

# 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:*

“As long as we have hope, we have direction, the energy to move, and the map to move by.”

– Lao Tzu

“Let your hopes, not your hurts, shape your future.”

– Robert H. Schuller