

# 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:*

“Life is what happens while you are  
busy making other plans.”

– John Lennon

“The two most important days in  
your life are the day you are born  
and the day you find out why.”

– Mark Twain