



## 10 STEPS: Bring Vegan Values of Compassion, Nonviolence & Justice to Your Place of Worship

The goal of these steps is to bring the Golden Rule ideal of treating others as you would like to be treated—with compassion, nonviolence, respect and justice—into alignment with everyday community practices at your place of worship. Through education, inspiration, encouragement and personal demonstration of kindness, love, and inclusion you can make great progress toward this goal.

- 1 GATHER:** Form a “Compassionate Living Circle” to practice and promote vegan living within your place of worship. Contact [interfaith@idausa.org](mailto:interfaith@idausa.org) for help. Find resources at [InterfaithVeganCoalition.org](http://InterfaithVeganCoalition.org).
- 2 SHARE:** Sponsor vegan, cruelty-free, universal meals to improve physical health, the health of the Earth, climate change and the right of all animals to live their own lives free from human exploitation and violence.
- 3 EDUCATE:** Host films, speakers and book study groups about veganism and nonviolence to animals and all beings. Encourage discussion about how the community can help animals and raise awareness about the intersectionality of all social justice movements.
- 4 PRAY:** Include prayers or intentions for animals and the awakening of humanity in weekly meetings and services. For resources, join the Worldwide Prayer Circle for Animals at [CircleofCompassion.org](http://CircleofCompassion.org).

- 5 VISUALIZE:** Visualize a world of peace, love and harmony with your Compassionate Living Circle or individually. Identify in your mind’s eye what it looks like. When we visualize our world, we can create it.
- 6 RESPECT:** Include respect for and a desire to do no harm to all creatures in your place of worship’s mission statement. Include language such as “guardian” rather than “owner” when referring to companion animals. Use pronouns other than “it” when referring to any living being.
- 7 PRACTICE NONVIOLENCE:** Develop a nonlethal policy to remove or repel insects, mice and others without harming them, and a policy to protect birds from window collisions.
- 8 ENCOURAGE:** Organize group outings that are nonviolent, such as hiking, camping and canoeing, instead of hunting, fishing, or attending rodeos, zoos and circuses.
- 9 SUSTAIN:** Establish a policy for purchasing ecologically sustainable and fair-trade products, such as eco-friendly cleaning products, candles and Leaping Bunny certified items that are not tested on animals and do not contain animal byproducts.
- 10 INSPIRE:** Receive a “Vegan” or “Vegan Friendly” designation for your place of worship from the Interfaith Vegan Coalition.

### Support

Contact us at [interfaith@idausa.org](mailto:interfaith@idausa.org) or 800.705.0425. Access our Advocacy Kits with films, books, quotes, prayers, ceremonies and other resources at [InterfaithVeganCoalition.org](http://InterfaithVeganCoalition.org).



**IN DEFENSE  
OF ANIMALS**



