

Interfaith Vegan Coalition

QUAKER KIT



Demonstrating the Quaker Ideals of Harmlessness and Universal Lovingkindness



has been pleased to try my faith and obedience by teaching me that I ought no longer to partake of anything that had life.”

– *Joshua Evans* (colleague of Woolman), *Journal*, 1837, pp. 27, 38

“I felt a great yearning of heart toward my fellow creatures and much tenderness and compassion for the brute creation.”

– *Elizabeth Collins* (1755 - 1831), *Journal*, 1859, p. 21

“I have felt, more and more as the years go by, my kinship with animals (even with the little creatures I had to destroy as a gardener) and my compassion for them when unkindly treated by men. I am strongly opposed to vivisection and my vegetarian diet is due to feelings of kinship with them as well as to reasons of health.”

– *Stephen Hobhouse*, *Journal*, 1952, p. 30

“Why is it so important to see things clearly? It is because true understanding is the root of compassion, and compassion is what leads to loving action. The failure to see things as they really are leads to much of the suffering in the world. . . . When we endeavor to open ourselves up to the Spirit, we come to feel the interconnectedness of all things. A

[I] was early convinced in my mind . . . that as by his breath the flame of life was kindled in all animal and sensitive creatures, to say we love God as unseen, and at the same time exercise cruelty toward the least creature moving by his life, or by life derived from him--was a contradiction in itself.

– *John Woolman*, *The Journal and Major Essays of John Woolman*, *Phillips P. Moulton*, ed. (Richmond, IN: Friends United Press, 1971) p. 28

“My spirit was often bowed in awful reverence before the Most High and covered with feelings of humility and tenderness . . . I considered that life is sweet in all living creatures, and taking it away became a very tender point with me. . . . I believe my dear Master

true understanding of that relationship cannot end when we sit down at the table.”

– Margaret Fisher, “Enlarging our Circle of Love,”
(*Pendle Hill Pamphlet 440*), 2016, p. 15

The abolitionist Quaker, Anthony Benezet (1713 - 1784), when invited by his brother to eat some poultry, replied “What, would you have me eat my neighbor?”

“[T]he hen represents an all-mothering Presence of infinite value present in all conscious beings. The individual hen and God are one, in that each participates in the innermost nature of the other. A hen is a person of Consequence, in the old sense of that term; she matters greatly in herself as an individual; and she matters infinitely because what we do to the hen we do to God, in whom all we chickens and humans and others live and move and have our being.”

– Gracia Fay Ellwood, *The Peaceable Table*, No. 135, 2017, unpaginated



SONGS AND POEMS FOR QUAKERS

Canticle of Creation

All praise to God for brother sun who warms us,
And brother fire, robust and quick at play,
For sister moon, whose light of pearl enchants us,
And sister stars whose beauty lights our way.
Thou sisters of the uncreated Splendor,
Thou brothers of the Fire within our soul,
Sing to the Love embracing all creation,
The blazing Light of God that fills the whole.

All praise to God for sister earth who bears us,
Rainbows of flowers, and fruits that meet our needs;
For brother rain, whose touch brings joy and
freshness,

Who freely gives, and never counts
Thou brother of the generous Rain, the Spirit,
Thou sister of the bursting Seed unfurled,
Sing to the Love embracing all creation,
Let peace bud forth and bear throughout the world.

All praise to God for sister birds high-soaring
Who greet the dawn with songs of lilting mirth,
For brother worms who make their paths slow-
crawling,

The patient gardeners who till the earth.
Thou brother of the humble Brother Francis,
Thou sister of the angel-voiced soul,
Sing to the Love embracing all creation,
Let songs of joy resound throughout the whole.

– Faith L. Bowman

<http://www.faithpoems.net/spiritualsongs/creation/>

To be sung to the tune of “Londonderry Air”
 (“Danny Boy”)

All God’s Critters

Chorus: All God’s critters got a place in the choir
Some sing low, some sing higher
Some sing out loud on the telephone wire
And some just clap their hands, or paws or anything
they got now

Well, listen to the bass, it’s the one on the bottom
Where the bullfrog croaks and the hippopotamus
Moans and groans with a big to do
And the old cow just goes, ‘Moo’

Well, the dogs and the cats they take up the middle
The honeybee hums and the crickets fiddle
The donkey brays and the pony neighs
The old coyote howls
(Chorus)

Well, listen to the top where the little bird sings
The melody with the high voice ringing
The hoot owl hollers over everything
And the jaybird disagrees

Singing in the nighttime, singing in the day
The little duck quacks and he’s on his way
The ‘possum don’t have much to say

And the porcupine talks to herself
(*Chorus*)

Everybody here is a part of the plan
We all get to play in the great critter band
From the eagle in the sky to the whale in the sea
It's one great symphony
(*Chorus, twice*)

– Bill Staines and Janet Wheeler
From *Worship in Song*, 1996

RECOMMENDED BOOKS AND BOOKLETS BY QUAKERS

“Are Animals Our Neighbors?” 16 p. booklet produced by Animal Kinship Committee, Orange Grove Meeting, available from Robert Ellwood, robertsellwood@gmail.com for \$1 donation plus postage.

“Enlarging Our Circle of Love” by Margaret Fisher, Pendle Hill Pamphlet 440

Journeys of Compassion: 125 Years of Quaker Concern for Animals, 74 p. chapbook; an anthology of poetry, quotations, photos, and drawings published by Quaker Concern for Animals. Printed copy and pdf available from [Quaker Concern for Animals](#).

Living by Voices We Shall Never Hear: Seeing Animals Differently, 145 p. anthology by Pauline Mitchell and Les Mitchell, available free online: contact Les Mitchell, les@peacecaravan.Co.za

Taking the Adventure: Faith and Our Kinship with Animals, 217 p. book by Gracia Fay Ellwood, available from Amazon and publisher Wipf & Stock.

RECOMMENDED WEBSITES AND AN ONLINE JOURNAL

[The Peaceable Table](#), free monthly online journal for Quakers and other people of faith, with archives from 2004 to the present.

[Quaker Concern for Animals](#), an association of British Friends (first entitled Friends Anti-Vivisection Association), founded in 1891. It continues to be active today seeking justice for animals in several areas of life.

[Circle of Compassion](#) is a prayer network with particular focus on compassion for animals

[Vegetarian Web Directory](#). A good place to start your search for all things vegetarian on the Web.

[Mercy for Animals](#) is a voice for animals through proactive consumer education and advertising campaigns, research and undercover investigations in slaughterhells and factory farms, doing rescues, working with news media, and grassroots activism.



HELPFUL FILMS

“Cowsspiracy” and “What the Health” are on Netflix.

“[Earthlings](#)” is a very intense video that shows the unbelievable cruelty endured by animals at human hands. If you plan to show it, you need to give people fair warning. While it has caused many people to go vegan on the spot, it can be traumatic to watch, and viewers need to be given great compassion and care while watching it.

“A Life Connected” is a short, 11 minute, but powerful and feel-good video [online](#).

“[The Metaphysics of Food](#),” by Will Tuttle.

“Peaceable Kingdom” and “The Witness” can be watched free [online](#).

“[A Prayer for Compassion](#),” by Thomas Jackson.

“[The Theology of Christian Veganism](#).”



NOTABLE QUAKER ANIMAL ACTIVISTS

Anna Sewell, 1820-1878, author of *Black Beauty*, 1877. Originally intended for those who work with horses, it became a worldwide best-selling children's classic. It led to substantial improvements in the treatment of horses.

Joseph Storrs Fry II, 1826-1913, of the Fry chocolate-manufacturing family, was a philanthropist who led in the movements to establish Sunday education for factory-employed children, and to check the runaway alcoholism that scourged the poor; he was co-founder in 1891 and first clerk of Friends' Anti-Vivisection Association (later changed to Quaker Concern for Animals).

Caroline Earle White, 1833-1916, from an abolitionist family (re human slavery), co-founded the Pennsylvania SPCA and founded the Women's Humane Society, later known as the American Anti-Vivisection Society, still active. She co-ordinated diverse groups in the successful struggle against the massive slaughter of nesting birds for hat feathers; she led a many-pronged campaign to educate school children in sensitivity to animals. Unlike many activists then, she was vegetarian.

Ruth Harrison, 1920-2000. Friend Harrison researched and wrote *Animal Machines*, 1964, the groundbreaking book that opened eyes in the Western world to the violent factory farm system.

Marian Hussenbux, 1942 - Friend Hussenbux was clerk and newsletter editor of Quaker Concern for Animals from 2004 to 2014. During that time she also worked for Animal Aid making presentations in schools, and the RSPCA as a home visitor in regard to small animal adoptions. She is presently secretary for international campaigns for the Animal Interfaith Alliance.

Margaret Fisher, 1957- is a physician and author of the Pendle Hill pamphlet "Enlarging our Circle of Love." She is available to make presentations on the Animal Concern within driving distance of DC: roughly, east of Cleveland, south of Massachusetts, and north of South Carolina.

John Woolman, Elizabeth Collins, and Anthony Benezet, among others, attempted to move Quakers toward including animals in their circle of compassion. Some modern Quakers, such as Gracia Fay and Robert Ellwood are helping to move Quakers closer to adopting vegan values.

SUGGESTED STEPS TOWARD YOUR MEETING'S COMMITMENT TO PEACE WITH ANIMALS

Give vegan dinners regularly, inviting the whole Meeting, with RSVPs. This is the most important step, because the way to most people's hearts is through their stomachs.

Make up a brochure or booklet summarizing the issues surrounding the Animal Concern. Ask Friends for veg recipes to make up a cookbook.

Show films, hold presentations, discussions; make the connection to animal companions. Place articles and books, including children's books, in your Meeting library (review them in your Meeting newsletter, and talk them up, or they will largely be ignored); ask members for vegan recipes for Meeting newsletter; place quotations, short articles, poems, appealing pictures there. Place relevant books and articles in Meeting library. Write letters and articles for Friends' periodicals. Emphasize the planetary and social-justice and health aspects as well as the compassion/Peace aspect. Appeal to Friends' feelings about our

history of taking leadership in awakening others to issues of cruelty and violence.

Propose that your Meeting or Church make a minute urging Friends to greater awareness of the suffering of animals, free-living and domesticated [i.e. enslaved], and Planet Earth; promote minutes from Quarterly and Yearly Meetings.

Encourage family outings such as hiking, swimming, etc. rather than fishing or visiting zoos; host a visit to an animal sanctuary if one is available. Remind Friends that hunting has been condemned in the Society since the first generation.

Urge Meeting to buy planet- and animal-friendly supplies – paper, dish detergent, etc.

Encourage Meatless Mondays by families and individuals.

After several years, start encouraging Friends to experiment with vegetarian Meeting-wide dinners. (Prepare for this step by reading *Living Among Meat Eaters* by Carol J. Adams.) After a suitable period of time, move slowly toward vegan dinners. With small Meetings, this important step may require little effort; with large Meetings, it may be very thorny.

“Walk cheerfully over the world, answering to That of God in every [one].” – George Fox



Follow Up Support for You

**SHOULD YOU NEED IDEAS, SUPPORT,
ADVICE, ETC., PLEASE EMAIL:**

**veganspirituality@gmail.com
or activistsupport@idausa.org**

