Title: PIGS AND PEAS
Subtitle: Back to Eden

Goal

To awaken our spiritual inner man on God’s creation and living in harmony between the human and non-human animals by reverting to the Eden diet of plant based diet.

*Genesis 1 v 27* (what is it that I am doing as I am an image of God) thus the main question that is guiding my project.

Why Pigs and Peas

Pigs

Representing all farmed animals and the fact that as Seventh Day Adventists we do not eat pigs and hence it is hated (*Leviticus 11 v 7 KJV* .......and the swine, though he divide the hoof, and be cloven footed yet he cheweth not the cud, he is unclean to you.) I want to highlight that though we do not eat it, yet as God’s creation we should love it as an animal.

After every creation God stated that it was good *Genesis 1 v 20 -25* and then man was created on verse 26, meaning that every creature or creation is perfect in the eye of God.

Peas

Just chosen this vegetables to stand for all edible plants as it sort of rhymes with pigs. As Seventh day Adventists, flesh eating is not advisable though not a force matter and I would therefore like to make an awareness on the advantages of going back to the Eden diet which did not comprise of any flesh (*Genesis 1 v 29 NIV*...Then God said, I give you every seed bearing plan on the face of the whole earth and every tree that has fruit with seed in it, they will be yours for foods). The commitment to a plant based diet would bring relief to animal suffering in factory farms and hence reduce pollution to the environment.

Background of the project area Lupane District

¾ of the population survives on animal farming mainly cattle, goats, pigs and chicken (broilers and layers) and in the recent years the government has introduced and supported fish farming. These are done as individually by those who can afford and as co-operatives to those with little income.
Activities

- To issue on the church group once a month a bible reading on treatment of animals according to God's plan and the advantages of having a plant-based diet as compared to a flesh diet.
- To hold 2 zoom/WhatsApp meeting in November 2021 and March 2022 with 5 church pastors, 5 church elders and 5 women representatives from the church (Women are stated as the roles of pastors and elders are strictly for man hence the need to include women also in this discussion. This meeting will be a campaign for a plant based diet.
- To hold a one day cooking school on a plant-based diet in the month of February 2022. The main aim of this cooking school will be to teach church members alternative plant based meals. The meals that are locally found, appetising and nutritious.

Core bible verses

1. Genesis 1 v 21.......... So god created the great creatures of the sea and every living thing with the water teems and that moves about in it, according to their kinds, and every winged bird according to its kind and God saw that it was good.
2. Proverbs 12 v 10 (NIV) .................a righteous man cares for the needs of his animal........
3. Genesis 24 v19 (NIV) ..................... After she had given him the Drink she said I will also draw water for your camels too........
4. Deuteronomy 25 v 4 ...............you shall not muzzle an ox when it is treading out the grain
5. Luke 14 v 5 ...which of you having a son or an ox that has fallen into a well on a Sabbath day, will not immediately pull him out
6. Psalms 50 v 10-11 ......for every beast of the forest is mine, cattle on a thousand hill, and all that moves in the field is mine.
7. Isaiah 11 v 6-9 the wolf will live with the lamb, the leopard will lie down with goat........................ (harmony in new earth)
8. Ecclesiastes 3 v 19 – 21 ........ surely the fate of human beings is like that of the animals, the same fate awaits both, as one dies, so dies another , all the same breath, humans have no advantages over animals.
Monthly Church literature

I started circulating the monthly calls to the church and the participants preferred hard copies citing the issues of data usage and other members not having smart phones. The schedule is to have an afternoon session of 2 hrs once a month during the Sabbath and still send the online pamphlets in case some may miss the service.

1. What’s Christianity got to do with non-human animals
2. The Bible and non-human animals
3. Why did God make non-human animals
4. The advantages of the Eden diet (non-meat diet) over the flesh diet.
5. The Human and Non-Human animals in comparison
6. Let’s get cooking part
7. Meal planning
8. The new earth
9. Commitment time

(attached are the monthly readings)

Cooking school

A cooking school is scheduled for the 20th of February 2022 where I have invited 20 members from the church from the ages of 12 to 70. The aim of the class is to teach practical cooking lesson on preparation of a delicious and appetising non-meat meal. The mentality has been that plant based diets or meals are boring and dull hence the need to conscietise people that they can enjoy vegan meals.

Changes during the project

Establishment of Kids Class

I got the exciting news from the elders’ council on the 22nd of January 2022 that they appreciated my discussions/lessons and they recommended that I do deliver the lesson in two groups, that is, for kids to be done in the mornings and adults in the afternoon. They acknowledged that this was an important aspect for the church hence children to have their own lesson packaged accordingly as learning with adults may not benefit them as much. They stressed this as they felt such lessons should be understood at an early stage of life unlike the adults in the church who were being made of such important issues when they are old.

Personal Reflection
When I was admitted to the creature kind I was eager about the project and nervous at the same time, and more nervous when I learnt that I was the only African. One of my greatest fears was the problem of the accent which sometimes makes it difficult to conduct a conversation but I am glad I managed to understand my fellows (shy smile). My goals of sharing the need to care for animals with my church members is being effective as they are always talking about the subjects we discussed even outside the church. And the appreciation that I received from the church leaders was so overwhelming and this was the first time the church was talking about the welfare of animals, the talk about the animals that usually happens at church will be about rearing farmed animals for income generating projects.

What I have personally learnt is to accept and understand each person as they are even if their faith or deeds are different from what I think is considered normal, I have learnt that we are God’s creation and He loves us despite our differences as human and non-human animals. I am thankful to Creature Kind for coaching me to reconstruct my thinking. I am thankful to my coach, mentor and my Creature Kind 2021 – 2022 fellows as they have helped me tirelessly in my study and project.

Creature Kind has also made me to see a God of all creation, in the past I have viewed God as only concerned with human animals only but now I am a different person, for example, in Genesis 8 v 1 ....But God remembered Noah and all the wild animals and the livestock that were with him in the ark, and he sent a wind over the earth, and the waters receded”. In the past I have been reading this verse without taking note of the animals but Creature Kind has made me to acknowledge God’s love for all creatures.

What was the most rewarding aspect of your fellowship?

- Being in a group of fellows from different backgrounds and beliefs, receiving the monthly readings have reconstructed me to a person who now understands more of our loving God’s creation. I got the deeper meaning of the word ‘Love’, loving each human despite the differences in colour or cultures, loving the non-human animals and the environment and the love of God towards all the creation. I also learnt that all creation does speak, though differently and my duty as a human animal to take time to listen to all the voices and to therefore respect them. Creature also introduced me to the “life in the waters”, in my non-human welfare advocacy, I have not been involved in the welfare of the marine life till I got to the Creature Kind fellowship when I was introduced to Seaspiracy documentary which has since aroused a desire in me also to advocate for aquatic life. In my lifetime, I have read the Bible word to word from Genesis to Revelation 4 times but I have never read it with the non-human animals’ lances, Creature Kind has taught me as a Christian to take note of the animals in each and every verse where they are mentioned.
b. **How has being a part of the Creature Kind Fellowship program impacted you personally? How has it strengthened your ability to impact your community both now and in the future when it comes to the welfare of animals farmed for food? For example, what have you been able to discern for your ministry via your coaching sessions, your monthly sessions with your mentor, and your monthly cohort call with your peers?**

The nine months in the fellowship have transformed me to a person who now can accept other individuals with different beliefs, traditions and norms. I now accept every creature of God even though we live differently, we have a God who loves us all. The fellowship was a time of self-inspection, finding a purpose and helping other find a purpose for life in regards to other beings. I have learnt the deeper meaning of liberation for every creature and the word Shalom therefore will guide my existence.

c. **What was your favourite part of the Creature Kind Fellowship program?**

I loved the cohort calls most as we discussed and analysed the monthly modules as a group it was a great joined and I got to get some points from other group members and the coach that I would not have noticed when reading on my own. I also liked the one on one calls with the coach/mentor as I got to even share my feelings and fears in privacy and the coach/mentor where amazing as they guided me in this wonderful months of learning.

2. **Feedback for the fellowship: please list what went well, what are your suggested changes, and miscellaneous feedback. In what ways can we improve the program and better equip the next cohort of Fellows? Please include any ideas for what might feel supportive in your role as an alum of the fellowship.**

The Creature Kind’s approach to non-human animal advocacy is the most perfect I have seen since I joined the animal welfare industry, the approach focuses on both humans and non-humans. Most of the animal advocacy that we practice focuses on the welfare of the non-humans only forgetting the human side which needs to be recognised also. The fact that the Modules focused on the relationships between the humans themselves makes it easier to consider the non-humans also, the fact that we are made to love one other makes it easier to then extend that love to the non-humans.
I suggest that maybe during orientation the students get to familiarise with the applications that would be used eg. The CANVAS for the benefits to students coming from remote places with little knowledge on the learning apps.

3. All contents of your project. Whether it is a webpage, a podcast, a presentation or lecture, a booklet, a series of meditations, etc., it should be linked to Creature Kind, have the Creature Kind Logo, and a project description outlining your participation in the 2021-2022 Creature Kind Fellowship program.

4. **In 2-5 sentences, write a summary of your fellowship project focusing primarily on quantitative results.**
   An average of about 65 church members (including pastors, pastors wives…university students) got to learn about the need to love the non-humans and to eliminate their suffering. 54 people learnt how to cook vegan meals.

5. List any less quantifiable results you want to share (i.e. was your Christian faith strengthened? Did you have meaningful conversations with colleagues, coaches, or mentors? Did your experience help you identify a better approach to the welfare of animals farmed for food?)

   The Christian approach to animal welfare has strengthened me in knowing that the love of God extends to animals. I have learnt that my God is also the God of non-human animals.

6. After the conclusion of your fellowship, do you have any interest in continuing to partner with us (i.e. donor, Speaker or Lecturer, Fellowship Selection Committee member, Senior Fellow, volunteer, etc.)?

   After the completion of my fellowship I would like to continue partnering with Creature Kind and being in contact with my 2021-2022 fellows and other fellows from the previous years and the years to come.

What I also got to know is that the fellowship creates relationships, though the program was virtual it creates that connectedness between other fellows and Mentor and Coach for me it seem as if I had that bond physical.

Though in the different time zones the times were set so perfectly for me, and that was one of my fears when applying for the fellowship.
1. WHATS CHRISTIANITY GOT TO DO WITH ANIMALS

**Perfect Plan**

When creating the world our Lord had in the plan the environment, human and non-human animals, the creation week is summarised below;

Day 1 - Light and darkness
Day 2 – separation of water and sky
Day 3 - separation of land and seas then vegetation
Day 4 – sun, moon and stars
Day 5 – creatures in the seas and birds in the sky
Day 6 – human and non-human animals
Day 7 – Rest

God first prepared what humans and non-humans needed before their existence, and on each and every day when God finished what He had been doing He considered it good, hence every creation was in good condition up creation.

2. The Bible and Animals

Human beings have stewardship over God’s creation and have a responsibility to care for the environment and every living being on the face of the earth.

Proverbs 12 v 10 reads ‘a righteous man cares about his animals health, meaning as Christians we are expected to be taking good care of the non-human animals. Again Jesus himself in Mathew 10v29 He mentions how he care for a sparrow though being a very small creature. If Jesus showed concern for the animals, we as His followers should then be seen following at His footsteps.
Jesus is also exemplified as the lion of Judah and also as the lamb that was slain, hence the importance of animals to us Christ’s followers.

**From the audience**

God’s plan for earth was a perfect core existence of both the animals and the environment, hence the need to improve the stewardship duties as an individual.

### 3. Why did God make animals?

God mentions the creation of Animals as good, he created them, blessed them, and commanded them to be fruitful and multiply. Humans are familiar with domestic and wild animal, the bible has rules that govern the treatment of farmed animals to prevent unnecessary pain and suffering. However our desire to have more income has made us blind to this cause, many farmed animals are suffering in dirty cages, deprived to lead a normal life and even the young ones being taken away from their mothers the minute they are born, thus depriving them of their mother’s love.

The bible state the need to care for the stray animals even if it’s for the enemy, if you meet your enemy’s ox or his ass going astray, you shall bring it back to him’ Exodus 23:4-5, as leaving it may expose it to danger or death.

The bible prohibits cruelty to domestic animals as is stated in Deuteronomy 24v 4 “You shall not muzzle an ox when it treads out the grain.
Animals such as donkeys and camels help us in doing our work hence the need to respect them. Companion animals also help to keep us company and we also need to love them as our families.

**From the audience**

The members felt that after learning more about the abuse of animals farmed for food, they need to resort to income generating projects that do not cause pain to non-human animals and they felt that they would rather keep free range chickens so that they can have free range animals.

4. **The advantages of the Eden diet (non-meat diet) over the flesh diet.** A plant based diet, which its core foods being fruits, grains, legumes, nut and vegetables is very rich in fibre, vitamins, protein and other nutrients. Many people today are struggling with health issues and most of them being related to the food that is being eaten. Individuals who do not include meat in their diet have a lower calorie intake and consume less fat and hence have lower risk of heart disease as compared to the meat consumers.

Research shows that people who eat red meat are at an increased risk of death from heart disease, stroke or diabetes. Processed meats also increase the risk of death from these diseases.

A plant based diet is said to be more sustainable, as it causes less harm to the environment as compared to a meat based diet.

A thorough analysis of Daniels diet

**From the audience**
The church felt that it was understandable that a plant based diet was the supper diet but felt that due to financial constraints they are prepared to reduce on flesh, and most probably adhere to the vegetarian diet as the vegan diet was much expensive and most of the vegan ingredients not available in the our rural stores.

5. The Human and Non Human animals in comparison (farmed animals)
   - Humans and non-humans all started to exist on the Six Day of the Creation Week
   - They need food and water
   - They have a desire to live (fear of death)
   - They can all feel the pain
   - They need a conducive environment to live in
   - They are sentient
   - God love both humans and non-humans.

From the audience. The audience felt that there was an emergency need to take seriously the welfare of non-humans as they felt they have been committing sins that they were not aware of. However others felt that this was not a good idea as they felt it was not necessary to be concerned about animals as they also quoted bible verses where animals were being abused especially when the priests were making offerings and again sticking on the dominion over other creation as according to Genesis 1 v 28.

My feeling/observations... that continuous engagement on the animal welfare with the people will help.

6. Let’s get cooking

   Isinkwa Somfahlwa (bread made from crushed fresh maize)
Ingredients:

Grated/crashed meal cob from 4 medium cobs
2 tablespoons flour
1 litre boiling water
2 tablespoons cooking oil
Pinch of salt

Method:

Separate cobs from leaves and wash leaves and put aside.

Grate the mealies from the four cobs

Mix with the other and ingredients until the mixture is mouldable

Scoop a handful of the mixture and mould into long strips.

Arrange the strips into the leaves and tie using stripped leaves.

Drop into boiling water and cooks for 45 minutes

Drain water and leave to cool

Serve with tea

Please try it at home

The benefit of the above recipe is that no sugar is added, natural sugars in the mealies makes the bread sweeter and can be enjoyed as a breakfast, lunch or supper.

The need to prioritise our traditional foods which most of the times are natural and not harmful to ones health.
Commitment

As a Seventh Day Adventist I hereby promised to take good care of God’s temple which is my body by eating food that does not cause suffering to other beings.

Signature………………………….. Date……………………………..

7. Meal planning

Meal planning

In the olden days, cooking was considered a women’s duty however in this era men are also found in the kitchen hence the kitchen is now everybody’s room.

For us to enjoy our meals they should be planned and be attractive to the eye and also include all the necessary nutrients, such as carbohydrates, vitamins, iron, protein and other minerals

Our meals should comprise mainly of the local traditional foods and avoid junks foods, reduce sugar and meats.

To consider our traditional ways of drying foods/vegetables when they are in season to use when they are out of season

Benefits of meal planning

- Save time. Planning your meals for the week can help you to manage your time better...
- Portion control...
- Reduces the amount of food waste...
- Reduces the stress of cooking last minute...
- Save money...
• Avoid unhealthy options...
• Enjoy more variety

From the audience

Meal planning feasible to be done on a weekly basis or after 3 days due to lack of financial resources to work a meal plan for a month as there will be a lot of changes to be done hence time wastage as most of the audience relay on daily income but for those with monthly incomes it will be possible to do a meal plan for the whole month.

Also a feeling from others that the traditional conservation of food is traditional and out of fashion this came especially from the kids and teens side

Kids were happy and eager to be included in the meal planning

8. The new earth

Isaiah 11 v6 – 8 talks about harmony between animals in heaven who here on earth were predator and prey. “6 Wolves and sheep will live together in peace, and leopards will lie down with young goats. Calves and lion cubs will feed together, and little children will take care of them. 7 cows and bears will eat together, and their calves and cubs will lie down in peace. Lions will eat straw as cattle do

Even a baby will not be harmed if it plays near a poisonous snake (Good New Bible)

Taking care of the animals is found in the new earth hence we have to start taking care of them here on this sinful earth
9. Commitment/isinqumo

Commitment

As a Seventh Day Adventist I hereby promised to:

(attached is a commitment from an 11 year old participant)

Signature………………………….. Date……………………………..

Quiz/ game day

1. ....................... spent 3 day carrying the messenger of God to Deliver Gods message

2. He/she has 4 legs, 2 lovely ears and got to get an opportunity to see and there after talk

3. Which animal was firstly considered crafty in the first book of the bible?

4. Which animals are seen in the new heavens as according to the prophet Isaiah.

5. Lazy people should learn from the way ............... live, ..............they are weak but they store up their food in the summer.

Bible sword

One member mentions a non-human animal and the first to find the verse that mention that animal is the winner. For example one would say....... Camel and the competitors would open any bible text that mentions a camel and the first to find the verse then is the winner.
9. COMMITMENT ISINGUMO

Commitment

As a Seventh Day Adventist I hereby promised to:

1. Eat only what does not cause pain to other beings.

2. Tell my friends at school about the need to love the animals.

Signature: ________________ Date: 01.06.2022

Always prepare good meals for me.