

Sustaining the Journey presents...



*As a tool to draw us out of the COVID-19 vortex, and to help sustain your journey through the week,
Bob Soeder and Mary Hrich offer this weekly dose of inspiration:*

“We are shaped by our thoughts;
we become what we think. When
the mind is pure, joy follows like a
shadow that never leaves.”

– Buddha

“If you look to others for fulfillment,
you will never truly be fulfilled.”

– Lao Tzu

*Lao Tzu was an ancient Chinese
philosopher (around the 5th
Century B.C.) and the reputed
author of Too Te Ching (The Way
of Virtue).*