

# 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:*

"The most beautiful thing a person  
can leave behind is a smile on the  
face of those who think of them."

– Anonymous

"What we have once enjoyed deeply  
we can never lose. All that we love  
deeply becomes a part of us."

– Helen Keller