Error also is being preached all the time, and not just by a few, but by the multitude. In the Press and Encyclopaedias, in Schools and Universities, everywhere Error holds sway, feeling happy and comfortable in the knowledge of having Majority on its side."

Johann Wolfgang von Goethe

Suffolk's new bishop Nigel Stock speaks of hope for a less violent world in your article on Tuesday, December 11th. Many Christians express this wish for peace and goodwill not just towards men, but towards animals as well, and this includes turkeys. The vast majority of these birds live a short and miserable life, brought to a brutal conclusion when they are slaughtered for Christmas. An increasing number of Christians are finding that vegetarianism provides an answer to their ethical and environmental concerns, and they have created a group called the Christian Vegetarian Association. If any reader would like to know more, the website can be found at:
www.christianvegetarian.co.uk

John Shirley

Top Reasons NOT To Be Vegetarian

Over the 14 years that I have been lecturing, writing columns, and attending health conferences, I've been witness to ten major myths promoted by various anti-vegan groups such as the dairy industry, meat industry, Weston Price Lost-and-Foundation.

ONE BY ONE, LET'S DISPEL THOSE MYTHS

1) Meat eaters have lower rates of heart disease than do vegetarians.

"Significant atherosclerosis is rare in peoples whose diet over the life span is predominantly vegetarian and low in calories, total lipids, saturated lipids and cholesterol."
Nutrition and Atherosclerosis by Louis Katz. 1958

2) Meat eating men make for better lovers because they have higher rates of the male sex hormone.

"the study measured testosterone levels in 696 Oxford University men. Of the study participants, 233 were vegan (ate no animal products) and 237 were vegetarian (ate

milk and dairy products). The remaining 237 subjects were men who ate meat on most days of the week...vegans had higher testosterone levels than vegetarians and meat eaters." **British Journal of Cancer, 83(1), July 2000**

3) Meat eaters have lower rates of all of mankind's major diseases than do vegetarians.

"Scientific data suggest positive relationships between a vegetarian diet and reduced risk for several chronic degenerative diseases and conditions, including obesity, coronary artery disease, hypertension, diabetes mellitus, and some types of cancer." **Journal of American Dietetic Association, 11/97, 97(1)**

4) Vegetarians have higher mortality rates than meat eaters.

"Vegetarians often have lower mortality rates from several chronic degenerative diseases than do non vegetarians." **British Medical Journal, 1996; 313**

5) A vegetarian diet is not appropriate for a pregnant woman or nursing mother.

"Vegan diets are appropriate for all stages of the life cycle, including during pregnancy and lactation." **Am J Clin Nutr. 1994;59(suppl):1176S-1181S.**

6) Children born to vegetarians are smaller than children born to meat eaters.

"Vegan diets can meet the nutrient and energy needs of pregnant women. Birth weights of infants born to well nourished vegetarian women have been shown to be similar to birth-weight norms and to birth weights of infants of non vegetarians." **Pediatrics. 1989;84**

7) Meat eaters obtain more vitamins and nutrients than vegetarians, because the animals they eat also consume vegetables.

"Vegetarian diets offer disease protection benefits because higher concentration of antioxidants such as vitamins C and E, carotenoids, and phytochemicals." **Am J Clin Nutr. 1996;63(suppl)**

8) It is a proven fact that vegetarians have higher rates of heart disease than meat eaters.

"Mortality from coronary artery disease is lower in vegetarians than in non vegetarians." **British Medical Journal, 1994; 308**

9) Meat eaters have lower rates of diabetes than do vegetarians.

"Type 2 diabetes mellitus is less likely to be a cause of death in vegetarians than non vegetarians." **Am J Clin Nutr. 1988;48(suppl)**

10) Meat eaters have lower rates of breast cancer than do vegetarians.

"Breast cancer rates are lower in populations that consume plant based diets." **American Cancer Society Cancer Facts and Figures, 1994 Real science overwhelmingly supports the conclusion that a plant-based diet make for healthier people. Robert Cohen <http://www.notmilk.com>**

**Christmas 2007 Letter from Robert Griffith
The Sin of the Christmas Turkey Dinner.**

As a Christian I have, in some ways dreaded Christmas. Not with the usual things like the crowds when shopping, but with something that is being overlooked, namely the Christmas dinner. The suffering of the turkey and thousands of living creatures intensively reared and then slaughtered to produce this feast for the day. It seems unbelievable when it is to celebrate the birth of the 'Prince of Peace'.

It certainly seems to me to be the case that eating turkey on the Christmas Dinner Table is one of today's exceedingly great sins

Many people argue that if the Lord Jesus Christ were here today in the flesh, then He would be horrified about the meat industry and would, therefore, be a vegetarian.

In actual fact, the bible seems to indicate that meat is wrong in quite a few places. Two of these include:-

1/. Hosea Chapter 8 Verse 13:

*'For the sacrifices of My offerings they sacrifice flesh and eat it,
But the Lord does not accept them.
Now He will remember their iniquity and punish their sins'.*

2/. 1 Corinthians Chapter 8 Verse 13:

*'Therefore, if food makes my brother stumble, I will never again eat meat,
lest I make my brother Stumble'.*

If any reader would like more information please contact the Christian Vegetarian Association UK by visiting their web site at www.christianvegetarian.co.uk

As an Animal Right's Activist also, I join a contingency to Pamplona in Spain each year, in order to demonstrate against the Running of the Bulls (Sam Fermin event), and Bullfighting, both of which are thoroughly obnoxious to Christians. #

**The standard CVAUK Christmas Letter (with slight variations)
was sent by the following members:**

Letter to 'The Gem' from **Coral Raven**

Letter to the 'Watford Observer', from **Sarah Dunning**

Letter in the 'Ellon Advertiser' from **Margaret Mutch**

Letter to the 'Bucks Examiner' from **Margaret Turner**

Letter in the 'Wokingham Times' from **Marcelle Williams**

Killing the Lord's creatures isn't festive

AS A Christian, I dread the approach to Christmas. With all the excitement of shopping and arranging the festivities, one terrible outrage is being overlooked — that is the suffering being caused to countless living creatures as they are intensively reared and then slaughtered to provide 'festive-fare' on the day. Surely the birthday of the 'Prince of Peace' should be celebrated with non-violence and love, not the slaughter of millions of God's creatures?

We are evolving, and through science and I trust, higher moral values, we are all becoming far more sensitive to the suffering of humans, irrespective of race or creed, and the plight of animals, especially animals in factory farms which inflict a cruel life and violent death on millions of God's creatures each year.

We are made in God's image and should reflect His love, compassion and mercy to all of His creatures, and act as good stewards to all of His creation. For further information please visit www.christianvegetarian.co.uk. #

Letter to 'The Big Issue' from **Ann Priestner** - Stockport

Frank Kennedy of Friends of the Earth wrote (issue 705) that most people will find travelling by car or plane and home heating make the biggest contribution to their carbon footprints. I fear this will lead some to believe it's the biggest contributor to climate change.

Yet according to the UN report Livestock Long Shadow, farm livestock cause more global warming than all the world's transport. They produce methane 23 times more damaging than carbon dioxide. Help save the planet. Go vegetarian. #

Church Magazine May 2008 from **Marcelle Williams**

An Amazing Study of Cold-blooded Animals

I watched all five episodes of David Attenborough's 'Life in Cold Blood' which gave an amazing insight into the lives of cold-blooded animals that ruled the world long ago. Dinosaurs became extinct but in some the skin became an armour, and these include crocodiles, caimans, turtles and tortoises. Reptiles and amphibians may be cold-blooded and seem primitive and dim-witted but they can be fast, beautiful, passionate, affectionate and very sophisticated.

The Great Galapagos Tortoise has lived round the rim of a volcano crater for 150 years! It weighs up to a quarter of a ton and the shell is one metre across. Its last surviving representative is 'Lonesome George' – the rarest reptile in the world. The ancestors of the tortoise evolved by their ribs expanding outwards to enclose the ribs and shoulder joints.

The shell makes mating difficult which is why the underside of the male shell is concave to assist its mounting the female. Studies of the lives of reptiles were shown – in the forests of Madagascar there is a gecko lizard that 'begs' for honey dew from sap-sucking insects like the plant hopper. It signals to the insect that then tosses it a few drops of honey dew!

The Panamanian golden frog courts by flashing its brightly coloured hind legs – the only way it can attract its mate because of the noise of the rushing water where it lives.

A contrast in size to the giant tortoise is the pygmy leaf chameleon – as long as a finger nail.

The Easter Box Turtle in North America can enclose itself completely to be safe from predators!

Caiman mothers will have a 'creche' with babies of several different mothers – reptiles show tenderness and, though cold-blooded, care for their young.

I wrote to David Attenborough to say how impressive the series was and enclosed a print of the photo taken by our dear friend Rex at last year's Animal Blessing Service.

It was of a bearded dragon that I was holding against me, Over the years I have held many animals including an iguana and a python, but never before a bearded dragon!

David wrote back to me a very nice letter – hand written and with his home address. I have Rex to thank for that photo.

A series such as David's on television reaffirms my wonder at the diversity of God's creation and how blessed we are to experience it.

Kind Heart, Gentle Heart

Rescue the drowning insect, carry the snail on the pavement to safety, return the helpless worm, writhing on concrete, to the sanctuary of Mother Earth.

Render help and kindness, wherever it is needed, to all he, great or small. Suffering has no boundaries, neither should compassion.

Letter to the Wokingham Times April 2008 from **Marcelle Williams**

Speaking out against cruelty to animals

I HAVE heard from various animal welfare organisations that April 24 is this year's World Lab Animal Day. The theme this year is to high-light that people can choose house-hold products that have not been tested on animals and to raise public awareness about this.

Dr Dan Lyons, Director of Uncaged, reports that three million animals are subjected to barbaric experiments in Britain every year. Some 16,000 rabbits were experimented on without anaesthesia, hundreds were poisoned with pesticides, weed killers and industrial chemicals. Some were repeatedly force-fed chemicals over several weeks while hundreds more had chemicals dripped into their eyes or rubbed into raw skin. Such systematic cruelty has no place in a civilized society.

Companies that continue to experiment on animals include, Procter & Gamble, Unilever and l'Oreal. When we shop we have freedom of choice and so can make a difference.

Website: www.uncaged.co.uk

The following sent by CVAUK member **Debbie Sparkes** - Cornwall

What a difference a sad event in someone's life makes. Isn't it amazing that George Carlin - comedian of the 70's and 80's (his wife died) - could write something so very eloquent... and so very appropriate.

A Message by George Carlin:

The paradox of our time in history is that we have taller buildings but shorter tempers, wider freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more know/edge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbor. We conquered outer space but not inner space. We've done larger things, but not better things.

We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom. A time when technology can bring this letter to you, and a time when you can choose either to share this insight, or to just hit delete...

Remember; spend some time with your loved ones, because they are not going to be around forever.

Remember, say a kind word to someone who looks up to you in awe, because that little person soon will grow up and leave your side.

Remember, to give a warm hug to the one next to you, because that is the only treasure you can give with your heart and it doesn't cost a cent.

Remember, to say, "I love you" to your partner and your loved ones, but most of all mean it. A kiss and an embrace will mend hurt when it comes from deep inside of you.

Remember to hold hands and cherish the moment for someday that person will not be there again.

Give time to love, give time to speak. And give time to share the precious thoughts in your mind.

AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

George Carlin

Extract - Creation in Crisis Service - St Mary the Virgin, Primrose Hill.

60% of the ecosystem services that support life on Earth – such as fresh water, capture fisheries, air and water regulation, and the regulation of regional climate, natural hazards and pests – are being degraded or used unsustainably. Industrial farming practices, the intensive production of consumer goods, and transport continue to pollute and disfigure the earth.

Each of us in the UK uses up to 150 litres of water every day. In the developing world, this figure is a mere 10 litres. Nearly two million children a year die for want of clean water and proper sanitation. 80% of the world's food production is consumed by the 20% of its population that lives in developed countries such as the UK. While we worry about obesity, in Africa extreme starvation and malnutrition remain everyday realities.

(Continued on page 26)

Lent 2008 letter from Helen Nelson

St Mary the Virgin, Rowner, Gosport - Monthly Newsletter Feb. 2008.

Helen Nelson, an occasional worshipper with us, and a well-known activist for Animal Welfare, offers us a Lent thought:

In his sermon on Christmas Day the Archbishop of Canterbury sent out a strong message for Christians to treat each other and nature with reverence and respect. "More and more is clearly required of us as we grow in awareness of how fragile is the balance of species and environments in the world, and just how our greed distorts it" he said.

The Pope also warned people that many human tragedies are caused by environmental upheaval, for which we are largely responsible.

So it appears that "The Church" has gradually woken up to the fact that global warming is a real matter for concern, and a serious threat to all forms of life on this planet. But while Christian leaders and Governments alike continue to lecture us on the importance of "going green" no one is pre-pared to address the real issue of what is at the heart of this sorry situation, namely that livestock production is a major contribution to global warming, and one of the greatest threats to the planet and our survival. Farmed animals produce 18% of all green house gasses (more than transport at 14%) and are the main cause of deforestation. Of all the cleared Amazon lands 70% is used for grazing and the remainder mainly for fodder production, particularly soya. Shortage of water is also a growing problem, with 64% of the world's population expected to be "water stressed" by 2025. Livestock are the biggest users of fresh water, both directly and in growing fodder crops.

The Lambeth 98 Resolution states "That unless human beings take responsibility for caring for the earth, the consequences will be catastrophic because of over population, unsustainable levels of consumption by the rich, poor quality and shortage of water, air pollution and impoverished soil, forest destruction and plant and animal extinction."

We have to act now to stop this terrifying prediction becoming a reality. One of the easiest and less costly steps we can all make is to reduce the amount of meat and dairy products we eat. As Christians we should be prepared to make sacrifices, and with Lent approaching what better time to show our commitment than by giving up eating animal products. The practice in the early Church was to use up all the dairy products in pancakes, which were eaten on Shrove Tuesday, and throughout Lent no more were consumed, nor was any meat. It would be a long way towards feeding the world, reducing pollution and saving animal's lives if we were to adopt this excel-lent practice, and who knows we might feel fitter for it! #

Veg4Lent 2008 - Report

By Verity Hunt-Sheppard

As a recent member of CVAUK I was keen to promote Veg4Lent at my church. I decided that the best way to introduce parishioners to the idea of going vegetarian for Lent was to tempt them with a delicious communal vegetarian meal. The curate of my church seemed very keen on the idea of a shared meal and agreed that I could host a meal in the church hall on February 3rd, the Sunday before Lent. I designed some flyers

which were displayed in the church, a poster was placed on the notice board and I wrote a short piece inviting people to a Veg4Lent meal which was printed in the church's February magazine. I explained that everyone would receive a free information pack at the meal to take home. Thirteen people signed up to attend the meal. A small fee was charged to cover the cost of ingredients.

On the day of the meal I set up a separate table displaying empty packets of different kinds of vegan products that people could buy, including dairy free spreads, yogurts and creams and vegan sausages, pies and pastries. I also played some music CDs to create a welcoming and social atmosphere. I served a 3 course meal including carrot and coriander soup with crusty bread, adzuki bean shepherd's pie with vegetables and chocolate cheese cake to finish; I also laid out a plate of after dinner mints and a range of drinks. Apart from the mints and the bread everything was home made and I received many compliments on the food with numerous people having seconds at each course.

At the end of the meal I gave a short talk about some of the ingredients in the food and where they could be bought from. When I explained that everything at the meal had been vegan at least 3 mouths fell open in astonishment, it's nice to show people that a compassionate plant based diet is tasty and satisfying. I finished my talk by handing out my sealed information packs, which included a copy of the "Honouring God's Creation" booklet and the leaflet "Meat, Blessing or Curse". I also included some vegan recipes.

I stressed that the packs were to be read at home as I felt that it was very important that the meal retained its enjoyable social atmosphere and not turn into a debate at that point. If it had done so there is the risk that it might deter people from coming again and not only did I want people to come again but to bring their friends next time too. As people left with their information packs in hand they browsed the display table of vegan products and told me how much they had enjoyed themselves. The curate invited me to host a Veg4Lent meal again next year, though I am hoping I will have the time and energy to host another meal just before Christmas. I do believe that most people have to hear the vegetarian message several times before it "clicks" so it is important to keep finding ways if reintroducing and gently reiterating the message to the people around us.

If anyone would like to contact me for copies of the flyers and poster I used, or to swap ideas they are very welcome to e-mail me at vezilla@hotmail.com #

Food Supplements - A letter from Ann Wills

(See Advert page 27)

I'm very concerned about the "EU Food Supplements Directive" as the EU is working to restrict natural health supplements. This could cause many health food shops to close - and health shops are one of the main sellers & promoters of vegetarian/vegan food & animal friendly beauty products.

In many cases the vitamin quantities the Directive will allow will be reduced to tiny, almost useless amounts. If people can't buy natural supplements they will be

dependent on strong pharmaceutical drugs with their side-effects. Medical drugs are tested on animals.

Alcohol & cigarettes - which do so much damage - are freely on sale, but health supplements of all things will be restricted! Some people believe this is being brought in because of pressure from the pharmaceutical industry, who can't patent natural products. The vitamin restrictions are not for safety reasons but for 'harmonisation' of sales within EU countries.

Concerned members should write to their MP & MEP and contact 'The Alliance for Natural Health' who are fighting these restrictions. www.alliance-natural-health.org The Atrium, Curtis Road, Dorking, RH4 1XA. Tel: 01252 371275.

From Ann Wills Daily Telegraph 2.1.08

"VICTORIAN DOCTOR WAS TOO HEALTHY"

Dr. Thomas Allinson was struck off the Medical Register by the GMC in 1894 because he advised people to give up smoking, take exercise, cut down salt & be teetotal. He was an enthusiastic vegetarian.

He was against many of the prescribed medical drugs of the day which included arsenic & mercury.

His advice to give up smoking was met with medical opposition as doctors regularly recommended a cigar for patients to clear the lungs. He founded the whole-meal bread co. "Allinsons."

An encouraging email from CVAUK member Robin Lane of Christians Against Leather & Fur (CALF)

On Saturday myself, Chris and a couple of others leafleted shoppers in Croydon (London) regarding the wearing/using of leather. We also gave out anti-meat/factory farming leaflets and Ethical Wares leaflets. What also came out of this very positive and non-confrontational action is the discovery that myself, Chris and Simon are all on the same wavelength regarding our Christian beliefs.

During the day we put our vegan beliefs to a group of young black Christian guys who could not see our point of view at all thinking that we were misguided but we also spoke to a couple of Christian men who weren't with the other group who could understand our point of view - he even took a photo of us holding the leaflets! God has brought the three of us together to further the vegan message - its unusual to find three vegan Christian pro-animal rights campaigners!!! #

“The time will come when men will not put up with sound doctrine. Instead, to suit their desires, they will gather round them a great number of teachers to say what their itching ears want to hear. They will turn their ears away from the truth and turn aside to myths. But you, keep your head in all situations, endure hardship, Do the work of an evangelist, discharge all the duties of your ministry.”

(2 Timothy 4.3-5)



Use 'ClickNow' to search the web and raise money for CVAUK. The 'ClickNow' CVAUK page incorporates the following direct links for your convenience: Events, What's New, Related

Links and the CVAUK My Space site.

Launched in June 2005, ClickNow has helped over 200 charities raise over £100,000 of unrestricted income – for free!

Harnessing the power of the internet, ClickNow provides charities, not-for-profit organisations and schools with tailored internet search engine facilities as part of the partner's ongoing marketing activities.

ClickNow is a Partner with Ask.com – one of the four top global search engines – and delivers search results to users in a number of formats designed to replicate their normal search engine of choice.

By making one simple change in the way they search the internet, supporters of charities, not-for-profit organisations and schools can start raising money for their chosen cause – immediately and for free! The average person searching the internet on a regular basis could generate up to £50 per year for their chosen charity, not-for-profit organisation or school – simply by switching to ClickNow.

Go to: www.clicknow.org.uk/cvauk

Campaign by CVAUK member Mark Franchi - Aberystwyth

Whales

The Japanese are killing again! It takes 20 minutes for a whale to die!!

Politely ask the Japanese Embassy to stop **THE KILLINGS**.

Tel: 020 7465 6500 or 020 7465 6588 or 020 7465 6580

or write to the embassy at:

His Excellency, The Ambassador,
101-104 Piccadilly, London, W1J 7JT

Extract - Creation in Crisis Service - St Mary the Virgin, Primrose Hill.

In Britain and Ireland, the amount of energy we use from day to day is 35 times as much as a person in India. Animal livestock used for meat produces gases such as nitrous oxide, which is around 300 times as harmful to the environment as CO₂. Our irresponsible consumption of consumer goods and food, as well as our use of fossil fuels in aviation and automobiles, is having a catastrophic effect on our planet. Human-induced climate change threatens the survival of unique and irreplaceable plant and animal life. As many as 182 million people in sub-Saharan Africa alone could die as a direct result of climate change. Many millions more face death and devastation due to climate-induced floods, famine, drought and conflict.

(Also see page 22)

Advertisements

RESIST THE TOXIC FLUORIDE CHEMICAL BEING ADDED TO WATER SUPPLIES

This is not natural calcium fluoride, but toxic fluorosilicic acid factory waste – a Grade 2 poison - which can be harmful to health. Visit: National Pure Water Association's site:- www.NPWA.freeserve.co.uk

HELP STOP THE EU RESTRICTING THE SALE OF BENEFICIAL HEALTH SUPPLEMENTS

Some supplements may be reduced to tiny almost useless amounts. Natural supplements are much safer than most medical drugs, which have side-effects & are tested on animals. Contact: Alliance for Natural Health:
Tel: 01252 371275. www.alliance-natural-health.org

ORLANDO NETTO - PRIVATE CHEF - LONDON

Mobile: 07786144609 Home: 02074355882 vegetarianchef@aol.com

Specialized in vegetarian, lacto vegetarian, vegan, special diets, health food.

I will be responsible for the operation and organization of the kitchen. Appliances, stove, refrigerator, etc... Discuss allergies and other health concerns, likes and dislikes, customize your family meal. Shop the freshest groceries and ingredients. Create and present menus for approval. Cook delicious meal with the right amount of spice and salt. Help the family gather around the table and have a quality time, serve each family member from the beginning to the end of each meal. You will eat healthier with food you love. Clean table and around and organize and clean the kitchen. I will also give you the option of international cuisine. Introduce, if you so desire a high quality of health food and organic products with delicious flavours, improving your lifestyle with greater energy and health.

A VERY VEGGIE AUTUMN FAIR

Saturday 25th October.

Christchurch, 105a Clarendon Park Road, Leicester, LE2 3AH

Verity Hunt-Sheppard is organiser of the above vegan fair which is currently Leicester's largest vegetarian and vegan event. Last years fair attracted nearly 200 people including people from her local church, the event is advertised in the churches newsletter.

For more information visit: www.leicesterveganfair.co.uk

CVAUK will be there, so if you live in the Midlands , support Verity and visit the CVAUK stand.



The Vegan Society has been helping people live a cruelty free lifestyle since 1944. For a free information pack, free nutritional booklet or for tasty vegan recipe ideas.

e-mail info@vegansociety.com

or telephone 0121 523 1730.

Visit their website:

www.vegansociety.com



Holiday Home in Italy

Via del Borgo 9 is situated in Tavernelle, North West Tuscany, in the Appenine Mountains. The nearest main town is Aulla. Tavernelle is a small village of about 200 inhabitants.

Visit website: www.viadelborgo9.com

For further information please contact:
Helena Youle: Telephone: 02392.471977

Email: helena@viadelborgo9.com

All profits donated to Animal Welfare.

CVAUK Cook Book by Fr John Ryder

This book has no claim other than that the recipes were all contributed by people who are devout both in their Vegetarianism and in their Christianity.

It has been put together as a humble offering to help their fellow Christians who are still carnivores to become:

more animal-friendly - more environmentally friendly - healthier

and above all to fulfil the vision contained in such passages as

Genesis 1:29 & 30 and Isaiah 11:1- 9



Send all contributions and enquiries to:

CVAUK, Foresta, Pines Road, Liphook, GU30 7PL

Tel: 01428 723747 Email: dongwil@uk2.net

