

# 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:*

"Gratitude is wine for the soul.  
Go on. Get drunk."

– Rumi

"As we express our gratitude, we  
must never forget that the highest  
appreciation is not to utter words,  
but to live by them."

– John F. Kennedy

*Rumi was a 13<sup>th</sup>-century Persian  
poet, jurist, Islamic scholar,  
theologian, and Sufi mystic.*