

Sustaining the Journey presents...



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

"Volunteers don't get paid, not because they're worthless, but because they're priceless."
– Sherry Anderson

"Alone we can do so little;
together we can do so much."
– Helen Keller

*Sherry Anderson is a Canadian
curler – the sport, not the hair
stylist!*