

# 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:*

“Be thankful for what you have; you’ll end up having more. If you concentrate on what you don’t have, you will never, ever have enough.”  
– Oprah Winfrey

“The more grateful I am, the more beauty I see.”  
– Mary Davis

*Mary Davis is an Irish social entrepreneur, activist, and long-term campaigner for the rights and inclusion of children and adults with intellectual disabilities. She has been the CEO of Special Olympics International since 2016.*