



PACT E-News

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www.pactvt.com

Questions about PACT? Please e-mail Susie Merrick (merrick@champlain.edu) or Steve Loyer (sloyer@tgvvt.net).

Happy Birthday PACT!

On January 1, 2011, PACT turns two years old. We celebrate this birthday for PACT, and we also give sincere thanks to our South Burlington community: those who live, work, or go to school here.

Please make no mistake about it: we would have no PACT without each of you. Your support, involvement, attendance at events, and words of encouragement are the reason why PACT exists.

It somehow feels appropriate that we celebrate PACT's birthday on January 1, not only because this is the start to a new year but also because our days in Vermont begin to grow longer and more light-filled at this time of year.

Albert Schweitzer noted, "At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

We give thanks for our community for lighting the flame of PACT. And it is our most sincere hope and intent that PACT will pay forward that generosity by honoring our PACT vision: To build and sustain a community of respect, compassion, and equality.

As the Vermont days begin to offer more light, we look forward to gathering at PACT events with all of you to continue to listen to and learn from one another.

Mindfulness is paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.

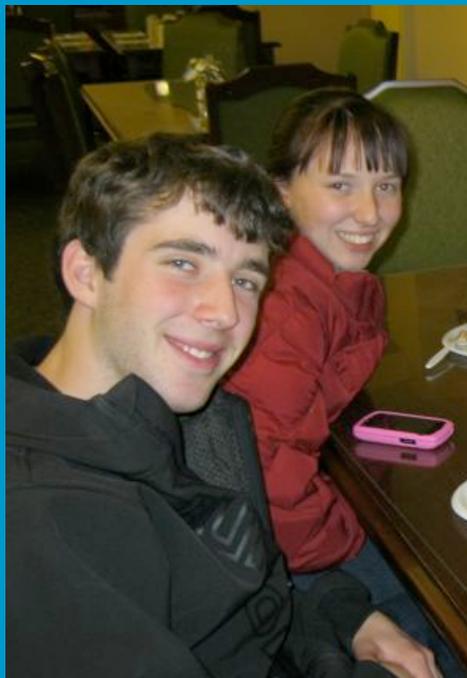
-- Jon Kabat-Zinn
Mindfulness Expert

Upcoming PACT Event: Get Involved!

The Social Networks:
An Interactive Event Designed to Heighten
Community Awareness of Social Networking Tools
and their Role in Teenagers', Children's, and Adults'
Lives

Wednesday, January 26
7:00-8:30 p.m.

South Burlington High School, Multi-Purpose Room
(Room 226, second floor, next to the band room).



Most sincere thanks to members of our South Burlington High School Rowing Club for being guests of honor at the December 9 PACT Dessert and Dialogue at Allenwood.