

Happy ThanksLiving



November 2020 Newsletter

Coalition Members,
This month, we celebrate
World Vegan Day
to honor our vegan lifestyle and
compassionate choices. Enjoy our
November news and events!

Join our next monthly meeting:
Monday, Nov. 9, 5-6 pm PT / 8-9 pm ET.

**Nov
12**

Vegan Spirituality Online Gathering

5-6 pm PT / 8-9 pm ET. Lisa Levinson and Judy Carman interview vegan healer Nikki Benoit, who walks a vegan spiritual path. Visit the [Facebook event page](#) and [register for free here](#).



Nikki Benoit

**Nov
15-25**

Compassion Arts Festival, Virtual

The festival line-up of videos, writings, exhibits, and sanctuary tours will inspire the heart and move the soul! Discover more and register for this [free event here](#).

**Nov
26**

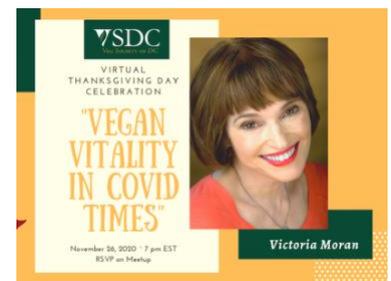
Los Angeles, CA Virtual Vegan Thanksgiving

11:30 am - 2 pm PT / 2:30 - 5 pm ET. For over 25 years, the Rancho Park Vegan Potluck on Thanksgiving day has traditionally been Los Angeles' biggest vegan potluck event of the year, with hundreds of people attending. Tune in for an inclusive, reimagining of the Thanksgiving story through engaging speakers, poetry, music, and dance. You are welcome to join us from anywhere in the world! [Vegan Spirituality](#) is co-organizing the event. [Details and registration here](#).

**Nov
26**

Veg Society of Washington DC's 46th Thanksgiving Celebration

Starts 4 pm PT / 7 pm ET. Featuring an insightful talk by Victoria Moran, *Vegan Vitality in Covid Times*. Victoria is a vegan of 36 years and Oprah-featured author of 13 books. She shares advice for self-care, re-framing, personal growth, and vitality maintenance needed now, and how to be a source of healing for ourselves and all beings. **Free, must pre-register here at least one day in advance.**





The Vegan Paradigm Shift

Join the **Vegan Paradigm Shift free monthly webinar series** to help humanity make a quantum leap to veganism, prosperity consciousness, healthy relationships, and right-relationship with Mother Earth.



Victoria Moran's podcast, Main Street Vegan, features many spiritual and religious interviews.

vegevents

VegEvents: Have you heard of this fantastic resource to find vegan events throughout the U.S.? You can also post your own events: vegevents.com

MONTHLY MEETINGS: Second Monday of Each Month



5-6 pm PT / 8-9 ET

You are welcome to join our planning meetings. Click this link, <https://us02web.zoom.us/j/649552512> to join our next meeting on **Monday, November 9**. Please email us at interfaith@idausa.org to receive reminders and meeting notes.

Future Meetings: December 14, January 11, February 8

October Events' Replays



Virtual Animal Blessing

Enjoy **this replay** of **Unitarian Universalist Animal Ministry's** special Virtual Animal Blessing, including a short video message by Dr. Jane Goodall.

Animal Blessing Meditation Sound Bath

Vegan healer **Melissa Breslow** led our Vegan Spirituality community in an online sound bath and animal blessing meditation to open and heal our hearts. Give yourself a gift! **Watch the replay.**



Melissa Breslow

Dr. Sailesh Rao and Judy Carman Interview

Dr. Sailesh Rao began **this inspiring interview** with **Homo Ahimsa** author Judy Carman with **a heartfelt letter** from Amazon region leaders.

Vegan World 2026 Convergence, Online Summit



Coalition member Climate Healers convened a 2-day multi-zoom global online summit to co-create new systems needed for a vegan world on Oct 31 and Nov 1.

Videos can be viewed on Facebook.

The videos are also linked in Trello cards for each event in **Climate Healer's Trello Board**. On the Trello board, you will find other information, such as the Powerpoint and PDF files for the presentations, etc. **Future Convergences are planned in 2021** for January 30-31, April 24-25, July 31-August 1, and October 30-31. Discover more at **Climate Healers**.



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) by November 20th for our next newsletter.



“Expressing Gratitude for Your Food” by registered dietician **Lisa Tremont Ota** author of *Imperfectly Vegan* and *The Sacred Art of Eating: Healing Our Relationship with Food*.

Given that most of us eat several times or more each day, the practice of giving gratitude for your food serves as one of the most powerful reminders that you are in a co-creative relationship with the divine. **Native Americans** ask the Spirit that dwells in the living food for permission to take its life and then give it gratitude for this sacrifice. **Buddhists** say a prayer of awareness with gratitude to the interconnected power behind all of life.

One of the most common ways to offer gratitude is by saying grace. You may speak freely from the heart as an individual, or on behalf of a group. At my family gatherings, we stand in a circle, usually in the kitchen, holding hands. In this shared circle, our appreciation for each other and the food that is served unifies us more deeply before eating, which is an honor to the food and all that brought it into being.

If you are not comfortable speaking from the heart, you may read a specific prayer from your spiritual tradition or from literature, such as Kahlil Gibran’s *The Prophet*. And while poetic works provide beautiful expressions of gratitude, I also appreciate this reminder from German theologian and mystic, Meister Eckhart: **“If the only prayer you say in your whole life is ‘thank you,’ that would suffice.”**

Gratitude can also be practiced through silence. If the expression is sincere, the offering will be effective. In this pause, you might recall the reasons why food is of value:

- It gives you energy to work and play;
- It delights your senses;
- It provides a way to connect with family and friends.

This Thanksgiving and beyond, may gratitude bring you into deeper communion with both food and the divine.

Compassion Corner



Compassion Corner features inspirational quotes related to our IVC mission! **Send us** your favorite quote and tell us why you like it by November 20.

“Only spiritual consciousness — realization of God’s presence in oneself and in every other living being — can save the world. I see no chance for peace without it.”
~ **Paramahansa Yogananda**

Paramahansa Yogananda helped bring spiritual consciousness from India to the West in the early 1900’s. He awakened a lot of Westerners to Eastern spirituality and to the idea that divine consciousness was available to all of us. He was vegetarian and once predicted that the world would be vegetarian by 2050.



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I love this quote because, unlike so many other spiritual teachers, he understood that "every other living being" contained God's presence, not just people. He taught that we cannot save the world, or have world peace, unless we end violence toward animals. We cannot have peace if we refuse to give it to others. Veganism is key to saving the world.

– Shared by **Homo Ahimsa** author Judy Carman



Compassionate Living Circle Facilitator Training

Do you want to promote veganism at your place of worship?
If so, you can start a Compassionate Living Circle (CLC)!
Join a facilitator training to lead a CLC by completing **this form**.



Coalition Member Projects:

Feature Yours! Please **send us an email** to include your December projects in our newsletter by November 20.



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.



Wishing you a compassionate holiday season!

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**.

Join Our **Facebook Group**

Visit Our **Website**

Contact Us: **Email**