



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 for help. Find resources at 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.