



# INTERFAITH VEGAN COALITION

## Unitarian Universalist Kit

Unitarian Universalism (UU) is a liberal religious tradition that was formed from the consolidation of two religions: Unitarianism and Universalism. UUs affirm and promote seven Principles, grounded in the humanistic teachings of the world's religions and drawing from a wide range of sources including scripture, science, nature, philosophy, personal experience and ancient tradition. Support for veganism is found in the seven Principles and many other UU resources.



## SEVEN PRINCIPLES

Unitarian Universalist congregations affirm and promote seven Principles, which we hold as strong values and moral guides. We live out these Principles within a “living tradition” of wisdom and spirituality, drawn from sources as diverse as science, poetry, scripture, and personal experience.

As Rev. Barbara Wells ten Hove explains, “The Principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in Unitarian Universalist religious communities.”



1. The inherent worth and dignity of every person
2. Justice, equity and compassion in human relations
3. Acceptance of one another and encouragement to spiritual growth in our congregations
4. A free and responsible search for truth and meaning
5. The right of conscience and the use of the democratic process within our congregations and in society at large
6. The goal of world community with peace, liberty, and justice for all
7. Respect for the interdependent web of all existence of which we are a part

The seven **Principles** and six **Sources** of the Unitarian Universalist Association grew out of the grassroots of our communities, were affirmed democratically, and are part of who we are. <https://www.uua.org/beliefs/what-we-believe/principles>

# UU STATEMENT ON ETHICAL EATING

In 2011, Unitarian Universalists (UUs) came together to take a stand on ethical eating and adopted a statement of conscience on the issue. “As part of our dedication to environmental justice, we pay attention to the impact of our involvement in the food system. Ethical eating recognizes the moral consequences of our food choices. The ways our societies raise, buy, and consume our food has direct effects on the earth, plants and animals, and humans who work to make our food available.”

<https://www.uua.org/environment/eating>

## RESOURCES

### **From our Hymnal, *Singing the Living Tradition* (1993)**

All Creatures of the Earth and Sky, Hymn 203

“Free From Suffering,” Reading 595

“Without Hate,” Reading 598

### **From the Unitarian Universalist Association Website ([uua.org](http://uua.org))**

Chalice Lighting: All Animals Are Our Relatives, by Florence Caplow

Blessing: Blessed Are All Living Things, by Maureen Killoran

Meditation: Grateful for Creatures from A to Z, by Gary Kowalski

Music: You Rescued Me, by Jake Tidmore

### **From the Unitarian Universalist Animal Ministry ([uam.org](http://uam.org))**

The Unitarian Universalist Animal Ministry (UUAM) empowers individuals, chapters, and congregations to build justice and compassion for animals. The UUAM website contains a list of publications, events, projects, opportunities for community, an inspiring music video, and many other resources helpful for those interested in animal issues. Each year, the UUAM holds a sermon contest and awards a \$500 prize to the person who has delivered the best sermon on the topic of our responsibilities to nonhuman animals.

### **Movies & Videos: (Not particularly UU, but important as examples)**

A Prayer for Compassion

What the Health

Cowspiracy

Seaspiracy

Vegucated





# QUOTES FROM UUS

“No humane being, past the thoughtless age of boyhood, will wantonly murder any creature which holds its life by the same tenure that he does.” **Henry David Thoreau**

“You have just dined, and however scrupulously the slaughterhouse is concealed in the graceful distance of miles, there is complicity.” **Ralph Waldo Emerson**

“Vegetable diet and sweet repose. Animal food and nightmare. Pluck your body from the orchard; do not snatch it from the shambles. Without flesh diet there could be no blood shedding war.” **Louisa May Alcott**

“A person is ethical only when life, as such, is sacred, that of plants and animals as that of other men and women, and when one devotes oneself helpfully to all life that is in need of help.” **Albert Schweitzer**

“Is it not a reproach that man is a carnivorous animal? True, he can and does live, in a great measure, by preying on other animals; but this is a miserable way - as anyone who will go to snaring rabbits, or slaughtering lambs, may learn - and he will be regarded as a benefactor of his race who shall teach man to confine himself to a more innocent and wholesome diet. Whatever my own practice may be, I have no doubt that it is a part of the destiny of the human race, in its gradual improvement, to leave off eating animals....” **Henry David Thoreau**

The 18th century Unitarian **Mary Wollstonecraft** argued that kindness to animals is essential to a child's education, because children who are not taught kindness to animals are more likely to grow into adults who commit violence against people: “The transition, as they grow up, from barbarity to brutes to domestic tyranny over wives, children, and servants, is very easy. Justice, or even benevolence, will not be a powerful spring of action, unless it extend to the whole creation.”

“Very little of the great cruelty shown by men can really be attributed to cruel instinct. Most of it comes from thoughtlessness or inherited habit. The roots of cruelty, therefore, are not so much strong as widespread. But the time must come when inhumanity protected by custom and thoughtlessness will succumb before humanity championed by thought. Let us work that this time may come.” **Albert Schweitzer**



# OTHER RESOURCES

## **In Defense of Animals**

In Defense of Animals makes a difference for animals all over the world through hard-hitting campaigns, direct rescue, and sanctuary care.



**IN DEFENSE  
OF ANIMALS**

## **Institute for Humane Education | Educating the Solutionary Generation**

The Institute for Humane Education (IHE) is a non-profit, 501(c)(3) educational organization dedicated to creating a humane world through humane education.

## **Farm Sanctuary: Changing Hearts and Minds Through Education**

As the world grows increasingly aware of the myriad issues surrounding animal agriculture, more and more people are choosing a compassionate vegan lifestyle that aligns with their values.

## **Nonviolence United**

The purpose of this website is to start a world revolution based on compassion and personal responsibility. Our vision is a world driven by the innate goodness of people and their values of justice, kindness and compassion for other people, for the planet, and for animals.

## **The World Peace Diet: Dr. Will Tuttle PhD**

Eating for Spiritual Health and Social Harmony

## **Climate Healers**

The facts: Year Zero is 2026! We can move toward safeguarding the future. It's a fact. Animal agriculture is the leading cause of climate change. It is not sustainable or acceptable any more.

## **DefaultVeg**

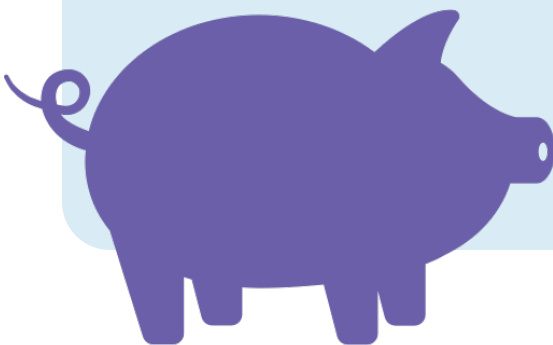
DefaultVeg is simple—make plant-based food the default and give people the choice to opt in for meals with animal products. DefaultVeg is inclusive, reduces your carbon footprint, and increases the healthfulness of your meals.

## **Animal Justice Academy**

Animal Justice Academy is a FREE 6-week online advocacy bootcamp to empower you to make a better world for animals. Join over 80 animal advocacy leaders in 40 days of unprecedented learning, community, and collective action.

## **Our Hen House: Change the World for Animals**

Our Audience: You! And everyone who has awakened to the truth about what is happening to animals and is ready to take personal responsibility for leading the way to a new world.



### **Mercy for Animals: The Problem With Factory Farming**

The Problem: Animals suffer miserably at factory farms. Mercy For Animals works to expose and end their abuse.

### **Interfaith Vegan Coalition: Non-Denominational Resources for Use With Any Spiritual, Faith, Ethical or Wisdom Group**

Ten Steps You Can Introduce to Your Community of Faith to Help Align Their Ideals of Harmlessness and Universal Lovingkindness with Their Daily Actions

### **Interfaith Vegan Coalition: Align Your Faith With Veganism Flyer**

Your Resources for Spiritual Advocacy

### **Animal Save Movement**

Animal Save Movement is an international network of concerned citizens bearing witness to farmed animals at slaughterhouses and encouraging others to do so to end speciesism and their suffering. Our goal is to build a worldwide animal justice movement.

## **RESOURCES FOR CHILDREN AND YOUTH**

### **K–12 Lesson Plans and Classroom Tips for Compassionate Teachers**

The humane-education division of People for the Ethical Treatment of Animals (PETA) is a resource for teachers, administrators, and librarians who want to help students become kinder, more compassionate individuals. On this site, you'll find a wealth of materials that have been designed exclusively for caring and dedicated educators. You can download free lesson plans or order free books, posters, leaflets, stickers, videos, and other resources.

### **Welcome to Born Free USA** (formerly Animal Protection Institute)

Campaigns and Programs Links: Animals in Entertainment; Animals in Transport, Captive Exotic Animals, Coexisting with Wildlife, Companion Animals, Fur as Fashion, International Wildlife Trade, Pet Shops, Primate Sanctuary, Trapping and Fur.

## **VEGAN STARTER KITS**

**Animal Outlook: FREE Vegan Starter Guide**

**In Defense of Animals: FREE Vegan Starter Guide**

**People for the Ethical Treatment of Animals (PETA): FREE Vegan Starter Kit**

**United Poultry Concerns: Go Vegan Booklet**



# ACTIVITY BY UU ANIMAL MINISTRY MEMBERS

## **Unitarian Universalist Animal Ministry - UUAM**

The UUAM empowers individuals, chapters, and congregations to build justice and compassion for animals. UUAM chapters across the United States and Canada work to promote compassion for animals at the local level.

## **Blessing of the Animals: A Resource Guide for Unitarian Universalist Congregations**

Former UUAM Presidents Revs. Gary Kowalski and LoraKim Joyner created this guide intended to be used for planning a service or ceremony celebrating our kinship with other living creatures, and includes readings, prayers, stories, and sample homilies.



### Judy McCoy Carman, **Peace to All Beings: Veggie Soup for the Chicken's Soul**

Until we liberate animals from human exploitation and violence, we cannot expect to have true freedom and peace for ourselves. We human beings can awaken to our higher consciousness and embrace a new paradigm of living in harmony, rather than in fear and domination.... Together let us co-create a new culture and heal the wounds humanity has caused to the earth, to each other, and to the animals who share this world with us.

### Susan Eakins, **New Dawn Sanctuary**

Our Mission: To offer an alternative to the abandonment, neglect, desert dumping, auction or slaughter to those animals whose owners are faced with financial hardship or can no longer care for their livestock, equine, goats, sheep, poultry and fowl.

### Darlynn Czerner, **DARLYNNSDARLINS.ORG**

Ranch provides a safe, loving, lifetime home to more than 200 exotic, farm, and domestic animals. We facilitate the adoption of spayed and neutered animals to appropriate and fully screened families.

### Jennifer Greene, **Vegan Long Island (Melville, NY)**

Local meetup group, now with nearly 2,000 members.

### Marisa Miller Wolfson, **Vegucated 2010 - Films for the Earth**

"Vegucated" is a feature-length documentary that follows three meat- and cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks.



Rev. Gary Kowalski, **Earth Day: An Alphabet Book (Skinner House, 2009)**

Revolutionary Spirits: The Enlightened Faith of America's Founding Fathers, published by BlueBridge in 2008. The Souls of Animals (New World Library, 2007), Goodbye Friend: Healing Wisdom For Anyone Who Has Ever Lost A Pet (New World Library 2007), The Bible According To Noah: Theology As If Animals Mattered (Lantern Books, 2001).

David Steele, **Earthsave**

Earthsave Canada is a Vancouver-based registered charity founded in 1989. We advocate the move towards a plant-based diet for environmental sustainability, compassion towards animals and better human health. Our aim is to help as many people as possible reach the goal of plant based living in their diet and more.

Amy Morley, **Institute for Humane Education | Educating the Solutionary Generation**

We help educators teach about human rights, environmental preservation, and animal protection to create a world where all can thrive.

## FURTHER COMMENTARY ON VEGANISM AS A UU VALUE



The chair of the Ethical Eating: Food and Environmental Justice Congregational Study Action Issue for 2008–2012, Rev. John Gibb Millspaugh, moves this discussion deeper when he writes:

“As a minister, I’m all too aware that current procedures in slaughterhouses and factory farms are out of step with society’s desire that animals be treated humanely, for their sake and for ours.

“To believe that humans have stewardship over other animals is to believe that we have special responsibilities to ensure their well-being—responsibilities that come with the role of steward. To believe in creationism or evolution is to believe that animals and humans come from the same source and are literally kin—that is to say, family. To believe that meat-eating is an archaic practice that should be left in the past, or to believe that meat-eating is natural and should be treated as such, is to take a moral stance against the mechanized, systemic abuse of animals in modern animal agriculture.

“Whether we believe that God has a plan for humanity, or that spirituality has more to do with actions than beliefs, or that we are on our own to make way in this universe, we must grow to understand the special responsibility these beliefs place on us: to build a more decent society.”

### FOR MORE INFORMATION

For more information, please contact the Unitarian Universalist Animal Ministry (UUAM). The mission of the UUAM is to empower individuals, chapters, and congregations to build justice and compassion for animals. UUAM chapters across the United States and Canada work to promote compassion for animals at the local level. The UUAM states, “We do good work not just for non-human animals, but for ourselves and all of life, knowing that our connection with the more-than-human world helps us live most fully, deeply, and authentically.”

<https://uuam.org/wp/>

