

Veg4Lent 2003



www.veg4lent.org



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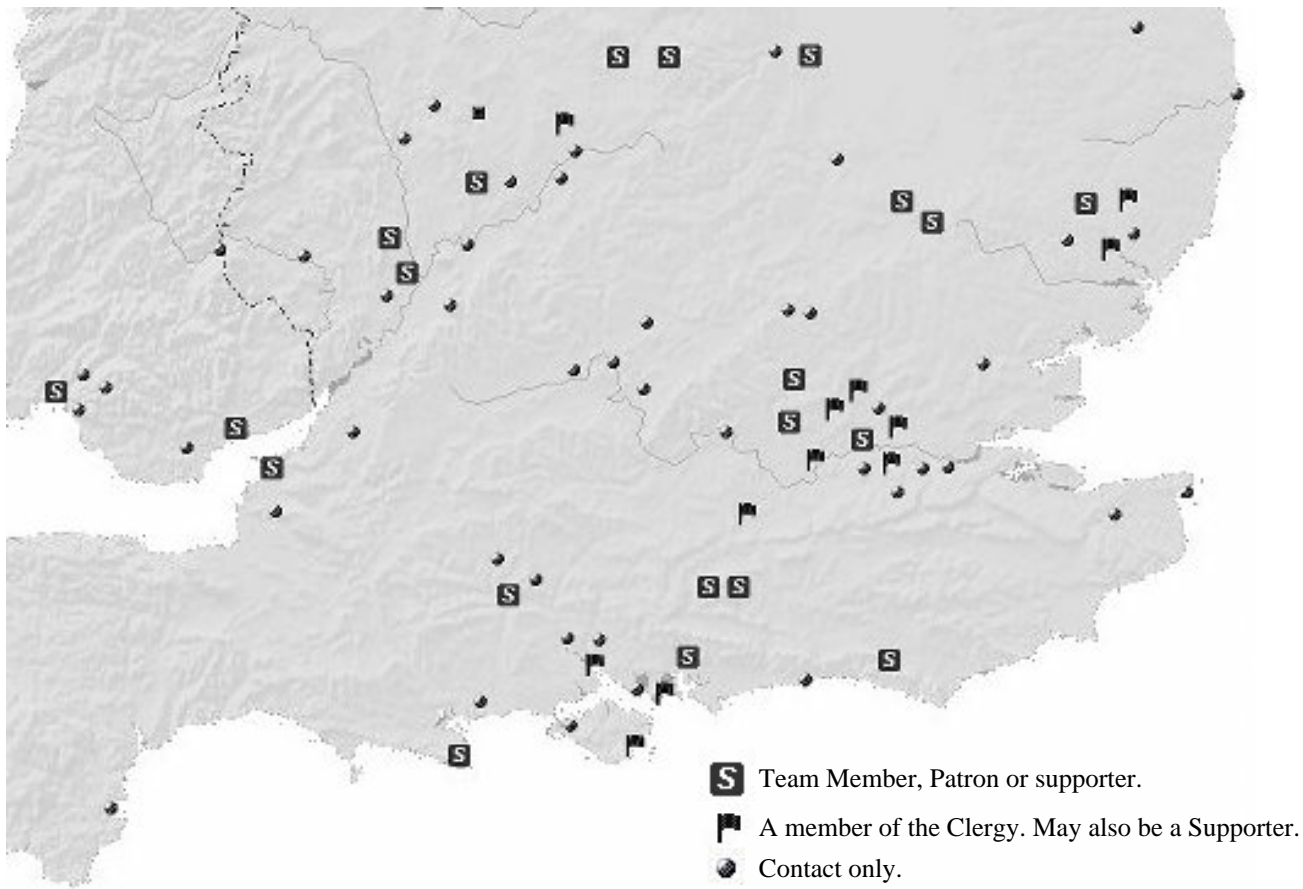
An ecumenical non-profit organisation dedicated to the promotion of a Vegetarian Diet for Lent as a contemporary adaptation of an ancient tradition.

Veg4Lent U.S.A.

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This is your newsletter, Newsletter No 2 was devoted to our letter to the Bishops, now it is your turn. A big thank you to all our supporters and an extra thank you to those who sent in reports, the material for this Newsletter.

Campaign Reports Southern England and South Wales



Antony Neesham

Tony has had a very busy year, in June he emigrated to the U.S.A. and married Melissa, an American lady from Connecticut. They are at present looking for a house and Tony hopes to be fully operational before the start of Veg4Lent 2004. We wish Tony and Melissa every happiness and may the Lord bless their marriage.

The future belongs to those who believe in the beauty of their dreams. Eleanor Roosevelt

John M. Gilheany - South Wales

John's input to the Veg4Lent campaign has been invaluable. Apart from writing the original Veg4Lent letter to the clergy and the flyer. This year he wrote the Veg4Lent letter to the Bishops and mailed a high proportion of the letters to the Catholic Bishops, for full report see Veg4Lent Newsletter No 2. He also mailed Catholic Presbyteries in the Archdiocese of Birmingham, the Diocese of Hallam and Shrewsbury, this year.

Sarah Dunning - London

Sarah is on the committee of the Anglican Society for the Welfare of Animals and also runs the Watford branch of that society. In spite of ill health Sarah has managed to send 50 letters to churches in the Watford area. Sarah has also been very successful in promoting Veg4Lent in her church who are happy to display our Veg4Lent flyers. Her church also celebrates Animal Welfare Sunday in October and a powerful address by her vicar is available on request.

Ursula Lowe - Warwickshire

Ursula is the organist in her church and is supported by a vegetarian vicar. Ursula however, is having problems with her church serving factory farmed meat on their Alpha Course and wanted to encourage them to buy free range meat. Ursula wrote "*I cannot belong to a Church that seeks to draw people to Christ by giving them such food. Am I over-reacting?*". I believe we all experience the same reactions as Ursula regarding food served at church functions but to resign would remove a witness for animals and support for her vege vicar. The church will never respond to outside pressure, we must influence from within the church, see Jennifer Pothecary below. Ursula sent letters to churches in the Coventry and Worcester diocese.

Jennifer Pothecary - Wiltshire

Jennifer I believe, has the right approach regarding her witness within the church, she wrote "*I cheekily pushed my views to my parish by offering (for example) to make veggie shepherds' pies for the lunch after the healing Mass. I also supply veggy burgers for the parish barbeque.*

Now what is interesting, is that a number of people have approached me, who said that they thought it might be frowned upon if they had publicly shown their veggy tendencies but as I had 'got away with my outspoken views' they would come out of the closet!!! Well now, I am notorious: I wear my Animal Respect purple ribbon, I put animal welfare notices up on the notice board, and I write in the parish magazine about the SIN of animal abuse, and I have had no opposition.

Let it also be said that I live in the heart of the Wiltshire countryside, and my parish church is in Salisbury. We are not urban, my husband - who is from Wiltshire farming stock, is a life long veggie. Even when he worked as an airline pilot, he would refuse meat crew food. I keep finding veggies and animal rights' people in the woodwork; they are too shy to speak out. I am naturally brazen and awful, so speaking is no problem to me". Jennifer belongs to a large church (600) and uses every opportunity to witness for those who cannot speak for themselves, the animals.

Peta Whiting - Suffolk

I received the following report from Peta

"I wrote to about 200 clergy in the diocese of St. Edmundsbury and Ipswich, in cases of interregnum I sent the letter to the secretary of the PCC. I sent out the more personal letter, putting my name and address hand written on each one. I received not one reply!

The clergy I know personally made no reference to the letter when at a later date our paths crossed and this includes my own parish priest! The only member of the clergy who discussed it with me (and I regard her as a friend) said she would publicise it at her church (and will again next year) she is practically a vegan herself and has been for a long time; she does not live in Suffolk unfortunately. Her feedback was to particularly emphasise the traditional aspect of the vegetarian diet for Lent.

My own conclusions are; There is some sort of policy to which the clergy adhere, hence their avoidance of any personal discussion. Much of the church of England is funded (quotas) by landowners and farmers, the church hierarchy do not want to estrange the people who provide this vital source of income; hence the continued permission for hunting on church land etc.

Secondly, there is a form of idolatry at work here. Many of your replies including our Bishop and my own parish priest appear to value personal freedom of choice above any moral imperative. I think this avenue is worth exploring further with them; would they endorse the personal freedom of a child abuser for instance? They are in danger of making a god out of freedom of choice. Thirdly I am certain that food is a very highly charged issue; our most primitive feelings are involved (for our very survival) and there is an instinctive and often illogical and even hostile reaction when our food source is threatened. In our polite church society this is covered with pleasant words, but these cover a fear of the unknown and of change. This is why the senses must be used as well as words; I believe that every opportunity needs to be grasped to bring animal free food into church; always provide some at every function so gradually people will become familiar with it and lose their fear.

In conclusion, I continue hopefully! change will come and I will work towards that end by continuing to support Veg4Lent."

I believe Peta has raised some very valid points here which we should explore to our advantage. Another response that needs exploring is the remark that they cannot comment because they are not vegetarian. Does that mean that they cannot comment about hunger because they do not go hungry themselves or about slavery because they are not slaves etc, etc? Conversely, can we now assume that all the Bishops who supported fox hunting in the Lords, also enjoy hunting a fox to a violent death?

Finally, through Peta, the church magazine editor Mary Carter wrote an favourable article about Veg4Lent in the March issue of The Link Newsletter, distributed to churches in Somersham, Offton and Willisham. See www.thelink.freeuk.com

Can you help?

Are you a regular reader of Anglican / Evangelical newspapers (Catholic papers covered) and/or Christian periodicals? If so, would you be prepared to forward any animal related articles, comments, letters etc to Veg4Lent?

Contact: Don Gwillim Tel: 01428 723747 or email chairman@veg4lent.org

Peta's letters to her Bishop and Rector.

" You were kind enough to confirm me at Charsfield, Ash Wednesday 1997; I have happy memories of that occasion and God has led me on interesting and unexpected paths since then. I recall the words of your sermon, one is never too old or too young to learn new things and that the most surprising people teach us new lessons. Then with great excitement this year I discovered Revd. Andrew Linzey and Animal Theology, in this God has united my life long belief in the sanctity of all creation, with my new life in Christ. I am certain that when the church openly values all species of life on earth, then many more people will be enabled to find Christ too.

I have enclosed information about the Veg4Lent initiative (which I am sending out to all the clergy in our Diocese of St. Edmundsbury and Ipswich) You may already be familiar with the Veg4Lent initiative; but if not, I do hope that you will give the issues that Veg4Lent raises your consideration, "

his reply,

" *Many thanks for your letter of 23 Jan. and for the enclosure which I read with great interest. I knew a certain amount about the Veg4Lent initiative but I am grateful for the further detail. It will be very interesting to see what sort of response you get.*

Many thanks for writing and sharing with me your thoughts and also your memories of your confirmation in 1997. That was very soon after I arrived in the diocese and it is good to think that somebody has actually remembered something I have said!

It was very kind of you to write and I wish you well in your pilgrimage. "

I also wrote to our Rector,

" Further to our discussion regarding Veg4Lent, I have enclosed information about the Veg4Lent initiative which I am sending out to all the clergy in our diocese. Your words have stayed with me and I question that the fate of the slaughter house is as you said "a sad but tough necessity ". Does God only love the human species? Does he condone violence ? Our freedom of dietary choice surely lies upon a bedrock of moral and ethical choices.

Please give the issues that Veg4Lent raises your further consideration. "

She has made no reference to my letter or the information which I sent!

Article by Peta Whiting - Published in the her church magazine 'The Link Newsletter' June 2003.

You may have the impression that the Church does not overly concern itself with the non-human parts of God's creation. The Anglican Society for the Welfare of Animals is seeking to address this by promoting " concern and awareness related to all aspects of God's animal creation within the Anglican Church and the wider Christian Community."

Animals were an important part of the Celtic understanding of life and they appear with the saints in numerous delightful stories. One such story is that of St. Kevin, he was so gentle and kind that a blackbird built her nest in his outstretched hand; he kept perfectly still until the eggs were hatched and the young were fledged.

In Genesis 1.26 God said:

" Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth."

Our interpretation of this word 'dominion' as despotism can be traced back to Aristotle; his Instrumentalist philosophy has been the prevalent influence on Western religious thinking, leading to untold daily suffering for countless animals. Two million animals are heartlessly slaughtered every day in the UK alone.

A better interpretation of dominion, in line with Christ like divine generosity, is that the care of the weak and defenceless has the moral priority. It is our responsibility to tend and care for our gentle companions on earth, the animals:

" We are to be active in prayer and deed to ensure that we reflect not just Christ like feeling for the suffering of the world but also Christ like healing. We are not called to be mere spectators of the world of suffering but to be active co-participants with God the Holy Spirit in its redemption. " (Animal Theology, Andrew Linzey, SCM Press 1994)

It takes 12 to 18 lbs. of grain to produce 1lb of beef; if we in the west reduced our meat consumption by as little as 10%, then enough land, water and energy would be freed to feed 40 million currently starving people. So caring about animals is also about caring for people.

Please bring the animals you love to our special animal blessing service at Offton on Sunday, October 5th 2003 at 4pm.

Helena Youle - Hampshire

I sent introductory letters to (1) Rev. David Gibbons, St. Faith's, Havant, and (2) Rev. Simon Sayers, St. James', Emsworth.

I received no response from the latter and I do not know whether he took the campaign 'on board'. However, from Rev. David Gibbons (my parish priest) there was a very favourable response. In the weeks prior to Lent, Veg4Lent was mentioned in the weekly bulletin distributed to members of the congregation at church services and also by me in the notices after the services. The rector also invited me to give an informal talk about the issue after the morning service in the parish hall (at coffee time) on the Sunday just before Lent began. This was reasonably well attended and favourably received. I was also permitted to leave booklets and vegetarian recipe booklets at the back of the Church for people to take – eg. Christian Vegetarian Association; PETA's Vegetarian Starter Kit; various Veg4Lent leaflets.

In addition to the promotion of Veg4Lent, the ASWA's animal Welfare Service was held in St. Faith's on the same day as I gave my informal talk, with the aim of 'tying it all together'. The Rector had been very amenable to my suggestion to hold the ASWA service sooner, rather than later this year. It was not possible to hold it last October as the date set coincided with the patronal festival of the church. The Rector thanked me personally from the pulpit for bringing the matter to his attention. At his proposal we shall be holding another such service this October! I shall keep him to his word. He did omit from the order or service some of the more 'controversial' (?) aspects of animal cruelty, i.e. the adoption of a vegetarian lifestyle. In his sermon he advocated switching in general to organically raised meat as opposed to factory-farmed meat – he tended to leave the idea of renouncing meat for Lent to the individual consciousness.



Helena, on duty

Photo by Don Gwillim

The PETA recipe booklets are still in church for people to take; also a friend of mine who attends the United Reformed Church locally took 6 of them for her church. I do not know who out of the congregation gave up meat for Lent. I wonder if I should write a letter to the parish magazine as a kind of follow-up?

Helena lives 20 miles from Liphook and is the only Veg4Lent active supporter in my area. At Helena's invitation, I attended the Animal Welfare Service in Havant and saw first hand her drive and enthusiasm. Last November, Helena and myself set up a stall at the 3 day environmental conference in Portsmouth Cathedral. The stand promoted both the 'Anglican Society for the Welfare of Animals' and 'Veg4Lent'. It soon became apparent that Christian Environmentalists are not aware of the environmental benefits of a vegetarian diet, we can only hope and pray that our presence gave them further food for thought.

Let not the wise man glory in his wisdom, Let not the mighty man glory in his might, Nor let the rich man glory in his riches; But let him who glories glory in this, That he understands and knows Me, That I am the LORD, exercising loving kindness, judgment, and righteousness in the earth. For in these I delight," says the LORD

Jeremiah 9

Eleisha Carol Newman - Sussex

Extracts from Eleisha's letter to the Bishop of Arundel and Brighton.

17th March 2003

I expect that you are aware of the Veg4Lent campaign of the Christian Vegetarian Association, which has gained some publicity in the Tablet and Catholic Herald recently. I have joined forces in some respects with the CVA because we do have shared difficulties and concerns.

I see the matter of a vegetarian diet as being primarily and essentially pastoral, and also as being concerned with the Catholicity of the Gospel message which Christ taught. However, it is not because the Roman Catholic Clergy are already too strongly identified with this cause that campaign literature has not been sent to you. For my part, I think it inappropriate that I send information to the priests of your Diocese, with the exception of the Parish Priest who I try to keep an eye on most days, without your understanding and approval that this is a valid help with your task as Bishop.....

Thank you for all your encouraging words and statements on the subject of care for all God's creatures and creation. It saddens me that in so many other respects the Church with the Doctrine, Monastic rules, practices, mission and traditions (which ought to make her the greatest advocate and sign of peaceful living amongst all God's creatures) is now being signalled as creation's greatest enemy.....

It will be good one day when the food we eat is no longer a matter to make a big fuss about. If only the validation marks of the Christian Vegetarian Association, the Vegetarian Society, the Vegan Society, the Fair Trade Foundation, the RSPCA, and so forth, could be inconspicuously engraved on the door of every Catholic church, Roman Catholic chapel, Presbytery, Monastery, Convent and Roman Catholic Retreat House! If only such approvals could be taken for granted, for the greater good of all who dwell with God within, and seek to live a holy life.

After a second letter, reply from Rt Rev. Kieran Conry Bishop of Arundel and Brighton, dated 8th July 2003

I am sorry for the delay in responding to your earlier letters. However, I do not feel I can write a message of support, as I am not a vegetarian.

Extracts from Eleisha's reply, dated 10th July 2003

Thank you for your confession of 8th July 2003, received this morning. Not being a Priest, I am not allowed to forgive you.

Although, I prefer not to call myself a "Vegetarian" or "Vegan" either. Having singularly failed as a "Franciscan", I know there are dangers attached to allowing oneself to be labelled, rather than following one's own lights. You may be pleased to know, from 1999 figures, it is estimated that 5% of the British population follow a 'Pure Vegetarian' or "Vegan" diet, and a further 7% eat no meat (red, white or fish). This growing Movement in favour of life, within British, European and Global culture, is fully in accordance with the Catholic Faith, and it is in most cases motivated by Christian Religious ideals (whether the people concerned have all been brought to deeper consciousness of that fact or not).

In reciprocal good humour, having recently suggested that those Bishops who refrain from daily abstinence might like Intentions for the shortening of their long intestines through freely donated NHS operations, I have already been advised that my prayers lack popularity amongst the Hierarchy, and I have no prospects of being asked to Serve there. Nonetheless, what is impossible for women is not impossible for God. Following a Votive Mass for the Sacred Heart earlier today, I dare to offer prayers for your even greater candour, for your spiritual and temporal welfare, for that of all your family and flock, for all your brother Bishops, and that the Diet you follow may, some day soon, attain to its fullness in Christ.

Let a man fear, above all, me, his God, and so much the gentler will he become towards my creatures and animals, in whom, on account of me, their Creator, he ought to have compassion, for to that end was rest ordained on the Sabbath.

Bridget of Sweden (1300-73)

Sue Hodson - Lincolnshire**Sue sent in the following report after visiting the Launde Abbey Animal Welfare Weekend**

We had a really good retreat at Launde Abbey last w/e. I found Fr Mark's 'talks' rather hard going as he basically just read his notes, but it was great to be with other like-minded Christians.

Fr Mark and Debbie Jones suggested that some input from bishop to parishes would be helpful. My bishop is actually president of CSCAW so I have sent him the attached letter [See letter below]. No harm in trying.

Debbie and a couple of other people felt that while your letter to bishops was the right thing to do, maybe it was not quite 'to the point' enough. Debbie said that if a bishop can't understand something more or less immediately it goes in bin. Bit sad, but there you are!

I find it so hard to see where these bishops and other so-called Christians are coming from. I really appreciate the support from CVA / Veg4Lent group, who all seem equally frustrated.

I expect you know that CSCAW and ASWA are amalgamating with Quaker Concern for Animals to produce a Christmas Card, and maybe other things as well.

I hope to be able to attend the animal service in Bristol in October. Will you be able to go?

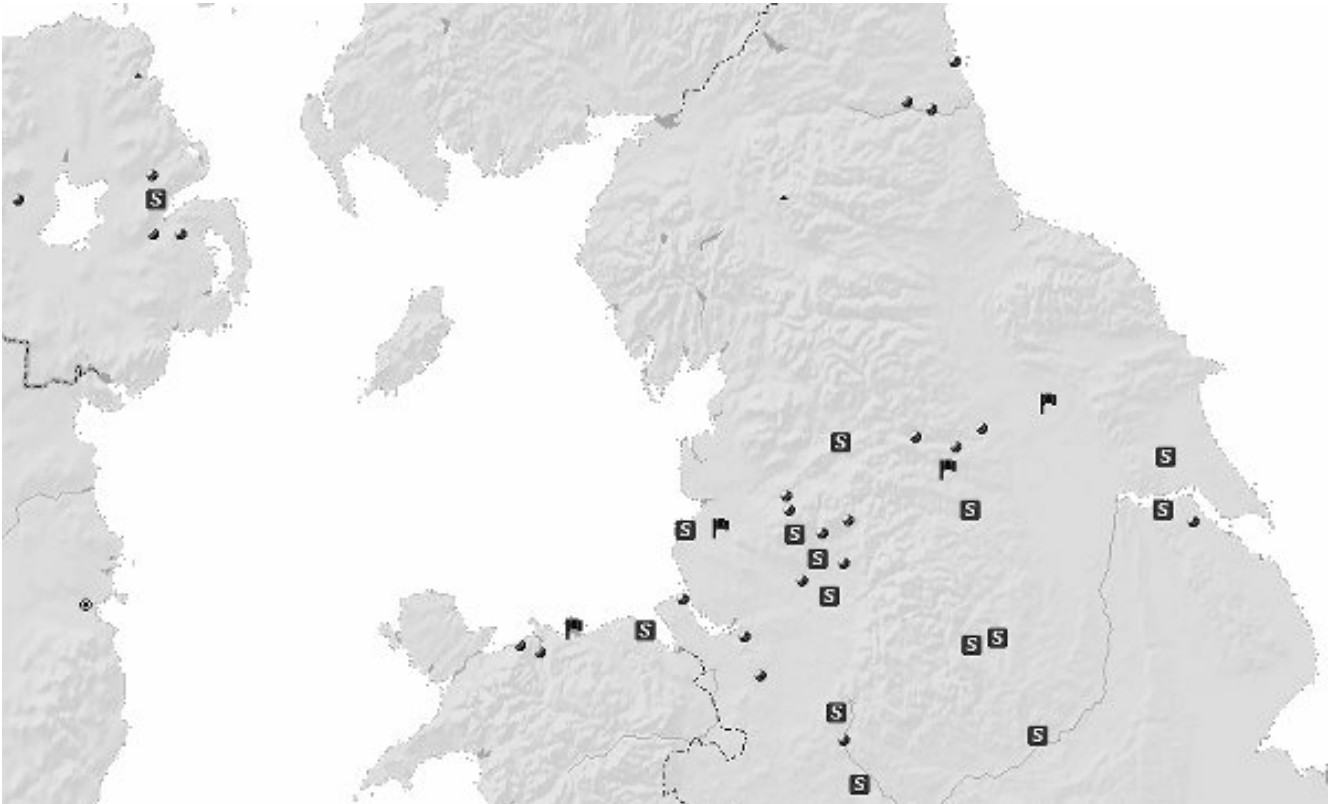
Yes, I look forward to to meeting some of you there, you will find me on the ASWA / CSCAW stand, with a good supply of "Christianity and Vegetarianism" and "What would Jesus Eat....Today" booklets. Don

Sue's letter to Right Reverend Malcolm McMahon OP Bishop of Nottingham 28 July 2003

As a member of the Catholic Study Circle for Animal Welfare I attended an animal welfare retreat (18-20 July) at Launde Abbey, led by Fr Mark Elvins and Deborah Jones.

This was a very enjoyable and inspiring retreat. I spoke both to Fr Mark and Deborah about the best way to introduce an awareness of the need for compassion towards animals into our parishes and they agreed that it may be seen as a 'lone crusade' without some support from the clergy, preferably the bishop, particularly one who is president of CSCAW.

Would it be possible to include a mention of compassion towards all creatures in a pastoral diocesan letter or maybe a letter to the parish? As you know, we are temporarily without a parish priest but I intend to approach Fr Stephen about animal issues and it would be good to have some episcopal back-up.

Campaign Reports Northern England, Ireland and North Wales**Wendy Brayshaw - Yorkshire**

Wendy sent out 50 standard Veg4Lent letters to the local churches. Wendy has been very supportive on the phone. I have not received a report and assume that like most of us, the response has been zero. However, we must remember that we do not ask for a reply, only their co-operation in displaying the enclosed flyer. I am however, very encouraged by the enquiries I have received which indicates that many of our flyers are being displayed.

Be the change you want to see in the world." Gandhi

Report 28th January 2003**Eileen Girling - East Yorkshire**

In spite of bad health Eileen sent the following report: I have struggled and posted off 145 Veg4Lent letters [*Letter to the Churches*] Only one has replied to date, and rung me up saying "he may show an interest", is'nt it sad? Your letter to the Churches is brilliant. I did quote some of it in the Hull Mail two weeks ago, in the letter page. 'Letter to the Churches' sent to C of E, Methodists, Baptists, Catholics, Salvation Army, Presbyterian, Assemblies of God, United Reformed Church, BEU, Community Church, Seamans Missions, Mormons, Quakers, Independent Evangelical and Hebrew Congregations. I only hope they all observe Lent [*many do not, Eileen*]. The letters are food for thought anyway. They have gone out to Hull, Skirlaugh, Hessle, Bridlington, Anlaby, Walkington, Cottingham, Willerby, Swine, Hedon, Thorgumbald Market, Weighton and one to York Minster. I will certainly do the others. My contribution to a great cause!

Report 15th April 2003

I sent out all the Veg4Lent letters [*Letter to the Churches*] as my contribution to the 'Veggie' Animal / church cause. I am pleased to help but very disappointed, I have had no postal replies and only one vicar rang me to say 'he may show an interest' I do not know if he contacted you [*no, he has not made contact*]. His name is John Hotchin, 33 Garden Avenue, Hull, HU9 4RT of the Church Army (C of E). I am disappointed with the church as a whole but not surprised, because I find a lot of church people quite self centred and unfeeling towards the animal world. I do not blame God for this, it's once again people, terrible species! At least the Veggie message has been spread out more.

Yes, my letter did get published and it led to a reply that vegetarianism leads to Anaemia etc and stunted growth. This man was Head of Cardiac Unit! Wrote in three times each time I replied, my last letter asked him 'where does a Silver Backed Gorilla get it's strength from - the leaves etc. He never wrote in anymore. Their as hard and unfeeling as nails, I'm so sorry but they are. Human beings are a selfish lot, me, me, me, that's what I find in the main. [*I believe I speak for all of us when I say, we have all been there and understand exactly how you feel Eileen, Don*]

Beth Gourley - Belfast

Thank you Beth for a very detailed report, below is an extract from that report:

I know Grace has a lot to do with the saved doctrine but service, and accounting, and sowing, and reaping, is also part of it. A girl in Alpha told me she was sure of heaven; her past, present and future sins were forgiven, she quoted the verse: believe in the Lord Jesus Christ..... I cannot understand that. I suggested believing was just a beginning, a step like a baby starting to crawl and then moving to toddling and walking. Why did God reveal his laws, so many of them in the bible, if they were not be followed and lived, if all you need to do is just believe.

We are to seek and find, and in other places he says keep all my commands and the truth shall be revealed to you. I do not know of anyone who does this, so the truth has not been found. Jesus says 'be ye perfect as your Father in Heaven is perfect' so this must be part of the journey. He would not give us something to do if it was not possible.

One place Jesus is speaking about the Mansions, going to prepare a place for you, he does not guarantee saved people being in Heaven. He uses the word 'may' be with me (King James translation). I put that to the girl but she did not agree. She absolutely refused to believe what I was trying to tell her and would not even discuss it.

The word NOW is most important, we should do the Fathers will now, analyse our sins of omissions as well as commission, through the Holy spirit and through others, God appreciates a tryer. If you don't believe something is possible, like perfection, surely it is making fun of God and being a non starter on the journey towards it. I donated a lot to the photocopying and sent mostly out the long letter [*A letter to the Churches*] and posted most of them, I am happy to be able to do that. We are on a low pension but angels help us so much.

Beth sent letters to 88 churches and religious establishments in and around Belfast. Full list available on request.

"TOWARDS THE ELIMINATION OF HUMAN ERROR"

By Bob Gourley, Beth's husband. Cost £1 in stamps to Bob Gourley, 66 Ravenhill Gardens, Belfast BT8 8GQ.
A timely book for me, as my error rate is far to high, recommended.

Anthony Johnson - Staffordshire

Anthony sent 50 standard letters to churches and other religious establishments in and around Stafford. He wrote that he had not heard from me by letter, but was a little bit miffed to read a small report in 'The London Times' which stated that we had not had a single favourable reply. He then went on to say 'this is not very encouraging is it Don? I certainly hope that, when I send out my 50, that the responses will be a whole bunch better than that, praise God' Sad to say that when I spoke to him on the telephone a month later, like the rest of us, he had not had a single reply.

Ann Priestner - Cheshire

Throughout the year Ann travels all over the country visiting churches and leaving Vegetarian Society and Veg4Lent literature on their tables / notice Boards. This year Ann used the yellow pages to send 150 letters to churches in North Wales except the Roman Catholic churches which were covered by John Gilheany in 2002.

Ann wrote: *I am sending out 150 letters, I've got the envelopes so do not have to pay for those. I collect envelopes during the year, sending letters in used envelopes, stops it looking like a circular and shows that it comes from an individual. I also put in a personal note, so if I do anything wrong, it is an individual who has made the mistake not the ministry / charity I represent. I send a lot out, as by the law of averages you will get a few funny replies.*

Ann printed and displayed many coloured posters, she also reduced the coloured posters to A5 size and used them as flyers. Ann also kindly sent 50 - A5 coloured flyers to the Veg4Lent team, to share with other supporters.

**For your diary - Saturday 4th October 2003 at 3 p.m.
Ecumenical Service for Animal Creation, Clifton (RC) Cathedral, Bristol.**

Joyce Slack - Derbyshire

Joyce is 85 but is still very active in Animal Welfare. Joyce has ordered quite a few Veg4Lent Action Packs over the last two years and always sends a generous donation to cover the cost. She wrote: *One thing that has always amazed me perhaps more than anything else, is the refusal of the churches to recommend vegetarianism, veganism!..... 'But Jesus ate meat, fish' I'm challenged.....It is always very significant that at the 'Last Supper' Jesus asked his disciples to remember Him by -Yes - the bread and the wine. No mention of the 'flesh' here!.....You can twist anything, so I am told, but I prefer to twist my beliefs towards loving actions, Jesus did.* Thank you Joyce, for your continued support.

I was wondering were to insert this inspiring message, I believe this is the spot!

His purpose - not yours!

If you think the calling God has given you is something you can fulfil easily or do on your own, it's probably not from God. His assignments are God-sized; you can't handle them alone because He calls us, '...not according to our works, but according to His own purpose...' For example:

Moses was called to approach Pharaoh, the most feared dictator on earth, and instruct him to let his workforce leave without compensation, so they could worship a God Pharaoh didn't even believe in. Furthermore, Moses had to persuade the stubborn Israelites to leave Egypt and follow him to nowhere. So, guess what Moses said to God? *'Send Aaron.'*

God told Jonah to go to Nineveh, the most violent and corrupt city in the world, and tell people who didn't know Jonah from a hole in the ground, much less acknowledge his God to repent or die! Jonah's response? *'When's the next boat leaving?'*

When God called Jeremiah to preach to a hard-edged, self-centred people who refused to listen, he cried so hard that he became known as 'the weeping prophet'. How would you like that title on *your* business card?

Today, if you feel totally inadequate to handle what God's called you to do, 'Welcome to the club!' So did Abraham, Gideon, Esther and a whole bunch of others! None of them immediately jumped up and said, 'No problem; I can handle that!' But the good news is, God doesn't call us to work *for* Him, He calls you to work *with* Him and that guarantees success!

UCB - Word For Today - Sunday July 13th 2003 - Bob & Debby Gass.

New Supporters for Veg4Lent 2004

Alex Booth and Partner - Devon

Alex was very pleased to discover that a ministry like The Christian Vegetarian Association / Veg4Lent existed. Telephoned me at the end of July for information. They are having problems with the attitude of their church, would like meet other vegetarian Christians.

Eric Cooper - Manchester

Eric Cooper has volunteered his services as a team member. Eric applied earlier this year when he was living in Northumberland and in between jobs. Since then he has found a new job and moved to Manchester. Eric has been involved in Radio Journalism / Production and Print Journalism. Eric is fluent in English and French and is a Belgium national. He has been Press Officer for the Belgium equivalent of the RSPCA. He has also been a PR Executive and has co-ordinated a press campaign for 2 French radio stations that wished to expand into the U.K. Co-ordinated PR activities for 3 local radio stations in Belgium. He is a member of the Radio Academy, BECTU and Association of Christian Broadcasting.

Eric would like to translate Christian Vegetarian Association and Veg4Lent literature into French. I am sure his experience in communication will be invaluable in future campaigns.

Fr Derek Reeve - Hampshire

Derek (I am not being disrespectful, Derek has requested we drop 'Fr') has offered to help Veg4Lent 2004, by encouraging local priests to consider and display our literature in their churches. Derek will be having an Animal Welfare service on 5th October open to all Christians. If you would like to attend the service his church is 'Our Lady of Lourdes' 15 Bransbury Road, Portsmouth, PO4 9JY. I know that this will be a very busy week end for all of us, what with the joint CSCAW / ASWA Animal Welfare Service in Clifton Cathedral and Arundel Cathedral on the 4th October (Wow, we are spoilt for choice). But if you can make it, I am sure Derek would be very pleased to see you.

Robert Griffiths - Staffordshire,

Robert is looking forward to our Veg4Lent 2004 campaign.

Subra Sivarajah - Cambridgeshire

I sent Subra our usual package of information which included 'What Would Jesus Eat..Today' and Christianity & Vegetarianism.

Subra then sent me an order for 100 off each booklet. As I was not expecting another delivery of C & V until mid September (surface mail takes 6 weeks but 75% cheaper) I told him that I could only supply 'WWJET' and that C & V would have to follow later. However, PETA accidentally sent the parcel by airmail and it arrived at the same day as Subra's cheque.

Subra wrote: *I believe it is the work of the Lord that we have received the booklets earlier than expected. One friend who has read the C&V booklet has told me that he has started on a vegetarian diet. I hope to be setting up a stall in the town to spread the Lords true message. Some large posters will be useful, if available. Hence, the initial order of 200 booklets may be distributed in a very short period. So expect another order from me in the near future. I am also thinking of contacting some students at the local theological schools, as they could be our greatest hope for the future.*

Subra is studying law at Cambridge University and wants to use his training to extend basic legal rights to animals.

Fr John Ryder - Isle of Wight

Fr John Ryder is an Anglican priest in the beautiful village of Godshill, he wrote: *Thank you for your leaflets. I didn't manage to get my parish to use the material last year, but with the extra notice I hope to this year. (My family and I are vegetarians anyway). To help us persuade others, will you please send: A few each of the booklets 'What would Jesus eat - today?' and 'Christianity and Vegetarianism' to put out in church (I would also like to see how it accords with my own arguments that it is inconsistent to be a Christian and not be a vegetarian — or even, if one takes Genesis 1:29 seriously, fruitarian) and a Veg4Lent action pack.*

Thank you to all the following Veg4Lent supporters who, due to other commitments or bad health, were unable to take an active part in the Veg4Lent2003 campaign. They did however, either advertise Veg4Lent in their locality and / or give the Veg4Lent team useful information, encouragement and financial support:

Linda Bodicoat - Leicester

Carol Jacklin - N. Lincs

Francis Pritchard - Malvern

Andy Bord - Porthcawl

Erica Jones - Hampshire

Ann Wills - West London

Heather Cox - Dorset

Beryl Kutschura - Nottingham

Margaret Woolford - Somerset

John R. Davies - Crewe

Margaret Mutch - Aberdeen

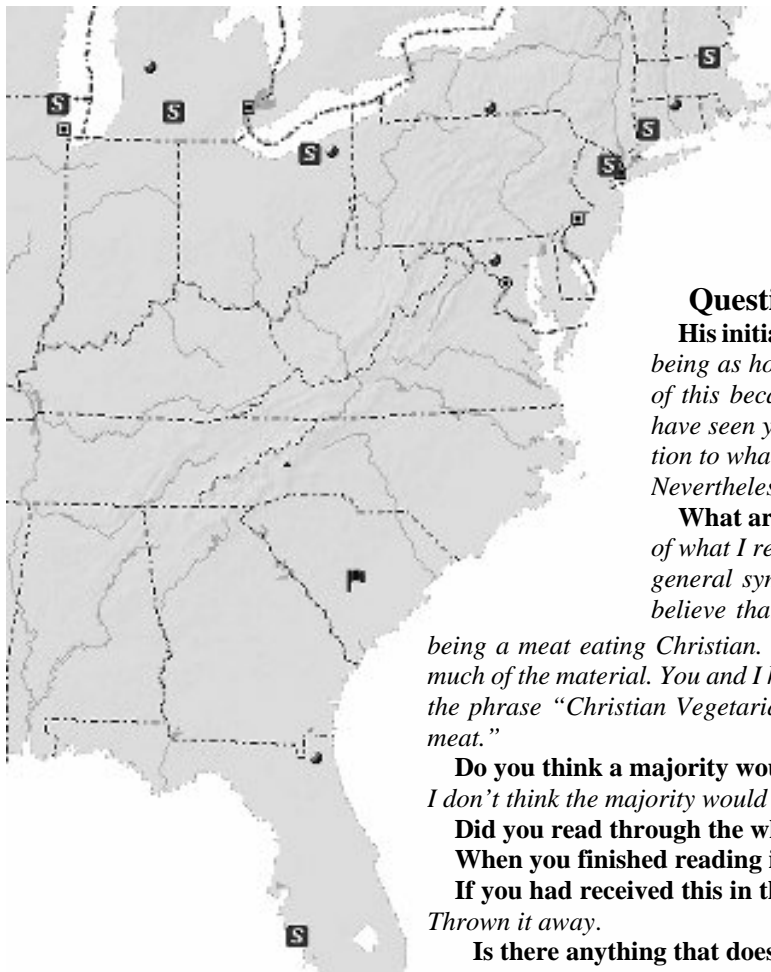
We appear to have lost touch with the following supporters, who had other commitments in 2003:

Karen Bradley - Derbyshire **Margaret Hyde - Manchester** **R.J.M. Steel - Tewksbury** **Tim & Julie Wood - Lancashire**

We trust that they are well and look forward to hearing from them in 2004.

Please let us know if you would like to offer mutual encouragement and support to other supporters / contacts in your area.

Reports from America



Report from Sue Grisham Veg4Lent Secretary U.S.A.

I mailed the long letter [A Letter to the Churches] to 135 churches listed on our on-line diocesan directory. Before I sent out the mailing, I sent the long letter as an attachment to some of my "email priests" to ask them for their opinions/reactions.

Sue's questions in **bold**, answers in *italics*.

Questions to Sue's Rector:

His initial response: *Here are my reactions to your questions. I am being as honest as I can, however I will tell you that I am very wary of this because I am concerned about your reaction. Many times I have seen you go from euphoria to dejection because of your dedication to what you believe and what you perceive to be opposition to it. Nevertheless, you asked for my opinion so here it is:*

What are your initial reactions? *I was offended, as I am by much of what I read concerning. "Christian Vegetarianism" While I am in general sympathy with treating animals in a humane way I do not believe that being a vegetarian is any more or less Christian than*

being a meat eating Christian. There seems to be an underlying judgmental attitude in much of the material. You and I have spoken about this before. Frankly I don't understand the phrase "Christian Vegetarianism" To be a Christian is to follow Christ. Christ ate meat."

Do you think a majority would react the same way you did? .

I don't think the majority would have been as open minded as I am.

Did you read through the whole thing? Yes

When you finished reading it, what did you do? *Responded to you*

If you had received this in the mail, and not on email, what would you do with it?
Thrown it away.

Is there anything that doesn't sit well with you? *See above. There is an underlying theme that to be a vegetarian is to be a better Christian than one who is not. I do not believe that.*

If so, what changes would you suggest? *[He didn't answer.]*

If you have comments that would help them improve anything, I will pass them along anonymously. Depending on what your comments are, it will help me to decide whether to send the attached version, or the simple cover letter. I will be doing the mailing around the beginning of February. [*He didn't answer.*]

Response from Sue's Assistant Pastor [animal-friendly, meat-eating]: He never responded, although when he saw me, he was reminded that he owed me a response. But I never got it anyway. I don't know if that is just the way he is, since he rarely answers me about anything, or if that's how he avoids having to tell me what he thinks. He also knows how close I am to wanting to leave the church, and may not want to say anything that could push me over the edge.

Sue had a more thoughtful response from her previous Rector: *It just wouldn't "fly" here. Too many meat eaters, I guess. Sorry!* When I asked if it "offended" him, as it did my current rector, he said: *Not offended, but I did get the impression that the leaflet implied that eating meat was wrong, sinful, or stupid. Sorry!*

he added: *I wonder if an analogy could be made to the giving up of chocolate (or desserts, or other rich foods) in Lent. We give up chocolate, not because chocolate is sinful, or the growing conditions are unjust, or that we do terrible things to it once we decide to eat it, but because it is a luxury, the giving up of which would be a sacrifice.*

The difference between free-range chickens, unconfined pigs, etc. and "factory produce" is a matter of justice and the care of creatures committed to our use, and the "fasting" information might focus on this to better advantage than the giving up of meat altogether. Then it would be more like the Lenten disciplines that many of us engage in anyway.

After Lent we all eat chocolate again and rich foods, although some of us less often than others! It just seems to me that a total-vegetarian-diet protest in a world--not just our culture--that has been omnivorous for all history is too much to ask. Especially with the civil and liturgical histories that we all have.

But eating rice, or vegetables and fruit for the Lenten discipline, would be a do-able thing. If I knew that I could have leg of lamb for my Easter dinner.

Just some random thoughts: I'm sure you and the Veggie-community have responses to ideas such as these, but if I were going to join a protest, I guess I would choose one that I thought had a chance of gaining some serious attention. This one is not.

Response from my former Interim Rector: I can't find his email on this topic. But he had no problem with the theology behind it. That's pretty much all he said.

Response from one of two vegetarian priests I know in this diocese: He called to request the study packets. He is a vegetarian for health reasons, having had a heart attack, but never gave much thought to the animal issues. But he did read "Fast Food Nation", which was very enlightening to him about a lot of issues, including how farmed animals are treated. So he was interested in doing whatever he could.

Response from the other vegetarian priest I know in this diocese:

First Reply: *Would it be possible for you to come to St M..., to promote Veg for Lent on Sunday, 2 March, at our 7.30p meeting of the Cross of Nails Forum? Actually, you can promote whatever you like of your ministry, and ASWA. Our Ministry Intern ..., who is vegetarian, is very interested in your ministry, as also... our Youth Minister. Our Cross of Nails (we are a 'Cross of Nails' church, part of Coventry (UK) Cathedral's International Ministry of Reconciliation.) group is just starting, we are meeting two Sundays each month, the first to share a new ministry like yours, then two weeks later for reflection and prayer on the same topic. We could provide accommodation, food, help with transport, whatever would help if this is possible. Realize that this is at short notice and probably impossible, but we would love it if you could come!*

Second Reply: *Deeply sorry! Have been asked by the Rector to put 'possible' war with Iraq on the agenda for Cross of Nails asap, which means March, instead of ASWA and your visit as we had planned!*

My apologies; this does not mean that we wish to cancel your visit, but only to postpone it, if that is possible. As there will be a hiatus for Easter, this means that we would be looking to May or June. I pray that this is possible, and apologise again for our poor planning. In the meantime, we will still promote Veg4Lent, with any materials we might avail ourselves of. May God continue to bless you and this ministry and draw us more alongside!"

I told him May or June would be fine, and that I'd rather leave the promoting of Veg4Lent up to him anyway, because of the answers my rector gave me. He answered back:

Third Reply ... *I would remind you that giving offense is not the ultimate sin, and taking offense is an entirely personal matter, and should lead to soul-searching, and my guess is that 99% of us have some soul-searching to do in this matter. And we will find ourselves wanting. So I encourage you to have courage and not to be suppressed by priests or anyone else. God finds his witnesses where he finds them. Speak up; speak out; you are merely articulating the cries of the creation: and, I believe, of the Creator."*

But then something changed, and he never wrote back, and hasn't returned my calls. Very disappointing. He's an assistant. Maybe his rector had different ideas....

Unsolicited response from a priest in a suburb: *Thanks for the information. I am choosing to do nothing with the information at this time. We have too much on our emotional radar screen as a parish, and so do I, to enter a possible conflict on this issue. Please understand that for right now the answer is, 'not now.' God bless you in your continued ministry."*

Separate emails from my "cheerleader" priest (who is retired and between interim assignments), mainly pertaining to my question about emailing the bishops:

Of course you can send anything to anyone, including bishops. But they do get an awful lot of mail all the time, so you may not be able to get their attention. I was once told that if the Archbishop of Canterbury were to answer all of the first class letters that he receives in just one day, it would take him and his staff one full month, doing nothing else! So it goes. Today it is hard enough to get through to a bishop. Presiding Bishop Griswold has mail handlers. I can get through to his chief executive assistant, because we are personal friends, though. So you can certainly write to every bishop in our church, but don't be disappointed if the response is not what you hope for. Persistence is important, though!"

I write you because you are a nice person, and your cause is one that I have not thought about enough in the past. I am certainly now making a conscious effort to eat less meat, thanks to you. And I always do all that I can to support those who have causes as

you do; it is the only way to bring about slow but sure changes in our society - which changes are essential if we wish to survive! So just keep on doing what you are doing, you are making a difference!"

Response from priest in Wisconsin: *I am not a total vegetarian, but do not enjoy eating meat and could easily not do so.*

Response from a lay vegetarian in another church in my deanery: He asked me to give him some extra Veg4Lent letters and also some of Fr. John Dear's booklets. He mentioned that his parish did a forum about Veg4Lent last year. And that they put the information from their flier in their church bulletin this year. I also noticed that his church's website has/had a blurb similar to the flier on their website, and also a link to Veg4Lent. (When I did a Google.com search for "Diocese of Chicago Veg4Lent", his church is the only one that showed up. I was so impressed, that I thought I might start going there, until this guy's wife mentioned that they have an annual pig roast and an annual lobster boil. I still might like that church better than mine.)

Episcopal General Convention - August 2003.

Congratulations to **Sue Grisham** and all those who helped; her animal welfare resolution was passed!

Resolution D016

Topic/Title: Stewardship: The Protection of Animals from Cruel Treatment

Proposer: The Rev. Canon David Shoulders (Indianapolis)

Resolved, the House of Bishops concurring, That the 74th General Convention recognize that responsible care of animals falls within the stewardship of creation; and be it further

Resolved, That the Episcopal Church encourage its members to ensure that husbandry methods for captive and domestic animals would prohibit suffering in such conditions as puppy mills, and factory-farms; and be it further

Resolved, That the Episcopal Church's Peace and Justice Office identify existing guidelines to educate its members to adhere to ethical standards in the care and treatment of animals; and be it further

Resolved, That the Episcopal Church, through its Office of Government Relations, identify and advocate for legislation protecting animals and effective enforcement measures.

* Resolution is final but status and text are still under review before publication.

Report from the Revd J. R. Hyland - Veg4Lent Patron, Florida U.S.A.

Although some of my experiences with trying to implement Veg4Lent came about because of my Evangelical credentials, I hope that some of the things I did--and learned not to do---can be of help to others.

First of all, approaching Evangelicals about Lent as a time of spiritual development through fasting, abstinence or anything even vaguely penitential or sacrificial, does not resonate with the vast majority.

I actually found this out last year---Veg4Lent 2002---but even though I knew that the concept was foreign to evangelicals, especially charismatics, I did use Lent as an opportunity to talk with Sunday school teachers and other active lay leaders and gave them printouts from the Veg4Lent literature, booklets from CVA and Humane Religion's "Why Did Methuselah Live So long" and "God's Covenant With Animals." So Veg4Lent has been a way of introducing vegetarianism and the importance of animals in God's sight, to people who otherwise would not have heard this. As far as I know, no one has yet embraced vegetarianism, but I have heard from several persons who later called to ask questions about animals and God. It has become a subject they can no longer ignore. So although evangelicals are not lenten-oriented, the work has not been in vain and because of Veg4Lent, other seeds that were planted in trying to implement this campaign, may yet come to fruition.

In trying to reach others with this campaign I have become even more aware of the differences between what can be presented to those who are unaware of how important the issue of our relationship with God's other creatures is to our own spiritual development, and those who already know this. When Humane Religion was publishing a monthly journal, part of our mission statement read: HUMANE RELIGION is committed to publishing articles that will nurture and support those who have been called to be part of the spiritual evolution that is manifesting itself among those who understand that love and compassion must be the hallmark of our relationship with all God's creatures."

Our articles were directed to those who were already convinced that using animals as products or things, is wrong. But the people we are approaching with Veg4Lent are "beginners" and may not be able to accept some things. I don't believe that we should only echo the arguments of health enthusiasts or of environmentalists whose abiding interest is insuring that they, and future generations, will not be deprived of resources to which they feel entitled---but the harder-hitting material should be used judiciously, lest people close their minds to the subject of vegetarianism as a moral issue.

Don, the above is actually just an endorsement of the kind of thing you have written about in some of your previous correspondence. Like St. Paul who tried "to be all things to all men" we need to try and discern what we can say that is strong enough to make it clear that we are dealing with an important spiritual and moral issue, but not come on so strongly that we give people an excuse to close their minds and hearts to what is being said.

And just how can we manage to do this? Only by praying in faith, knowing that because this work is God-inspired, the Lord will help in the effort to implement this ministry in the most effective way possible. The God who calls us to this work does not abandon us to our own devices, and has promised to be with us in our struggle to do His will on earth: "And know that I am with you always; yes, even to the end of the age." (Matthew 28:20)

No matter the discouragement you may sometimes feel, I would say to you what Paul said to the people in the church at Philippi: "I am quite certain that the One who began this good work in you will see that it is finished" (Phil 1:6)

But for the sake of some little mouthful of flesh we deprive a soul of the sun and light, and of that proportion of life and time it had been born into the world to enjoy.

Plutarch (c.AD 46-c.120)

Janice Fredericks - New Jersey

We have just started to form a link with Janice Frederick's organisation 'God's Creatures Ministry' of Wayne, New Jersey. GCM's Mission is to promote a healthy lifestyle, remembering that the body is a temple of the Holy Spirit. Most diseases are a result of a poor diet and living outside of God's will morally and physically. Jan Fredericks, MA., L.P.C founded GCM in 2001. Jan has a masters degree in Christian Education and is a licensed counselor.

The Witness

'The Witness' video, a 'Tribe of Heart' documentary, is now available in the U.K.

Copies can be obtained from 'Animal Aid' Tel. No. 01732 366533 or email: goods@animalaid.co.uk.

'The Witness' has won **Best Documentory, Best Festival Award** and **Outstanding Breakthrough Documentary Award**.

'The Witness'... *May be the most important and persuasive film about animals ever made. Los Angeles Times*

Niki Behrikis Shanahan

Niki has sent me a copy of her book to review '**There is Eternal Life for Animals. A book based on Bible Scripture**'. Review by Amanda O. Corliss, DVM, Hearthside Veterinary: *Revealing Bible research proves that our pets and animals go to heaven after they die. Niki's extensive study of the afterlife of the animal kingdom gives us the answer to the often asked question, "Do animals go to heaven".*

My review of Niki's book has been delayed by the need to publish this newsletter.

COMMENT - CHURCH TIMES - U.K. - 4th July 2003

Hunting ban is just the start

THE VOTE on Monday night to ban hunting with dogs outright signalled the end of any compromise on this issue. The House of Commons has voted four times since January 2001, and only once has it been deflected from its aim of a complete ban. The Government has now conceded that no "middle-way" option is possible; and the threatened use of the Parliament Act will ensure that opposition in the House of Lords will prove to be little more than a gesture of defiance. We expect that hunting with dogs will become illegal in 2004.

The arguments for and against hunting have been well rehearsed over the past six years. In the main, though, the argument has turned on cruelty, as it should. Potential damage to the rural economy, the control of vermin, the preservation of a tradition, the right of urban MPs to decide a countryside matter - all have been used. None, though, is as important as whether hunting causes unnecessary hurt to the prey, as it surely does. (Were proof of this needed, we have the findings of Lord Burn's committee, which stated in June 2000 that hunting "seriously compromises the welfare of the fox".) We hesitate to talk about a Christian position, since there are bishops, clerics and lay-people who support hunting; yet there is a consensus among Christians, as among the public, that inflicting unnecessary suffering on a fellow creature is wrong. Sport is not a necessity.

The prevention of one kind of cruelty ought not to blind us to other areas of animal welfare that need our attention. There is a strange form of animal-lover who keeps pets and campaigns for animal rights, and yet asks nothing about the pink polythene wrapped slab in the supermarket, except perhaps about the cooking instructions. However humane it attempts to be, the meat industry causes more animals to suffer than do a few roving bands of horsemen and women. An increasing number of people in this country would argue that, since meat-eating is no longer a necessity, slaughtering animals for food comes under the same heading of causing unnecessary suffering. Even those who do not go this far are dismayed at conditions in some of our overstretched slaughterhouses. Despite serious regulation and monitoring in recent years, these operations struggle at times to keep up the standards expected of them, and animals suffer as a result. The recent condemnation of Hala1 butchery (News, 13 June) assumed that the secular alternative was flawless. It is preferable, yes; but by no means perfect. The congratulations about the imminent end of fox-hunting ought to be tempered by the knowledge that there is still much ground to cover before we can be proud of our stewardship of the countryside and its creatures.

The Church Times Comment and what it means to us, by John M. Gilheaney

I hadn't expected to see this type of an editorial for at least a decade! Even then, only as a late concession, when the efforts of our campaigning will become more widely apparent. In this instance, the gulf between our 'prophetic' voice and the 'religious establishment' has been firmly reconciled. Editorials however, appear to be fickle business but the 'consensus amongst Christians' which this article represents, is being given a real acknowledgement.

This is as good as it could ever get! Amidst abundant scope for pessimism(!) so much of the time, this is a major vindication of all our efforts. The future challenge is to make it the 'rule' rather than the rare 'exception'!

At least now we know it can be done.

Animals are more than ever a test of our character, of mankind's capacity for empathy and for decent, honourable conduct and faithful stewardship... We are called to treat them with kindness, not because they have rights or power or some claim to equality, but in a sense because they don't; because they all stand unequal and powerless before us."

Matthew Scully, from "Dominion"

Final Thoughts

We are growing, from 1996 - 2000 Tony Neesham wrote letters to the churches and Christian media, under the name Vege-consciousness.. In 2001, John Gilheany and myself joined Tony and Veg4Lent was born. Through our endeavours in 2002 we made contact with many Christian vegetarians and 17 offered to help at the start of Veg4Lent 2003. As you can see from this report, others now want to join us, so next year our active supporter base could reach 30, all working to promote a vege-consciousness within the church. There are approx. 40,000 churches in the U.K. A 100 supporters who are prepared to approach 100 churches a year (through letters, leaflets, flyers and booklets) could cover all the churches the U.K. in just 4 years.

We are beginning to see progress, most of the Bishops in the U.K have heard of Veg4Lent, they have not been supportive but not one has opposed what we are trying to do, they have just sat on the fence. The Christian media has been very gracious to our campaign and one paper, the 'Church Times' has actually written an editorial comment supporting our position. In the U.S.A the New England Bishops have, through their Pastoral Letter (see Newsletter 2), come out in full support of our responsibility towards the rest of creation, and Sue Grisham's wonderful resolution was passed without any real opposition. Our message is becoming a talking point in distant countries: A student wrote *'I am an evangelical Christian attending Trinity Western University in Langley, BC, Canada. I linked to your site (www.veg4lent.org) through an announcement made on campus..'*

There is however a timely warning from Regina who wrote *'but the harder-hitting material should be used judiciously, lest people close their minds to the subject of vegetarianism as a moral issue'*. We are very conscious of the problems of trying to reach Christians at various stages of their spiritual development. The church in general appears to have decided that the solution to this problem is to preach to the lowest common denominator; the secular world in general and the new Christian. So the hard teachings of Jesus, the core of the Gospels, are hardly ever mentioned. As one of our lay preachers said the other day, we try to make our preaching attractive!!! Preachers are more concerned with how to attract and keep people than proclaiming the true Gospel of sacrificial love. True repentance and sacrificial giving are the stuff revivals are made of, yet, it is not taught in our churches anymore through fear of losing their congregation!!

When is the church going to be obedient to God's instruction to care for His creation? To trust God and proclaim the whole truth? That the non-violent 'Kingdom of Heaven' arrived with Jesus and is here now, just waiting for God's children to not only proclaim it with their mouths but to live it with their lives, through sacrificial love. When we practice compassion towards all of God's creatures, we are putting love into action. Jesus said 'Be perfect as your Father in Heaven is perfect. So how can we start this journey to perfection? By sharing God's all embracing love with all of His creation, not just the human race.

So were does this leave us, who do we try to reach? The Christian who does not know the true character of the God he / she is worshipping, or the Christian who does know God but feels completely isolated in their church, to such an extent, that they are afraid to proclaim their love for all that He created.

Peta wrote *"Veg4Lent and the CVA booklets give people like me the facts and the confidence to speak up for what we have always believed but not felt able to express before"*.

We receive other letters / emails from Christians like Peta, thanking us for our campaigns and stating that they now have the confidence to speak out. We realise that we need to reach all Christians and to this end we **first** encourage our supporters, by giving them not only the confidence but also the resources to do something about it. Then, **through their endeavours**, try to inform other fellow Christians that God's love is indivisible and includes all that He created. Having planted these seeds, I believe we should then allow the Holy Spirit to complete the work He has started in us. In this world we may not see the fruits of our endeavours but we should be content and be comforted by our obedience to God.

This is what Veg4Lent is all about. To reach out to Christians who already know that God loves all that He created but do not have the confidence to speak out. We cannot do it on our own. This is why we send out our letters, not just to change the church but to gain supporters. As explained above, 100 supporters could reach the whole church in the U.K. and if one Christian in each church had the confidence to speak out, the animals would have at least 40,000 advocates, all trying to shake the church out of it's complacency. It is not Veg4Lent that is going to bring a vege-consciousness within the Christian church, it is the Holy Spirit using the efforts of supporters like you.

Non humans will continue to be exploited until there is a revolution of the human spirit, and that will not happen without visionaries trying to change the paradigm that has become accustomed to and tolerant of patriarchal violence."

Gary Francione, law professor

Veg4Lent now have a few copies of the Christian Vegetarian Association book
'Good News for All Creation' written by our Patrons Stephen Kaufman and Nathan Braun.
Price £8 inc. P & P. (Highly Recommended)

We also have a small stock of T-Shirts and Car Bumper Stickers, free to those who are prepared to hand out CVA booklets outside churches and other Christian functions.

A commitment form for Veg4Lent 2004 will be sent to all supporters in November 2003, please consider once again supporting us in 2004. The form will contain more options, giving a wider choice, so let the Veg4Lent team help you to impact your church, your diocese and your country.