

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:

“Some people think they are in community, but they are only in proximity. True community requires commitment and openness. It is a willingness to extend yourself to encounter and know the other.”

– David Spangler

“My commandment is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends.”

– John 15:12-13

David Spangler is an American spiritual philosopher and self-described “practical mystic.”