

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 a well spent day
brings happy sleep,
so life well used
brings happy death.”
– Leonardo da Vinci

“I intend to live forever – or die
trying.”
– Groucho Marx