

Christian Leadership

There are many Christian leaders who have supported a vegetarian diet in one way or another throughout time. Here we have space to mention only a few.

John Wesley, founder of the Methodist church, said, "Thanks be to God, since I gave up flesh and wine I have been delivered from all ills."

The founder of the Salvation Army, General Booth, was a vegetarian and said, "God disapproves of all cruelty, whether to man or beast," and when asked how he had so much energy answered "I owe it all to my vegetarian diet."

Ellen G. White, one of the founders of the Seventh Day Adventist Church, was an ardent supporter of the vegetarian diet. Dexter Scott King, son of M.L. King, says that his vegetarian diet has given him "a higher awareness and spirituality."

Catholic leaders such as Pope John Paul II and the beloved Cardinal Newman have emphasized the importance of showing compassion for animals and there are four orders of the Roman Catholic Church: Franciscan, Benedictine, Trappist and Carthusian, that follow a vegetarian diet.

An Invitation to People of Faith

Vegetarians of Washington extends a warm invitation to all people of faith. While Vegetarians of Washington is a public non-profit organization, it recognizes and respects the centrality of faith and spirituality in all that people do. Many Christians have joined our organization to learn more about the many benefits of a vegetarian diet and for fellowship while making and sustaining dietary changes. We hope you will join them.

How we can help you!

You don't have to be a vegetarian to join. If you'd like to start making changes to your diet, we're here to help.

We support people making vegetarian food choices while having fun. We encourage you to proceed at your own pace and do the best you can. Our Monthly Dining Event includes a multi-course buffet-style dinner catered by a different local restaurant or chef each month. All are welcome to attend. Members of Vegetarians of Washington receive a special discount price.

Free classes are offered on the many benefits of a vegetarian diet at various local venues throughout the region. These include practical information on shopping, cooking and nutrition.

Vegetarians of Washington members can obtain discounts from a wide range of restaurants, businesses, and services. Check our website for the latest listing.

Vegfest, the largest vegetarian food festival in the United States, is held at the Seattle Center each year. It is a celebration of healthy vegetarian food including cooking demonstrations, talks by medical doctors, a huge bookstore, and an amazing variety of free food samples to try.

Members receive a free subscription to Vegetarian Times, a popular magazine packed with nutritional advice, articles, and recipes.

Vegetarians of Washington is an independent, 501(c)3 nonprofit organization made up of people from all walks of life who are interested in a vegetarian diet for a variety of reasons: health, environment, compassion for animals, spiritual, and more.

Become part of the fastest growing community of vegetarians in the country.
Join Vegetarians of Washington today!



The Vegetarian Diet

An Expression of Christian Values

Motivated by the Christian values of reverence for human life, honoring creation, loving your neighbor and compassion, more and more Christians are considering a vegetarian diet as a further expression of those values in their daily life.

In his letter to Philemon, Paul teaches us to do good by voluntarily going beyond the legal minimums "...so that the good [we] do might not be forced but voluntary." (Philem 14). While not required of the Christian, a vegetarian diet reflects the goodness of Christian values that one achieves when he goes the extra mile.

Vegetarians of Washington
15100 SE 38th St. #820
Bellevue, WA 98006

www.vegofwa.org
206 706 2635
contact@vegofwa.org

Reverence for Human Life

Christianity values human life as a precious gift from God. As “the temple of the soul” (I Cor. 3:16-17), the human body is deemed sacred, and must be honored and cared for. Permission to include meat in the diet was given. However, in the book of Daniel (1:11-1:16), a vegetarian diet was shown to result in greater health than one that included meat. Following such a diet is thus one way of honoring the sacred gift of life.

A vegetarian diet supports the Christian value of reverence for life because it has been shown to result in a much lower rate of common diseases, and in increased longevity. People who follow a vegetarian diet have a 75% reduced risk of both heart disease, the number one cause of death, and diabetes. They also have a reduced risk of many cancers. In fact, those people who have followed a vegetarian diet for at least half their lives, live, on average, 13 years longer than those following a meat centered diet.

Honoring Creation

“The earth is the Lord’s and the fullness thereof; the world and they that dwell therein” (Ps 24:10). From the book of Psalms we learn that the earth we live on and all life upon it belong to God not humanity. Since we do not own the world we must therefore function as stewards of God’s Creation. We honor the Creator when we wisely care for His Creation.

A vegetarian diet has a profound benefit for the Lord’s earth. Raising livestock is one of the largest sources of water pollution in the United States and is responsible for 85% of the soil erosion. Raising livestock is the main reason for the burning down of the rainforests, and it causes more global warming than all the cars, trains, planes and ships in the world put together. By following Paul’s teaching to go beyond the legal minimum, and choosing a vegetarian diet, we can have a profound benefit on the Lord’s world.

Loving Your Neighbor

“Loving one’s neighbor” (Mt. 22:34-40) and caring for the hungry (Mt. 25:35) are two important Christian values. In line with these values, many Christians the world over have been involved in global hunger relief or have made donations to help feed the hungry.

We can, however, according to Paul’s teaching, go even further than all the good work already under way. By voluntarily adopting a vegetarian diet we can make large amounts of food available to the world’s hungry.

It turns out that farm animals are a very wasteful way to obtain food. They actually function as food factories in reverse. For instance, for every 100 calories of feed fed to a cow, only 4 come out as beef, and for every 100 grams of protein fed to a cow, only 10 grams come out as beef. This ineffi-

ciency becomes even more important when we consider the amount of food we feed to farm animals. For instance, 70% of all corn grown in the US, and 80% of all soybeans, are fed to farm animals. If, however, this and all the other crops we grow to feed farm animals were used to feed people directly, the United States alone would have enough to feed the entirety of the world’s hungry.

Compassion

The Bible teaches that “A righteous man regardeth the life of his beast” (Prov. 12:10). We have been given permission to eat animals for food, but, as Paul teaches, we can go beyond this to accomplish an even greater good.

The days of farm animals wandering freely in a pasture are long gone. Most animals raised for food in the United States are raised in what are known as factory farms. Conditions on factory farms are particularly harsh. It has often been said that if slaughterhouses had glass walls, many more people would see a vegetarian diet as an act of compassion. In addition to the many good things already done to care for animals, we have the opportunity to show further compassion by voluntarily following a vegetarian diet.

Vegetarians
 OF WASHINGTON