



September 2020 Newsletter

Coalition Members,

September and fall are upon us!

**We've got lots of virtual events
in store for you.**

**Many blessings to those who celebrate
religious and spiritual holidays this month!**

**MONTHLY MEETINGS: Second Monday of Each Month
5-6 pm Pacific Time (6-7 MT, 7-8 CT, 8-9 ET)**

You're welcome to join our planning meetings.

Click here – <https://us02web.zoom.us/j/649552512> – to join our next meeting on Monday, September 14. Please email us at interfaith@idausa.org to receive reminders and meeting notes. Preceding Meetings: October 12, November 9, December 14.



UPCOMING VIRTUAL EVENTS

**September 10, 5 pm PT:
Ahimsa in the Modern World
with Hope Bohanec**



A 30-year vegan, animal rights advocate, and devotee of the Gauḍīya Vaiṣṇava Hindu tradition, Hope has studied the Dharma traditions (Hinduism, Buddhism, and Jainism). She explores the concept of Ahimsa (Sanskrit for “non-violence”) in the Eastern Religions and explains the connection between Dharma, Karma, and Ahimsa as well as Ahimsa in the Yoga Sutras. Discover how to apply Ahimsa in your daily life to cultivate spiritual mindfulness and consider your relationship to farmed animals and the impact animal agriculture has on climate disruption and our planet.

REGISTER FREE HERE for Vegan Spirituality Online Gatherings.

**September 11-21:
Unity Peace Convergence
& 11 Days of Global Unity**

The global Unity Peace (UP) Convergence now includes Veganism & Global Transformation with a separate Zoom Convergence room. When we transform and adopt a vegan ethic of compassion for all beings, we transform our world into a peaceable kingdom. Conversely, when we consume products of violence, we shatter peace and perpetuate systemic oppression.

REGISTER FREE:

- [UP Convergence \(with Veganism room\)](#)
- [11 Days of Global Unity full conference](#)

**September 12, 1-2 pm PT:
Virtual Vegan
Spirituality Retreat**



Join us for an inspirational event as we hear from celebrated vegan author **Victoria Moran**, founder of the phenomenal *Vegan Lifestyle Coach and Educator [certification](#)*. Engage in meaningful discussion, experience a moving ritual to honor animals, and tell us what you would like to see at our live event next fall.

REGISTER FREE HERE

for the retreat login details, email reminders, and a replay link.



Anytime: Vegan Spiritual Interviews

- **Laws That Matter** with host Carissa Kranz (*Facebook video*)
- **Hope for the Animals Podcast** with host Hope Bohanec (*podcast*)
- **A Prayer for Compassion Q & A** at St. Andrew's Presbyterian Church in Austin (*YouTube video*)



Toward a Pandemic-Free World

A new **campaign launched by Jewish Veg** to educate everyone about the connection between the COVID-19 pandemic and consumption of animals, inspiring people to transition to plant-based diets as a means of reducing the likelihood of another, even worse

pandemic. Please join **Plant Pathways**, a new Jewish Veg program that gives people free resources and communal support as they transition to a vegan lifestyle.

Rosh Chodesh Elul
ראש חודש אֶלוּל

Jewish New Year for Animals

Celebrate **Rosh Chodesh Elul** to preserve human health, treat animals with compassion, protect the environment, conserve natural resources, help hungry people, and pursue peace. Participate in this global initiative to

restore the ancient New Year for Animals, a day devoted to promoting veganism and to preserving Jewish teachings about compassion for animals.

Compassionate Living Challenge and Circles and Facilitator Training

To accompany the powerful film, "A Prayer for Compassion," we're helping filmmaker Thomas Jackson (**watch Thomas' video here**) to create a vegan challenge and Compassionate Living Circles (CLC) for places of worship. Join a facilitator training to lead a CLC by completing **this form**.



Compassion Corner



Inspirational quotes related to our IVC mission!

Send us your favorite quote and tell us why you like it.

"Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing nonviolence and refusing to participate in the exploitation of the vulnerable."

~ Gary L. Francione

Why is this quotation meaningful to me? When people think about veganism, they often focus on what they will be giving up and what they'll miss. So often it seems like a deprivation, like we're always saying "no" to things. But this quote reminds us that veganism is actually about saying "yes" to life. It's saying "yes" to living in alignment with one's values of kindness, compassion and justice for all beings. It's a way to physically express these abstract values.

~ Dianne Waltner



What Do You Think?

We want to hear your thoughts about important issues related to our IVC mission. **Tell us** what you think (in 300 words or less) for our next newsletter.

This month, Craig Cline shares, below, what he thinks about our #1 rule, the Golden Rule. What rule-of-life do we share in common — one that applies equally to all of us — one that most of us know by heart?



“The Golden Rule” — call it “The GR” for short. Over two billion followers of the Christian faith give the rule that name. However, the moral and ethical precept underlying it is embraced by all the world’s major religions, totaling over five billion people. Though “The GR” is associated with religions and spirituality, anyone can choose to practice it. Humanity’s #1 Rule has universal

applicability. Most people find it easier to recite “The GR” than to live up to it. Let’s change that scenario. Let’s pledge to live a Golden Rule-guided lifestyle.



I propose we adopt a contemporary version of “The GR,” one that’s essentially all-encompassing and applicable in most all situations. In it, the word “others” includes ALL members of Kingdom Animalia — beyond merely the human component of the kingdom.



Do for all others, both directly and indirectly, what you would want done for you.



Don’t do to any others, either directly or indirectly, what you wouldn’t want done to you.



Very simple – very expansive – very beneficial – very powerful. When we adopt “The GR” in its expanded application, we benefit not only ourselves, but also the other sentient animals to whom we should show human(e) mercy. We besmirch our own #1 Rule when we make choices which are — from the perspective of “the other animals” — merciless.

We should heed the words of young Greta Thunberg.

In her book, “*No One Is Too Small to Make A Difference.*,” she says: “We have to change.” Notably, Greta is vegan.

Let’s all make a deep difference. Let’s live as “Golden Rulers.”

Let’s apply “The GR” to all sentient someones. Can we please share the contemporary version of “The Golden Rule” with everyone we each can reach?





Submit Newsletter Content

Include your blogs, news, and events in our new monthly newsletter, posted via coalition email and on our website. Simply **email us** with your content (blog/event links, images, and text) by the 20th of each month for inclusion in our next newsletter.



Peace to All Beings,

Lisa Levinson & Judy Carman
Interfaith Vegan Coalition Co-Founders

Our coalition is a project of the international, animal-protection, nonprofit organization, **In Defense of Animals.**

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