

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:*

"You must be the change
you want to see in the world."
– Mahatma Gandhi

"Be who God meant you to be and
you will set the world on fire."
– St. Catherine of Siena