

# 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:*

"Above all the grace and the gifts  
that Christ gives to his beloved is  
that of overcoming self."

– St. Francis of Assisi

"Grace is not part of consciousness;  
it is the amount of light in our souls,  
not knowledge nor reason."

– Pope Francis