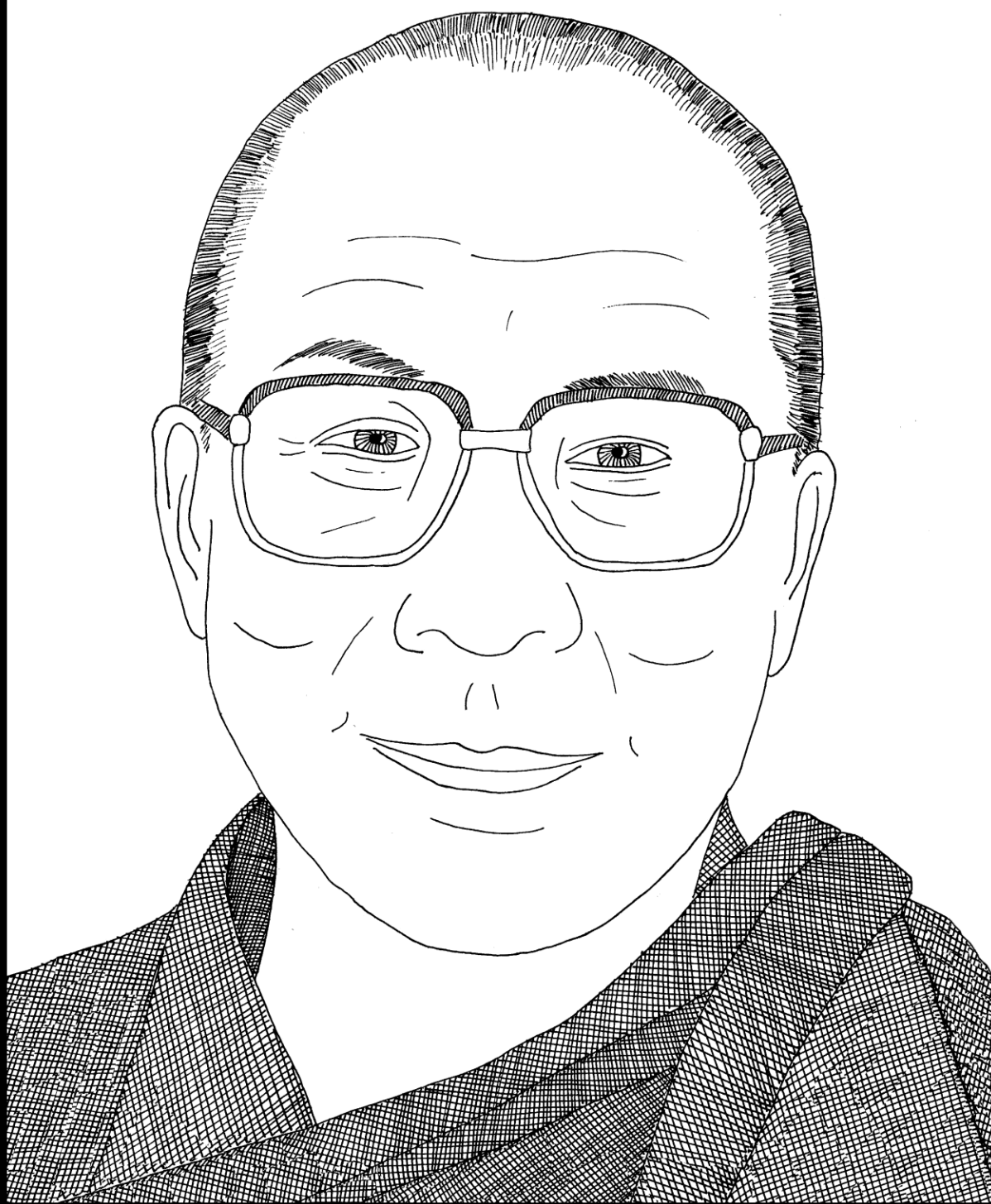


# BUY NOTHING DAY

# FRIDAY AFTER THANKSGIVING

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**"If one's life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital..."**

**-- The Dalai Lama**

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...every act of compassion makes a difference...every day counts for a better world...

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